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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

Third Sunday of Lent

Despite all the challenges that we have faced during the various lockdown regimes the one comforting factor in Cathedral House is that we have never gone hungry – in fact we have eaten rather well. Once takeaways were permissible last year Father Chris McCoy sourced the best Sunday roast takeaway supplier and we were all able to sit down to a socially distanced Sunday lunch once the streamed Mass from the Blessed Sacrament Chapel had taken place. We received occasional packages of home-made bread and scones or sweets and biscuits, all of which kept us going and brought smiles to our faces.

Later in the year our long serving and suffering cook, Cerid, who comes in two days a week on Saturday and Sunday got in touch to say that she was fed up at home, could she come back to work once it was permissible? In the scale of good news within Cathedral House this ranked slightly higher than the visit of an Archbishop or Cardinal!

Now over the last three months because there is very little that can be done on days off we have taken to having a dining at home evening once a week. Keith Floyd, Nigel Slater and online recipes have been attempted transporting us around the world. One week we were in Brittany with Fr Peter's pork in cider recipe. Claire got in on the act and left us a beef Bourignon for us

to sample, I have been trawling around Asia. Fr Stephen took a different approach attempting to add a new twist on the traditional Lancashire Hotpot using red wine- he is still in two minds whether it was a twist too far. I think he has an inner Heston Blumenthal ready to come out. If you have any great simple recipes we would love to receive them. I feel a theme for a book coming on 'Conversation and food at a Cathedral kitchen table.'

You may react to all this thinking that we are supposed to be focussing on fasting during this season of Lent. But Our Lord himself said that there are times when we need to fast and periods when it is not appropriate. My feeling is that as we start to come out of lockdown that Lent this year is somewhat different. In situations where it is permissible, we need conversation and companionship and time to listen to one another to enable us to move forward with a renewed sense of hope and strength and determination. Lent is normally a time of denial but perhaps this year it is a time of greater sharing and renewal of our faith - which for many has been sorely tested over this last year.

Canon Anthony O'Brien Cathedral Dean

Mass & Service Times

All services take place in the cathedral unless marked otherwise

WEEK COMMENCING 7 March 2021

Sunday 7 March Third Sunday of Lent

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

Monday 8 March 12noon Mass

Tuesday 9 March 12noon Mass

Wednesday 10 March 12noon Mass

Thursday 11 March 12noon Mass

Friday 12 March 12noon Mass

Saturday 13 March 10.00am Mass 4.00pm Mass

RECONCILIATION (Confession)

During Lent the Sacrament of Reconciliation will take place at 10.30am, and again between 3.00pm – 4.00pm on Saturdays.

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

Gerard Webb (RIP), Holy Souls, Kelsie and Sofia (Special Intention), Margaret Hegarty (RIP), Maureen Ellison (RIP), Mary Furey (RIP).

HOLY WEEK VOICES

Holy Week Voices from the Holy Land – Poems and Reflections for Lent and Easter. This 160 page fully illustrated book brings together 15 poems written by a parish priest in a Catholic London parish during the lockdown of Holy Week 2020, with 15 reflections written by today's Christian voices from the Holy Land. It is designed for both private prayer and as the basis of prayer group meetings, the book follows Jesus in his final days leading to his Passion, Death, Resurrection and appearance on the road to Emmaus. With a foreword by Cardinal Vincent Nichols, this book is also a practical support to Holy Land Christians through the Charity, Friends of the Holy Land. Copies of soft-back and e-book versions are available at £7.99 each through the FHL Shop. www.friendsoftheholylan.org.uk/lenten-book, by emailing office@friendsoftheholylan.org.uk or telephoning FHL 01926 512 980.

'FROM ASHES TO EGGS: A JOURNEY THROUGH LENT.'

Lent meditations by Fr Chris McCoy. Available each Monday from 5pm during Lent on our Facebook and Youtube channels.

Each session lasts about 20 minutes and consists of prayers, poems, stories on different Lenten themes. We hope you can join us.

COULD YOU BE A DEACON?

During the last year despite the lockdowns our deacons have been finding new ways to preach the Gospel, lead people in worship and serve those in need. If you feel this may be your calling please join Archbishop Malcolm and the diaconate team in 1 of 2 evening online meetings for men who may be wondering if they are called to serve as deacons and what formation involves. Wives and supporting priests or deacons are also welcome. Meetings will be held on Tuesday 9 March or Thursday 11 March 2021 from 7.30pm. To receive the Zoom link please email diaconate@rcaol.org.uk

MET CATHEDRAL YOUNG ADULTS

Young adults aged 18 to 35(ish) from the Cathedral community are meeting together each week via Zoom. Worship Wednesday - every Wednesday. A time of prayer, and reflection of some shared reading. Currently we are reading Pope Benedict XVI's 'School of Prayer'. Social Sunday - 1st Sunday of the Month. An opportunity to socialise with each other, and hear some input. Sycamore Sundays - 2nd, 3rd, 4th Sundays (begins 14th March) Using videos and discussion points from the popular Sycamore project we will explore and deepen our appreciation of our Christian faith. If you would like to join them please contact Fr Peter by emailing p.murphy@metcathedral.org.uk or calling Cathedral House.

LENTEN PRAYER

Lord God, With all our hearts we beseech you: have mercy on your people; spare your people; strengthen all people in the struggle against the havoc of this pandemic. Lord our God, without you we are so weak and our courage so limited. Give us your strength; give us your love; give us wisdom and skill to continue this fight. Spare your people, O Lord we pray. Comfort those who mourn and gather into your kingdom all who have died. We make this prayer through Christ our Lord, who died and rose to life, who lives and reigns with you, for ever and ever. Amen.

PRAYERS FOR THE WEEK AHEAD

We pray for the Church ... that it will always strive to provide life-giving liturgies which enable those who worship to deeply experience God-with-us in all the circumstances of life.

We pray for the oppressed people of Yemen ... may their cries for justice and peace find a generous response within the international community.

We pray for all who are making their Lenten journey with Jesus ... may we find in Him the true sanctuary and perhaps, the wisdom to know when to disturb the peace.

NEWS FROM MICAH

Following the Foodbank at St Bride's Church we smashed our previous record of people we dealt with. Previously, the most people fed with emergency food parcels was 368. This week we fed 394 people, plus a further 76 at St Vincent's - 470 in total. This

time last year, 180 was considered a very busy session - with twice the number of volunteers there. None of this could be achieved without everyone's continuing generous support. Thank you! Please drop off any items of food that you have at the Cathedral Security Office.

WHAT WOULD POPE FRANCIS DO?

To mark the eighth anniversary of Pope Francis' election, the Edinburgh Jesuit Centre is hosting a number of prominent Catholic voices exploring the teachings of Pope Francis each Tuesday in Lent at 7.30pm. LGBTQ+ Ministry, Fr James Martin, 9th March
Church Hierarchy, Christopher Lamb, 16th March
The Environment, Dr Lorna Gold, 23rd March
Women in the Church, Sr Gemma Simmonds, 30th March
<https://edinburghjesuitcentre.org.uk/>

IN CONVERSATION THROUGH HURTING, HEALING AND LOVE

'Listening with Love' is a seven-session resource inviting people to reflect on the impact of abuse on individuals and the Church. The material is designed for use in small groups, with a leader and participants. The survivors who generously offered their time to produce this resource, identified the themes and decided that, in conversations, the voice of the survivor could be heard. <https://www.cbcew.org.uk/home/events/listening-with-love/>

Last week's collection: **£602.47**



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

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Golden Book of Remembrance

The Golden Book is open and accepting your entries but on a limited basis for the time being. Please email goldenbook@metcathedral.org.uk or telephone 0151 707 2107 where a member of the team will assist you.