Our Lady of Mount Carmel Church

Rev. Bruno Murphy – Parish Priest
Rev. Christopher Doig – Assistant Priest

Diocesan Safeguarding: https://www.rcda.scot/safeguarding
Safeguarding Policy, *In God's Image*: http://www.bcos.org.uk/safeguarding
Parish Safeguarding Coordinator: Mrs. Theresa Allan: mountcarmelpsc@rcd-abdn.org

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The parish is part of the RC Diocese of Aberdeen Charitable Trust, a registered Scottish Charity, SC005122

Sun 2th October: 29th Sunday in Ordinary Time

Date	Liturgical calendar	What's on
Mon 26th Oct	**Feria in the 30th Week of Ordinary Time** ■	No Mass
Tue 27th Oct	**Feria in the 30th Week of Ordinary Time** ■	No Mass
Wed 28th Oct	**Ss Simon and Jude, Apostles** ■	6.30 am Rosary; 7.00 am Mass; Adoration until 8.00 am
Thu 29th Oct	**Feria in the 30th Week of Ordinary Time** ■	6.30 pm Rosary; 7.00 pm Mass
Fri 30th Oct	**Feria in the 30th Week of Ordinary Time** ■	9.00 am Rosary; 09.30 Mass
Sat 31st Oct	**Memorial of the Blessed Virgin Mary** ■ **Vigil of All Saints**	9.00 am Rosary; 9.30 am Mass 5.30 pm Confessions *(also available before any Mass and upon request)* 6.00 pm Vigil Mass *(Polish)*
Sun 1st Nov	**Solemnity of All Saints** ■	9.30 am Mass *(English)*

Plans for the re-ordering of the sanctuary in Aberdeen Cathedral: beautyforgod.org

Month of October: the Holy Rosary
30 minutes before every weekday Mass during the month of October we will recite the Holy Rosary.

Important Dates for the Diary

Monday 2nd November: *All Souls' Day*
Rosary 6.00 pm; Mass 6.30 pm (Polish); Rosary 7.10 pm; Mass 7.30 pm (English).
Monday 16th November: *Feast of St Margaret, Queen of Scotland.* Rosary 6.30 pm; Mass 7.00 pm
Monday 30th November: *Solemnity of St Andrew, Apostle.* Adoration 6.30 pm; Mass 7.00 pm.
Saturday 5th December: *Parish Advent retreat day* 10.00 am – 3.00 pm with Sr Angela Marie OP.
(see posters on noticeboard for more details)

Confession & Flourishing Project
Does confession help our wellbeing?
Researchers from the University of Glasgow and Wake Forest University are asking this question, and you can help them answer it.
Confession is an important sacrament within the Church, allowing us to receive God's forgiveness for our wrongdoings. Research suggests that receiving divine forgiveness can have a positive effect on our wellbeing. However, research has yet to explore this effect in the context of Catholic confession. Our study will explore the impact of receiving divine forgiveness during confession on wellbeing. It will also explore what other factors might influence our wellbeing, such as our sense of belonging to the Church.
To find out more, click the button below to complete our screening questionnaire, or contact the research team: confession-flourishing@glasgow.ac.uk

Weekend Retreat: Philip's Course 13-15th November at Bishop's House, Aberdeen. Encounter the Gospel afresh and deepen your personal relationship with Jesus. Open to all ages. For more information, please contact philipscoursecoordinator@gmail.com

Music for Advent: Practical Workshop on **7 November, 9:30am - 1pm at University of Aberdeen Catholic Chaplaincy and Kings Chapel.** All are very welcome and warmly encouraged to attend, musicians, laity, and clergy alike. For more details and to sign up, please see the attached flyer or email James Greechan (music@cathedral-abdn.org). Please support this pilot event as we look to find new ways to better assist those making music in our parishes.

All Saints Children's Party and Evening Prayer, St Mary's Peterhead
Families are warmly invited to an "All Saints"-themed hour of fun from 5 pm- 6 pm before Saturday evening Mass on the "Eve of All Hallows", Saturday 31st October, at St. Mary's Church, Peterhead (64 St Peter St., AB42 1QB).
After fun and games, we'll get ready for Mass with a special evening prayer for children at 6:00 pm! Come dressed as your favourite Saint!
More Info:
https://www.rcda.scot/join-our-all-saints-childrens-party-and-evening-prayer/

St Alphonsus on the love of God:
"In the Old Law God commanded that fire be kept constantly burning on the altar. This altar, says St. Gregory, is a type of our heart in which the fire of divine love must ever burn. Therefore, to the command to love Him with the whole heart, God added this injunction: "And these words which I command thee this day shall be in thy heart; and thou shalt meditate upon them sitting in thy house, and walking on thy journey, sleeping and rising. And thou shalt bind them as a sign on thy hand, and they shall be and shall move between thy eyes. And thou shalt write them in the entry and on the doors of thy house" (Deut.6:6–9), in order to be continually mindful of them and make thy life conformable to them. As a reward for this love, God promises to give us Himself: "I am thy protector and thy reward exceeding great." (Gen.15:1). The princes of this world reward their faithful subjects with possessions, honours and privileges. The Lord God gives them who love Him nothing less than Himself."