

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
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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

<u>Safeguarding Representatives:</u> Cathedral: Lyn McLoughlin & Anne Duell Devonport: Bernadette Gibbons Christ the King: Ben Graat
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Cathedral School: cathedral-school.eschools.co.uk Holy Cross School: holycross.plymouth.sch.uk St. Joseph’s School: st-josephs.plymouth.sch.uk
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Nineteenth Sunday in Ordinary Time - A -Psalter 3– 9th August 2026
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DAILY WORSHIP Mass will be <u>streamed daily from the Cathedral at 10:00 am</u> –in accordance with GDPR - see noticeboard for further information

Date	Mass	Intentions
Sunday 9th August 19th Sunday in OT	10:00am 6:00pm	Bridget Driscoll (RIP) Nadira Dawood & Polus Bihnam (RIP)
Monday 10th August St Lawrence	10:00am	Catherine Lynch (RIP)
Tuesday 11th August	10:00am	Mary Varghese(RIP)
Wednesday 12th August	10:00am	Bridget Driscoll & Family (RIP)
Thursday 13th August	10:00am	Jenna (Int’n)
Friday 14th August Adoration of the Blessed Sacrament	9:30am 10:00am	Mathew K (RIP)
Saturday 15th August	10:00am	Jofffin & Jai Maria Thanksgiving
Sunday 16th August Assumption of the Blessed Virgin Mary	10:00am 6:00pm	Sigi George (Intn) George & Mary (Int’n)

Intentions St. Joseph’s Saturday 5:00pm Patricia Williams (RIP) Christ the King - Sunday 12:30 People of the Parish
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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 Fr John Bielawski, Shirley Foale and Moira Marchant may their souls rest in peace. Amen
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19th Sunday in Ordinary Time

9th August 2026



Alone with None but Thee, My God

Life can be noisy. We are surrounded by worries,

expectations, disappointments, and endless distractions. When storms arise, our first instinct is often to search for quick solutions or to rely solely on our own strength. Yet this Sunday's readings gently invite us to do something different: to be still and draw close to God.

Elijah encountered the Lord not in the wind, the earthquake, or the fire, but in the gentle whisper. Jesus, too, withdrew to pray before facing the storm on the sea. Both remind us that strength is born in silence and that faith grows in God's presence. Perhaps the greatest challenge today is not finding time, but making time to be alone with God. Even a few quiet moments each day in prayer, before the Blessed Sacrament, or with the Scriptures can renew our hearts and give us the courage to face life's storms with hope.

When Peter kept his eyes on Jesus, he walked on water. When fear distracted him, he began to sink. The same is true for us. If we keep our gaze fixed on Christ, no storm is greater than His love.

This week, let us create our own "Horeb" a quiet place where we can listen to God's gentle voice. In the silence, we will discover that we are never alone, for the Lord is always near, saying, "Take courage; it is I. Do not be afraid."

Have a wonderful Sunday.

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Father Jon- RIP Funeral Arrangements.

Fr Jon will be buried from the cathedral with a **Vigil Mass** at 6.00pm on Wednesday 26th August- the Feast of Blessed Dominic Barberi. His **Requiem Mass** will be celebrated by Bishop Nicholas on Thursday 27th August at 12 noon at the Cathedral.

Eternal rest grant unto him, O Lord; and let perpetual light shine upon him. May he rest in peace. Amen. St Mary Magdalen, pray for him. Blessed Dominic Barberi, pray for him.

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WELCOME

We are looking forward to welcoming Fr Daniel Herrero Pena- who will be coming as the new assistant priest at the cathedral in the first week of September.

We also welcome Fr Thierry Butor who will be coming to us from France in early September.

Please keep in your prayers, Fr Jude, as he prepares to take on his new ministry as the Priest in Charge for the Launceston Parish, including Callington and Bude.

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Please keep in your prayers: Harrison Walsh and Miorah Sarjin and their families as they are baptised at the cathedral this week.+++

Mass for Marriage 2026

If you are recently married or are celebrating an anniversary, why not join us at Midday, on Saturday September 12th for a Mass for Marriage, 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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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 4th September at the Cathedral for next Easter.

SPUC URGENT: In April 2026, the Terminally Ill Adults (End of Life) Bill fell at the end of the Parliamentary session having failed to complete its passage through Parliament. Now, Lauren Edwards MP (Labour) has reintroduced essentially the same Bill, with Second Reading scheduled for Friday 11th September. It appears that the assisted suicide lobby is intending to invoke the Parliament Acts, whereby if the House of Lords rejects the same Bill in two consecutive Parliamentary sessions, it can be passed without their consent BUT, if MPs REJECT the Bill at Second Reading, it will not progress further. We have just a small window of time to persuade MPs to reject the Bill during the summer recess, when most MPs are back in their constituencies. Please write to your MP asap, or make an appointment to meet them face to face before the September vote. There will be SPUC flyers and info at the back of your church to help you. Further info: Christine Hudson: **Tel: 07742320717** Email: **chrishud78@talktalk.net**

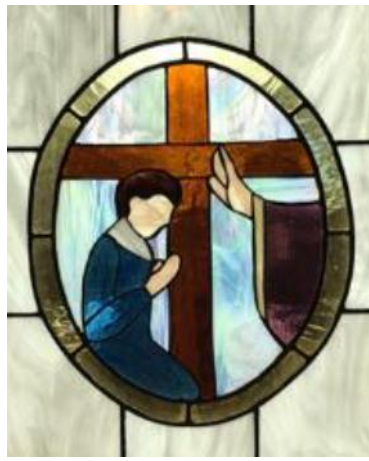
Luke Pollard MP, Labour Plymouth Sutton and Devonport, voted for Abortion Decriminalisation but no vote was recorded on Assisted Dying.

mail: luke.pollard.mp@parliament.uk

Fred Thomas MP, Labour Plymouth Moor View, voted for Assisted Dying but no vote was recorded for abortion decriminalisation. Email: fred.thomas.mp@parliament.uk

Rebecca Smith MP, Conservative Plymouth S.W. Devon voted against Abortion Decriminalisation and against Assisted Dying. Email: rebecca.smith.mp@parliament.uk

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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**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

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

What’s On

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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News from the Diocese – July/August

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



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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.

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 🙏🙏”



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

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 book of Kings

In those days: Elijah reached Horeb, the mount of God. There he came to a cave and lodged in it. And behold, the word of the Lord came to him. And he said, ‘Go out and stand on the mount before the Lord.’ And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper. And when

Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

Word of the Lord.

RESPONSORIAL Psalm

Show us, O Lord, your mercy, and grant us your salvation.

I will hear what the Lord God speaks;
he speaks of peace for his people and his faithful.
His salvation is near for those who fear him,
and his glory will dwell in our land.

Mercy and faithfulness have met;
justice and peace have kissed.
Faithfulness shall spring from the earth,
and justice look down from heaven.

The Lord will bestow his bounty,
and our earth shall yield its increase.
Righteousness will march before him,
and guide his steps on the way.

Second Reading

A reading from Saint Paul to the Romans

Brothers and Sisters: I am speaking the truth in Christ. I am not lying. My conscience bears me witness in the Holy Spirit — that I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my brothers and sisters, my kinsmen according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises. To them belong the patriarchs, and from their race, according to the flesh, is the Christ, who is God over all, blessed for ever. Amen.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia.

I long for you, O Lord, my soul longs for his word.

Alleluia,

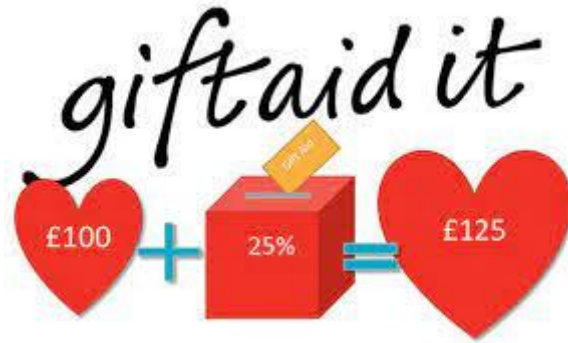
Gospel

A reading from the Gospel according to Matthew

After the crowd had eaten and were satisfied: Immediately Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, and said, ‘It is a ghost!’ and they cried out in fear. But immediately Jesus spoke to them, saying, ‘Take heart; it is I. Do not be afraid.’ And Peter answered him, ‘Lord, if it is you, command me to come to you on the water.’ He said, ‘Come.’ So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, ‘Lord, save me.’ Jesus immediately reached out his hand and took hold of him, saying to him, ‘O you of little faith, why did you doubt?’ And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, ‘Truly you are the Son of God.’

’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 VIDEO

Pope's Worldwide Prayer Network

THE POPE'S INTENTIONS – August

For evangelization in the city

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

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.