



CARDIFF CATHEDRAL † GADEIRIOL CAERDYDD

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Seventeenth Sunday of Ordinary Time

26th July 2020

Year A

Psalter Week 1

The Coronavirus Faith Capsule

After just over four months, it is so lovely to welcome you back to the Cathedral for the public celebrations of Mass. A lot has happened over the last few months, and things will continue to be strange and unfamiliar for the foreseeable future. I was listening to Radio Four last week, and on the programme *Loose Ends* the presenter interviewed a man who had started an initiative with teenagers called ‘the Coronavirus Time Capsule’, which has given teenagers a unique platform to channel their energies and anxieties of this pandemic by reflecting upon their own experiences of lockdown. As we, as a community of faith, arrive at a new transition moment – returning to the public celebration of Mass for the first time – I thought that this may be a good experience to create our own ‘Coronavirus Faith Capsule’, where we are able to reflect upon our own experiences of lockdown within the context of living out our faith, and how our faith has grown/changed/been tested as a result of this experience.

Would you like to offer your voice and contribute? Do you have any images of how you lived out your faith during lockdown which you would like to share?

Continued inside...



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.

6:00pm *

Mass: Intentions of the Donor

INFORMATION

Archbishop:

Most Rev. George

Priest-In-Charge:

Rev. Daniel Stack
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.

Lectio Divina via Zoom

Lectio Divina, literally meaning 'divine reading' is an ancient practice of praying the scriptures. During Lectio Divina, the participant listens to a particular text of the Bible "with the ear of the heart", as St. Benedict says, entering into the depths of an intimate conversation with God.

The virtual *Lectio Divina* Prayer Group continues via Zoom **each Thursday afternoon**, beginning at **12:45pm**, for the time being. Each week we will pray with the Gospel for the following Sunday; a way of opening ourselves up to the promptings of the Holy Spirit, and listening to the voice of the Lord speak directly to each one of us. You only need to bring yourselves; I will make the Gospel reading available.

Instructions for Attending the Celebration of Mass

Following on from last week's message, here are some instructions for

attending the celebration of Mass. Please note that the Cathedral has a limited capacity of thirty-eight spaces for individuals and bubbles. Once this has reached capacity, the doors of the Cathedral will close. Thank you for your understanding in this matter. Following the recommendations issued through the diocese, the Cathedral is operating a track and trace system. You will be asked to provide some details upon arrival. These will only be kept for the required time and will only be used for track and trace purposes.

Please wait outside the Cathedral, maintaining social distancing, and await the instructions of the steward. Please remain two metres apart at all times. Sanitise your hands upon entering and exiting the Cathedral. Sanitisation stations are available. Once in your pew, please stay there at all times, until instructed to move by the stewards.

For the foreseeable future, there will be **no**:

- Sacristans
- Altar Servers
- Extraordinary Ministers of Holy Communion
- Offertory Procession
- Physical sign of peace
- Parish Mass books or hymn books
- Singing
- Collection taken during Mass (please see separate notice)

For the distribution of Holy Communion:

- Come forward in a single file at the instruction of the steward.
- Stop at the kneeler and extend your hands. If you are wearing face masks, please remove them before receiving Holy Communion.
- Communion will be given in silence.
- Return to your places via the side isles.

Please be aware that:

- The Cathedral will be closed immediately after the celebration of Mass, and will be sanitised and prepared for the next Mass.
- All parish groups which meet regularly will continue to be suspended for the moment. Please await further instructions.
- The document *Guidance for the Celebration of Mass*, issued by the Bishops' Conference of England and Wales is available to download at www.cardiffcathedral.org.uk/coronavirus

Thank You!

I would like to take this opportunity to personally thank the volunteer stewards and the seminarians Elliot and Dale for their generosity during these last few weeks. Without their help and support, the Cathedral would not be able to be opened.

Finance Matters



I would like to sincerely thank parishioners who have continued to support the Cathedral financially during these difficult months.

For the foreseeable future, there will be no offertory collection during Mass. There will be a basket left at the back of the Cathedral as you leave. This is to minimise unnecessary touching. The *Guidelines for the Celebration of Mass* encourage the use of making online donations, where possible. This can be done through the Cathedral's Virgin Money page. If you would like to make a contribution, please scan the QR code at the top of this section, or visit www.cardiffcathedral.org.uk/finance.

You can also visit the Cathedral website if you would like more information about setting up a regular standing order directly to the Cathedral.

Thank you for your generosity.

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

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 the charity *Mind*, commented in an interview that:

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

If you or a loved one is struggling with things at the moment, whether it's 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 listen, and to help in any way I can; looking for the right support that is available. Talking and sharing 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

The Coronavirus Faith Capsule - *continued...*

As we enter a new phase of the pandemic, we have the opportunity to reflect back on our experiences.

My plan is to create and share a *Coronavirus Faith Capsule* by starting a podcast series; interviewing and chatting with people from different

walks of life about how their faith has been impacted and changed by the lockdown. All of us have a story to share, and invaluable experiences to record for future generations.

If you have any thoughts on this project, and would like to get in touch, email me at cathedral@rcadc.org. I will make this information available on the Cathedral website.

CCTV & The Cathedral's Live-streaming Camera

For the safety of visitors to the Cathedral, as well as for the safety of myself and the residents of Clergy House, CCTV has been installed on site. Inside the Cathedral, please be aware that there are cameras in the three porches.

The Masses and other devotions which take place at the Cathedral will continue to be live-streamed for those who are still unable to be here at the Cathedral. This camera is focussed on the sanctuary area. It only streams the image (24/7), and does not record. There is a small section of the front of the Cathedral which can still be seen by the camera, and so you may be recognisable for a brief moment during Holy Communion time.

Cathedral Newsletter

The newsletter is single use only – please take the newsletter home with you after Mass, as it cannot be used again by anyone else outside of your bubble.

The newsletter is available each week on the Cathedral website to download. You can also sign-up to receive the newsletter directly to your emails. If you would like to sign-up to the *e-Newsletter*, scan the QR code on the front of the newsletter.

The Gloria

Glory to God in the highest,
and on earth peace
to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks
for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God,
Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand
of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

The Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,

born of the Father before all ages.
God from God,
Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand
of the Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father
and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

I believe in one, holy,
catholic and apostolic Church.

I confess one Baptism
for the forgiveness of sins
and I look forward
to the resurrection of the dead
and the life of the world to come.
Amen.