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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](http://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](http://www.liverpoolmetrocathedral.org.uk)

## Test and Trace

Archbishop Malcolm has written, 'You will be aware of the NHS Covid-19 Test and Trace App that was launched on 24th September. The app registers a contact if the two people have been within a certain distance (less than 2m) of each other for a certain amount of time (more than 15minutes), according to what is known about the transmission of Covid-19. No information is sent to the NHS or other bodies. If for any reason a person wishes to delete the app from the phone, all the data is also deleted. Similarly, if the app registers that someone you have met recently has been tested positive for Covid-19, it will tell you what you need to do. There are six benefits to the app which will help users: **• Trace:** For contact tracing, the app detects and logs other nearby app users using random unique IDs. If any of those users later test positive for coronavirus, you will receive an exposure alert with advice on what to do. If you are under 18, you are advised to show this alert to a trusted adult. **• Alert:** When you first register for the app you will be asked for the first half of your postcode. You can check the app every day to see whether where you live has become a high-risk area for coronavirus. If it is, you will also receive a notification to let you know. This will help you make daily decisions to protect yourself and your parishioners. **• Check-in:** The app allows you to record when you visit a venue by "checking-in" when you arrive, using the venue's QR code. The app records the time you spend at the venue without recording any personal information. You will receive an alert, if you have recently visited a venue where you have come into contact with coronavirus. **• Symptoms:** If you feel unwell, you can use the app to check if your symptoms could be related to coronavirus. The app will give you a list of potential symptoms and you can then choose the ones that apply to you. It will then tell you if your symptoms suggest you have coronavirus. **• Test:** If you have coronavirus

symptoms, the app will take you to a website where you can book a test to see if you have coronavirus or not. **• Isolate:** If you have been advised by the app to self-isolate, the app provides a countdown timer so that you can keep track of how long you need to self-isolate. When you reach the end of your self-isolation period, the app will send you a notification reminder with a link to the latest advice for you. If a person using the app tests positive for Covid-19 at some stage, they are given instructions about how to share the information through the system, so that those who have been in contact with them can be notified via the app. People who do not have a smartphone will still be covered by the existing manual track and trace services, which will continue as at present. There is one aspect of this which can affect our churches, though it is an option, not a requirement. Any public place such as a shop, club, office or church can register as a 'venue'. It will be given a QR code which can be printed out and displayed at entrances. People attending the 'venue' (in our case the Church in question) can use their phone to scan the code, which will register with the app and note their attendance. Then, if it turns out that a number of others who went there have been tested positive, the app will give an alert and provide instructions. This does not replace the main operation of the app, which depends on the distance and time in which individuals are in close contact, but it provides additional information. The Bishops' Conference Secretariat has been in regular conversation with the NHS and they have asked us to do our best to encourage the use of this app. I gladly pass this information on to you in the light of that. Let us keep one another in prayer.'

### Mass & Service Times

All services take place in the cathedral unless marked otherwise

WEEK COMMENCING: 4 October 2020

**Sunday 4 October**  
**27th Sunday of Ordinary Time**  
**9.00am** Mass  
**11.00am** Mass  
This Mass will be streamed live on Facebook and Youtube

**Monday 5 October**  
**12noon** Mass

**Tuesday 6 October**  
**12noon** Mass

**Wednesday 7 October**  
**Our Lady of the Rosary**  
**12noon** Mass

**Thursday 8 October**  
**12noon** Mass

**Friday 9 October**  
**12noon** Mass

**Saturday 10 October**  
**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

Tel: 0151 709 9222

Email: [enquiries@metcathedral.org.uk](mailto:enquiries@metcathedral.org.uk)

# Cathedral Notice Board

## MASS INTENTIONS

Dolly & Thomas Eaton (Christmas Blessing), Peggy & Peter Woolley (Christmas Blessing), Peter Oakley, Joseph Oakley (RIP), Eamon McKenna (RIP), Elizabeth O'Toole (RIP), Tommy Williams (RIP), Ann Aquino (RIP), Elizabeth McElhone (RIP), Billy Goodman (RIP), Paul Morrissey (RIP), Fr Michael (RIP), Roy Ion (RIP), Gerard Webb (RIP), Holy Souls

## MICAH

There are currently ample stocks of most non perishable items - the only thing in short supply is tinned fish. Cash donations to support purchase of fruit, veg, and milk will always be welcomed and can be made via the Micah website: <https://micahliverpool.com/>

## PASTORAL FORMATION UPDATE

New resources now available include:  
Reflection for the Twenty Seventh Sunday in Ordinary Time (also available as an audio download).  
Readings for the Twenty Seventh Sunday in Ordinary Time.  
'Armchair Retreats' with Fr Denis Blackledge SJ: Beginning.  
Latest newsletter from Nugent Caritas 'Let's Stay in Touch'.  
Deaf monthly news.  
All can be accessed/downloaded at <https://www.liverpoolcatholicresources.com/> or through <http://www.liverpoolcatholic.org.uk/> by clicking on 'Prayer and Other Resources'.

## JUSTICE AND PEACE COMMISSION

Prepare the Future: Taking the Common Good Seriously. You are invited to join Christine Allen, Director of CAFOD who will be giving a talk on Zoom on Saturday 10 October, 2020 at 10:00am – 12 noon including small group discussions to identify local actions. Registration to receive the link is on the Liverpool J&P website [jp.liverpoolcatholic.org.uk](http://jp.liverpoolcatholic.org.uk)

## 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

Lord, teach us to contemplate you in the beauty of the universe, for all things speak of you. Awaken our praise and thankfulness for every being that you have made. Give us the grace to feel profoundly joined to everything that is.

We pray for all the people in our world who are currently facing a new wave of COVID-19 ... may we all become more responsible and recognise our connectedness and the importance of looking after the most vulnerable at this time.

We pray that each of us may play our part in the preservation of the world for future generations, recognising that our tenancy is very temporary.

## 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](mailto:t.lundbeck@metcathedral.org.uk)

## TIPS FOR A LITTLE SELF-CARE

**Which are so important during these times of uncertainty.**  
Remember that self-care is not selfish – it is essential.  
Be willing to share how you feel and ask for help when needed.  
Plan a fun or relaxing activity and make time for it.  
Focus on the basics: eat well, exercise and go to bed on time.  
Let go of other people's expectations of you today.  
Find a caring, calming phrase to say to yourself when feeling low.  
Remember it is ok not to be ok. We all have difficult days.  
Remind yourself that you are loved and worthy of love.  
Ask a trusted friend to tell you what they like about you.

Release yourself from inner demands and self-criticism.  
Notice the things you do well, however small.  
Give yourself permission to say No to requests from others.  
Aim to be good enough rather than perfect.  
Let go of being busy. Allow yourself to take some breaks.  
Talk kindly to yourself like you would to someone you love.  
Remind yourself that you are loved and worthy of love.  
Look at photos from a time with happy memories.  
You matter.  
*Taken from www.actionforhappiness.org*

## 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](mailto:David.lee3@nhs.net)

Last week's collection: **£687.23**



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




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

## Keep in touch

Be the first to hear about Cathedral news, services and events. Please visit [liverpoolmetrocathedral.org.uk/sign-up](http://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](mailto:t.lundbeck@metcathedral.org.uk) for more information.