

*Welcome to the  
Catholic Community  
of Central Nottingham*

PARISH BULLETIN  
10P

**St Barnabas  
Cathedral**  
Nottingham



**St Barnabas Cathedral is now open for  
Private Prayer and Public Mass.  
All advice given in this newsletter  
will be reviewed on a weekly basis.**

*Twenty Ninth Week of Ordinary Time  
Saturday 17th October to Sunday 25th October 2020  
Psalter Week I ~ Sundays - Year A ~ Weekdays - Cycle II*

**Cathedral House, the Cathedral Office and Music Department are closed to members of the public. If you wish to have urgent contact with Canon Malachy or Fr Mathew, please telephone them on 0115 9539 839 and press the relevant extension number.**

**For enquiries or to book a Mass, please also do this via the telephone. Stipends and donations can be sent via Royal Mail, paid directly into the Cathedral bank account, (the details of which can be found on page six of this newsletter) or posted through the door of Cathedral House.**

**At this time, if you wish to see one of the Clergy or arrange to receive the Sacrament of Confession, please telephone the office - entry to Cathedral House will be strictly by appointment only!**

**We appreciate your cooperation in trying to help us keep the Clergy and staff free from the symptoms of the Coronavirus. Please remember that this is the Priests' home as well as a place of work and therefore current regulations of not visiting other peoples homes will apply. Thank you.**

#### **ACT OF SPIRITUAL COMMUNION**

*My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen. **As we cannot attend daily Mass, we can use this prayer to express our faith in Christ and His Presence in the Eucharist, and ask Him to unite Himself with us.***

**Today:** A young woman went to a shopping centre to do her weekly grocery shopping. She had several bags of groceries and, before leaving, she decided to have a cup of coffee. She left her bag beside a table, and got herself a cup of coffee and a kit-kat biscuit. A young man came along and sat at the same table. He picked up the kit-kat, unwrapped it, and broke a piece off it. This annoyed her, as she snapped a large lump of what was left. There was not a word exchanged, as he broke off another bit, which prompted her to grab the remaining piece, and put it in her mouth. Without saying a word, the man picked up his mug of coffee, went over to the counter, got a buttered scone, and went to a different table. By now the woman was really furious at this audacity, so she couldn't resist her instinctive urge, as she picked up her bags and, as she walked past the man, she picked up his scone, took a huge bite out of it, and walked to the car! She was putting her bags into the boot of the car when, with horror, she looked and saw a kit-kat biscuit sitting on top of one of her bags! She was afraid to go anywhere near that shopping centre for a few weeks afterwards!

Don't always be sure that you are right, because none of us has a monopoly of truth. That was the problem Jesus had with the Pharisees. **(MB)**

**Next Sunday is the end of British Summer Time ~ clocks will go back one hour at 2am!**

**This week Masses at the Cathedral will be Celebrated at the following times:**  
**All the Masses are being streamed and recorded via the Cathedral Streaming Service on the Cathedral website**

<b>Saturday 17th October</b>	<b>10.00am</b>	<b>Saint Ignatius of Antioch</b>	Elizabeth (Well Being)
<b>Vigil</b>	<b>6.30pm</b>		Laurence Mather RIP
<b>Sunday 18th October</b>	<b>8.00am</b>	<b>Twenty Ninth Sunday of Ordinary Time</b>	The People
	<b>10.00am</b>		Susan Rea
	<b>6.00pm</b>		Christina McMahon RIP
<b>Monday 19th October</b>	<b>1.00pm</b>	<b>Feria or Saints John de Brébeuf, Isaac Jogues and Companions or Saint Paul of the Cross</b>	Feighan Family Mrs Nieves Arias RIP
<b>Tuesday 20th October</b>	<b>1.00pm</b>	<b>Feria</b>	The Cheatle Family Private Intention
<b>Wednesday 21st October</b>	<b>1.00pm</b>	<b>Feria</b>	Private Intention Bill Feighan ~ Birthday
<b>Thursday 22nd October</b>	<b>1.00pm</b>	<b>Feria or Saint John Paul II</b>	Sean Murray RIP Josephine Holohan RIP
<b>Friday 23rd October</b>	<b>1.00pm</b>	<b>Feria or Saint John of Capestrano</b>	Helena Cicily Normoyle Patty Donaghy RIP
<b>Saturday 24th October</b>	<b>10.00am</b>	<b>Feria or Saint Anthony Mary Claret or Mass of Our Lady</b>	Brosnan Family
<b>Vigil</b>	<b>6.30pm</b>		Belen Del Rosario RIP (Birthday) and Ron Grayson RIP (Birthday)
<b>Sunday 25th October</b>	<b>8.00am</b>	<b>Thirtieth Sunday of Ordinary Time</b>	The People
	<b>10.00am</b>		Maria Dolan RIP
	<b>1.00pm</b>		Baptism ~ Loïc Arnaud Adigoumé
	<b>6.00pm</b>		C.L. George RIP

**World Mission Sunday – ‘Whom shall I send?’** This Sunday is when the entire global Church comes together in support of mission. And as we journey to the end of a difficult and frightening year, the theme is a shout of courage and faith: ‘Here I am, send me!’ World Mission Sunday is celebrated in every Catholic community in the world. It’s a moment of grace to express solidarity with our brothers and sisters in Christ who are living in situations of poverty, violence and oppression. Pope Francis calls on Catholics to support overseas mission financially through Missio. As the Holy Father’s official charity for world mission, this is such an important date for Missio. We will be inspiring a renewal of mission throughout the month of October, asking Catholics in England and Wales to answer the call to share God’s love. Through reflection, discussion, and stories on their website, their social media and through their Mission Today magazine, Missio will help you explore your own personal mission in preparation for World Mission Sunday. Please visit the website [missio.org.uk](http://missio.org.uk) for further information or if you would like a red collection box, please contact the Cathedral Office.

**11.15am Mass** We are looking at the prospect of reinstating the 11.15am Mass and are currently looking at the practicality of doing this. This will be initially without music but hopefully it will not be too long before the choirs can return.

**Singing** We have now reintroduced some singing at the 10am Sunday Mass. Unfortunately at this time the congregation is not permitted to join in.

**Parish Finances Last Week**

Loose Plate	£ 762.30	Thank you for your generosity to the work of the Church! <i>In your Will, please remember your Church.</i>
Envelopes	£ 418.20	
S/Orders	<u>£ 1,015.20</u>	
Total	£ 2,195.70	

**Please visit our Facebook page "St Barnabas Cathedral" or Twitter: @Cathedral\_Nottm or Cathedral Nottingham**

## INFORMATION REGARDING PUBLIC WORSHIP AT THE CATHEDRAL

**Private prayer times are as follows:** Saturdays - 9.30am until 11.30am with Mass at 10am. Monday to Friday - 12noon until 2pm with Mass at 1pm. There will be no private prayer on Sundays.

**The Celebration of Mass:** Please book weekend Masses using the Diocesan booking system available at: [www.massbooking.uk](http://www.massbooking.uk) - you need to create an account; once created you can book your place at Mass for weekend Masses. The Masses are bookable on a 7-day cycle. **If you are not online you will need to telephone the Cathedral Office on 0115 9539839 - Extension 7 - Please try and call between Monday to Friday between the hours of 10am and 3pm to book a place - this number is for Cathedral Parishioners only.** You will not be required to book a place for any weekday Mass, but you will be required to 'sign in' on arrival to meet the requirements for Track and Trace. Please bear with us during these challenging times, especially when booking seats for Mass through these new channels. Social distancing is still set at 2 metres, so please observe this as you arrive and leave the Cathedral and from this weekend you will be required to wear a face mask to protect yourself and others. If you are extremely clinically vulnerable, then please continue to protect yourself by staying at home and praying for the parish community or accessing the Mass on live streaming. The Sunday obligation continues to be suspended, so if you are unsure about coming along, do not feel under any obligation to do so; and if you, or someone in your household, displays symptoms of Covid19, then please do stay at home. When attending Mass, (Booking is only required for Weekend Masses); please be aware that you may be asked to wait outside until invited in to take a seat. Please arrive in plenty of time to allow for this managed arrival to take place and for the Celebration of Mass to begin on time. Stewards will assist upon arrival and upon leaving the Cathedral so that everyone is kept safe.

**Please note: The maximum number of people allowed in the Cathedral for each Mass is 96 bookings. Only 2 are allowed in a pew or a 'bubble' from the same household. Please also note that there is no 11.15 Sunday Mass due to restrictions — there has to be sufficient time to clean the Cathedral between each Celebration of Mass.**

**Collections** No collection will take place during Mass but there are collection points at the entrance and exit of the Cathedral. On-line donations are the preferred method of giving if it is at all possible and information to donate this way can be found on the last page of this newsletter. We are very grateful for your continued financial support, we really appreciate it during these uncertain times.

**Distribution of Holy Communion:** After 'Behold the Lamb of God ..... I am not worthy.....' the Priest will elevate the Host and say 'the Body of Christ' to which the congregation should respond 'Amen' and then do the same with the Chalice 'The Blood of Christ' ..... 'Amen'. The Priest receives Holy Communion, sanitises his hands and then purifies the vessels. He then pauses in silence, prays the Prayer after Communion and gives the Blessing and Dismissal. Immediately before distribution to the congregation, the Priest, Deacon or Minister sanitises their hands. The place of distribution is organised in such a way that social distance can be observed with a physical barrier. Holy Communion is distributed in silence as the Presence of the Lord has already been acknowledged. Holy Communion will be given in the hand only and with the communicant standing. Both Priest and communicant should extend their arms fully to allow for social distancing. The Host is placed into the hand from just above the palm, so as to avoid physical contact. The congregation will walk up, one at a time, guided by the stewards, observing the 2m social distancing at all times. After receiving Holy Communion, each communicant should leave the Cathedral, observing the 2m social distancing rule and without returning to their seats.

**Exiting the Cathedral** Please leave the Cathedral via either door keeping in mind to observe social distancing and please do not congregate outside the doors to avoid causing a backlog of people trying to vacate the Cathedral. Thank you.

**Prayers For Vocations** take place in the Cathedral at 9.15am on Saturday mornings. Stewards will be on hand to keep everyone safe. More than ever before we need prayers for vocations and the religious life. The session consists of the Rosary, short readings from scripture, prayers and a period of silent prayer. All are welcome.

**Prayers** Please pray for all the people of our parish. Many people are greatly in need of our prayers of support in this time of uncertainty, especially those who have no family to support them. We remember all those who are in hospital or are having treatment and those who are in nursing homes or being cared for at home. We also remember those who have died recently and those whose anniversaries occur around this time.

**Cathedral Director of Music** Nottingham Cathedral are pleased to announce the appointment of their new Director of Music Gregory Treloar. Gregory is a tenor, conductor, and teacher, currently working as a Choral Scholar of Norwich Cathedral, who will take up the role in November to enable the choir and music to resume in time for Advent and Christmas. Gregory studied music at Canterbury Christ Church University where he held the Chapel Choir Conducting Scholarship for two years. During which time he received mentoring and tuition from Christopher Gower, David Flood, Patrick Russill and David Allinson. Alongside his study he was a deputy Lay Clerk for Canterbury Cathedral and graduated from CCCU with awards for highest degree, highest performance mark, and the Elizabeth Vogan Award for Singing. He went on to study a Masters in English Church Music under Jonathan Wainwright at the University of York which he completed alongside a choral scholarship at Blackburn Cathedral. During this time, he specialised in English Catholic music of the 20<sup>th</sup> century, particularly the liturgical and musical influences of Sir Richard Runciman Terry and Dom Gregory Murray OSB. Since then he has been enjoying life in Norwich as a Choral Scholar, and the wonderful sights that the city has to offer; particularly during lockdown.

**Gregory writes:** I am excited to take up this role and work to continue the fine musical tradition at Nottingham Cathedral. I look forward to meeting new people and working with the Cathedral and the Cathedral Choirs to bring music and solace to the Cathedral Community amidst the current uncertainty. I am particularly thrilled to be starting in time for Advent and Christmas, which is also such a vital and joyous time in the musical life of any Cathedral.

**November - a time for remembering** Few Christians need encouraging to pray for the dead. We pray for them naturally as we pray for our loved ones and friends who are still living. It would be strange not to do so, as the Faithful Departed are as near to us as Christ is, for they are in Christ like we are. November is a time to remember our loved ones who have gone to the Lord. Here in the Cathedral we will have a Novena, you will be given a form as you leave Mass this weekend, please complete the form by adding your loved ones names and bring it back in an envelope with your donation marked 'November Dead - unfortunately we are unable to provide envelopes this year due to the current regulations. All names will be placed on the altar for the celebration of Mass and will be the "Intentions" for the Mass during the time of the Novena. (MB)

**Thank you from Alex Patterson** We have received a card from Alex and he sends his thanks to all who gave donations towards his leaving gift. The card read "Your generosity and continued support over the last 14 years has meant a great deal and I shall look back at my time at the Cathedral with great fondness. All the very best, Alex."

**Journey of Faith and RCIC** started last Monday. There is still time to come along to either of the sessions. For the Journey of Faith, if you are an adult non-Catholic or non-Christian, or Catholic adult who has not received the Sacraments, or is interested knowing more about the Catholic Church and perhaps becoming a member, please come along at 7pm in the Cathedral Hall, or for the RCIC, if you have a child aged between 7 to 15 years who has not been baptised, please come along at 5pm in the Ellis Room and this is open to both parishioners and non-parishioners who wish to prepare for the Sacraments. **At the current time Sacramental Preparation sessions are not considered as being affected by the Rule of Six as these are formal Religious Education and Formation sessions, but guidance in relation to social distancing, face coverings and hand sanitising should be adhered to.**

**Good Counsel Network** Tuesday 27<sup>th</sup> October is the 53<sup>rd</sup> Anniversary of the Abortion Act being passed in England and Wales. Since 1967 over nine million babies have lost their lives to abortion. Millions of women and men have also had to deal with the suffering which so often follows an abortion. Please join them in praying and fasting for the end of abortion in this country on Tuesday 27<sup>th</sup> October. For Post Abortion help and to support Pro-Life counselling see: [www.GoodCounselNetwork.com](http://www.GoodCounselNetwork.com)

**TOGETHER, WE ARE CARITAS: Building social action in the Diocese of Nottingham** - Saturday 7th November 2020 by Zoom (with a telephone option), Nottingham Diocese is joining Caritas, the Church's worldwide ministry of charity. Soon our parish will be part of one of the biggest humanitarian organisations on the planet – and you are invited to be part of it. Join Bishop Patrick, Caritas Social Action Network, the Diocesan Justice & Peace Commission and Catholics from all round our Diocese. In two 90-minute online sessions at 11.00am and 1.30pm, we'll take practical steps, in parishes and chaplaincies across the Diocese, to bring the Gospel to life, locally and globally. For details and booking visit [dioceseofnottingham.uk/faithintoaction](http://dioceseofnottingham.uk/faithintoaction) or call 07470 907656 for further information.

**Weekday Stewards** We are currently looking to recruit more stewards to help in the Cathedral, especially during the week. We need four stewards for each day otherwise we would not be able to open the Cathedral safely for all who are attending Mass and Private Prayer. For weekday stewarding you will be required to be in the Cathedral from 11.45am to 2.15pm to cover Private Prayer and the 1pm Mass, you will guide parishioners so that social distancing can be maintained at all times. Unfortunately we have to adhere to Government policies, so there will be some paperwork involved before you start volunteering but we can help you with this if need be.

**We are very grateful for all the stewards who are already helping but it would be good to also have some more people who can be flexible to cover days when we are short.**

**Repository** The Repository is now open every Friday from 10.30am to 3pm in the main hall. Please follow the guidance of Cheryl when in the hall so that we can keep everyone safe. Face coverings will need to be worn when in the hall and please refrain from touching the items on sale. You will be required to give your name and contact number for Track and Trace purposes.

**Living like the Saints** The Christian Heritage Centre are holding events from now until December on 'Saints, Scholars and Spiritual Masters'. The next event is 'The Answer is 43: Thomas Aquinas on Life, the Universe and Everything' with Fr Richard Conrad, O.P., and this takes place on the 22nd October. For more details and to register for a link please email [events@christianheritagecentre.com](mailto:events@christianheritagecentre.com)

**Nottingham Diocese Justice and Peace and Caritas** Join us through October to 'heal the world' Friday mornings and Monday evenings. Meet fellow Catholics, reinvigorate your faith, and pray with us for a wounded world.

*"We will explore together how our Catholic social tradition can help the human family heal this world that suffers from serious illnesses. It is my desire that everyone reflect and work together, as followers of Jesus who heals, to construct a better world, full of hope for future generations" –*

***Pope Francis, Angelus, 5 August 2020***

Pope Francis memorably described the Church as a field hospital: he urged us to heal wounds, warm hearts and reach out to a wounded world. Now more than ever, Jesus calls us to give a healing touch. But how? What does it mean for you, for all of us, to live the Gospel right now? Recently Pope Francis gave a series of audiences on healing the world. They are a masterclass in compassionate discipleship – simple, timely and rich in wisdom. He's also about to release a new encyclical, *Fratelli Tutti*, on a similar theme. You are warmly invited to this exploration of faith, prayer and action, based on his talks. You don't have to attend them all – come to whichever you can manage. You can join by Zoom or by telephone. We will meet twice a week in October, Mondays at 5.30pm and Fridays at 9.30am. We will pray Morning or Evening Prayer together, and have time to reflect in small groups on Pope Francis' message. As well as renewing your own faith, you will also help to build Caritas, a new diocesan network for mission and outreach. For more information or to book visit the diocesan website: <https://www.dioceseofnottingham.uk/healtheworld>

**Misso Boxes** If anyone would like to take over the role of coordinator of the Red Boxes for the Cathedral, which involves emptying boxes once a year, please contact the Cathedral Office for more information.

**Hospitals:** A number of priests are still trying to maintain an 'on-call' rota for City and QMC. **This is strictly for calls for Anointing of the Sick when someone is nearing the end of their life.** The hospital will not call us out for a request for prayers or when someone has already died – these will be dealt with by a member of the chaplaincy team who may or may not be a Catholic minister. Families should not contact a priest direct to visit their loved one in hospital – all requests need to go through the ward and Chaplaincy Department. QMC 0115 9249924 ext 63799, City 0115 9691169.

**Emmanuel House** Can you help us provide healthy, nutritious food for the 24 guests in our night shelter? We're currently serving 72 meals a day for our shelter guests – that's over 500 meals every week and over 2,000 every month. With the help of staff and volunteers, we're batch cooking food at Emmanuel House's kitchen and making daily deliveries to the shelter, which is currently operating at a local hotel. We need ingredients so that we can cook these fresh, tasty meals and would love to accept the following items: Fresh fruit and fruit pots, stock cubes, sachets of condiments and sauces, jars of cooking sauces, cooking oil, individual porridge pots, tins of tomatoes, vegetables, puddings, fish, meat, beans and pulses, biscuits, fruit tea, sugar, instant coffee, long-life milk, rice and flour. Thank you to all who have donated so generously this far, both Emmanuel House and the shelter guests really value all the support especially during this worrying time.

## **OFFERTORY & SPECIAL COLLECTIONS DURING THE CORONAVIRUS CRISIS**

*We would like to once again thank all of you who have continued to contribute financially in support of the Cathedral. It has been very much appreciated. As you are aware, the Cathedral Parish always needs your continued support and especially at this time. Coronavirus has raised some very particular financial challenges for us. Not only do we have no plate and envelope collection but we cannot hire out our parish rooms either. We must, however, continue to pay for essentials such as our priests' living expenses, the upkeep of our buildings and other ongoing costs. Even though we now are able to celebrate Public Mass again, the donations kindly received from those attending Mass is still considerably down.*

*Of course, we realise that the current emergency is affecting many people's income and they may not be able to continue their level of giving. If this is the case, we fully understand, and our prayers are with you. If you currently pay by standing order, this will continue as usual unless you tell your bank to vary it.*

*If you usually give by envelope or loose plate, you can now donate via online or telephone banking. You can make individual donations whenever you wish, or you can set up a regular donation by Standing Order on a weekly or monthly basis.*

*If you have not received your envelopes, please contact the Cathedral Office.*

*For the purposes of setting up a regular donation via your online banking the parish bank details are as follows:*

### **St Barnabas Cathedral:**

*Bank: Lloyds Bank  
Account Name: St Barnabas Cathedral Nottingham RCP  
Account Number: 01647189  
Sort code: 30 96 18*

*Please put your name (e.g. D SMITH) in the payment reference so we know the donation is from you. This is particularly important if we have a signed gift aid declaration from you. If you normally use numbered Planned Giving envelopes you should quote your envelope number as the payment reference (so: D SMITH, the holder of envelope 19, would quote D SMITH ENV 19).*

*If you would like to donate by standing order, but you do not have access to the internet or do not bank online, please email: [stbarnabasnottingham@gmail.com](mailto:stbarnabasnottingham@gmail.com) - or directly to the Gift Aid Office: [parish.giftaid@dioceseofnottingham.uk](mailto:parish.giftaid@dioceseofnottingham.uk). We can then organise emailing the necessary standing order paperwork to you.*

*If you are a UK taxpayer you also have the option of adding Gift Aid to your donation, whereby the UK government adds a further 25% to your contribution. Anyone wishing to set up a new Gift Aid arrangement should contact the parish office via email: [stbarnabasnottingham@gmail.com](mailto:stbarnabasnottingham@gmail.com) or email: [parish.giftaid@dioceseofnottingham.uk](mailto:parish.giftaid@dioceseofnottingham.uk)*

*Now, more than ever our parish relies on your donations to stay open and provide care and support to everyone in our community, so please consider giving generously to support our mission and ministry. Thank you for your support.*

**Legacies** Most of the running costs of your Parish and of the Diocese and of the national Bishops' Conference costs are covered by the regular collections which are taken at the weekend Masses. However, there are from time to time substantial one-off costs. For example, the boiler in the Church may suddenly and unexpectedly need replacing. A building might need substantial roof repair. Facilities for the disabled may need to be provided, and there is the ever present need to bring our buildings up to date with health and safety legislation. Until such time as these funds are needed by the Parish, they are deposited centrally and are invested. If you would be kind enough to consider a legacy to the Church in your Will, it is a tax advantage as a Charity, please see below for further information.

**Grapevine:** The essential bulletin for missionary disciples. Whilst we can't all meet we are still the Church. **Please see more information on the Diocesan website.**

**Nottingham Roman Catholic Diocese Trustees**  
**Company No. 7151646 Charity No. 1134449**