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Third Sunday of Lent

15th March 2020

Year A

Psalter Week 3

An Act of Spiritual Communion by St. Alphonsus de Liguori

My Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things, and I desire Thee in my soul.

Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee.

When Should You Make an Act of Spiritual Communion?

The most common occasion for making an Act of Spiritual Communion is when we cannot fulfil our obligation to attend Mass on a Sunday or Holy Day of Obligation, whether because of illness or bad weather, or some other reason outside of our control. It is also good to make an Act of Spiritual Communion when we can attend Mass, but when something prevents us from receiving sacramental Communion that day—say, a mortal sin that we know we have not had the opportunity to confess yet.

But our Acts of Spiritual Communion do not need to be confined to those times. In an ideal world, it would be best to attend Mass and receive Communion every day, but we can't always do so. We can, however, always take 30 seconds or so to make an Act of Spiritual Communion. We can even do so multiple times a day—even on days when we have been able to receive the Eucharist. Why would we do that? Because each Act of Spiritual Communion that we make increases our desire to receive sacramental Communion, and also helps us to avoid the sins that would make us unable to receive Communion worthily.

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

The **readings** for this weekend's Mass can be found on p. 282.

SERVICES DURING THE WEEK

Saturday	4:30pm	Sacrament of Reconciliation, <i>until 5:15pm</i>
	5:30pm	Sung Mass: the Cathedral Community
Sunday <i>3rd Sunday of Lent</i>	11:00am	Solemn Mass: Joseph Brent, <i>RIP</i> PLEASE NOTE: <i>There will be no teas/coffees served after Mass.</i>
	4:30pm	Solemn Evening Prayer and Benediction
	5:30pm	Quiet Mass: Holy Souls
Monday	12:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i>
	12:30pm	Midday Prayer
	12:45pm	Mass: Holy Souls
	2:00pm	Depicting St. David - Talk and Book Launch <i>There is <u>no Adoration</u> today.</i>
	5:00pm	Sacrament of Reconciliation, <i>until 5:45pm</i>
	6:00pm	Mass: Terrence Murphy, <i>RIP</i>
Tuesday <i>St. Patrick</i>	12:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i>
	12:30pm	Midday Prayer
	12:45pm	Mass: Holy Souls <i>followed by Adoration until 3:00pm</i>
	6:30pm	Mass: Iawan Andinni, <i>RIP</i>
Wednesday	12:30pm	Midday Prayer
	12:45pm	Mass: Linda Evans, <i>RIP</i> <i>followed by Adoration until 3:00pm</i>
Thursday	12:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i>
	12:30pm	Midday Prayer
	12:45pm	Mass: Denis D'Auria, <i>RIP</i> <i>followed by Adoration until 3:00pm</i>
	5:00pm	Sacrament of Reconciliation, <i>until 5:45pm</i>
	6:00pm	Mass: Rev. Richard Parry, <i>RIP</i>
Friday	12:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i>
	12:00pm	Stations of the Cross
	12:30pm	Midday Prayer
	12:45pm	Mass: Intentions of the Holy Father <i>followed by Adoration until 3:00pm</i>
	1:15pm	Lenten Lunch at the Cornerstone

Sacred Heart Sanctuary Lamp

This week, we remember in our prayers **Father David O'Donnell.**

Saturday	10:00am	Mass: Holy Souls <i>followed by Adoration 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
	3:15pm	Stations of the Cross
	4:10pm	Benediction of the Blessed Sacrament
Saturday	4:30pm	Sacrament of Reconciliation, <i>until 5:15pm</i>
	5:30pm	Sung Mass: Mary Veronica Tabone, RIP
Sunday <i>Fourth of Lent</i>	11:00am	Solemn Mass: the Cathedral Community
	4:30pm	Solemn Evening Prayer and Benediction
	5:30pm	Quiet Mass: Holy Souls

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

Kinetic School of Performing Arts presents: Jesus Christ Superstar

- The events of Holy Week are told entirely through song in this iconic 1970s rock musical by Andrew Lloyd Webber and Tim Rice. Kinetic School of Performing Arts invites you to their production between April 7-9th, 2.20/7.30pm at The Atrium Theatre, USW. Tickets: £14/12 available at www.ticketsource.co.uk/kinetictheatrearts o r

email Kinetictheatrearts@live.co.uk to reserve tickets.

Lent

Lenten Alms - 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 Almsgiving'. Thank you for your generosity.

Stations of the Cross - The Stations of the Cross are prayed every Friday during Lent, beginning at 12:00pm, and every Saturday afternoon, beginning at 3:15pm. The Stations of the Cross draws 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 - Adoration of the Blessed Sacrament continues throughout the week, after the 12:45pm Mass, ending at 3:00pm.

Sacrament of Reconciliation - There are many regular opportunities to experience the loving embrace of Christ in the Sacrament of Reconciliation:

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.

Deanery Celebration of the Sacrament of Reconciliation - The priests of the Cardiff Deanery will be available for Sacrament of Reconciliation around Cardiff during the week beginning 23rd March. So far, the following locations have been confirmed:

Monday, 23rd March:

2:00pm - 3:00pm

St. Patrick's, Grangetown

7:00pm - 8:00pm

St. Mary of the Angels, Canton

Tuesday, 24th March:

2:00pm - 3:00pm

to be confirmed

7:00pm - 8:00pm

St. Helen's, Barry

Wednesday, 25th March:

2:00pm - 3:00pm

St. Brigid's, Llaneishen

7:00pm - 8:00pm

to be confirmed

Thursday, 26th March:

2:00pm - 3:00pm

to be confirmed

7:00pm - 8:00pm

Cardiff Cathedral

Friday, 27th March:

2:00pm - 3:00pm

St. Teilo's, Whitchurch

7:00pm - 8:00pm

St. Joseph's, Cathays

All-Day Confessions at the Cathedral

- On Saturday, 4th April, the Sacrament of Reconciliation will be available at the Cathedral all day, beginning at 10:30am, after the morning Mass, and concluding at 5:15pm, prior to the Evening Mass.

Lenten Lunches at the Cornerstone -

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

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.

St. Patrick's Day

The St. Patrick's Day party has been cancelled. If you have paid for a ticket, please make contact with Archbishop's House to seek a full refund.

Depicting St. David

Our Cathedral boasts a unique set of scenes from the life of St. David in the sanctuary windows. I am delighted that author Martin Crampin, who has written a book entitled *Depicting St David*, is coming to the Cathedral to give a short talk introducing the sanctuary windows, and other depictions of our patron from different part of Wales. He will be giving his talk at **2:00pm**, after the lunchtime Mass on **Monday, 16h March**. All are welcome.

Archbishop Peter Smith, RIP



Please continue to pray for the repose of the soul of Archbishop Peter. The funeral arrangements have been organised as follows:

Sunday, 29th March:

- 6:00pm Reception into St. George's Cathedral, followed by Cathedral Mass
8:00pm Vigil Service

Monday, 30th March:

- 12:30pm Funeral Mass
*Principal Celebrant -
Archbishop John Wilson*

Here in the Archdiocese of Cardiff, Archbishop George Stack will celebrate a Requiem Mass for the repose of the soul of Archbishop Peter on **Thursday, 2nd April** at **6:00pm** here at the Cathedral.

To the clergy of the Archdiocese of Southwark, Archbishop George Wilson wrote:

It is with great sadness that I write to inform you that Archbishop Peter Smith, our beloved Archbishop Emeritus, died peacefully just before midnight yesterday, Friday 6 March 2020, at the Royal Marsden Hospital, Chelsea.

Archbishop Peter had received the sacraments and prayers of the Church, and his former secretary, Fr Philip Glandfield, was with him when he died. I was able to visit him earlier that evening, together with the Vicar General, Mgr Matthew Dickens, and the Hospital Chaplain, Fr Joseph McCullough. Mr John Toryusen, the Director of the Archdiocese of Southwark Youth Service, accompanied Archbishop Peter during his illness and his time in hospital. Archbishop Peter was visited in hospital by family and friends, and by Cardinal Vincent Nichols, the Archbishop of Westminster.

Archbishop Peter's illness progressed very quickly following his diagnosis of cancer just a few weeks ago. He was a much loved brother, uncle, and friend; a priest of the Archdiocese of Southwark, Rector of St John's

Seminary, Womersley, Bishop of East Anglia, Archbishop of Cardiff and Archbishop of Southwark until his retirement in July 2019. While Archbishop of Southwark, he also served from 2014-2015 as Apostolic Administrator of the Diocese of Arundel and Brighton. So many good wishes have been passed to him in the past few weeks, and prayers and Masses offered. Thank you for all of these.

Our gift to Archbishop Peter now is to pray for the repose of his soul, and to remember prayerfully his family, friends and loved ones at their time of loss.

Please pray for Archbishop Peter in your parish intercessions at the Masses this weekend and also offer Mass for him as soon as possible. I would be grateful if you could let any religious in your parish know of Archbishop Peter's death, and also ask the prayers of your parish and school communities.

In a ministry that spanned almost fifty years, Archbishop Peter made an outstanding contribution to the Catholic Church across three dioceses, and nationally through his service on the Catholic Bishops' Conference of England and Wales. Most importantly, he was a disciple who witnessed to Christ with straightforward, splendid faith and radiant joy. Together with the other dioceses in which Archbishop Peter served, we mourn him with enormous affection and deep gratitude for all he gave so willingly and selflessly to so many people.

We are grateful for the care Archbishop Peter received from the staff at the Royal Marsden Hospital.

We now entrust our friend and brother to the Lord whom he served with such faithfulness, generosity and gentleness. May Archbishop Peter rest in peace and rise in glory.

More information about the funeral arrangements for Archbishop Peter will be forthcoming, along with more comprehensive appreciations of Archbishop Peter's life of service.

May the saints and angels welcome him to paradise.

Yours devotedly in Christ, +John

Day of Prayer for Victims and Survivors of Abuse

The Pontifical Commission for the Protection of Minors (PCPM) has highlighted the importance of prayer and suggested to Pope Francis that the worldwide Catholic Church should join together in a day of prayer. The Holy Father has welcomed this initiative. The Bishops' Conference of England and Wales have chosen Friday of the 5th Week of Lent. The *Day of Prayer for Victims and Survivors of Abuse* will be marked this year on **Friday, 3rd April 2020**.

On Friday 3rd April, there will be an extended period of Adoration of the Blessed Sacrament, beginning after the 12:45pm Mass, and concluding at

5:00pm. The Prayer for Healing and Reconciliation will be prayed during the time of Adoration.

The act of reparation, made in solidarity with the victims and survivors of abuse will take place within the celebration of the **Stations of the Cross**, presided by Archbishop George Stack, beginning at **6:00pm**.

A Prayer for Healing & Reconciliation

Praise to you Father of our Lord Jesus Christ the source of all consolation and hope.

Be the refuge and guardian of all who suffer from abuse and violence. Comfort them and send healing for their wounds of the body, soul and spirit. Help us all and make us one with you in your love for justice as we deepen our respect for the dignity of every human life. Giver of peace, make us one in celebrating your praise, both now and forever.

We ask this through Christ our Lord. Amen.

Divine Mercy Novena

Jesus asked that the Feast of the Divine Mercy be preceded by a Novena to the Divine Mercy which would begin on Good Friday. He gave St. Faustina an intention to pray for on each day of the Novena. The novena will be prayed each day here at the Cathedral. More information will be available in the coming weeks.

St Faustina, in her diary, noted: “Jesus instructed me to write down and make the novena before the Feast of Mercy. It begins on Good Friday”.

Jesus revealed to St. Faustina:

I desire that during these nine days you bring souls to the fountain of My mercy, that they may draw therefrom strength and refreshment and whatever grace they need in the hardships of life, and especially at the hour of death.

On each day you will bring to My Heart a different group of souls, and you will immerse them in this ocean of My mercy, and I will bring all these souls into the house of My Father. You will do this in this life and in the next. I will deny nothing to any soul whom you will bring to the fount of My mercy. On each day you will beg My Father, on the strength of My bitter Passion, for graces for these souls.

Chrism Mass

During the Chrism Mass, the Archbishop consecrates the holy chrism and blesses the oil of catechumens and the oil of the sick. Priests come together and concelebrate this Mass as witnesses and cooperators with their bishop in the consecration of the chrism because they share in the sacred office of the bishop in building up, sanctifying, and ruling the people of God. This Mass is therefore a clear expression of the unity of the priesthood and the sacrifice of Christ, which continue to be present in the Church. The Mass takes its name from

the most eminent of the three holy oils which the bishop commissions for his local church's use over the following year.

While the Oil of the Sick, used for those who seek the anointing, and the Oil of the Catechumens, which is imposed on those preparing for baptism, are simply "blessed," the Sacred Chrism is "consecrated," and all the priests present participate in the latter moment by extending their hands toward the vessel containing it as the bishop says the prayer of consecration.

The Chrism is used at the ordination of priests and bishops, baptisms, confirmations, the consecration of altars and the blessing of churches, where the walls are smeared with it in the shape of the sign of the cross.

As part of the consecration of the Chrism, balsam is poured into the oil, which gives it a sweet smell intended to remind those who encounter it of the "odor of sanctity" to which those people and things who are marked with it, and by extension all of us, are called to strive for.

The Chrism Mass is celebrated on **Wednesday of Holy Week**, beginning at **11:00am**. Priests will be available for the Sacrament of Reconciliation before the Chrism Mass (10:00am - 10:45am), and again after the Chrism Mass (12:15pm - 1:00pm).

Please be aware ...

There have been many scheduled events cancelled in recent days due to the coronavirus pandemic. In particular, the following events have been cancelled:

- The Wales and the Marches Catholic History Society talk for this afternoon has been postponed.
- The St. Patrick's Day celebration at the Cornerstone has been cancelled. The evening Mass will continue to be celebrated.
- The Annual Archdiocesan Dementia Mass, due to be celebrated on Thursday, 19th March, has been cancelled.
- The Lenten Lunches at the Cornerstone have been cancelled for: Friday, 20th March, Friday, 27th March, April 3rd.
- The Scripture Study Day, scheduled to take place at the Cornerstone on Saturday, 28th March, has been cancelled.

For up-to-date information, or if you are unsure about a particular diocesan event, please contact me at Clergy House, or alternatively check the Cathedral and Diocesan websites.

Gift Aid Envelopes

I would like to thank all those people who gift aid their donations to the Cathedral, whether by a regular offerings envelope, or through the one time donation envelopes, available at the back of the Cathedral. The new gift aid envelopes will be available shortly.