

## SERVICES THIS WEEK

Saturday	4:30pm <b>5:30pm</b>	Sacrament of Reconciliation, <i>until 5:15pm</i> <b>Mass:</b> Intentions of Catherine Snow
Sunday	<b>11:00am</b> <b>5:30pm</b>	<b>Solemn Mass:</b> the Cathedral Community <b>Quiet Mass:</b> Alana, <i>RIP</i>
Monday	12:00pm 12:30pm <b>12:45pm</b>	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer <b>Mass:</b> Benedicto Lado, <i>RIP</i>
Tuesday <i>St. Gregory the Great</i>	12:00pm 12:30pm <b>12:45pm</b>	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer <b>Mass:</b> Edward Scanlan, <i>RIP</i>
Wednesday	12:30pm <b>12:45pm</b>	Midday Prayer <b>Mass:</b> Outpouring of the Holy Spirit
Thursday	12:00pm 12:30pm <b>12:45pm</b>	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer <b>Mass:</b> Elizabeth Patricia Griffiths, <i>RIP</i>
Friday	12:00pm 12:30pm <b>12:45pm</b>  1:30pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer <b>Mass:</b> Intentions of the Holy Father <i>followed by Exposition of the Blessed Sacrament until 3:00pm</i> First Friday Devotions to the Sacred Heart of Jesus
Saturday	<b>10:00am</b>  10:30pm 4:15pm	<b>Mass:</b> In thanksgiving <i>followed by Adoration of the Blessed Sacrament until 4:15pm</i> Sacrament of Reconciliation, <i>until 12:00pm</i> Benediction of the Blessed Sacrament
Saturday <i>First Mass of Sunday</i>	4:30pm <b>5:30pm</b>	Sacrament of Reconciliation, <i>until 5:15pm</i> <b>Mass:</b> the Cathedral Community
Sunday	<b>11:00am</b> <b>5:30pm</b>	<b>Solemn Mass:</b> Salome Sayno (Birthday) <b>Quiet Mass:</b> Holy Souls



## CARDIFF CATHEDRAL

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**Website:** [cardiffcathedral.org.uk](http://cardiffcathedral.org.uk)

## Twenty-second Sunday of Ordinary Time

*1st September 2019*

*Psalter: Week 2*

The very first words of the Liturgy of the Word today seem to have been selected especially for me as I begin my time at the Cathedral: “*My son, be gentle in carrying out your business*”. Such sentiments from the book of Ecclesiasticus are an exhortation to the virtue of humility, the very foundation-stone of the Christian life, and a virtue which Mother Teresa called, “*the mother of all virtues*”. Humility is seen by many as a questionable virtue, misunderstanding it for low self-esteem or putting yourself down, or even shaming yourself in front of others. This is unhelpful, and detrimental to the spiritual life, and our growth in discipleship. Humility means, literally, keeping oneself earthed, in other words, “*knowing himself as he truly is*” as St. Bernard says. When humility’s antithesis - pride - raises us above and beyond our proper place, we end up with an exaggerated view on the world, ourselves, others, with little or no place left for God. We often see ourselves as the centre of the world, and we will do all we can to have it our own way.

It’s appropriate that such a virtue becomes the first step in my journey with you at the Cathedral. I ask for the support of your prayers as I settle in. I have been coming to the Cathedral since a teenager, and the support and encouragement of Canon Peter Collins has been invaluable in my journey to priesthood and my early years of priesthood. Canon Collins will return to the Cathedral on **Sunday, 22nd September** for a formal reception and the presentation of a gift on behalf of the Cathedral community, **after the evening Mass at the Cornerstone**, where we will be able to thank him personally for his eighteen years of dedicated service to the Cathedral.

Best wishes for the week ahead, and please be assured of my prayers, especially if you are starting or returning to school this week.

*Fr. Daniel Stanton*

## 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

Each week, the seven day candle at the Sacred Heart shrine will burn for the intention of one of the priests of our diocese, for his ministry among us.

This week, we remember in our prayers **Fr. Tim McGrath**, Parish Priest of Bridgend, who is recovering from a serious operation.

There is a prayer for our priests at the Sacred Heart shrine.

## Stewardship and Formation

**Cathedral Council** - There will be a meeting of the Cathedral Council tomorrow, Monday, beginning at 7:00pm, at Clergy House.

Pope Francis established the 1st September each year as **the World day of Prayer for the Care of Creation**, encouraging the Catholic community around the world to pray for our common home. The day is inspired by the Holy Father's encyclical, *Laudato Si*, where we are encouraged to "*reaffirm [our] personal vocation to be stewards of creation*". Mass on Saturday morning will be celebrated as part of the World Day of Prayer. The prayer for the day is available on Facebook for download, and will be available on Saturday inside the Cathedral.

**Ministry of Presence** - An important part of our vocations as disciples is to offer welcome and hospitality to all people. St. Benedict told his monks to greet all guests who arrive "*as Christ*". A group of volunteers exercise this ministry on the first Friday of the month, offering welcome, prayerful support, as well as giving a brief history of the Cathedral.

## Prayer and Worship

### First Friday Devotions in honour of the Sacred Heart of Jesus

According to the popes of the last century, there is no devotion more important than devotion to the Sacred Heart of Jesus. Our Lord said to St. Margaret Mary:

*"I promise you, in the excessive mercy of my Heart that my all powerful love will grant to all those who receive Holy*

*Communion on the first Friday for nine consecutive months, the grace of final repentance; they shall not die in my disgrace nor without receiving the sacraments; my divine Heart shall be their safe refuge in that last moment."*

Devotions to the Sacred Heart take place this Friday (the first Friday) after Mass, beginning with Exposition of the Blessed Sacrament, and will continue until Benediction at 3pm.

**Sacrament of Reconciliation** - Pope Francis has reminded us that the Lord never tires of forgiving us, however, "*it is we who tire of asking for forgiveness*". There are several opportunities to experience the mercy of the Lord in the Sacrament of Reconciliation throughout the week. The Sacrament of Reconciliation is available before Mass on Mondays, Tuesdays, Thursdays, and Fridays between 12:00pm and 12:25pm.

Opportunities for Confession over the weekend are as follows:

Saturdays: 10:30am - 12noon  
4:30pm - 5:15pm

**Catholic Renewal Fellowship** - Please consult the notice boards for details of events on the 13th of each month through to October. For more information please reference [www.sdcrf.org.uk/fatima100years.htm](http://www.sdcrf.org.uk/fatima100years.htm)

## Social, Fundraising & Finance

**Last Week's Collection** - Thank you for your continued support. Last week's totals are as follows:

5:30pm £175.40  
11:00am £243.95

5:30pm (Sun.) £91.58  
Standing orders £250.00

**Counters Wanted** - I am looking to establish a team of counters, working in teams of at least threes, to assist in counting the weekly collection. If you are able to help, speak to me after Mass.

**Young Adults' Gathering** - Father Nicholas Williams convenes a regular gathering for young catholics at 7.30pm on the last Sunday of the month. The group meet at The Duke of Wellington Public House , 42 The Hayes, Cardiff CF10 1AJ. The age range is 18 to 40.

## Welcome

I would like to extend a warm welcome to **Seminarian Elliot Hanson** to the Cathedral for the month of September. Elliot is a native of Barry, and is now in his fifth year, studying at the Venerable English College, Rome. Elliot arrives at the Cathedral at the unusual time of change and transition, a significant time in the life of a priest, and one which seminarians do not often experience while on placement. Please keep Elliot in your prayers particularly during this month of September, and introduce yourself to him if you see him around the Cathedral.

## Forthcoming...

**6th September** - We welcome the Papal Knights and Dames of the Order of St. Gregory.

**12th September** - Welcoming the U.C.M. from the diocese for their Annual Mass.

**22nd September** - Canon Peter's Farewell Reception at the Cornerstone, following evening Mass.