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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.

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*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

New Processional Cross and Acolytes

It may seem during this restrictive period that there is not much happening at the Cathedral so I thought that I would just update you all with some of the things that are happening behind the scenes so that you can be assured that we are as busy as ever but having to adapt and respond to changing situations.

One of the real challenges that we are having to face is how to plan ahead when there is so much uncertainty at present. But rather than sit back defeated, we are working hard to sustain a continuing level of communal spiritual life centred around the Cathedral, particularly as we are now looking forward to Christ the King, Advent and Christmas. What we are hoping to be able to offer over the next few months will hopefully include a mix of live continuing public celebrations of Mass and online musical and meditative reflections and prayer services related to the coming months and liturgical seasons. By the end of the month we hope to publicise the schedule of services and events for the next three months.

As well as planning ahead for services we are having to have conversations with all our staff with the end of the furlough system looming on the horizon. With restricted opening hours and the continued closure of our various enterprises due to the pandemic we are facing the same issues as any other business in terms of making decisions with regard to staffing. For the last six months the Cathedral has lost at least 75% of our normal income with the cancellation of all public commercial, car park revenue and the income from the normal flow of visitors and congregations. This is likely to continue for the foreseeable future.

But there is good news as well. We have received news that we have been awarded a recovery grant from the Department of Culture, Media and Sport to help with a portion of our costs in remaining open to visitors and continuing our activities during this restrictive period.

The new processional Cross and Acolytes finally arrived this week. From first conception to completion it has taken almost two and a half years and has been a real labour of love for the artist who designed and crafted everything by hand. For three months many of the pieces were quarantined in the polishers in London during the lockdown and there was a concern regarding the reopening of the workshop but all is now complete. I think that the end result has certainly been worth the wait – the quality and level of detail is exquisite and they are wonderfully symbolic of and unique to our Cathedral. They will be locked away for now and used for the first time on the Feast of Christ the King.

Please remember in your prayers Monsignor Austin Hunt who died last week. He was the director of the Diaconate programme in our Diocese for over 40 years and was resident at our Cathedral for a few years in the late 1970's. May he rest in peace.

Canon Anthony O'Brien Cathedral Dean

Mass & Service Times

All services take place in the cathedral unless marked otherwise

WEEK COMMENCING: 11 October 2020

Sunday 11 October
28th Sunday of Ordinary Time
 9.00am Mass
 11.00am Mass
 This Mass will be streamed live on Facebook and Youtube

Monday 12 October
 12noon Mass

Tuesday 13 October
 12noon Mass

Wednesday 14 October
 12noon Mass

Thursday 15 October
St Teresa of Avila
 12noon Mass

Friday 16 October
 12noon Mass

Saturday 17 October
St Ignatius of Antioch
 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

Cathedral Notice Board

MASS INTENTIONS

Clara Mooney (RIP), Albert Keegan (RIP), Sisters of the Holy Family Convent and Staff (Thinking of You), Anne Marie Traynor (RIP), Peter Murray (RIP), The Murray Family (Intentions), Joy Dickenson (RIP), Devin Armstrong (RIP) Stacey (Intentions), Nicky (Intentions), Teresa O'Reilly (RIP), Pat, Bot and John Leahey (Thinking of You), Eileen and Paul Lovelady (Thinking of You), Irene Murphy (Thinking of You), Margaret and Tim Alderman (Thinking of You), Gerard Webb (RIP), Holy Souls.

PASTORAL FORMATION UPDATE

New resources now available include:
Reflection for the Twenty Eighth Sunday in Ordinary Time (also available as an audio download).
Readings for the Twenty Eighth Sunday in Ordinary Time.
All can be accessed/downloaded at <https://www.liverpoolcatholicresources.com/> or through <http://www.liverpoolcatholic.org.uk/> by clicking on 'Prayer and Other Resources'.

PASTORAL ASSOCIATE UPDATE

Helen Jones writes, 'As I was driving over the Mersey Gateway bridge to link up with the M56, I was struck by the amazing infrastructure we have here. In his new encyclical *Fratelli Tutti*, the Pope takes his idea from *Laudato Si* of "integral ecology" and reflects this in the connectivity of everything during the pandemic focussing on frontline workers who

understand that "no one is saved alone" (#51). We do have opportunities to connect, but many of them do exclude those who do not have access to technology. Perhaps we can phone a parishioner this week to keep our networks active and interconnected. Synod Sunday will be celebrated next week – so watch out for ways to keep connected and shape the future of our church in the Archdiocese. From *Fratelli Tutti* (#215) "Each of us can learn something from others. No one is useless and no one is expendable." Keep safe, God Bless, Helen.'

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

We pray for the Church throughout the world: that it may live out God's invitation of welcome and love for all.
We pray for Pope Francis and all those who are working to bring

about an effective response to the climate crisis. We pray that their words will be heard and heeded by everyone, especially by people in positions of power such as politicians, but also by everyone, so that we can all play our part in responding to this greatest of all threats to life on earth.

We pray for all those who care for the earth and bring us the food we eat. We pray for farmers and gardeners and all those who make, transport, sell and deliver our food. We ask God to bless them in their work and to fill us with appreciation of our interdependence.

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

SYNOD

Next weekend, 17 and 18 October, we celebrate the third Synod Sunday in the Archdiocese. Originally this was to be the weekend of our Synod 2020 event but the COVID-19 pandemic means this will now take place in June 2021.
On Synod Sunday the summary proposals on our four Synod Themes will be published which you will be able to find on the Synod Website. Over the following weeks our local Synod Members will be inviting your responses to these proposals as we continue to discern the Church God is calling us to be. www.synod2020.co.uk

Last week's collection: **£587.23**



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

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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.