

CATHEDRAL PARISH OF ST MARY & ST BONIFACE

Part of the Plymouth Roman Catholic Diocesan Trust - Registered Charity No. 213227



St. Joseph's
Raglan Road
Devonport
PL1 4NQ



Cathedral
45 Cecil Street
Stonehouse
PL1 5HW



Christ the King
Armada Way
PL1 2EN

Cathedral House Clergy:

Canon Mark O'Keeffe (Cathedral Dean)
Fr. Jude Udokwu (Assistant Cathedral Priest)
Fr. Martin Budge (Retired Cathedral Priest)

Cathedral: 01752 662537 **Email:** plymouth-cathedral@prcdtr.org.uk **Website:** plymouthcathedral.org.uk
Pastoral Assistant: Lyn McLoughlin **Email:** plymouth-cathedral@prcdtr.co.uk
Director of Music: **Email:** aplmusician@gmail.com

Safeguarding Representatives:

Cathedral: Lyn McLoughlin & Anne Duell **Devonport:** Bernadette Gibbons **Christ the King:** Ben Graat

Cathedral School: cathedral-school.eschools.co.uk **Holy Cross School:** holycross.plymouth.sch.uk
St. Joseph's School: st-josephs.plymouth.sch.uk

Fourteenth Sunday in Ordinary Time - A -Psalter 2- 5th July 2026

DAILY WORSHIP

Mass will be streamed daily from the Cathedral at 10:00 am -in accordance with GDPR -
see noticeboard for further information

Date	Mass	Intentions
Sunday 5th July 14th Sunday in OT	10:00am 6:00pm	Canon Mark's (Int'n) Katrina Varkey (RIP)
Monday 6th July	10:00am	Laetitia Ann Trelawny (RIP)
Tuesday 7th July Requiem Mass (Christ the King)	10:00am 12:30pm	Robin Tierney (RIP) & Godfrey Tonkin (RIP)
Wednesday 8th July Requiem Mass	10:00am	Leo Ryan (RIP) Louise Treglown (RIP)
Thursday 9th July	10:00am	Kieran Woods (RIP)
Friday 10th July Adoration of the Blessed Sacrament	9:30am 10:00am	Eileen & Alf Moore (RIP)
Saturday 11th July St Benedict	10:00am	Father Kevin Bidgood (RIP)
Sunday 12 th July 15th Sunday in Ordinary Time	10:00am 6:00pm	Frances Harrington (RIP) Godfrey Tonkin (RIP)

Intentions

St. Joseph's Saturday 5:00pm

John & Helena Libby (RIP)

**Christ the King -
Sunday 12:30**

People of the Parish

SICK & HOUSEBOUND

Please pray for the sick or housebound in our parish and those who are particularly poorly at this time.

RIP: - Please pray for the repose of the souls of those who have recently died especially Louise Treglown, Godfrey Tonkin and Grace Ballega, may their souls rest in peace.
Amen



**14th Sunday in Ordinary Time
5th July 2026**



True Strength Is Found in Humble Surrender

In a world that often measures greatness by power, achievement, and self-reliance, God's Word reveals a very different path. The King who comes to save does not arrive with force or intimidation but with humility and peace. Jesus invites us not to strive for control, but to trust, not to carry every burden alone, but to bring it to Him.

This invitation is only possible when we allow the Holy Spirit to shape our hearts. The Spirit gently leads us away from the selfish desires that weigh us down and into the freedom of a life centred on Christ. As we surrender our pride, fears, and need to prove ourselves, we discover that God's strength is made perfect in our weakness.

Those who approach God with the openness and trust of a child are able to recognise His presence and receive His peace. They learn that following Christ is not about carrying heavier burdens but about sharing life's journey with the One who walks beside them.

This week, let us ask for hearts that are humble enough to trust, open enough to be led by the Spirit, and confident enough to rest in Christ, knowing that true peace is found not in our own strength, but in His faithful love.

Happy New Month.

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Date for Your Diary

40th Anniversary of Ordination to the Sacred Priesthood

Bishop Nicholas Hudson was ordained a priest for the Archdiocese of Southwark on 19 July 1986. He was ordained by Archbishop Michael Bowen at the Sacred Heart Church in Wimbledon.

Bishop Nicholas will be celebrating his Special 40th Anniversary Mass here at the cathedral on Sunday 19th July 2026 at 10.00am

We welcome the family members of our Bishop Nicholas, who will be joining us for the Mass.

There is an opportunity for a special one off collection towards a gift to mark this special occasion
All are welcome to join us.

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Next Sunday 12th July

2nd collection

Stella Maris

Stella Maris chaplains and ship visitors welcome seafarers to our shores, regardless of their creed or nationality, and provide them with pastoral and

practical assistance. The agency facilitates the largest ship-visiting network in the world and improves the lives of seafarers and fishers through its network of local chaplains and seafarer Centre, expert information, advocacy, and spiritual support.

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Congratulations

Many congratulations to Canon Mark who Celebrates the anniversary of his Priestly Ordination today.



News from the Diocese –

For all the latest news from the Diocese follow the link or go to our website

<https://www.plymouthcathedral.org.uk/>

NEWS

Adoremus

National Eucharistic Pilgrimage & Congress

Our third National Eucharistic Congress will take place in London on Sat 10th Oct. It would leave Plymouth at 5am and pick up at Exeter Services - and possibly Taunton or Wincanton.

Mass at St George's cathedral and procession across the Thames to Westminster Cathedral, followed by a vigil of adoration until 6am. If you would like to be one of our 50 diocesan delegates, please contact Fr Chris at Poole : (01202) 746539

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Mass for Marriage 2026

Midday, Saturday September 12. Celebrant Bishop Nicholas Hudson The Cathedral Church of St Mary and

St Boniface Plymouth PL1 5HW. For more information please contact Deborah.vankroonenburg.org.uk

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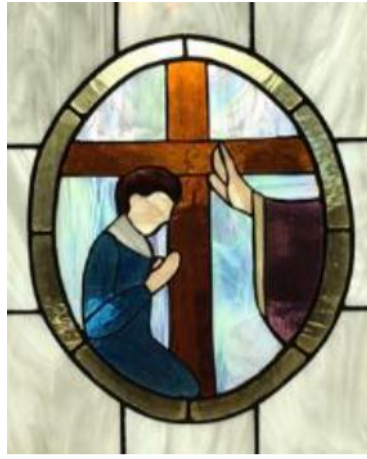
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A Prayer for Bishop Nicholas

Heavenly Father, we praise You for the gift of Your servant, Bishop Nicholas, who celebrates 40 years of faithful service in the ministerial priesthood. We thank You for his four decades of unwavering devotion, his loving administration of the Sacraments, and his constant presence as a shepherd to Your flock.

Amen.

First Holy Communion and Confirmation classes.



Sacrament of Confirmation

If you are in year 7 or over and would like to start your preparation programme for the Sacrament of Confirmation,

Or

First Holy Communion

If you have a child in Year 3 or over and they would like to start preparations for their First Holy Communion please contact the office –

plymouth-cathedral@prcdtr.org.uk

For Classes commencing in September 2026

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RCIA, or the Rite of Christian Initiation of Adults, is a process for adults to explore the Catholic faith and become fully initiated members of the Church through the sacraments of Baptism, Confirmation, and Eucharist. It's a spiritual journey of individual faith development and community conversion, involving regular meetings, prayer, reflection, and special liturgical rites, culminating in the Easter Vigil. The program is for adults, including the unbaptized, those baptized in other Christian denominations, or Catholics who haven't received Confirmation or Holy Communion.

We have our RCIA course on a Friday evening here at the cathedral centre. If you are interested in knowing more, please contact the office by email: plymouth-cathedral.org.uk , New classes will commence in September for next Easter.

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Volunteering for youth ministry, in the Diocese of Plymouth

Do you or have you thought about volunteering to work with the youth either in your parish or further afield? Youth Events are setting up a database of volunteers to keep in contact with them, offer training and support for the work they do, and keep them informed of events that are happening across the Diocese. In completing the form it does not mean you are committed to any voluntary work, it is simply an expression of interest. People on the database will be contacted and asked if they would like to support an event. Please follow the link: [Volunteer Data Form – Youth Diocese Events – Fill in form](#) For further information please contact Ruby or Saskia: youth@prcdtr.org.uk



**Training for volunteers,
working with youth**

If you are currently working with youth in the Diocese of Plymouth or are thinking about volunteering, you are welcome to attend any of the listed training courses.

Training Day / Residential

Theme: Accompanying young people through the transition of childhood faith to take ownership of their own faith journey
Saturday 24th October, University of Exeter Catholic Chaplaincy

Theme: Reaching out to young people in parishes and across the Diocese
Saturday 12th - 14th February, St Rita's, Honiton

Online training

Sessions led by Rob Kingdon, Safeguarding Office.

Theme: Child Exploitation
Wednesday 23rd September, online 7pm - 8pm

Theme: Domestic Abuse - impact on children and young people
Wednesday 28th October, online 7pm - 8pm

Theme: Young people and their online world
Wednesday 13th November, online 7pm - 8pm

DIOCESE OF PLYMOUTH, Youth Events
For further information contact Saskia: youth@prcdtr.org.uk

What's On

University Chaplaincy

We welcome our students who are attending the universities here in Plymouth. There is an opportunity for Mass, confession and consultations with Fr Jude every Wednesday at 5:30pm at Christ the King and also Adoration every Friday at 5:00pm.

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Catechetical Summer Camp 2026, 27th - 31st July, Buckfast Abbey

At this years Summer Camp young people aged 9-12 will explore Pope Francis and Pope Leo's Dilexi Te - 'I love you'. Summer camp has been enjoyed by many generations. It is a great way for young people to meet other from across the Diocese and gain a sense of belonging to the Diocesan and catholic family. Cost £150 per person. To book: Summer Camp 2026 – Fill in form For further information please contact: summercamps@prcdtr.org.uk

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Catholic Children's Society (Plymouth)



We are a small Diocesan charity helping families of all faiths and none living in Devon, Cornwall and parts of Dorset. We do this through our ESSENTIAL GRANTS PROGRAMME, our RAINBOWS Bereavement & Loss service and our GOOD SHEPHERD programme.

WHO WE'VE HELPED SO FAR IN 2026

126 families have received an Essential grant in the first six months, compared to **90 families** this time last year, from:

many parts of **Plymouth** and Devon including Exeter, Holsworthy, Okehampton and Totnes. However, we are now receiving more applications from **Cornwall** – in particular from Bodmin, Bude, Callington, Camborne, East Taphouse, Falmouth, Launceston, Liskeard, Penryn, Penzance, Saltash, St Austell and Wadebridge. We are also receiving more applications from **Dorset** including Bridport, Dorchester, Poole and Poundbury.

WHAT IS OUR ESSENTIAL GRANTS PROGRAMME?

This programme aims to relieve the urgent material needs of children, young people and families by providing essential household items and clothing, such as cookers, washing machines, beds and school uniforms.

This support is offered, as many families can not afford to purchase these items themselves. This can be due to a variety of reasons, such as unemployment, ill health, fleeing domestic abuse or trying to set up a new home with nothing.

CRIB APPEAL UPDATE

Thank you to every parish who supported our Crib Appeal. So far, we have received **£8,300.53** from **47** parishes.

Our 2026 Annual Appeal theme is '**GRATEFUL HEARTS – SERVING OTHERS**'. Look out for appeal envelopes over the August bank holiday weekend – **Sat 29 and Sun 30 August**.

COULD YOU JOIN OUR BOARD ?

We are looking for **2 or 3** trustees with an interest in CCSP, as following retirement, we now only have **7**. Our trustees have a wealth of experience but would love some new people to join them, especially if you have some HR experience. We meet **quarterly on Mondays at St Boniface House in Ashburton**, although these could be attended via video link and if you would like to come along to our next meeting in July or October, please email ccs@ccsplymouth.org.uk or call **01364 645420**.



TO DONATE TODAY, please scan this QR code using your mobile phone to be taken directly to our Give a Little Campaign page - **THANK YOU !**



JULY 2026

RECENT FEEDBACK

We recently helped a mother and her two sons who had fled domestic abuse and were starting over from scratch. We received this feedback

"I want to thank you so much for organising the funds to buy our lovely fridge freezer. We received the delivery and installation by two lovely gentlemen from HBH Woolacotts. What a difference this has made to myself and my two boys! We now have fresh food, fruits and vegetables and no more food waste 😊. It is a perfect fit for our kitchen and just enough for our needs. I am overwhelmed with gratitude for your kindness and generosity. May God richly reward you 🙏🙏"

Catholic Children's Society (Plymouth)
St Boniface House, Ashburton, Devon, TQ13 7JL
01364 645420 www.ccsplymouth.org.uk
ccs@ccsplymouth.org.uk

Registered Charity No 282803 Registered in England No 1546053

Prayer for Pope Leo XIV



**“O God, shepherd and ruler of all the faithful,
look favourably on your servant Leo,
whom you have set at the head of your Church as her shepherd;**

**Grant, we pray, that by word and example
he may be of service to those over whom he presides
so that, together with the flock entrusted to his care,
he may come to everlasting life.**

**Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the
unity of the Holy Spirit, one God, for ever and ever.**

Amen

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First reading

A reading from the Prophet Zechariah

Thus says the Lord:

Rejoice greatly, O daughter of Sion! Shout aloud, O daughter of Jerusalem!

Behold, your king is coming to you; righteous and having salvation is he,
humble and mounted on a donkey, on a colt, the foal of a donkey.

I will cut off the chariot from Ephraim and the war horse from Jerusalem;
and the battle bow shall be cut off, and he shall speak peace to the nations;
his rule shall be from sea to sea, and from the River to the ends of the earth.

'The Word of the Lord.

RESPONSORIAL Psalm

I will bless your name for ever, my God and king

I will extol you, my God and king,
and bless your name for ever and ever.

I will bless you day after day,
and praise your name for ever and ever. (R)

The Lord is kind and full of compassion,
slow to anger, abounding in mercy.

How good is the Lord to all,
compassionate to all his creatures. (R)

All your works shall thank you, O Lord,
and all your faithful ones bless you.

They shall speak of the glory of your reign,
and declare your mighty deeds. (R)

The Lord is faithful in all his words,
and holy in all his deeds.

The Lord supports all who fall,
and raises up all who are bowed down. (R)

Second Reading

A reading from Saint Paul to the Roman

Brothers and Sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia.

I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children.

Alleluia,

Gospel

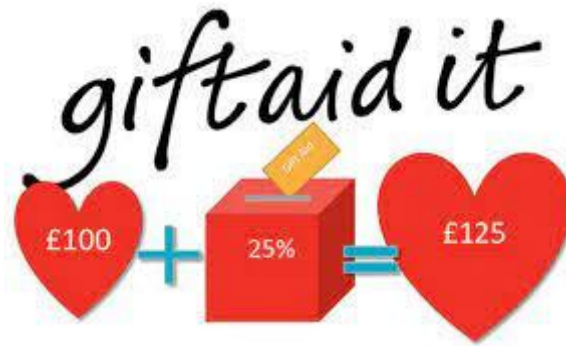
A reading from the Gospel according to Matthew

At that time Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little

children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

The Gospel of the Lord

What is Gift Aid?



- Gift Aid is the method used by the Government to allow charities, including the Church, to obtain a tax refund on donations made to them.
- At present we receive £25 for every £ 100 of donations made through Gift Aid.
The Gift Aid scheme is simple, involves few formalities and is an essential source of revenue for our Churches.

What is involved in joining the Gift Aid Scheme?

- To join the scheme you have to pay sufficient tax to cover the tax reclaimed on all your Gift Aid donations.
- You have to sign a standard declaration that your donations are to count for Gift Aid.
- Thereafter you only have to make sure that your donations are made in such a way that they can be recorded as made by you to the Church. The most common methods are
 - By Bankers' Order
 - By using special numbered weekly envelopes which are provided free of charge.

Any amount as long as the donation shows your name and the church as recipient.

What donations can be included?

The Gift Aid declaration that you sign is in favour of the Diocese rather than the Parish, so all donations to the Parish and the Diocese can be included, for example: Offertory Collections, and Easter and Christmas offerings

Please do consider Gift Aiding your donations if you have recently arrived in the parish.

Forms are available at the back of the cathedral.



Caritas Diocese of Plymouth



Caritas Diocese of Plymouth is here to give parishes and individuals new opportunities to proclaim our faith in deeds as well as in words. We are here at the service of the most poor and vulnerable.

We have a great many events and initiatives which all are welcome to join. If you would like to find out about our work, please visit our webpage <https://www.plymouth-diocese.org.uk/caritas/> You can also watch out for our posters at the back of the church which will let you know what is coming up soon.

If you would like to receive occasional newsletters about our work and get new ideas to reach out to those around you, please contact Caritas@prcdtr.org.uk



THE POPE'S INTENTIONS – July

For respect for human life

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God..

See also : <https://thepopevideo.org/>

VIDEO

The parish is immensely grateful to all donors who have supported the parish during the year and

giftaid

helped keep our doors open to achieve our Mission. If you don't already do so, please consider whether you could increase the value of your contribution by signing up for Gift Aid (more details and forms available from your parish gift aid organiser or the Cathedral office).

Baptisms, Weddings, and Funerals

Good News— The Cathedral is available for: Baptisms, Weddings and Funeral Services, If you want to discuss or book a date for your service or ceremony please call or email us and we will be happy to help.





Catholic Children's Society
(Plymouth)

The **Catholic Children's Society** is a child welfare agency covering the Roman Catholic Diocese of Plymouth which consists of Cornwall, Devon and most of Dorset. For the latest news use the link below

[News](#)

• **Are you concerned about injustice in our world?**



- Do you feel the need to take action and make your voice heard?
- Would you like support and encouragement?
- Are you already taking action and want to inspire others?

If the answer is yes, then please get in touch with Caritas Plymouth. We are looking to grow the Justice and Peace activities in the Diocese of Plymouth to offer:

- Connections between existing Justice and Peace groups to share ideas
- Opportunities for action,
- Access to related agencies,
- Friendship, solidarity and mutual support

If you are interested in finding out more please contact Deborah, the Caritas Manager, on 01364 645421 or email caritas@pcdtr.org.uk

Helping families stay connected



As Masses are restricted throughout the world, many parish and school communities are asking what they can do to keep their families connected to their faith. CathFamily can help with our online resources which are available free of charge.

[Click for Link](#)

CAN YOU HELP?

Patients at Mount Gould Hospital appreciate the opportunity to attend Sunday services in the Hospital Chapel, however they need some assistance to get there by being pushed in wheelchairs or accompanied. As the Hospital continues to expand, the Chaplaincy Team is seeking Volunteers to join them in this worthwhile pastoral ministry. If you have 2 hours that you could commit to on a regular rota from 1-3 pm on a Sunday, the Lead Chaplain would love to hear from you: please e mail

pamela.howarth1@nhs.net



Loop System in operation - Channel T

YouTube regarding information- Please be aware that our Masses and Events are regularly filmed and will appear online on our YouTube channel. Due to the current guidelines, we are requested to provide a seating area where the cameras will not put the people in shot of the live filming. The designated area will be the pews in the Blessed Sacrament Chapel. If you would like to receive Holy Communion but wish not to be visible on YouTube, please request to receive at the Blessed Sacrament chapel as the sacrament is being reposed.