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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

Synod Sunday

I am writing this to you today because this was to have been the weekend of our Synod 2020 gatherings. The situation we are living in at the moment has, as you know, meant that we felt it was right to move this weekend until June next year.

The work of the Synod has not stopped – God is still asking us to reflect on becoming the kind of Church he is calling us to be and in many ways we have been invited to do this with a new urgency at this time.

Our Synod journey brings together the “imperatives” of co-responsibility, collaboration and genuine listening between Church leaders and the lay faithful. Synodality is an essential aspect of Church life today.

Pope Francis is firm on Synodality as the way forward. I am reminded of something that Pope Benedict said in 2012: “Lay people should not be regarded as ‘collaborators’ of the clergy, but, rather, as people who are really ‘co-responsible’ for the Church’s being and acting ... It is therefore important that a mature and committed laity be consolidated, which can make its own specific contribution to the ecclesial mission with respect for the ministries and tasks that each one has in the life of the Church.”

This is very much your role in the next part of our Synod journey. Over 3,500 proposals were submitted – thank you. The Synod Working Party (and others) have worked with all these proposals and have faithfully kept all the proposals and ideas that you have highlighted.

They have produced a summary which we are making available to you this weekend. (You can find them at synod2020.co.uk/proposals).

I need each of you to play your part in discerning the next steps forward. At the beginning of December each Synod Member will have to indicate which of the ideas and issues that they are most drawn to. They will need your input to do this faithfully. This will then enable us to present to you, in March, the Synod Proposals to be voted on in June. After June we will work on drawing up a Pastoral Plan in the light of the Synod Proposals which will be promulgated at the start of Advent 2021.

The next months are an exciting opportunity for us all to listen again to the voice of the Spirit of God guiding and directing us. Please play your part, we will not be able to complete this task faithfully without you.

Most Rev Malcolm McMahon OP

Synod President

Please pick up your Synod card which you can find at the back of the Cathedral.

Mass & Service Times

All services take place in the cathedral unless marked otherwise

WEEK COMMENCING: **18 October 2020**

Sunday 18 October
29th Sunday of Ordinary Time

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

Monday 19 October
12noon Mass

Tuesday 20 October
12noon Mass

Wednesday 21 October
12noon Mass

Thursday 22 October
12noon Mass

Friday 23 October
12noon Mass

Saturday 24 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

Cathedral Notice Board

MASS INTENTIONS

Margaret Feeney (RIP), Sandra Ambrose (RIP Anniversary), Cy Evans (RIP), Emma Walker (Birthday Anniversary), Gerard Webb (RIP), Holy Souls, Pascal Lissouba (In Loving Memory), Pascal Lissouba (RIP Thinking of You), Mr Malcolm Guy (RIP), Christopher Brennan (RIP), John McCoy (RIP). Isaac Ambrose (Get Well).

PASTORAL FORMATION UPDATE

New resources now available include:
Reflection for the Twenty Ninth Sunday in Ordinary Time (also available as an audio download).
Readings for the Twenty Ninth 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 we continue to be challenged in coping with more restrictions on our lives, staying connected in innovative ways fuels our efforts to support one another. Our Synod journey will be challenging in the next weeks ahead, but I have been so encouraged by the virtual connections we can experience: the FCJ's *Fratelli Tutti* Reading group literally crosses the globe in its outreach; the *Christ is Alive* retreat is a beautiful way of nurturing togetherness and encountering God where we are; in the next weeks we will be

trying to come together virtually for Synod Proposal discernments; a Novena to Our Lady of Perpetual Succour led by St Wilfrid's, Garston starts on Tue 27 Oct; if you feel called to explore your faith in relation to ministry do look at the Diploma/Certificate programme for Pastoral Ministry & Leadership – zoom info sessions start on 27/10 details at www.liverpoolcatholicresources.com/diploma; Cardinal Michael will be sharing reflections on *Fratelli Tutti* during Advent and there may be a few Christmas projects in the pipeline - watch this space! *"There is no power for change greater than a community discovering what it cares about"* from Meg Wheatley, American writer. Keep safe, God Bless, Helen

RCIA

We welcome Emma McConlough and Paul Robert Beard, both adult members of our Cathedral community who are to be baptised and confirmed at the 4pm Mass this Saturday by the Dean. The Christian community welcomes you with great joy!

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 Pope Francis who continues to offer distinctive leadership in these days of global pandemic that his appeal for us to become "a community that supports and helps us, in which we can help one another to keep looking ahead" will inspire us all.

We pray for those regions of Merseyside and Lancashire struggling with tighter restrictions ... may all who live alone receive encouragement and support from neighbours and friends.

We pray for scientists striving to find successful vaccines and those who are working on new treatments for those already diagnosed with coronavirus ... may their efforts bear fruit and be good news for the whole global community.

We pray for all who may be facing redundancy or increased financial debt ... that they may not despair but find new sources of support and help.

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

MEETING FOR YOUNG ADULTS

"WHERE TWO OR THREE ARE GATHERED....."

Finding it difficult to meet people of a like-mind and faith during lockdown? You are not the only one! Join Fr Peter for a time of reflection and discussion on **Wednesday 28th October, 8pm** via Zoom. To register your interest email Fr Peter (p.murphy@metcathedral.org.uk).




Last week's collection: **£655.35**

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.


LUTYENS CRYPT

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

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