

Dear Friends and Parishioners,

The most sacred days in our year are Approaching! This time next week we will be entering into the holy city of Jerusalem as pilgrims with the Lord in his Palm Sunday Procession, and from thereon we are invited to keep a "holy week" of prayer and reflection, in the midst of our busy lives. The days of the week climax in the Sacred Paschal Triduum of the Lord, beginning with the Mass of the Lord's Supper on Holy Thursday, and reaching a highpoint at the Easter Vigil of the Lord's resurrection.

Meanwhile, I invite you to share in a preparation session for the Triduum,

"Celebrating the Easter Triduum", and to join us either in Our Lady of Good Counsel on Monday 18 March after the 6pm Reconciliation Service or at the Journey of faith session in St. Mary's, Forebank on Wednesday 20 March at 7pm.

**Readers – Cantors - Choir members
- Welcomers -**

Ministers of Holy Communion

These sessions will be of particular help to you as you offer your ministry for the other parishioners during the holy time of the Easter triduum, so please try to join us for one or other of them.

The liturgy over the Triduum experience becomes the way enter so deeply into the Passover mystery of Christ the Lord and experience our redemption "in the present moment". Not to be missed if at all possible!

Sunday Afternoon Lenten Service and Benediction will take place today, Sunday 10 March, at 4pm in Our Lady of Good Counsel.

Please come along and join us if you can.

This Fifth Sunday of Lent we welcome Bishop Stephen to celebrate the 11.15am Mass in St Mary's, Forebank; I shall be in the Broughty Ferry and the Cathedral for both Masses in each of those Churches. Father Michael will celebrate the Masses in Our Lady, Star of the Sea, Tayport and St. Fillan's, Newport, so that we can help Monsignor Pat McNally.

Holy Communion from the Chalice



From this Sunday we shall offer Holy Communion from the Chalice in the Cathedral and Our Lady of Good Counsel, and from next Sunday (Palm Sunday) in St Mary's, Forebank.

You are warmly invited to participate in receiving from the Chalice.

The minister of the Precious Blood will say to you, "The Blood of Christ" and you answer "Amen", before taking the chalice firmly in both hands and consuming a little of the Precious Blood. You are asked **never** to "instinct" ("dip") your piece of the sacred host in the chalice, but to consume the host before proceeding to take the chalice in your own hands to drink. If you have any difficulty, the minister of the Chalice will help you. Of course, consuming from the chalice is at the free choice of each communicant. The chalice is firmly wiped and turned round after each person consumes.

Ministers of Holy Communion: if you have been a Minister of Holy Communion in another parish and are now attending one of our three churches, please let me know if you wish to minister here.

Cathedral 200 Club winners for February.

Katy Dundas - £50. Amanda Geekie - £30
Ian Barnett - £20

The winners' cheques can be collected from the Sacristy today.

Thank you for your generosity last Sunday of £81 in the Cathedral, £525 in Our Lady of Good Counsel and £624 in St Mary's, Forebank.

The Collection for the Papal and Episcopal Charities including SCIAF came to £426 in the Cathedral, £579 in Our Lady of Good Counsel and £768 in St Mary's, Forebank

Your generosity to these parishes and to the work of SCIAF is much appreciated.