



CARDIFF CATHEDRAL † GADEIRIOL CAERDYDD

Clergy House,
38 Charles Street, Cardiff, CF10 2SF

Tel: (029) 20 23 14 07

Email: cathedral@rcadc.org

Website: cardiffcathedral.org.uk

Sixteenth Sunday of Ordinary Time

19th July 2020

Year A

Psalter Week 4

Pulling out the weeds

Forgiveness is one of the principal themes that come from this weekend's readings. One commentator said that 'forgiveness is letting go of an angering injury and giving God a chance to love'. If you or I have sinned, then we have weeds, growing up along with the good that we are. If we were asked whether we would like part of us to be uprooted, I am sure that the answer would be, no. Instead, God lets us develop and grow, without destruction, steading and continually forgiving our weeds.

The challenge of forgiveness - whether it is forgiving others or even seeking forgiveness for ourselves - is that it challenges the normal orientation of things. We grow up in a society which can encourage a culture of revenge for the hurts and wrongs done to us. We only have to look at the television dramas or movies to see how this plays out. We can see 'justice' as fighting one wrong with another.

The parable of the wheat and the darnel encourage within us the virtue of patience, of waiting for the right conditions to arise when we can allow the Lord to remove the weeds of our sins. The growth in the spiritual life is a gradual time of conversion, and not a quick fix solution.

Let us pray for the grace to be able to let go of the weeds which overwhelm the garden of our souls, and hand ourselves over to the loving embrace of the Lord. Let us follow the inspiration of that commentator and 'let go of an angering injury and give God a chance to love'.



e-Newsletter Signup

You can signup to receive the Cathedral's *e-Newsletter*. Either scan the QR code adjacent, or visit the Cathedral website for the link.

SERVICES DURING THE WEEK

The Masses and other liturgies are broadcast through the Cathedral website. The Cathedral Camera can be viewed via the website's main page.

Zoom Login Details -

Meeting ID: 868 571 1627

Password: cathedral

Sunday <i>Sixteenth</i> <i>Sunday</i>	11:00am ± 12:00pm 4:30pm ±	Sung Mass: the Cathedral Community <i>Zoom Coffee Break (login details above)</i> Sung Evening Prayer and Benediction
Monday <i>St. Apollinaris</i>	09:30am ± 5:00pm ±	Mass: Intentions of the Donor Adoration of the Blessed Sacrament
Tuesday	09:30am ± 11:00am 12:00pm 5:00pm ±	Mass: Dewi & Josephine Thomas (anniversary), <i>RIP</i> Open for Private Prayer <i>until 3:00pm</i> Sacrament of Reconciliation, <i>until 12:30pm</i> Adoration of the Blessed Sacrament
Wednesday	11:00am	Open for Private Prayer <i>until 3:00pm</i>
Thursday <i>St. Bridget of Sweeden</i>	11:00am 12:00pm 12:45pm 5:00pm ± 6:00pm ±	Open for Private Prayer <i>until 3:00pm</i> Sacrament of Reconciliation, <i>until 12:30pm</i> <i>Lectio Divina</i> via Zoom (<i>login details above</i>) Adoration of the Blessed Sacrament Mass: Intentions of the Celebrant
Friday	09:30am ± 5:00pm ±	Mass: Bet Mills, <i>RIP</i> Adoration of the Blessed Sacrament
Saturday <i>St. James</i>	09:30am ± 11:00am	Mass: Intentions of the Donor Sacrament of Reconciliation, <i>until 12:00pm</i>

Please note: New Mass Schedule begins

Please note the changes to the Mass times. The Cathedral will open 30 mins before Mass, and will close immediately afterwards for cleaning. Please be aware that there is a maximum number of 34 people in the Cathedral.

The doors will close once the maximum number has been reached.

Saturday <i>Vigil</i>	6:00pm *	Mass: Angelo Tabone, <i>RIP</i>
Sunday <i>Seventeenth</i> <i>Sunday</i>	10:00am * 12:00pm 4:30pm ± 6:00pm *	Mass: Baker & Scanlan families, <i>RIP</i> <i>Zoom Coffee Break (login details above)</i> Sung Evening Prayer and Benediction Mass: the Cathedral Community

KEY

* denotes the Mass is open to the public.

± denotes service is live-streamed only, and not open to the public.

INFORMATION

Archbishop:

Most Rev. George
Stack

Priest-In-Charge:

Rev. Daniel
Stanton

Parish Safeguarding:

John Fellows
(029) 20 23 14 07

Hospital Chaplaincy:

If you, or a loved one, are admitted into hospital, please contact the hospital Chaplaincy team:

Contact - (029) 20 74 32 30

Chaplains:

Rev. Peter Davies
peter.davies4@wales.nhs.uk

Rev. David Pritchard
david.pritchard@wales.nhs.uk

Sacrament of Reconciliation

It is one of the great privileges as a priest to extend the healing hand of a loving and compassionate Lord in the Sacrament of Reconciliation, especially after such a long time where Confession hasn't be available. Pope Francis encourages us not to be afraid of going to Confession, for it is "*the sacrament of the tenderness of God, his way of embracing us*". Confessions resumed last week, celebrated in **the Mostyn Room**. Access to the Mostyn Room is via the courtyard. Times of Confessions this week will be:

Tuesday and Thursday:

from 12:00pm until 12:30pm.

Saturday:

from 11:00am until 12:00pm.

Reopening Our Cathedral

Having the Cathedral open for private prayer continues to be a source of great strength and blessing, not only for the visitors to the Cathedral, but also for the wider diocesan community. I am delighted to announce that, from next weekend, we are able to resume the public celebration of Masses here at the Cathedral. Last week I submitted the updated risk assessment, so that from the evening of this **Saturday, 25th July 2020**, we will be able to gather together for the celebration of Mass. Please be aware that things are not yet back to any sort of normality; this will take some time. We will not be able to return to how things were before the lockdown. If you are attending Mass, please take extra care.

When we return to Mass, you will notice that things will be different to what we are used to. I will explain the practicalities before the start of each Mass. The stewards are at each Mass to help and assist, and to ensure that social distancing rules are kept around the Cathedral. They will guide you at Holy Communion time and at the end of Mass, in particular. Please follow their instructions.

The Cathedral has the maximum capacity of **thirty-four spaces** in order to safely maintain the two-metre social

distancing regulations when sat down. The Cathedral will be open 30 minutes before the start of the celebration of Mass, and will close immediately after Mass has finished so that it can be cleaned and prepared by the stewards. We will operate a **first-come-first-serve policy**. Please be aware that once the maximum capacity has been reached, the main doors of the Cathedral will close. I would like to take this opportunity to thank you in advance for your understanding in this matter. The government recommend that we adopt a **'track and trace'** policy, so that, should anyone come down with symptoms of coronavirus, people can be tracked and asked to self-isolate for the appropriate number of days. You will be asked to supply some details to the stewards, which will comply with data protection regulations, and which will be kept for the 21 days, as required, after which they will be shredded. They will not be used in any other way by the Cathedral except for track and trace.

You will notice that, as a starting point, three celebrations of Mass have been arranged for the weekend: 6:00pm on Saturday (the vigil Mass), as well as 10:00am and 6:00pm on Sunday. Once the first full week of the schedule is made available during the week, you will see that there is not Mass every day. During the weekday, the public celebration of Mass will only take place on Monday and Friday, for the time being. The Cathedral will continue to be open for private prayer on Tuesday and Thursday, and not on Wednesday or Saturday. This will be

reviewed after three weeks, along with the Risk Assessment, and changes made depending upon numbers. There is the space to increase Mass provision should that be necessary. The obligation to attend Mass on Sunday continues to be suspended, as per the Bishops' Conference letter at the beginning of the lockdown. As a consequence, you may wish to consider attending Mass during the weekday - either Monday or Friday (beginning at 10:00am), which will be quieter.

I am looking for extra volunteers to help with stewarding the weekday Masses (Monday and Friday, at the moment). If you are intending to come to Mass on either of those weekdays (Monday or Friday), and are able to help as a steward, please contact me at Clergy House as soon as possible. Without an additional volunteer to assist with Barry, we will be unable to open for Mass.

Masses will continue to be broadcast via the Cathedral camera.

I would like to take this opportunity to thank you for your continued prayers and patience.

**Wednesday -
*Feast of St. Mary Magdalene***

For many priests around our Archdiocese, June and July is 'anniversary season'. Over the last couple of months we have celebrated the anniversaries of many of our priests, including Canon Peter Collins, former Administrator of the Cathedral, who celebrated the anniversary of his ordination last Tuesday, on the feast day of St. Camillus of Lellis. Being able to thank God for the blessings which our priests have bestowed upon our communities throughout the years of their ministry are reminders to us that, where we pray for vocations to the priesthood and religious life, the Lord will always provide.

On Wednesday, the feast day of St. Mary Magdalene, I celebrate the third anniversary to the priesthood. I cannot believe how quickly these last three years have gone. The last three years have been a time of great joy and blessing, as well as an immense learning curve. Over the last few months, this 'learning curve' as taken me to social media, broadcasting Masses, and even to writing risk assessments! Walking alongside so many people from different walks of life has been truly humbling, entering family life at the most precious and sometimes fragile time. I would like to take this opportunity to thank you for your kindness and support that you have shown me, particularly since arriving at the Cathedral last September, and for keeping me in your

prayers. I continue to pray for you all daily.

Nantes Cathedral

It was so sad to see the images of Nantes Cathedral in flames, as a portion of the interior of the Cathedral went up in flames. News sources say that a hundred fire-fighters were deployed to control the blaze. The Cathedral's pipe organ has been completely destroyed by the blaze.

This sadness is exacerbated for us in the capital city as, as you are aware, the cities of Nantes and Cardiff have been twinned with each other since 24th February 1964.

Let us pray for the bishop, clergy, and faithful of the diocese of Nantes.

Finance Matters

Even though we are beginning to see some sort of 'normality' return to our towns and cities, things are by no means back to normal. During these times of pandemic, the live-Streaming of Mass and devotions from St. David's Cathedral continue to be an important ministry. Since the lockdown, the Cathedral website has received 12,690 visitors from all across the world. We intend to continue this in order to keep the community of faith together in prayer and worship.

Sincere thanks to those parishioners who have continued to support the Cathedral financially in these difficult

days, not least through Standing Orders. Needless to say, like so many other charities and businesses, the Cathedral has suffered a major drop in its income during this time of closure and social isolation. Nevertheless, high expenditure continues on maintenance, insurance, security and much else.

If you would like to continue supporting the Cathedral and its ministry in the future, please consider donating to its life and work in either of the following ways:

Firstly, by visiting the Cathedral's *Virgin Money Giving Page* at <https://uk.virginmoneygiving.com/CardiffCathedral>, where you will be able to make a one-off donation to the Cathedral.

Secondly, please consider establishing a regular Standing Order to the Cathedral. This can be set-up easily via your internet banking apps, or, alternatively, by completing the Standing Order form available on the Cathedral website (www.cardiffcathedral.org.uk/finance). A Standing Order can be set up if you Gift Aid your donations via the offering envelopes. For Gift-aiders, please consider making this change to Standing Order.

Thank you once again for your generosity.

Information and Support

St. Vincent de Paul Society

If you require the assistance of the Cathedral's SVP group, please contact Kevin directly on this designated phone number - **07933 720 845**.

Mental Health

One of the things I have noticed through Twitter since lockdown, is how many notifications and Tweets have been written around the topic of mental health. In particular, I have noticed through the *Mind Cymru* Twitter feed that people are doing lots to raise the profile of mental health, and the promotion of good mental health. At the moment, men from across Wales have been challenging themselves with a campaign involving twenty-five press-ups for thirty days to highlight PTSD, depression, anxiety and male suicide.

For many people, the time of lockdown has had a detrimental impact upon their mental health, with increases in loneliness and isolation, depression and anxiety. Megan Pennell, from *Mind*, commented in an interview that:

"... Overall there has been a deterioration in people's mental health, regardless of whether they had the mental health problem before [lockdown]..."

If you are someone who is struggling with things at the moment, whether it is

as a result of the pandemic or not, do not be afraid to seek help. If you would like to contact me at Clergy House, I will be happy to help you find the right support. Sharing and talking with trusted people is an important step.

If you are in need to speak with someone urgently, here are some contact numbers:

Samaritans - 166 213 (free phone)

Papyrus - 0800 068 4141

Emergency Services - 999

Domestic Abuse

Since the UK-wide CONVID-10 lockdown began on 23rd March 2020, there has been a 49% increase in calls and online requests for help relating to domestic abuse.

The *Catholic Bishops' Conference of England and Wales* have made information and resources available to parishes and communities. The Bishops' Conference reflect that: *“Every person has a right to live their life free from violence, abuse, intimidation and fear. Catholic parishes can play an important role in the fighting the scourge of domestic abuse, especially during the Covid-19 pandemic”*.

There is information available directly from the Bishops' Conference website at: <https://www.cbcew.org.uk/home/our-work/health-social-care/coronavirus-guidelines/domestic-abuse/>

Significantly, if you are immediate danger, please contact the police directly on 999.

A selection of charities and services are available to contact here:

Freephone National Domestic Abuse Helpline

0808 200 0247

www.natondahelpline.org.uk

Live Fear Free helpline (Wales)

0808 80 10 800

www.livefearfree.gov.wales

Men's Advice Line

0808 801 0327

www.mensadvice.org.uk

Rape Crisis (England and Wales)

0808 802 9999

www.rapecrisis.org.uk

More information and contacts are available on the Cathedral website at www.cardiffcathedral.org.uk/domesticabuse

