



CARDIFF CATHEDRAL ✝ GADEIRIOL CAERDYDD

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Fourth Sunday of Ordinary Time

31st January 2021

Year B

Psalter Week: 4

Entrance Antiphon

Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

Responsorial Psalm

O that today you would listen to his voice!
'Harden not your hearts'.

Gospel Acclamation

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

Communion Antiphon

Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

In the Extraordinary Form of the Roman Rite and the Ordinariate Rite, this weekend begins a period known as *Septuagesima*. The Abbot Dom Prosper Gueranger quotes St. Augustine, who gives us a clue into this season. He writes: "... 'There are two times,' says the Holy Doctor: 'one which is now, and is spent in the temptations and tribulations of this life; the other which shall be then, and shall be spent in eternal security and joy. In figure of these, we celebrate two periods: the time 'before Easter' and the time 'after Easter.' That which is 'before Easter,' signifies the sorrow of this present life; that which is 'after Easter,' the blessedness of our future state. Hence it is, that we spend the first in fasting and prayer; and in the second, we give up our fasting, and give ourselves to praise."

While there is no *Septuagesima* season in the Ordinary Form, we still have the opportunity to prepare for the season of Lent, so that we will be spiritually ready to "take up battle against spiritual evils". Dom Prosper Gueranger reflects that the Church offers us these weeks to consider "the deep wounds caused in our souls by sin", so that, after the purifying season of Lent, we may truly behold the radiance of the Risen and Gloried Lord. Dom Prosper asks us to enter into the spirit of this time and wage war upon those things which are common to tepid souls.



e-Newsletter
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KEY

* denotes the Mass is open to the public.

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

Zoom Login Details - Meeting ID: 868 571 1627 Password: cathedral

Saturday	4:30pm 5:30pm *	Sacrament of Reconciliation, <i>until 5:15pm</i> Mass: Angela Tabone, <i>RIP</i>
Sunday Fourth in Ordinary Time	11:00am * 1:00pm 4:30pm ± 5:30pm *	Mass: the Cathedral Community Baptism: Eldana Daniel Solemn Evening Prayer & Benediction Mass: Susan Morris, <i>RIP</i>
Monday <i>A Day of Prayer for Priests</i>	7:30am * 8:00am 8:20am ± 11:30am * 12:30pm * 12:45pm * 4:00pm ± 5:00pm ± 6:30pm ±	Mass: Deceased Priests of the Archdiocese <i>followed by Exposition of the Blessed Sacrament</i> Morning Prayer Adoration of the Blessed Sacrament continues on live-stream Holy Rosary (Joyful Mysteries) <i>**English & Welsh**</i> Benediction & Reposition of the Blessed Sacrament Mass: Priests of the Archdiocese <i>After Mass:</i> Adoration of the Blessed Sacrament, <i>doors close to the public at 3:00pm. Adoration continues on live-stream.</i> Holy Rosary (Luminous Mysteries) Solemn Evening Prayer Holy Hour of Intercession, <i>followed by Benediction of the Blessed Sacrament</i>
Tuesday Presentation of the Lord	7:30am * 8:00am 12:00pm 12:45pm *	Mass: Holy Souls Morning Prayer Sacrament of Reconciliation, <i>until 12:25pm</i> Mass: Angela Bergström-Allen, <i>RIP</i> <i>Beginning with the Blessing of Candles</i> <i>After Mass:</i> Adoration of the Blessed Sacrament, <i>until 3:00pm</i>
Wednesday		
Thursday	7:30am * 8:00am 12:00pm 12:45pm * 5:00pm ±	Mass: Holy Souls Morning Prayer Sacrament of Reconciliation, <i>until 12:25pm</i> Mass: Intentions of the Donor <i>After Mass:</i> Adoration of the Blessed Sacrament, <i>until 3:00pm</i> Holy Hour for Vocations to the Priesthood & Religious Life
Friday St. Agatha	7:30am * 8:00am 12:00pm 12:45pm * 5:00pm ±	Mass: Holy Souls Morning Prayer Sacrament of Reconciliation, <i>until 12:25pm</i> Mass: Bridie Scanlon, <i>RIP</i> <i>After Mass:</i> Adoration of the Blessed Sacrament, <i>until 3:00pm</i> First Friday Devotions
Saturday	9:00am	The Angelus (Facebook Live)

St. Paul Miki & Companions	10:00am * 11:00am	Mass: Rev. Giles Goward, <i>RIP</i> <i>Followed by Adoration of the Blessed Sacrament until 12:00pm</i> Sacrament of Reconciliation, <i>until 12:00pm</i>
Saturday	4:30pm 5:30pm *	Sacrament of Reconciliation, <i>until 5:15pm</i> Mass: Grace Evans, <i>RIP</i>
Sunday Fifth in Ordinary Time	11:00am * 4:30pm ± 5:30pm *	Mass: Eduardo Moreno & Gilberto Chaparro, <i>RIP</i> Solemn Evening Prayer & Benediction Mass: the Cathedral Community

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

SVP – Emergency Assistance: 07933 720 845

Prayer and Worship

Instructions for Attending the Celebration of Mass – It is wonderful to be able to welcome you all back to the Cathedral. The **stewards** are available at the back of the Cathedral to help and guide you. I am very grateful to the stewards for their dedication and commitment. The **Track and Trace** system

which is in place is there to safeguard visitors to the Cathedral for the celebration of Mass. **Masks** must be worn inside the Cathedral at all times, both for private prayer and also for Mass. If you have an exemption from the doctor, please show your information card to the stewards. Instructions for attending Mass are available on the Cathedral website. Visit: www.cardiffcathedral.org.uk/coronavirus for details.

The Sacrament of Reconciliation – Pope St John Paul II said that the Sacrament of Reconciliation is “*an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God*”. There are several opportunities to experience the mercy of the Lord in the Sacrament of Reconciliation throughout the week. Please see the schedule for full details. All Confessions take place in the Mostyn Room, adjacent to the Cathedral.

Holy Hour for Vocations to the Priesthood & Religious Life – Each month, on the first Thursday of the month, the Cathedral holds a special Holy Hour, praying for vocations to the Priesthood and Religious within the Archdiocese. In his last *Message for the World Day of Prayer for Vocations*, Pope Benedict XVI reflected: “Vocations to the priesthood and the consecrated life are born out of the experience of a personal encounter with Christ, out of sincere and confident dialogue with him, so as to enter

into his will. It is necessary, therefore, to grow in the experience of faith, understood as a profound relationship with Jesus, as inner attentiveness to his voice which is heard deep within us. This process, which enables us to respond positively to God's call, is possible in Christian communities where the faith is lived intensely, where generous witness is given of adherence to the Gospel, where there is a strong sense of mission which leads people to make the total gift of self for the Kingdom of God, nourished by recourse to the Sacraments, especially the Eucharist, and by a fervent life of prayer".

The Holy Hour opens up an opportunity to cultivate this 'inner attentiveness' with the Lord, so that we may hear, and respond to His call. The Holy Hour is Thursday, beginning at 5:00pm.

Bringing Lourdes Home – Three-Day Novena to Our Lady of Lourdes – Our Lady of Lourdes is known throughout the world to intercede for both spiritual and physical healing. During this last year, the Sanctuary of Our Lady of Lourdes closed its doors for the first time in over a century. Despite its closed doors, the Sanctuary is still a privileged place in our hearts of prayer for and with the sick. It is still a place of intercession. The last year has taken its toll on many people in different ways, whether emotionally, spiritually, or physically. During the Novena to Our Lady of Lourdes we will unite ourselves in prayer with all those who seek the healing intercession of Our Blessed Lady.

The Novena will begin on **Monday, 8th February**, and will conclude with Holy Mass on Thursday, 11th February, the feast day of Our Lady of Lourdes. More information about the Novena will be available in the coming weeks.

Novena to St. David - There will be a time of prayer in the nine days leading up to the Solemnity of St. David, our patronal feast here at the Cathedral, where we can pray for the Archbishop, clergy, and people who attend the Cathedral and minister to the wider community.

Stewardship and Formation

Celebrating the Sacraments: Baptism – This weekend, baby Eldana Daniel will be baptized and welcomed into the Church. I would like to extend my congratulations to Eldana's family.

Celebrating the Sacraments: Confirmation – Please continue to keep in your prayers our young parishioners who are preparing to receive the Sacrament of Confirmation. Their preparation is unusual this year, but we have confidence that the Holy Spirit is with them, guiding and supporting them. I am waiting for Archbishop George's Confirmation schedule to be made available. In next week's newsletter, I will arrange a Zoom session for the Confirmandi. More information to follow.

A Day of Prayer for Priests

The Day of Prayer for Priests is an initiative of *Divine Renovation*. The Cathedral will be spiritually united with the *Divine Renovation* team and will dedicated the day to pray for the priests of our Archdiocese on Monday. The Day of Prayer will begin with Mass at 7:30am, followed by Exposition of the Blessed Sacrament throughout the day. Please be aware that the Cathedral will only be open for part of the day, as noted in the schedule on page two of the newsletter. Adoration of the Blessed Sacrament will be live-streamed throughout the day.