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We are deeply grateful for the donations we receive from our congregation and our community. Now, more than ever, we need your support.

Please visit www.liverpoolmetrocathedral.org.uk/support-us or text **METROCATHERAL** to **70460** to donate £5*.

*Texts cost £5 plus one standard rate message. If you do not wish to opt-in to hear more about our work and fundraising via text, but would still like to donate £5, text METROCATHERALNOINFO instead.



Cathedral Record

www.liverpoolmetrocathedral.org.uk

10TH Anniversary of Pope's Visit

One of the books I have been re-reading over recent weeks is a history of the Papacy from apostolic times to the present day by Eamon Duffy. (This virus is having a strange effect on all of us!) It is a mine of information on the history of the church and the role and influence of the popes throughout the centuries of the church's existence. It is a candid account of the saints and the sinners who held papal office, of councils and conclaves, crises and concordats, powerbrokers and great pastors. Whenever we think that we are going through challenging or difficult times today they quickly pale into insignificance compared to some of the issues that the church has faced in the past. Looking back it does bear witness to the fact that it could only be the Holy Spirit at work that guided the church through some of these most challenging times. We need that same Holy Spirit to guide us through these present difficulties to a healthier and brighter future.

This week was the tenth anniversary of the visit of Pope Benedict to England and Scotland. Sadly he wasn't able to visit the North West within his limited schedule. He began his visit by meeting the Queen in Edinburgh, he celebrated Mass in Westminster Cathedral and Cofton Park and prayed in Westminster Abbey alongside the Archbishop of Canterbury. His speech at Westminster Hall and his beatification of the now Saint, John Henry Newman, left a lasting legacy of a visit that had provoked criticism from some prior to the Pope Benedict's arrival but in the end became a time of celebration for the whole country. Cardinal Vincent Nicholls has written a tribute of the visit, sharing some of his favourite memories on the Bishops Conference Website.

He concludes his account saying "I think Pope Benedict in this visit ten years ago, built on the impact of the visit of Saint John Paul 11 which shifted the perception of the presence of the catholic church in this country. And I think the visit – especially the visit to Westminster Hall, still resonates.....So I will be writing to Pope Benedict to thank him for his visit, to thank him for the gifts he gave us and thank him especially for his Beatification of John Henry Newman on that wonderful day in Cofton Park in Birmingham.'

We are having to face some tightening up of restrictions locally this week due to an increase of positive cases of the virus. Thankfully this will not affect the current availability of Masses at the Cathedral nor should it put you off coming to mass or being afraid to visit the Cathedral. It does however, remind us all about keeping a safe distance from one another and following the procedures carefully when we are in the building. We are all in this together and need to be concerned about each others safety.

Canon Anthony O'Brien Cathedral Dean

[Restored Lives - Recovery from Divorce and Separation](#)

The Restored Lives course is a series of six meetings by Zoom starting on Monday 12th October. The course is for any person who has been impacted by the end of a serious relationship whether separated, currently going through a divorce or already divorced, either recently or at any time in the past. Meetings are free, confidential, informative and affirming. For further details please contact Maureen O'Brien m.obrien@rcaol.org.uk

Tel: 0151 709 9222
Email: enquiries@metcathedral.org.uk

Mass & Service Times

All services take place in the cathedral unless marked otherwise

WEEK COMMENCING: 20 September 2020

Sunday 20 September
25th Sunday of Ordinary Time

9.00am Mass
11.00am Mass
This Mass will be streamed live on Facebook and Youtube

Monday 21 September
St Matthew
12noon Mass

Tuesday 22 September
12noon Mass

Wednesday 23 September
St Pius
12noon Mass

Thursday 24 September
11.00am Funeral Service
12noon Mass

Friday 25 September
12noon Mass

Saturday 26 September
10.00am Mass
4.00pm Mass

RECONCILIATION (Confession)
Monday - Friday:
Following the 12noon Mass.
Please note that there are no Confessions on Holy Days.

Saturday: 3.00pm – 3.45pm

Confessions will take place in the St Columba Chapel.

Crypt
Crypt Chapel

SS -
55 Seel St,
Missionaries of
Charity

RLUH -
Royal Liverpool
University Hospital

CLERGY:

PRIESTS:
Canon Anthony O'Brien *Dean*
Fr Stephen Lee
Fr Chris McCoy
Fr Peter Murphy

DEACONS:
Rev Noel Abbott
Rev Paul Mannings

Cathedral Notice Board

MASS INTENTIONS

Jacob Billington (RIP), Michael Callaghan (Get Well), Mary Ferreira (RIP), Mr John O'Driscoll (RIP), Beryl Lomax (RIP), Pat Hunt and Family, Rita and Danny McCaughley, Carmel and Bill Antrobus, Martha Murphy (RIP), Hatty Bale, Elizabeth Dixon (RIP), Carol Jones, Terence Duffy (RIP), Edward Simpson (Get Well), Simpson Family (Thinking of you), Gerard Webb (RIP), Holy Souls.

MICAH

Just a reminder also that donations in kind can still be dropped off any time at the constable's lodge at the Anglican Cathedral, outside Liverpool Parish Church, and also at St Vincent's from 10am on Tuesdays and at St Bride's from 10am on Thursdays. As in past weeks the things that they need the most are pasta and tinned fish.

<https://micahliverpool.com/latest-news/>

PASTORAL FORMATION UPDATE

Reflection for the Twenty Fifth Sunday in Ordinary Time (also available as an audio download). Readings for the Twenty Fifth Sunday in Ordinary Time. September activity/reminisce ideas from the Alzheimer's Society.

Information regarding the Catholic Mental Health Project. All can be accessed/downloaded at

<https://www.liverpoolcatholicresources.com/> or through <http://www.liverpoolcatholic.org.uk/> by clicking on 'Prayer and Other Resources'.

POLITE NOTICE

While we will attempt to take appropriate precautions consistent with the advice of public health authorities, parishioners should understand that they assume the risk of contracting COVID-19 any time they enter a public space since such precautions do not eliminate the risk of infection.

For your information, and to support people at home who are still shielding, we will be livestreaming and recording the Mass at 11.00am. The recording will be shown live on Facebook and Youtube, and a copy of the recording will be available on these platforms. Please note the camera will be directed away from people receiving Holy Communion. Should you wish not to be filmed, please speak to Cathedral Security, or one of the Stewards who will direct you to a seat in the West Gallery.

PRAYERS FOR THE WEEK AHEAD

All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one.

Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognise that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day, encourage us, we pray, in our struggle for justice, love and peace.

O God of the poor help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we

may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth.

GOLDEN BOOK OFFICE

We are pleased to announce that the Golden Book Office is now open on Thursdays only from 12noon – 4pm. Please be patient as we work through the entries which have already been requested. There may be a slight delay in getting your entry processed. Contact details are 0151 707 2107 or email t.lundbeck@metcathedral.org.uk

TIPS THAT MAY HELP DURING THIS PERIOD OF UNCERTAINTY

Turn off the news and your social media for a while. It's so easy to constantly watch all the information that's coming in.

Try to avoid news which can make you feel anxious, only choose the stuff that's practical and helpful.

Just check the news once or twice a day and maybe in the morning and early evening.

Share the positive stories you see; of people who have recovered or even a post on social media that made you laugh.

Keep in touch with friends and family with Skype, FaceTime, WhatsApp or a phone call. Connecting with others is so important and can help ease the stress caused by all the news. You can always mute social media groups if they are too overwhelming. Why not connect with those you've not spoken to in a while, and check in with people that may need it.

As far as possible, try and keep up a daily routine, making sure each day has some variety.

Learn simple daily exercises you can do at home.

Keep a To-Do list so you can see what you're achieving.

Go for a walk, a run or a bike ride. There are lots of workouts available online; to suit everyone – from extreme beginner to expert.

You are perhaps feeling overwhelmed or annoyed at trivial things.

You may find it difficult adjusting to a different way of living.

You probably find that times are tough (or tougher) right now. Well, rest assured that it's completely normal to feel overwhelmed or upset about a lot of what is happening right now and getting it out of your system is the best policy.

Always remember that social distancing doesn't mean emotional distancing.

Produced by the Archdiocese of Liverpool with the help of Beacon Counselling Trust
www.beaconcounsellingtrust.co.uk

VOLUNTEERS NEEDED at THE CLATTERBRIDGE CANCER CENTRE NHS FOUNDATION

The Volunteer Co-ordinator for the Clatterbridge Cancer Centre is looking for volunteers to assist at the Hospital. Duties will include way-finding and general assistance around the wards. If you, or someone you know, would like to become a volunteer you can contact David Lee on 0151 318 8810 or email David.lee3@nhs.net

Last week's collection: **£657.23**

Keep in touch



Be the first to hear about Cathedral news, services and events. Please visit liverpoolmetrocathedral.org.uk/sign-up

Stay Connected

Join our online community



Golden Book of Remembrance

The Golden Book Office is now open each Thursday between 12pm and 4pm.

Please call 0151 707 2107 or email t.lundbeck@metcathedral.org.uk for more information.



— THE MYSTERY OF THE —
LUTYENS CRYPT
— LIVERPOOL'S BEST KEPT —
ARCHITECTURAL SECRET

Reopening soon. Please sign up to our newsletter for updates.