

**Entrance Antiphon**

Be my protector, O God,  
a mighty stronghold to save me.  
For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name.

**Collect**

O God, who teach us that you abide  
in hearts that are just and true,  
grant that we may be so fashioned by your grace  
as to become a dwelling pleasing to you.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**First reading**

**Jeremiah 17:5-8**

The Lord says this:

‘A curse on the man who puts his trust in man,  
who relies on things of flesh,  
whose heart turns from the Lord.  
He is like dry scrub in the wastelands:  
if good comes, he has no eyes for it,  
he settles in the parched places of the wilderness,  
a salt land, uninhabited.

‘A blessing on the man who puts his trust in the Lord,  
with the Lord for his hope.  
He is like a tree by the waterside  
that thrusts its roots to the stream:  
when the heat comes it feels no alarm,  
its foliage stays green;  
it has no worries in a year of drought,  
and never ceases to bear fruit.’

**Responsorial Psalm**

**Psalm 1:1-4,6**

***Happy the man who has placed his trust in the Lord.***

Happy indeed is the man  
who follows not the counsel of the wicked;  
nor lingers in the way of sinners  
nor sits in the company of scorners,  
but whose delight is the law of the Lord  
and who ponders his law day and night. **R**

He is like a tree that is planted  
beside the flowing waters,  
that yields its fruit in due season  
and whose leaves shall never fade;  
and all that he does shall prosper. **R**

Not so are the wicked, not so!  
For they like winnowed chaff  
shall be driven away by the wind.  
for the Lord guards the way of the just  
but the way of the wicked leads to doom. **R**

**Second reading**

**1 Corinthians 15:12,16-20**

If Christ raised from the dead is what has been preached, how can some of you be saying that there is no resurrection of the dead? For if the dead are not raised, Christ has not been raised, and if Christ has not been raised, you are still in your sins. And what is more serious, all who have died in Christ have perished. If our hope in Christ has been for this life only, we are the most unfortunate of all people.

But Christ has in fact been raised from the dead, the first-fruits of all who have fallen asleep.

**Cf. Ps 30:3-4**

**Gospel Acclamation**

Alleluia, alleluia!  
Blessed are you, Father,  
Lord of heaven and earth,  
for revealing the mysteries of the kingdom  
to mere children.  
Alleluia!

**Mt11:25**

**Gospel**

**Luke 6:17,20-26**

Jesus came down with the Twelve and stopped at a piece of level ground where there was a large gathering of his disciples with a great crowd of people from all parts of Judaea and from Jerusalem and from the coastal region of Tyre and Sidon Then fixing his eyes on his disciples he said:

‘How happy are you who are poor: yours is the kingdom of God.  
Happy you who are hungry now: you shall be satisfied.  
Happy you who weep now: you shall laugh.

Happy are you when people hate you, drive you out, abuse you, de-nounce your name as criminal, on account of the Son of Man. Rejoice when that day comes and dance for joy, for then your reward will be great in heaven. This was the way their ancestors treated the prophets.

‘But alas for you who are rich: you are having your consolation now.  
Alas for you who have your fill now: you shall go hungry.  
Alas for you who laugh now: you shall mourn and weep.

‘Alas for you when the world speaks well of you! This was the way their ancestors treated the false prophets.’

**Prayer over the Offerings**

May this oblation, O Lord, we pray,  
cleanse and renew us  
and may it become for those who do your will  
the source of eternal reward.  
Through Christ our Lord.

**Communion Antiphon**

**Cf. Ps 77:29-30**

They ate and had their fill,  
and what they craved the Lord gave them;  
they were not disappointed in what they craved.

**Prayer after Communion**

Having fed upon these heavenly delights,  
we pray, O Lord,  
so that we may always long  
for that food by which we truly live.  
Through Christ our Lord.

Sunday 11.15am Mass		
Entrance Hymn	514	O God our help in ages past
Offertory	175 Choir	Blest are you Lord Take this, our dear Father
Communion	choir 182	Obi Sali Sali (A gracious heart) Breathe on me breathe of God
Marian Antiphon	150	Ave, Regina caelorum
Recessional	497	Now thank we all our God



# St Mary's Cathedral

20 Huntly Street, Aberdeen AB10 1SH [www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)



## explore Alpha @ the Cathedral



## HEALING THROUGH THE HOLY SPIRIT



**Many parishioners have written about the Alpha program and its format. I am sure you already have an idea of how each gathering is conducted. Therefore, what I'd like to focus on is the great grace that I received from attending Alpha. The program has been such a blessing for me with meeting and getting to know our parish family and, as a result, making new and lasting friendships.**

One of the weekly sessions was on healing, physical and/or spiritual. We watched a 30-minute film on the multiple ways people needed healing. This was after we had a delicious gourmet dinner. After the film, we went into the church for some personal reflection and meditation. As we all took a place in church, we were given a beautiful brief insight on various healings followed by an announcement that there were prayer stations set

up with people there who would pray with you.

At the time, I had a big concern that was bothering me. My carotid artery had some blockage and my doctor told me that I would likely be in need of surgery in order to prevent a stroke. The doctor ordered another CT scan as the previous one had shown blockage. I related this to my prayer team and asked them to pray with me as my additional test would be the following Monday. As they were praying with me, I felt a warm sensation go through the right side of my neck and body. At that moment, I thought about the power of prayer and its healing aspects.

That Monday, I did the test and the following Friday I met with the vascular surgeon to get the results. He said, "I've got good news for you. You do not need surgery." What a relief it was to me to hear those words. Following my doctor's appointment, I went directly to the adoration chapel in thanksgiving knowing full well that our prayers were answered.

Our church has become a parish for us. We are a parish centered on Christ, ablaze with love. Our priest, leaders, and parishioners are providing the tools necessary for spiritual and even physical healing through prayer. *All* of us have this opportunity handed to us; those that are lucky will take the journey. I encourage you to join in and discover Alpha!

*Tina D'Antoni*





Clergy & Religious

Administrator:

Fr. Keith Herrera

01224 640 160

(Emails through PA: [administrator@cathedral-abdn.org](mailto:administrator@cathedral-abdn.org))

Assistant Priest:

Fr Emmet O’Dowd

[curate2@cathedral-abdn.org](mailto:curate2@cathedral-abdn.org)

Deacon:

Deacon Tony Schmitz

[deacon@cathedral-abdn.org](mailto:deacon@cathedral-abdn.org)

Holy Family Sisters of Needy:

Sr Mary Chidalu

01224 970 812 or 07741 54 00 39

[hfsn@rcd-abdn.org](mailto:hfsn@rcd-abdn.org)

St Andrews Community:

07754 891 808

[standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)

Community Safeguarding: Charlene youth@StAndrewX.org

Staff & Administration

Office Hours:

9 am to 4 pm Monday to Friday

Telephone:

01224 640 160

Manager:

Robin Harding

[manager@cathedral-abdn.org](mailto:manager@cathedral-abdn.org)

Secretary:

Cowan Watson

[secretary@cathedral-abdn.org](mailto:secretary@cathedral-abdn.org)

Finance:

Paul Webster

[finance@cathedral-abdn.org](mailto:finance@cathedral-abdn.org)

Gift Aid:

Peter Simpson

[giftaid@cathedral-abdn.org](mailto:giftaid@cathedral-abdn.org)

Cathedral Safeguarding:

Siobhán Gilmour, Patrycja Lwaszkiewicz

[safeguarding@cathedral-abdn.org](mailto:safeguarding@cathedral-abdn.org)

More information: Parish website or [www.scottishcatholicsafeguarding.org.uk](http://www.scottishcatholicsafeguarding.org.uk)

Music Director:

Shelagh Noden

[music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

Shop Manager:

Barbara Mearns

[shop@cathedral-abdn.org](mailto:shop@cathedral-abdn.org)

Bulletin:

[bulletin@cathedral-abdn.org](mailto:bulletin@cathedral-abdn.org)

Notices to be in by Tuesday evening

Hall Bookings:

[halls@cathedral-abdn.org](mailto:halls@cathedral-abdn.org)

Call between 9am & 1pm only

Terms & Conditions see Parish website

Liturgical Ministries

Head Sacristan:

Jacqueline Armstrong

[jacquelinearmstr@hotmail.com](mailto:jacquelinearmstr@hotmail.com)

Readers:

Kevin O’Carroll 07784317898

[kevin.ocarroll@live.com](mailto:kevin.ocarroll@live.com)

Euch. Ministers:

John MacKinnon 07926 628 941

[johnmackinnon2602@hotmail.co.uk](mailto:johnmackinnon2602@hotmail.co.uk)

Children’s Catechesis:

Ruth Paterson 01224 593069

[ruthpaterson@hotmail.com](mailto:ruthpaterson@hotmail.com)

Stewards:

Diego Mejias Morffe 07960 325 046

[dmejiasmorffe@gmail.com](mailto:dmejiasmorffe@gmail.com)

Altar Servers:

George Brand 01224 630 159

[geobra@msn.com](mailto:geobra@msn.com)

Flowers:

Yi-pei Chou Turvey:

[vipecichou@hotmail.com](mailto:vipecichou@hotmail.com) & 07455 479479

Notices

Adoration:

Monday - Saturday 6.00am - 12 midnight

Confessions:

Tuesdays 5.30- 6.00pm & 6.30-7pm

Saturdays 10.30am & 6.00pm

Rosary:

Saturdays 10.30am (for Priests)

Housebound?

John MacKinnon (See above) for visits

Coeliac:

Speak to clergy before Mass

Sunday Coffees:

Ann Ryans 07545 615 198

[awilliamryans1234@gmail.com](mailto:awilliamryans1234@gmail.com)

Natural Family Planning (NFP)

Margaret Hammond

[mgthammond13@yahoo.co.uk](mailto:mgthammond13@yahoo.co.uk)

Mass Times

Date	Details	Service	Time	Mass Intentions
Sun 17th	6th Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Parish Intentions Diocesan Intentions  Georgette Ntsame RIP
Mon 18th		Mass Mass	7.00am 12.30pm	Prayer for Job and Health Thangaraj Joseph Walsh RIP
Tue 19th		Mass Mass	7:00am 6.00pm	Prayer for Mental Health Ania Flynn Shuna and Shuna’s Mother
Wed 20th		Mass Mass	7.00am 12.30pm	Special Intention Nino Dieseru Effie Mackay RIP
Thu 21st	St Peter Damian, Bishop	Mass Mass	7.00am 6.00pm	Protection & Guidance Lambert Family
Fri 22nd	Saint Peter’s Chair—Feast	Mass Mass	7.00am 12.30pm	Protection & Guidance Opara Family Thanksgiving Laila
Sat 23rd		Mass Mass	10.00am 7.00pm	Gonsalves Soul of John Mrs M. Joseph RIP
Sun 24th	7th Sunday in Ordinary Time	Mass Solemn Mass Polish Mass Mass	8.00am 11.15am 3.00pm 6.00pm	Parish Intentions Diocesan Intentions  Parish Intentions

OFFERTORY & GIVING

Thanks again for those who have responded to the giving challenge made in October/November. Whilst there has been a marked increase in the value of giving unfortunately there is still a negative gap between income received and actual running costs. Recently a Scottish Bishop suggested that “if parishioners attending Mass would put an additional £1 each per person per week it would significantly help”. Would you please give consideration to increasing your Offertory donations by £1 per week or whatever you may be able to afford. Thank you.

MASS INTENTION ENVELOPES

Available at the back of the Church. Print details and post through Clergy House letter box. Sunday 11:15 Mass is normally reserved for the Administrator’s or Bishop’s Intentions for the Parish or Diocese. It may not always be possible for Mass to be celebrated on your preferred date or at the Cathedral itself.

Cathedral

GIFT AID ENQUIRIES

For all enquiries concerning Gift Aid, please contact Peter Simpson at: [giftaid@cathedral-abdn.org](mailto:giftaid@cathedral-abdn.org)

CATHEDRAL 200 CLUB

Help maintain our cathedral building by subscribing £5 a month to the 200 Club. Each month there are 4 prizes of £50. **February £50 prize winners:** Mrs E Ross, Mrs A Murton, Mrs P Morrice, Mr D Costello  
Club Organiser: Irvine Long [stmaryscathedralfinance@gmail.com](mailto:stmaryscathedralfinance@gmail.com)

MARRIAGE NOTICE

Kindly be reminded that a minimum of **6 months notice** is required from a couple who are planning to get married.

KEEP MOVING IN 2019

**Wednesdays, Main Hall 10-11am.** The exercises help to improve your balance and muscle control and will certainly make you feel good! The class is fun and friendly. We finish with a hot drink and biscuits!

CATHEDRAL BOOKSHOP SALES

Sale Now on! Lots of great bargains waiting to be snapped up!

SVdeP

INCOME

Polish Collection.....£15.42

Box Collection.....£89.17

Donation from Stonehaven.....£100.00

TOTAL.....£204.59

EXPENSES

Food .....£155.59

Many thanks to all who contribute to our work. Eve Murray

SENIOR CLUB

On Wednesday 20th February 2019 at 2pm we are having a Bring and Buy. Lots of home bakes. Come along and buy. All are welcome.


CAN YOU HELP?

The Cathedral Liturgy Committee requires a secretary able to take committee minutes. If you have this sort of experience and would like to help please get in touch with Deacon Tony Schmitz: [deacon@cathedral-abdn.org](mailto:deacon@cathedral-abdn.org)

PRAISE AND WORSHIP NIGHT

Join us **Saturday March 2 from 8:30-10pm** for an evening of praise and worship before the Blessed Sacrament led by the Cathedral Band and other singers & musicians.

Cathedral



ALPHA IS COMING TO TOWN

Join us in 2019 #TryAlpha

Alpha @ the Cathedral


Sunday evenings at 7.30pm in the Main Hall

For more info, contact [alpha@cathedral-abdn.org](mailto:alpha@cathedral-abdn.org)

Volunteers needed for set up, clean up, and in the kitchen during the Alpha Course. Contact [alpha@cathedral-abdn.org](mailto:alpha@cathedral-abdn.org)


CHILDREN’S CHOIR

Rehearsals are held in the Lower Hall, 6.00pm to 8.00pm each Thursday during school term time.  
Contact: email: [johnhorton@rcda.scot](mailto:johnhorton@rcda.scot)  
Tel: 01224 939127




CATHEDRAL CHOIR

The cathedral choir is now looking ahead to the Lent/Easter season and preparing a new programme of music. If you enjoy singing and would like to use your talent to serve the Lord do consider joining us. Rehearsals are on Thursdays at 7pm in the clergy house, and in the upper hall before the 11 15 Sunday Mass. If you are interested, speak to a member of the choir or email: [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)



SEEKING ADORERS FOR WEEKLY HOLY HOURS

Please consider one of the following Holy Hours to come spend with Jesus in the Most Holy Eucharist. You will find great peace and a set time in the week where you can have that one on one time with the Lord.  
Mondays: 3pm  
Tuesdays: 9am, 10am, 11am, 11pm  
Wednesdays: 8am, 10am, 11pm  
Thursdays: 11am, 2pm, 4pm  
Fridays: 8am, 3pm  
Saturdays: 12noon, 6pm  
Contact: [adoration@cathedral-abdn.org](mailto:adoration@cathedral-abdn.org)  
Online Bookings: [stmarysadoration.youcanbook.me](http://stmarysadoration.youcanbook.me)




Deanery & Diocese

LENTE DISCOVERY COURSE

“Discovery is all about Jesus! Discovery helps us to open our minds and hearts to understanding who he is, what he has done, and the invitation he offers for relationship.”  
**You can register for the course now on the Cathedral Website**

CATHEDRAL GOSPEL CHOIR

The Cathedral Gospel Choir will be providing the music for the 7pm Vigil Mass on 2nd March.



STATUTORY CONSULTATION ON THE FUTURE OF ST PETER’S SCHOOL

Aberdeen City Council is proposing to relocate St Peter’s School, from August 2022, to the site currently occupied by Riverbank School following a major upgrading of the facilities. Details of this proposal and an opportunity to respond can be found at: [www.aberdeencity.gov.uk/schoolsconsultations](http://www.aberdeencity.gov.uk/schoolsconsultations).  
Public consultation meetings will be held at St Peter’s School on Monday March 4th 2pm to 3pm, at Riverbank School on Tuesday March 12th 7pm to 8pm and at St Columba’s Church Bridge of Don on Wednesday March 13th 7pm to 8pm. All are welcome to any or all of these meetings but the meeting on the 13th is aimed in particular at the wider Catholic community. This is an important proposal affecting Catholic education in Aberdeen for many years into the future. Please take time to view the proposal, respond to it and attend one of the consultation meetings.

NEW FERTILITY CARE SCOTLAND CLINIC

We run clinics in Edinburgh, Hamilton, Aberdeen and Paisley. Our service is free and confidential, and no appointment is necessary. We invite you to come and visit us at one of our clinics.  
Phone: 0141 221 0858  
E-Mail: [info@fertilitycare.org.uk](mailto:info@fertilitycare.org.uk)

JUBILARIANS’ MASS

A special Mass has been organised at St. Mary’s Cathedral – Monday 11 March at 12 noon to celebrate the anniversaries of ordination of three members of our presbyterate, and one deacon: Bishop Emeritus Peter Moran – 60 years  
Canon Peter Barry – 50 years  
Fr. Derick McCulloch – 25 years  
Deacon John Woodside – 25years  
This adds up to 160 years of service!

ABERDEEN DIOCESAN CHOIR

Aberdeen Diocesan Choir Rehearsal Main Hall, Tuesdays 7.30—9.00pm, contact: Paula Silvester: [enquiriesADC@hotmail.com](mailto:enquiriesADC@hotmail.com)

Weekly Calendar

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Baby & Toddler Group

For parents with young children. All ages welcome. Main Hall from 13.00-15.00pm  
Contact: Yi-pei Chou 0745 5479 479

Gospel Choir

Lower Hall at 7pm  
Contact: [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

Credo Community Meeting

Polish charismatic prayer group. Main Hall at 7.30pm .  
Contact: Damian Gloc 07939418178

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Magnificat Prayer Group

7.30pm in the Lower Hall after Mass.  
Contact: Stella Maria Onuoha 0744 9951 415  
[nnesin@yahoo.com](mailto:nnesin@yahoo.com)

St. Vincent de Paul

Feeding the homeless  
Contact: Evelyn Murray [murray.evelyn@sky.com](mailto:murray.evelyn@sky.com)

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Light Exercise Class for all

Main Hall at 10:00am

Seniors Club

Speakers, fun & fellowship  
Main Hall at 2.00 pm every 2 weeks  
Contact: Jean 01569 765 799

Healing of Memories

Prayer for the healing of painful memories of the past to bring peace to the present.  
Contact Deacon: [tony.schmitz@gmail.com](mailto:tony.schmitz@gmail.com)

Legion of Mary

Lower Hall from 6pm to 7.30pm  
Contact: Nogie Osula [nogisula@yahoo.com](mailto:nogisula@yahoo.com)

African Choir

For Africans and anyone else. Upper Hall from 6.00- 8.00pm  
Contact: Patricia Malikebu 07891 714 549

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Cenacolo Prayer Group

Exposition & Rosary praying for healing of those with addictions  
Church after Mass  
Contact: Liam Sharkey 07774 931 996, [liamsharkey@ymail.com](mailto:liamsharkey@ymail.com)

Band Practice

Contemporary music for Sunday 6pm Mass  
Upper Hall after Mass  
Contact: [john.costaschuk@gmail.com](mailto:john.costaschuk@gmail.com)

Cathedral Choir Rehearsal

Clergy House at 7.00pm  
Contact Shelagh Noden [music@cathedral-abdn.org](mailto:music@cathedral-abdn.org)

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Altar Servers’ Practice

Church from 6.00 to 7.00pm  
Contact: Simon [begbie\\_no1@hotmail.com](mailto:begbie_no1@hotmail.com)

Youth Groups

Edge (P7-S2) & Lifeteen (S3-S6)  
Hall 7.00pm to 9.00pm  
Contact: St. Andrew’s Community

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Voluntary Church Cleaning

Church after morning rosary.

K4J (Kids for Jesus)

For kids aged 4 to 10 years old. Lower Hall from 12.30pm to 2.00pm  
Please contact Holy Family Sisters of the Needy

African Choir (As above)

Upper Hall from 6.00 - 8.00pm

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Choir Rehearsal

Leading the music for 11:15 Sunday Mass  
Upper Hall 10.00am