



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

Seventh Sunday of Ordinary Time

23rd February 2020

Year A

Psalter Week 3

“During these days, therefore, let us add something to the usual amount of our service, special prayers, abstinence from food and drink, that each one offer to God “with the joy of the Holy Ghost,” of his own accord, something above his prescribed measure...”

~ Rule of St. Benedict ~

On Wednesday, with the solemn distribution of ashes, we begin the penitential season of Lent. Lent is a time of grace for the Church, during which we are invited to prepare ourselves to celebrate the salvific actions of Christ, His Passion, His death, and His Resurrection. St. Benedict has a whole chapter dedicated to the keeping of Lent. St. Benedict’s reflection, as partially noted above, is a reminder to us that Lent is about far more than undertaking a programme of self-improvement, or what one priest calls a *“faithful faith-based ethics”*; rather it is an invitation to enter deeper into the mystery of Our Blessed Lord’s Passion.

Lent prepares us to ‘let go’ of those things in our lives which get in the way, which may impede our striving for intimacy with the Lord. St. Benedict is exhorting us to *“add something to the usual among of service”*, in other words, to open ourselves up to becoming truly attentive to the working of the Holy Spirit in our lives. The marks of Lent - prayer, fasting, and almsgiving - are vehicles which aid us in our attentiveness to the Lord as he speaks directly to us. There’s more information about these inside the newsletter. Please be assured of my prayers as you begin this season of Lent, and I ask for your prayers, also.

God Bless, Fr. Daniel

CTS

Sunday Missal

The text of the Mass is available to follow in the front of the CTS books, available at the back of the Cathedral.

The Order Of Mass begins on p. 11. In particular:

The **‘I confess’** can be found on p. 13.

The **‘Glory to God’** can be found on p. 25.

The **Nicene-Constantinople Creed** can be found on p. 35.

The **readings** for this weekend’s Mass can be found on p. 255.

SERVICES DURING THE WEEK

Saturday	4:30pm 5:30pm	Sacrament of Reconciliation, <i>until 5:15pm</i> Sung Mass: the Cathedral Community <i>** The music for the Gloria can be found in the CTS Sunday Missals, page 23. **</i>
Sunday <i>7th in Ordinary Time</i>	11:00am 4:30pm 5:30pm	Solemn Mass: Brian Kelly, <i>RIP</i> <i>Teas and Coffees will be served on the <u>Mezzanine floor</u> of <u>the Cornerstone</u> after the celebration of Mass</i> Solemn Evening Prayer and Benediction Quiet Mass: Holy Souls
Monday	12:00pm 12:30pm 12:45pm 6:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer Mass: Helen Guy Mass: NO EVENING MASS
Tuesday	12:00pm 12:30pm 12:45pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer Mass: Peter J. Murphy, <i>RIP</i>
Wednesday <i>Ash Wednesday</i>	11:30am 12:30pm 6:00pm	DAY OF FASTING AND ABSTINENCE Sacrament of Reconciliation, <i>until 12:15pm</i> Mass: Ian McCabe, <i>RIP</i> Mass: Susanna Mills - 70th Birthday <i>Readings can be found in the CTS Sunday Missal, beginning on page 259.</i>
Thursday	12:00pm 12:30pm 12:45pm 5:00pm 6:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer Requiem Mass: Catherine Neil, <i>RIP</i> Sacrament of Reconciliation, <i>until 5:45pm</i> Mass: Edward P. Murphy, <i>RIP</i>
Friday	12:00pm 12:00pm 12:30pm 12:45pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Stations of the Cross Midday Prayer Mass: Maria & family <i>followed by Adoration until 3:00pm</i>

Saturday	10:00am	Mass: Good Health of Dominic & Lilian Cunliffe <i>followed by Adoration of the Blessed Sacrament until 4:10pm</i>
	10:30pm	Sacrament of Reconciliation, <i>until 12:00pm</i>
	2:15pm	The Holy Rosary
	3:00pm	3 O'Clock Prayer & Divine Mercy Devotions
	4:10pm	Benediction of the Blessed Sacrament
Saturday	4:30pm	Sacrament of Reconciliation, <i>until 5:15pm</i>
	5:30pm	Sung Mass: Margaret Davies, <i>RIP</i>
Sunday	11:00am	Solemn Mass: the Cathedral Community
<i>First Sunday of Lent</i>	3:00pm	Rite of Election
	5:30pm	Quiet Mass: Holy Souls

INFORMATION

Archbishop:

Most Rev. George Stack

Priest-In-Charge:

Rev. Daniel. J. 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

Sacred Heart Sanctuary Lamp

This week, we remember in our prayers
**the Fathers and Brothers of the
Cardiff Oratory.**

Lent

Lenten Alms - There are three marks of Lent - prayer, fasting, and almsgiving. Almsgiving is a witness of fraternal charity and work of justice pleasing to God. This year, money raised through the Lenten Alms will be for the homeless, both in the city of Cardiff and around the Archdiocese. The collection box for the Lenten Alms can be found at the front of the Cathedral, in the wall safe near the sacristy door, marked clearly with 'Lenten Alms'.

Walk With Me - The Lenten editions of the *Walk With Me* books are available at the back of the Cathedral, at the cost of £1.00. Please place the money into the wall safe marked 'Cathedral Development'. A good way to pray through Lent.

Stations of the Cross - The Stations of the Cross are prayed every Friday during Lent, beginning at 12:00pm. The purpose of the Stations of the

Cross is to draw us more deeply into the reality, mystery, and mercy of the cross, so that we might experience the love of God more truly and powerfully.

Leaning on the breast of the Lord - When we reflect upon the Last Supper scene, we can so easily overlook a beautiful moment of intimacy between the Beloved Disciple and Our Lord, when the Beloved Disciple leans on the breast of the Lord. This Lent gives us an opportunity to discover this intimacy during Adoration of the Blessed Sacrament; a moment when we can lean on the breast of the Lord, and allow heart to speak unto heart. There will be additional opportunities for silent Adoration of the Blessed Sacrament after the 12:45pm Mass during the weekday, ending at 3:00pm.

Quote from Pope Benedict XVI: *“In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering”*.

Sacrament of Reconciliation - There are several opportunities to experience the loving embrace of Christ in the Sacrament of Reconciliation at the Cathedral during the Lenten season:

Mondays, Tuesdays, Thursdays, Fridays - from 12:00pm until 12:25pm.

Mondays and Thursdays - from 5:00pm until 5:45pm, before the evening Mass.

Saturdays - From after the morning Mass until 12:00pm, and again from

4:30pm until 5:15pm.

Quote from St. Thomas Aquinas on Confession: *“In the life of the body a man is sometimes sick, and unless he takes medicine, he will die. Even so in the spiritual life a man is sick on account of his sin. For that reason he needs medicine so that he may be restored to health; and this grace is bestowed in the Sacrament of Penance.*

Lenten Lunches at the Cornerstone - Following last year’s successful series of Lenten Reflections, delivered by a range of speakers, the Cornerstone will play host, again, to a series of talks on each of the Fridays of Lent.

As we are now in the *Year of the Word*, speakers have been invited to give us an insight into how the Scriptures have shaped and influenced their personal Faith journey.

The format will be similar to previous years in that there will be a soup and roll lunch served from 1.15pm There is no specific charge for the soup and roll though a donation towards the charitable work of the Archdiocese is welcome. Each talk starts at approx. 1.30pm and the lunchtime event should be finished by approx 2.30pm.

The schedule for the Fridays of Lent is set out below:

Friday 28th February - Kate Duffin, Scripture Champion, Archdiocese of Cardiff.

Friday 6th March - Christian Mahoney - Chair of Governors, St David’s College, Cardiff.

Friday 13th March - Fr Chris Fuse IC,

Provost Provincial –Institute of Charity.

Friday 20th March - Fr Michael Akpoghiran O.P. - Director of Evangelisation, Menevia.

Friday 27th March - Michael & Nora Woodward from the Charismatic Renewal.

Friday 3rd April - Abbot Paul Stonham OSB- Belmont Abbey.

Cardiff Deanery Station Mass

The “Station Mass” originated in Rome under the auspices of Pope Gregory the Great (590 – 604). They were conceived as a daily pilgrimage in the footsteps of the martyrs and saints. Pilgrims and penitents visited forty churches in Rome on foot and performed penitential exercises and celebrated Mass in each “stopping place” or “station”. In doing so, they were also following the example of Jesus who went out into the desert and fasted for forty days and forty nights in preparation for his mission. It is this “journey” which forms the spiritual background to the forty days of Lent and the journey each of us has to make into the desert of our own hearts and lives.

The Cardiff Deanery Station Mass will take place on **Wednesday, 4th March 2020**, beginning at **7:00pm** at St. Joseph’s Catholic Church.

Providing Care to Christians in the Holy Land - Every year on Good Friday, a collection is taken up in Catholic Churches to support the work

in the Holy Land. Christians there rely heavily on the help that comes to them during this special day in the Church and our life of faith.

Solemnity of St. David

Next Monday, 2nd March, we celebrate the solemnity of St. David, patron of Wales and patron of our Cathedral. Yesterday (Saturday), we began the Novena Prayer to St. David. This prayer will be said throughout the week, at the end of the lunchtime Mass. In a particular way, we seek St. David’s intercession for our Archdiocese, and its mission in South-east Wales and Herefordshire, and upon the whole Cathedral family. We take as our prayer the words of St. David himself: “be joyful, keep the faith”.

Novena Prayer



O great St. David, you are an apostle and patron for the people of Wales. Grant, we implore, that through your prayers, your people will be enlightened by the truth which you taught, and obtain everlasting life.

Heavenly Father, you know all things, and nothing is hidden from you. We turn to you in confidence. In your kindness come to the aid of your people as we seek your intercession for the people of Wales.

Our Father...
Hail Mary...
Glory be...

St. David **Pray for Wales.**

There are three day shrine candles available in St. David's shrine, and are available to be lit for the intentions of your family, friends, and loved ones. These candles cost £2.00 per candle. Please place the offering in the candles wall safe.

The **Litany of St. David** has been placed in the shrine of St. David, for private prayer and intercession.

St. David's Day - Mass on St. David's Day - **Monday, 2nd March**, - will be led by the staff and students of St. David's College, with whom we share this wonderful solemnity, who will lead the music and the liturgy at Mass. Mass on St. David's Day will begin at the earlier time of **12:20pm**.

Rite of Election

The *Rite of Christian Initiation of Adults*, or RCIA, is the process through which persons of catechetical age who have never been baptised, as well as those already baptised in another Christian tradition, can respond to God's loving invitation to conversion and Christian discipleship by preparing for initiation into the Catholic Church. Through prayer, study, and interaction with a particular Catholic worshipping community – highlighted by participation in a series of liturgical rites celebrated within their parish

community – the RCIA process helps catechumens and candidates to grow in faith and the love of Christ as they begin to experience what it means to live as Catholic Christian disciples of Jesus.

The Rite of Election takes place here at the Cathedral **next Sunday**, the First Sunday of Lent, **beginning at 3:00pm**.

We keep those people who are making this significant step on their faith journey very much in our thoughts and prayers.

St. Patrick's Day

To celebrate the feast day of St. Patrick, an evening celebration of food and entertainment has been planned at the Cornerstone.

The evening begins with the celebration of Mass at the Cathedral at **6:30pm**, followed by a reception at the Cornerstone.

Ticket prices are £25 per person. Tickets are on sale at the back of the Cathedral after the weekend Masses. Alternatively, you can purchase a ticket directly online by visiting the diocesan website: www.rcadc.org.

MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT 2019

“For the creation waits with eager longing for the revealing of the children of God” (Rm 8: 19)

Dear Brothers and Sisters

Each year, through Mother Church, God “gives us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed... as we recall the great events that gave us new life in Christ” (Preface of Lent I). We can thus journey from Easter to Easter towards the fulfilment of the salvation we have already received as a result of Christ’s paschal mystery – “for in hope we were saved” (Rom 8:24). This mystery of salvation, already at work in us during our earthly lives, is a dynamic process that also embraces history and all of creation. As Saint Paul says, “the creation waits with eager longing for the revealing of the children of God” (Rom 8:19). In this perspective, I would like to offer a few reflections to accompany our journey of conversion this coming Lent.

The redemption of creation

The celebration of the Paschal Triduum of Christ’s passion, death and resurrection, the culmination of the liturgical year, calls us yearly to undertake a journey of preparation, in the knowledge that our being conformed to Christ (cf. Rom 8:29) is a priceless gift of God’s mercy.

When we live as children of God, redeemed, led by the Holy Spirit (cf. Rom 8:14) and capable of acknowledging and obeying God’s law, beginning with the law written on our hearts and in nature, we also benefit creation by cooperating in its redemption. That is why Saint Paul says that creation eagerly longs for the revelation of the children of God; in other words, that all those who enjoy the grace

of Jesus’ paschal mystery may experience its fulfilment in the redemption of the human body itself. When the love of Christ transfigures the lives of the saints in spirit, body and soul, they give praise to God. Through prayer, contemplation and art, they also include other creatures in that praise, as we see admirably expressed in the “Canticle of the Creatures” by Saint Francis of Assisi (cf. *Laudato Si’*, 87). Yet in this world, the harmony generated by redemption is constantly threatened by the negative power of sin and death.

The destructive power of sin

Indeed, when we fail to live as children of God, we often behave in a destructive way towards our neighbours and other creatures – and ourselves as well – since we begin to think more or less consciously that we can use them as we will. Intemperance then takes the upper hand: we start to live a life that exceeds those limits imposed by our human condition and nature itself. We yield to those untrammelled desires that the Book of Wisdom sees as typical of the ungodly, those who act without thought for God or hope for the future (cf. 2:1-11). Unless we tend constantly towards Easter, towards the horizon of the Resurrection, the mentality expressed in the slogans “I want it all and I want it now!” and “Too much is never enough”, gains the upper hand.

The root of all evil, as we know, is sin, which from its first appearance has disrupted our communion with God, with others and with creation itself, to which we are linked in a particular way by our body. This rupture of communion with God likewise undermines our harmonious relationship with the environment in which we are called to live, so that the garden has become a wilderness (cf. Gen 3:17-18). Sin leads man to consider

himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests, to the detriment of other creatures.

Once God's law, the law of love, is forsaken, then the law of the strong over the weak takes over. The sin that lurks in the human heart (cf. Mk 7:20-23) takes the shape of greed and unbridled pursuit of comfort, lack of concern for the good of others and even of oneself. It leads to the exploitation of creation, both persons and the environment, due to that insatiable covetousness which sees every desire as a right and sooner or later destroys all those in its grip.

The healing power of repentance and forgiveness

Creation urgently needs the revelation of the children of God, who have been made "a new creation". For "if anyone is in Christ, he is a new creation; the old has passed away; behold, the new has come" (2 Cor 5:17). Indeed, by virtue of their being revealed, creation itself can celebrate a Pasch, opening itself to a new heaven and a new earth (cf. Rev 21:1). The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery.

This "eager longing", this expectation of all creation, will be fulfilled in the revelation of the children of God, that is, when Christians and all people enter decisively into the "travail" that conversion entails. All creation is called, with us, to go forth "from its bondage to decay and obtain the glorious liberty of the children of God" (Rom 8:21). Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal

mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving.

Fasting, that is, learning to change our attitude towards others and all of creation, turning away from the temptation to "devour" everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts. Prayer, which teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy. Almsgiving, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. And thus to rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

Dear brothers and sisters, the "lenten" period of forty days spent by the Son of God in the desert of creation had the goal of making it once more that garden of communion with God that it was before original sin (cf. Mk 1:12-13; Is 51:3). May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be "set free from its bondage to decay and obtain the glorious liberty of the children of God" (Rom 8:21). Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation.