

Entrance Antiphon

Ps 83: 10-11

Turn your eyes, O God, our shield;  
and look on the face of your anointed one;  
one day within your courts  
is better than a thousand elsewhere.

**Collect**  
O God, who have prepared for those who love you  
good things which no eye can see,  
fill our hearts, we pray, with the warmth of your love,  
so that, loving you in all things and above all things,  
we may attain your promises,  
which surpass every human desire.  
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

Proverbs 9:1-6

Wisdom has built herself a house,  
she has erected her seven pillars,  
she has slaughtered her beasts, prepared her wine,  
she has laid her table.  
She has despatched her maidservants  
and proclaimed from the city's heights:  
'Who is ignorant? Let him step this way.'  
To the fool she says,  
'Come and eat my bread,  
drink the wine I have prepared!  
Leave your folly and you will live,  
walk in the ways of perception.'

Psalm

Psalm 33:2-3,10-15

*Taste and see that the Lord is good.*  
I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. **R.**  
Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing. **R.**  
Come, children, and hear me  
that I may teach you the fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy his prosperity? **R.**

Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace. **R.**

Second reading

Ephesians 5:15-20

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but you redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

Gospel Acclamation

Jn1:14,12

Alleluia, alleluia!  
The Word was made flesh and lived among us:  
to all who did accept him  
he gave power to become children of God.  
Alleluia!

Gospel

John 6:51-58

Jesus said to the Jews:  
'I am the living bread which has come down from heaven.  
Anyone who eats this bread will live for ever;  
and the bread that I shall give is my flesh,  
for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:  
'I tell you most solemnly,  
if you do not eat the flesh of the Son of Man and drink his blood,  
you will not have life in you.  
Anyone who does eat my flesh and drink my blood  
has eternal life,  
and I shall raise him up on the last day.  
For my flesh is real food  
and my blood is real drink.  
He who eats my flesh and drinks my blood  
lives in me  
and I live in him.  
As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.  
This is the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.'

Communion Antiphon

Ps 129: 7

With the Lord there is mercy;  
in him is plentiful redemption.

**Prayer after Communion**  
Made partakers of Christ through these Sacraments,  
we humbly implore your mercy, Lord,  
that, conformed to his image on earth,  
we may merit also to be his coheirs in heaven.  
Who lives and reigns for ever and ever.

Sunday 11.15am Mass		
Processional Hymn	349	I am the bread of life (Toolan)
Offertory	644	Tell out my soul
Communion Antiphon		With the Lord there is mercy; in him is plentiful redemption.
Communion Hymn	681 530	African motet—Yukaristia iyol; This is my body; O Lord your tenderness
Recessional	643	Taste and see

# Sunday Bulletin

16th August, 2015 • 20th Sunday in Ordinary Time • Year B



## St. Mary's Cathedral

20 Huntly Street, Aberdeen

[www.stmaryscathedralaberdeen.org](http://www.stmaryscathedralaberdeen.org)

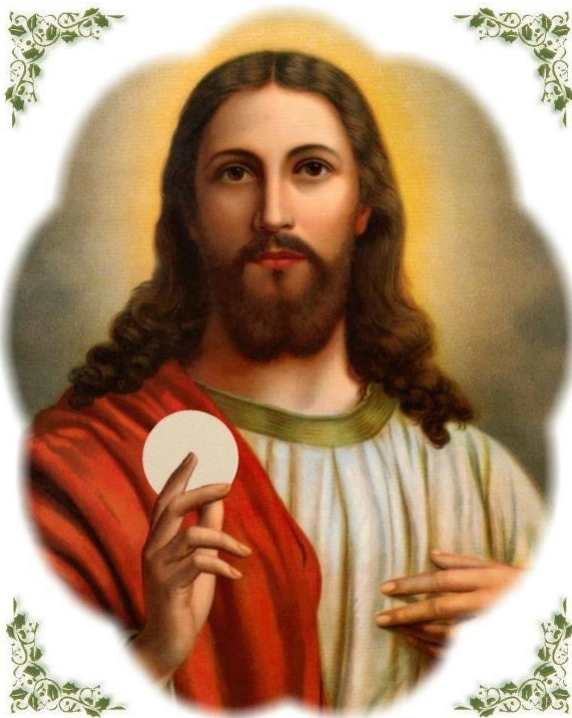


***“I am the Living Bread  
which has come down  
from heaven. Anyone  
who eats this Bread  
will live for ever”***

### Meditation

This Sunday's gospel is the conclusion of the bread of life discourse. It is useless to try to separate what Jesus intended to say from what the evangelist understood. The discourse is grounded in the Church's reflection on the experience of Jesus in his word and in the Eucharist. He is and remains for us the living bread from heaven, flesh and blood given for the life of the world.

The conclusion of the discourse is closely linked with the synoptic accounts of the Last Supper. Jesus declares that in his sacrifice he will offer himself in food and drink which must be consumed. To receive him is to enter into a wholly new intimacy with him.



The words of Jesus illuminate the actions of taking and eating. They who eat are themselves assimilated into the life of Jesus. In turn, they are invited to give their lives without measure.

Vienna International Religious Centre



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Clergy & Staff

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01224 640 160  
[administrator@cathedral-abdn.org](mailto:administrator@cathedral-abdn.org)

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Fr. Tomasz Klin 07402 099 944  
(Polish Chaplain) [curate1@cathedral-abdn.org](mailto:curate1@cathedral-abdn.org)

Assistant Priest:

Fr. Patrick Xavier Ekutt 07404 704 678  
[pxekutt@gmail.com](mailto:pxekutt@gmail.com)

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

Safeguarding:

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

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

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

Fiona Mitchell  
[fiona.j.mitchell@hotmail.co.uk](mailto:fiona.j.mitchell@hotmail.co.uk)

Euch. Ministers:

John MacKinnon 07926 628 941  
[johnmackinnon2602@hotmail.co.uk](mailto:johnmackinnon2602@hotmail.co.uk)

Pass Keepers:

Gordon Webster 01224 592 246  
[webster200@btinternet.com](mailto:webster200@btinternet.com)

Collection:

Diego Mejias Morffe 07960 325 046  
[dmejiasmorffe@gmail.com](mailto:dmejiasmorffe@gmail.com)

Altar Servers:

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

Flowers:

Pixie Mather 01224 321 953

Notices

Rosary:

Saturdays 10.30pm

Confessions:

Tuesdays 6pm  
Saturdays 10.30am & 6pm

Adoration:

1 hour before Masses except Sunday

Morning Prayer:

Monday - Friday 7.30am  
Saturdays 9.40am

Evening Prayer:

Thursdays 6.30pm

Night Prayer:

Thursdays 8.30pm

Housebound?

John MacKinnon (See above)  
To arrange communion visits

Coeliacs:

Please speak to a member of the clergy  
before Mass to arrange communion

Feeding Priests:

Yi-Pei Chou [chou.turvey@gmail.com](mailto:chou.turvey@gmail.com)

Sunday Coffees:

Aneta Sieminska 07415 321 792

NFP

Margaret Hammond 07891 358 114  
[mgthammond13@yahoo.co.uk](mailto:mgthammond13@yahoo.co.uk)

Children:

Mass screened live in Main Hall  
To be accompanied to the toilet by a parent or guardian

Mass Times


Date	Details	Service	Time	Mass Intentions
Sun 16th	20th Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Mass-Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Dominic Dieseru's Intentions  For the Diocese
Mon 17th		Mass Mass	7.00am 12.30pm	Callanan Family Dominic Dieseru's Intentions
Tue 18th		Mass Mass	7.00am 7.00pm	Isabella D'Souza RIP Bradley
Wed 19th	Saint John Eudes, Priest	Mass Mass	7.00am 12.30pm	Private Intention Bonaventure Thanks for life of Donatus Etim
Thu 20th	Saint Bernard, Abbot, Doctor	Mass Mass	7.00am 7.00pm	
Fri 21st	Saint Pius X, Pope	Mass Mass	7.00am 12.30pm	Private Intention Bonaventure
Sat 22nd	Our Lady, Mother and Queen	Mass Vigil Mass	10.00am 7.00pm	Thanks for life of Donatus Etim
Sun 23rd	21st Sunday in Ordinary Time	Mass Polish Mass Solemn Mass Mass-Polish Mass	8.00am 9.30am 11.15am 3.00pm 6.00pm	Manaj Peter - Thanksgiving  For the Parish  For Sailors

Mass Intention Envelopes

At the back of the Church. Print details and post through Clergy House letter box.

Recommended offering for each Mass is £5.  
  
Sunday 11:15 Mass is normally reserved for the Administrator's or Bishop's Intentions for the Parish or Diocese

9/08 OFFERTORY: £1866.00 Polish: £655.00 Euromillions (2 months): £43.10



'Real' Coffee after Mass

9/08 ST VINCENT DE PAUL

Box Collection: £116.80

Anon donations: £70.00


Expenditure £119.0

We thank you all for your kind help it is really appreciated.

YOUTH

SAINT ANDREW COMMUNITY YOUTH NEWS

- Please help the St. Andrew Community to try to WIN a FREE 17-seater Mini-Bus for their youth work - They need to collect as many PRESS AND JOURNAL TOKENS as possible (which are printed daily) up to 28th August. Please put them in the box at the back of the church, or you could hand them to them. Thank you!




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


VOLUNTEERS NEEDED — CHILDREN'S LITURGY

Would you like to help spread the Good News? We need volunteers to help out with the Children's Liturgy. This ministry gives a lot of job satisfaction.

Contact Ruth: [ruthpaterson@hotmail.com](mailto:ruthpaterson@hotmail.com) or speak to her, personally, after 11.15am Mass.



ST. MARY'S YOUTH GROUP (12-17's)



Begins once more on  
Friday 21st August at 7pm  
in the Parish House  
Contact: St. Andrew's Community

Cathedral News

BAPTISM

Congratulations to Adrian Oshobugie Chukunonso Out who was Baptised on Sunday 9th of August. Please remember him in your prayers.



NOTICE FOR ALTAR SERVERS

Practice starts again on Friday 21st August.  
6pm—7pm in the Church.  
All Altar Servers are expected to attend.

Mary's Meals

The Mary's Meals charity which feeds over one million children a day in the poorest countries of the world will be making an appeal during the weekend of the 22nd and 23rd of August.



MARRIAGE OUTSIDE THE CHURCH

If anyone is living in a marriage that has not been recognised by the Church, it would be wise to consult with a priest to see whether the situation might be rectified. It could be as simple as repeating your marriage vows quietly in front of a priest and receiving the Church's blessing. In that way, one would become eligible to receive the sacraments of the Church, especially the Eucharist.

VOLUNTEER/S WANTED

Get involved in a new and important Cathedral project. Your skills and ideas are vital to help us in reaching out to our parishioners and local community. If you have experience of visual communication, brand development, marketing or any related areas, please contact Robin at [manager@cathedral-abdn.org](mailto:manager@cathedral-abdn.org)

INTERESTED IN SPEAKING SPANISH?

Tuition group starting soon.  
Contact Consuelo at: [consuelo.mckenzie@gmail.com](mailto:consuelo.mckenzie@gmail.com) for Details.



MARRIAGE PREPARATION COURSE

Do you have a desire to see marriages strengthened? Perhaps you would consider becoming a member of the Cathedral's Marriage Preparation Team.  
The course runs once a week for 6 weeks, four times per year. If you are interested, contact Fr. Keith.

ARI APPEAL FOR SUNDAY ESCORTS

The Chaplaincy department in the ARI requires Sunday Escorts approximately once a month to assist patients to a short Sunday ecumenical service in the hospital chapel. Time commitment would be from 8.30am till around 10.15am.  
Anyone interested in applying should contact: Jill Purves , Chaplaincy Secretary, ARI  
Tel: 01224 553316 E-mail: [jillpurves@nhs.net](mailto:jillpurves@nhs.net)

FIRE ALARM TESTING

The testing of the Cathedral fire alarms is now scheduled to take place on Monday mornings at 12.00 noon

SUNDAY CAFÉ OPENING TIMES

Please note that the Cathedral Sunday Café is now closed for the summer but will reopen on 23rd August.

ACCESS TO CATHEDRAL CAR PARK

Please note that access to the car park is now restricted to those who live or work at the Cathedral and who require parking on a regular basis Mon-Fri.

CATHEDRAL BOOKS & GIFT SHOP

Book of the month: **Misericordiae Vultus**  
*Pope Francis' teaching document centred on the need for mercy and announcing a Jubilee Year of Mercy beginning 8th December, this year.*  
New in stock: **Angel key rings**  
New: **Rosary repair service**  
Assistant volunteers required for mornings and evenings. If interested, please pick up and fill an application form available at the bookshop.

BILLINGS CLINIC

Whether you wish to have a baby, space your family or just find out about your fertility, why not contact one of our Fertility Experts.  
  
Contact: Margaret Hammond on 07891 358114 or Jane Green on 01542 870641  
  
Our service is free and confidential. Call Fertility Care Scotland on 0141 352 7930 or email [info@fertilitycare.org.uk](mailto:info@fertilitycare.org.uk) for further details.

ACCOMMODATION WANTED

Female French student requires room in family home from 4th September, 2015 until 20<sup>th</sup> May 2016.  
If you can assist please respond to Maria Alex de L'Hermit: [madelhermete@jmael.com](mailto:madelhermete@jmael.com)  
Thank You.

BELL RINGERS WANTED

If you are interested in the art of bell ringing and would like to train to be a Cathedral ringer please express your interest to Robin Harding, the Parish Manager: [manager@cathedral-abdn.org](mailto:manager@cathedral-abdn.org)



MESSAGE TO PARENTS WITH CHILDREN IN SECONDARY SCHOOLS IN ABERDEEN

Dear Parents,  
You will know that for many years Roman Catholic Religious Education (RCRE) has been provided in Local Authority Secondary Schools in the City of Aberdeen. This is for children whose parents request it. A year ago Mr Tony Luby, who had provided this for 10 years, moved to another post. We are grateful to Aberdeen City Council for subsequently advertising the post with an enhanced salary. To date, however, there has been no uptake. The position is undoubtedly a challenging one at several levels. **It means covering a number of schools.** It requires competence, energy and a sense of mission.  
This is to assure you that the Diocese is continuing to seek a solution with the City Council and will inform you when there is a positive outcome. Yours prayers for this would be appreciated.

Bishop Hugh

Weekly Calendar

Mon

**Credo Community Meeting**  
Polish charismatic prayer group.  
Main Hall at 7.30pm .  
Contact: Fr Tomasz Klin SJ  
**Mother & Toddler Group**  
For parents with young children  
Main Hall from 10.30-12.30pm  
Contact: Yi-pei Chou  
[chou.turvey@gmail.com](mailto:chou.turvey@gmail.com)

Tue

**Magnificat Prayer Group**  
Main Hall after Mass  
Contact: Paul Akagwu 07574 103 852  
**St. Vincent de Paul**  
Feeding the homeless  
Contact: Evelyn Murray

Wed

**Light Exercise Class for all**  
Main Hall at 10:00am  
Contact: Laura Walker 0777 3 021 851  
[laura@laurawalkerlimited.co.uk](mailto:laura@laurawalkerlimited.co.uk)  
**Seniors Club**  
Speakers, fun & fellowship  
Main Hall at 2 pm every 2 weeks  
Contact: Winnie on 01224 632 465.  
**Cathedral Faith Formation Evening**  
For those interested in learning more about the Faith or becoming Catholic  
Lower Hall at 7pm  
Contact: Fr. Keith  
**African Choir**  
For Africans and anyone else.  
Upper Hall from 6 - 8.00pm  
Contact: Patricia Malikebu 07891 714 549

Thu

**Healing of Memories**  
Prayer for the healing of painful memories of the past to bring peace to the present.  
Clergy House at 2.30pm (by appointment)  
Contact: Deacon Tony  
**Legion of Mary**  
Members serve the Church as needed  
Lower Hall at 5.30pm  
Contact: Nogie Osula  
[nogisula@yahoo.com](mailto:nogisula@yahoo.com)  
**Cenacolo Prayer Group**  
Exposition & Rosary praying for healing of those with addictions  
Church after Mass  
Contact: Liam Sharkey 07774 931 996  
[liam.sharkey@fsmail.net](mailto:liam.sharkey@fsmail.net)  
**6pm Music Group**  
Contemporary music for Sunday 6pm Mass  
Upper Hall after Mass  
Contact: Michael Thomson  
[michael@pianocatholic.org.uk](mailto:michael@pianocatholic.org.uk)

Fri

**Our Lady of Aberdeen Prayer Group**  
Rosary & praise in song and word  
Chapter Room from 1.30 - 2.30pm  
Contact: Teresa Coyne 07901 851 526  
**Altar Servers' Practice** (Off during July)  
Church from 6.00 to 7.00pm  
Contact: Simon Winstanley  
**Youth Group**  
For teenagers between 11 & 17  
Clergy House 7pm to 9pm  
Contact: St. Andrew's Community  
07754 891 808  
[standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)

Sat

**Church Cleaning**  
Church at 10.30am  
Contact: Joyce Webster 01224 319 154  
**African Choir**  
As above  
Upper Hall from 6 - 8.00pm

Sun

**11:15 Choir**  
Leading the music for 11.15 Sunday Mass  
Upper Hall 10.00am  
Contact: David & Liz Meiklejohn