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Second Sunday of Advent

8th December 2019

Year A

Psalter Week 2

Solemn Evening Prayer & Benediction

Last Sunday, the pupils and staff of St. Alban's High School in Pontypool lead a beautiful celebration of Evening Prayer and Benediction to inaugurate the *Year of the Word*, called for by the Bishops' Conference of England and Wales. I would like to take this opportunity to thank everyone involved in making it such a beautiful celebration.

Each Sunday afternoon at the Cathedral, we will continue to celebrate Evening Prayer and Benediction together, beginning at 4:30pm, praying in a particular way for the faithful and clergy of the Archdiocese. The practice of praying the Divine Office is an ancient one, where we are able to engage in meditative dialogue on the mystery of Christ. The celebration of Evening Prayer, in particular, is a time when we are able to gather together as the Body of Christ, and give God thanks for all the graces and blessings which He has bestowed upon us. At the heart of the celebration of Evening Prayer, is the great song of Our Blessed Lady, the *Magnificat*, which begin with the words, "My soul glorifies the Lord".

The celebration of Evening Prayer and Benediction is a quiet oasis in the midst of our busy life.

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. 169.

SERVICES DURING THE WEEK

Saturday	4:30pm 5:30pm	Sacrament of Reconciliation, <i>until 5:15pm</i> Sung Mass: Holy Souls
Sunday	11:00am 4:30pm 5:30pm	Solemn Mass: John Scanlan, <i>RIP</i> Solemn Evening Prayer and Benediction Quiet Mass: the Cathedral Community
Monday <i>Solemnity of the Immaculate Conception</i>	4:00pm 6:00pm	Mass: NO MASS Sacrament of Reconciliation, <i>until 5:00pm</i> Mass: Rev. Richard Parry, <i>RIP</i> <i>Presided by Abbot Paul Stonham, of Belmont Abbey</i>
Tuesday <i>St. John Roberts</i>	12:00pm 12:30pm 12:45pm 4:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer Mass: Holy Souls Sacrament of Reconciliation, <i>until 5:00pm</i>
Wednesday	12:30pm 12:45pm	Midday Prayer Mass: Holy Souls
Thursday	12:00pm 12:30pm 12:45pm 4:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer Mass: Holy Souls Sacrament of Reconciliation, <i>until 5:00pm</i>
Friday <i>St. Lucy</i>	12:00pm 12:30pm 12:45pm 4:00pm	Sacrament of Reconciliation, <i>until 12:25pm</i> Midday Prayer Mass: Intentions of the Holy Father Sacrament of Reconciliation, <i>until 5:00pm</i>
Saturday <i>St. John of the Cross</i>	10:00am 10:30pm 4:15pm	Mass: Holy Souls <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	4:30pm 5:30pm	Sacrament of Reconciliation, <i>until 5:15pm</i> Sung Mass: the Cathedral Community
Sunday <i>3rd in Advent</i>	11:00am 3:00pm 5:30pm	Solemn Mass: Sheila Naughton, <i>RIP</i> Cathedral Carol Service 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

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

This week, we remember in our prayers **Rev. Timothy McGrath**, Parish Priest of Bridgend.

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

Stewardship and Formation

Advent Retreat - “O Come, O Come, Emmanuel” - The Archdiocese of Cardiff invites everyone to the retreat at St. David’s College, Cardiff (CF23 5QD) on 14th December 2019 from 10:30am - 3:00PM (registration at 10:00am). There will be talks, imaginative contemplation, and silent prayer before the Blessed Sacrament. As part of the Year of the Word, the two scripture champions appointed by Archbishop George will be delivering one of the talks. The retreat is free and lunch is provided. If you wish to attend, please contact the retreat organiser, Christian Mahoney on 07764 515 864 or christianmahoney2@gmail.com.

Prayer and Worship

Of your charity, please continue to pray for the repose of the soul of Mrs Catherine Snow, long-time parishioner of the Cathedral, who died last week. Mrs Snow’s Requiem Mass will take place on Thursday, 19th December, during the 12:45pm Mass. There will be a reception at the Cornerstone afterwards, in which the family have invited parishioners to attend, before the service at the Crematorium at 4:30pm.



“I will hear what the Lord God has to say, a voice that speaks of peace, peace for his people. His help is near for those who fear him and his glory will dwell in our

lands.' Ps 84:9-14

Sacrament of Reconciliation - There are several opportunities to experience the loving embrace of Christ in the Sacrament of Reconciliation throughout the week. These times are listed on the back page of this newsletter.

Planning ahead: Saturday, 21st December: the Sacrament of Reconciliation will be available throughout the day, with visiting priests from the diocese assisting. Confessions **begin at 10:30am**, after Exposition of the Blessed Sacrament, and will run continuous until 5:15pm.

Sung Evening Prayer and Benediction will continue to be prayed at the Cathedral Sunday, beginning at **4:30pm**, where we pray for the intentions of the Archdiocese.

Solemnity of the Immaculate Conception is the diocesan solemnity, where we seek Our Blessed Lady's intercession. This year, the solemnity falls on **Monday, 9th December**. In honour of the solemnity, there will be Solemn Mass at **6:00pm** at the Cathedral, celebrated by the Abbot of Belmont, Abbot Paul Stonham, followed by the crowning of the statue of Our Lady and consecration of the Archdiocese to her maternal care.

The annual **Service of Lessons and Carols** takes place next **Sunday, 15th December 2019**, beginning at **3:00pm**. This year, the Carol Service is being recorded for *Shalom World Television*. We have been assured that no individual in the congregation will be

filmed during the production. After the Carol Service, refreshments and the bar will be available at the Cornerstone.

In between the 11:00am Mass and the Carol Service, I would like to make a buffet lunch available in the Mostyn Room, with tea and coffee, for those parishioners who would like to stay for the Carol Service, but do not want to travel home. There is a list at the back of the Cathedral, and I would be grateful if you could initial it, should you wish to stay for the buffet lunch. This is only to gauge numbers.

I am also looking for volunteers to assist me in making teas and coffees next Sunday after the 11:00am Mass. I would be grateful if you come and see me after Mass if you are able to help.

Remembrance Stars

As with previous years, we will be producing Remembrance Stars which will be placed on the Christmas trees on the sanctuary of the Cathedral. The stars contain the name of your loved ones. If you would like a star for your loved one, please write the name of your loved one, and place it in an envelope, and hand it in to Fr. Daniel in the sacristy. There is a donation of £1.50 per name.

Change of Mass Schedule

Please note the change of Mass time tomorrow, Monday. There will be no Mass at 12:45pm as I have a meeting to attend. Abbot Paul from Belmont Abbey will be celebrating Mass in the evening for the Solemnity of the Archdiocese.