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 1st November: All Saints' Day

Date	Liturgical calendar	What's on
Mon 2nd Nov	**All Souls' Day** ■	6.00 pm Rosary; 6.30 pm Mass *(Polish)* 7.10 pm Rosary; 7.30 pm Mass *(English)*
Tue 3rd Nov	**St Martin de Porres OP, Religious** ■	No Mass
Wed 4th Nov	**St Charles Borromeo, Bishop** ■	7.00 pm Mass; Adoration until 8.00 pm
Thu 5th Nov	**Feria in the 31st Week of Ordinary Time** ■	7.00 pm Mass *(Polish)*
Fri 6th Nov	**Feria in the 31st Week of Ordinary Time** ■ *First Friday*	8.30 am Adoration; 9.30 Mass *(Most Sacred Heart of Jesus)*
Sat 7th Nov	**Memorial of the Blessed Virgin Mary** ■ *First Saturday*	No morning Mass 5.30 pm Confessions *(also available before any Mass and upon request)* 6.00 pm Vigil Mass *(Polish)*
Sun 8th Nov	**32nd Sunday in Ordinary Time** ■ (Remembrance Sunday)	9.30 am Mass *(English)*

The month of November:
We contemplate this month the mystery of the Church: On All Saints' Day we celebrate the *Church Triumphant* in heaven; All Souls' Day calls to mind the *Church suffering* – the souls in purgatory; in between these two is the *Church militant* on earth; with help from heaven, we engage in prayer, mortification and good works for the benefit of the souls in purgatory.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them; may they rest in peace. Amen.

Mass intentions
If there is no specific intention for a Mass, it will be offered for all the souls in our November lists.

Important Dates for the Diary

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)

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

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.

Forming a Generation, Cathedral
On Saturday 14 November, all are invited to "Forming a Generation", a free event for anyone passionate about sharing the Catholic faith with children and young people whether in a school, parish or home context. Led by Mark 10 Mission (a Catholic initiative for children), Youth Alpha and the Kilcoy Mission Team, we will explore what children and young people need from us at each stage of their journey from 3–18. This isn't about finding better ways to teach the faith. It's about helping a generation encounter Jesus. 11am - 1.30pm, in St Mary's Cathedral Hall. Lunch will be provided.
Registration: https://stmaryscathedral.churchsuite.com/events/2apmw2q4

Happy Solemnity of All Saints!

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