



CARDIFF CATHEDRAL † GADEIRIOL CAERDYDD

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Eighteenth Sunday of Ordinary Time

2nd August 2020

Year A

Psalter Week 2

“.. then [Jesus] took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves handed them to his disciples who gave them to the crowds...”

In the Gospel today, we reflect upon the incident of the feeding of the five thousand. We are witness to the salvific actions of Jesus: taken, blessed, broken, given, noted in the underlined words above. The disciples would participate in these same actions during the Last Supper, this time with the command of Our Blessed Lord to “*do this in memory of me*”. At every celebration of Mass, we re-present the salvific actions of Jesus, we enter into the same eucharistic actions of Jesus Himself. As we participate in the Eucharist, we are called to become eucharistic people.

The spiritual writer Henri Nouwen, in his book, *You Are The Beloved*, invites us to contemplate upon those four actions – taken, blessed, broken, given. The first step of the spiritual life, says Henri, is to “*acknowledge with our whole being that we already have been taken*” – While this may sound harsh, what he means by this that we are specially ‘chosen’ by God Himself. As children of God, we are His chosen ones! To be chosen by God is to acknowledge that He has a unique plan for you, He has called you to something special for Him. The words of the hymn spring to mind, and can be a source of reflection for us: “*Take my life and let it be, consecrated, Lord, to thee...*”



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.

KEY

* denotes the Mass is open to the public.

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

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

<i>Saturday Vigil</i>	6:00pm *	Mass: the Cathedral Community
<i>Sunday Eighteenth Sunday</i>	10:00am *	Mass: Benedict Henry Nathan, Margaret Dixon & Graham Dixon
	12:00pm	<i>Zoom Coffee Break (login details above)</i>
	4:30pm ±	Sung Evening Prayer and Benediction
	6:00pm *	Mass: Intentions of the Donor
<i>Monday</i>	10:00am *	Mass: Eduardo Moreno & Gilberto Chaparro, <i>RIP</i>
	5:00pm ±	Adoration of the Blessed Sacrament
<i>Tuesday</i>	10:00am ±	Mass: Anthony O'Shea (sick)
	11:00am	Open for Private Prayer <i>until 3:00pm</i>
	12:00pm	Sacrament of Reconciliation, <i>until 12:30pm</i>
	5:00pm ±	Adoration of the Blessed Sacrament
<i>Wednesday</i>		
<i>Thursday</i>	11:00am	Open for Private Prayer <i>until 3:00pm</i>
	12:00pm	Sacrament of Reconciliation, <i>until 12:30pm</i>
	12:45pm	<i>Lectio Divina via Zoom (login details above)</i>
	5:00pm ±	Adoration of the Blessed Sacrament
	6:00pm ±	Mass: Outpouring of the Holy Spirit
<i>Friday</i>	10:00am *	Mass: Intentions of the Holy Father
	5:00pm ±	First Friday Devotions - Adoration of the Blessed Sacrament
<i>Saturday</i>	10:00am ±	Mass: Intentions of the Donor
	11:00am	Sacrament of Reconciliation, <i>until 12:00pm</i>
<i>Saturday Vigil</i>	6:00pm *	Mass: Joan Sullivan (sick)
<i>Sunday Nineteenth Sunday</i>	10:00am *	Mass: the Cathedral Community
	12:00pm	<i>Zoom Coffee Break (login details above)</i>
	4:30pm ±	Sung Evening Prayer and Benediction
	6:00pm *	Mass: Clergy of the Cathedral

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.

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.

First Friday Devotions

This Friday is the first Friday of August. The traditional 'First Friday' devotions will take place via live-stream beginning at 5:00pm, and will conclude with Benediction of the Blessed Sacrament at 5:50pm.

Instructions for Attending the Celebration of Mass

Last weekend was such a joyous occasion to welcome you back *home* to the Cathedral. As I have mentioned a few times, this is in no way returning to

how things were before the lockdown. 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. 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. 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

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

The Ministry of Reader at Mass

From this weekend, readers will be able to exercise their ministry during Mass, conforming to the instructions laid down by the Bishops' Conference of England and Wales. Please note the following:

- Please sit somewhere in the Cathedral where the social distancing rules will not be compromised. The stewards will help you.
- Readers are to use the temporary lectern placed on the pavement of

the sanctuary. There is no access to the public on the sanctuary - the sanctuary is still a restricted area of the Cathedral.

- Only one reader at any one time, including the weekend Masses.
- Readers are to wear disposable gloves when exercising their ministry. There is a supply of these at the entrance to the Cathedral.
- When coming up to read, please bow to the altar from the wooden floor at the bottom of the sanctuary.
- Please do not touch the microphone.
- Only touch the lectionary when it is absolutely necessary – for example, to turn the page.
- There is no singing during public Masses. The ‘alleluia’ is to be said at all times by the reader.
- There are no General Intercessions (bidding prayers) during Mass, so return to your place after the readings.

Thank you for your understanding in this.

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**.

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.

Gift Aid – The Gift Aid envelopes are available for collection at Clergy House. Please speak with either Fr. Daniel or one of the stewards if you would like to collect them.

Thank you for your generosity.

Staying Together Whilst Apart – *Diocesan Outreach Project*

The Archdiocese of Cardiff has received a grant from the Welsh Government’s *Voluntary Services Emergency Fund* to support the work already taking place in parishes helping

to maintain the mental health and well-being of older and vulnerable adults. The project aims to reduce feelings of isolation and loneliness and foster a sense of belonging and community. You will recognise how much of this work is already being carried out by parishioners, volunteers, priests, deacons and religious. Zoom, Skype, Live Streaming, You Tube podcasts and the telephone apostolate are, for many of us, newly discovered ways of engaging with people at a significant level.

The project was featured on both the Vatican News Service and on the news page of the Catholic Bishops' Conference of England and Wales. You can read the article here - <https://www.vaticannews.va/en/church/news/2020-07/wales-government-cardiff-staying-together-while-apart-covid-19.html>.

Please keep this outreach project in your prayers.

The Coronavirus Faith Capsule – *Cathedral Outreach Project*

The Coronavirus Faith Capsule is a new project of the Cathedral, participating in the diocesan *Staying Together Whilst Apart* initiative, noted above. The 'Coronavirus Faith Capsule' is a forum which enables us, as a community of faith, 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?

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.

I have created a section on the Cathedral website - <https://www.cardiffcathedral.org.uk/faith-capsule/> - containing full information on the project. There is also a link to a short questionnaire for anyone who is interested in contributing.

If you have skills in the area of recording, or would like to be part of this project, contact me at Clergy House: cathedral@rcadc.org

CCTV

For the safety of visitors to the Cathedral, as well as for the safety of myself and the residents of Clergy House, CCTV is in operation.

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

Seeking Our Lady’s Intercession

At the conclusion of the weekday Masses, we seek the intercession of Our Blessed Lady, under her patronage of Our Lady of Penrhys, for the intentions of the Archbishop, and the mission and wellbeing of the Archdiocese:

Hail, holy Queen,
Mother of mercy,
hail, our life, our sweetness
and our hope.

To thee do we cry,
poor banished children of Eve:
to thee do we send up our sighs,
mourning and weeping
in this vale of tears.

Turn then, most gracious Advocate,
thine eyes of mercy toward us,
and after this our exile,
show unto us the blessed fruit
of thy womb, Jesus,
O merciful,
O loving,
O sweet Virgin Mary!

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Our Lady of Penrhys – Pray for us!

St. David – Pray for us!

St. N. (patron of the day) – Pray for us!

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.