

“He called  
his disciples”



Choral Holy Eucharist  
**The Fourth Sunday after Christmas**  
16 January 2022 at 11am



Cadeirlan  
Deiniol Sant  
*ym Mangor*

Saint Deiniol's  
Cathedral  
*in Bangor*



# Welcome to Saint Deiniol's Cathedral in Bangor.



You stand now where  
Deiniol stood almost a  
millennium and a half ago.

Here, in the year 525, he  
gathered around him a  
community of faith, hope  
and love, and raised  
around it a hazel fence –  
the original **bangor** – for  
shelter and sanctuary.

Our prayer is that you,  
too, will be embraced  
here by the same faith,  
hope and love that we  
proclaim and live by  
today.

## At this Eucharist...

**At this Eucharist we will meet Christ, born at Bethlehem, in bread and wine, which become for us his Body and his Blood.**

**1** As we gather, we will prepare ourselves to meet Christ by confessing our sins – the ways in which we have grieved God in our lives – and receive absolution, the knowledge of God's forgiveness.

**2** We then listen to readings from the Bible, where we find guidance, challenge, comfort and good news from God: words of hope and promise this Christmas. We respond by proclaiming our faith in the Holy Trinity and offering to God our prayer for all in need.

**3** At the heart of our worship today, we will take bread and wine, we will ask for God's transfiguring blessing upon them, we break the bread, and – as the broken, mended Body of Christ that we ourselves are – we will make our Communion.

**4** Our worship ends with the assurance of God's blessing, sustaining us as we depart.

No matter how long ago you last did so, you are welcome to make your Communion with us here today. If you would like to make your Communion for the first time, or to be Baptised, please speak to a member of the Cathedral team.

Faith, hope and love are here offered for everybody.

## Worshipping with us today

This booklet contains everything said and sung during our worship today. You are invited to take the booklet away with you, to reflect in your own time on the holy words it contains. However, worship is not primarily something that we read or observe – it is an activity, in which we all participate, alongside those who are gathered with us and, we believe, alongside the whole company of heaven. Be sure, therefore, to look up; to notice colour, light, sound, movement and beauty; to raise up your voice; to take your full part; to be formed and transformed.

During our worship, we say and sing together the text **in bold type**. Translations into English are provided from Welsh and other languages. We may make a sign of the Cross at times when the words are marked with ✠. Other directions (rubrics) are offered **in red type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

## From the Lectern

Each week, a “From the Lectern” email is sent to subscribers with weekly notices and images from the life of the Cathedral and Ministry Area. Subscribers also receive updates about special events and activities. If you’re not already a subscriber, follow the QR code below to the “From the Lectern” web page, and subscribe at the bottom of the page, or visit [cadeirlan.churchinwales.org.uk/Darllenfa/](http://cadeirlan.churchinwales.org.uk/Darllenfa/)



## Children and young families

Activities and crafts take place during the Choral Holy Eucharist every Sunday in the Lady Chapel, for any children up to the age of 11. The crafts and activities are varied, with at least one relating to the theme of the Eucharist itself. This space will be staffed by responsible adults, and children over the age of 5 will be able to come and go freely. Children will remain the responsibility of their parents or guardians at all times. Children who are aged 4 and under should, in the first instance, be accompanied by a parent or guardian unless a prior arrangement with those on duty on the day has been made.

## Safeguarding

Safeguarding children and adults at risk is vital, and we are committed to fostering an environment where everyone is able to worship and participate in the life of Saint Deiniol's Cathedral in safety. If you have any concerns, please raise them immediately with a member of the Cathedral team.

## Accessibility

A hearing loop is in use – please set hearing aids to the T setting.

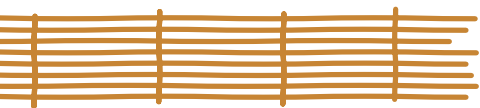
Large print copies of this booklet are available from the stewards.

If you have need of a gluten-free wafer (conforming to the canonical requirement for 20 parts gluten per million), please speak to a steward.

Lavatories are located at the east end of the Cathedral, through the door to the left of the Quire screen.

If we need to evacuate the Cathedral in an emergency, please remain seated and follow the directions of the stewards.

# Order of service



After the notices, we stand as the bell is rung



## Gathering

### Hymn

**I** heard the voice of Jesus say,  
"Come unto me and rest;  
lay down, O weary one,  
lay down your head upon my breast."  
I came to Jesus as I was,  
so weary, worn, and sad;  
I found in him a resting place,  
and he has made me glad.



I heard the voice of Jesus say,  
"Behold, I freely give  
the living water, thirsty one;  
stoop down and drink and live."  
I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,  
and now I live in him.

I heard the voice of Jesus say,  
"I am this dark world's light.  
Look unto me; your morn shall rise  
and all your day be bright."  
I looked to Jesus, and I found  
in him my star, my sun;  
and in that light of life I'll walk  
till trav'ling days are done.

**Words**

Horatius Bonar (1808-1889)

**Music** | "Kingsfold"

English folk tune

We remain standing until the *Gloria in excelsis Deo*

## Greeting

✠ In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen.**

Grace and peace be with you.

**And keep you in the love of Christ.**

"He spent the night in prayer to God. And when day came, he called his disciples and chose twelve of them, whom he also named apostles."

## Confession

As we gather to celebrate this Holy Eucharist to the glory of God, we prepare ourselves by confessing our sins,

we who are embraced by you, God with us,  
but who struggle to accept one another;  
we who praise your boundless love, God with us,  
but stare coldly at hurt and injustice;  
we who long for you to be born in our hearts, God with us,  
but whose desire falls short of the gift.

Let us pray together.

**Heavenly Father,  
we have sinned in thought, word and deed,  
and have failed to do what we ought to have done.  
We are sorry and truly repent.  
For the sake of your Son Jesus Christ who died for us,  
forgive us all that is past  
and lead us in his way  
to walk as children of light.  
Amen.**

Almighty God have mercy on you,  
✠ forgive you and set you free from sin,  
and keep you in eternal life.

**Amen.**

## Gloria in excelsis Deo

Gloria in excelsis Deo.

We sit

Et in terra pax hominibus bonae voluntatis. Laudamus te,  
benedicimus te, adoramus te, glorificamus te, gratias agimus  
tibi propter magnam gloriam tuam, Domine Deus, Rex caelestis,  
Deus Pater omnipotens. Domine Fili unigenite, Iesu Christe,  
Domine Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi,  
miserere nobis; qui tollis peccata mundi, suscipe deprecationem  
nostram. Qui sedes ad dexteram Patris, miserere nobis.  
Quoniam tu solus Sanctus, tu solus Dominus, tu solus Altissimus,  
Iesu Christe, cum Sancto Spiritu: in gloria Dei Patris. Amen.

### Translation

*Glory to God in the highest, and peace to his  
people on earth. Lord God, heavenly King,  
Almighty God and Father, we worship you, we  
give you thanks, we praise you for your glory.*

*Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.*

**Music**

**Missa Brevis in C, "Spatzenmesse",**

Wolfgang Amadeus Mozart (1756-1791)

We stand with the priest at the end of the Gloria in excelsis Deo

## Collect

Let us pray.

**R**emember, O God, what you have wrought in us, and not what we deserve; and as you have called us to your service, make us worthy of our calling; through Jesus Christ our Saviour.

**Amen.**

We sit



## Word

### Psalmody

Taste and see that God is good; happy are they who trust in the Most High!

Fear the Most High, you that are God's saints, for those who fear God lack nothing.

The young lions lack and suffer hunger, but those who seek God lack nothing that is good.

Come, children, and listen to me; I will teach you the fear of God.

Who among you loves life and desires long life to enjoy prosperity?

Keep your tongue from evil-speaking and your lips from lying words.

Turn from evil and do good; seek peace and pursue it.

The eyes of God are upon the righteous, and the ears of God are open to their cry.

**Psalm 34:8-15**

**Music**

Edward Cuthbert Bairstow (1874-1946)

## Reading

A reading from the First Epistle of Saint Paul to the Corinthians.

**D**eary beloved: Consider your own call: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Holy One of God."

Hear the word of life to the world.

**Thanks be to God.**

**1 Corinthians 1:26-31**

We stand, turning to face the Gospeller in the Nave

## Gospel



∇ Alleluia.

℞ Alleluia.



Rejoice on that day and leap for joy, for surely your reward is great in heaven.

**R Alleluia.**

Grace and peace be with you.

**And keep you in the love of Christ.**

Listen to the Holy Gospel according to ✠ Saint Luke.

**Glory to you, O Christ.**

**A**t that time: Jesus went out to the mountain to pray; and he spent the night in prayer to God. And when day came, he called his disciples and chose twelve of them, whom he also named apostles: Simon, whom he named Peter, and his brother Andrew, and James, and John, and Philip, and Bartholomew, and Matthew, and Thomas, and James son of Alphaeus, and Simon, who was called the Zealot, and Judas son of James, and Judas Iscariot, who became a traitor. He came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them. Then he looked up at his disciples and said: "Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you will laugh. Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets."

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

**Luke 6:12-23**

We sit at the start of the sermon

**Sermon**

**The Sub-Dean**

At the end of the sermon, we stand

## Creed

Together, let us affirm our faith.

**I believe and trust in God the Father,  
who created all that is.**

**I believe and trust in his Son Jesus Christ,  
who redeemed humankind.**

**I believe and trust in his Holy Spirit,  
who gives life to the people of God.**

**I believe and trust in one God,  
Father, Son and Holy Spirit. Amen.**

## Intercessions

With all our heart and with all our mind let us pray to God.

We sit or kneel

We use the responses

℣ God in your mercy,

℟ **Hear our prayer.**

℣ Rest eternal grant unto them, O God.

℟ **And let light perpetual shine upon them.**

℣ ✠ May they rest in peace.

℟ **And rise in glory.**

℟ Merciful Father,

℣ **Accept these prayers for the sake of your Son,  
our Saviour Jesus Christ.**

**Amen.**

We stand

# Sacrament

## Hymn



**“W**ill you come and follow me  
if I but call your name?  
Will you go where you don't know  
and never be the same?  
Will you let my love be shown?  
Will you let my name be known?  
Will you let my life be grown  
in you and you in me?”

“Will you leave yourself behind  
if I but call your name?  
Will you care for cruel and kind  
and never be the same?  
Will you risk the hostile stare  
should your life attract or scare?  
Will you let me answer prayer  
in you and you in me?”

“Will you let the blinded see  
if I but call your name?  
Will you set the prisoners free  
and never be the same?  
Will you kiss the leper clean,  
and do such as this unseen,  
and admit to what I mean  
in you and you in me?”

**Christ, your summons echoes true  
when you but call my name.  
Let me turn and follow you  
and never be the same.  
In your company I'll go  
where your love and footsteps show,  
thus I'll move and live and grow  
in you and you in me.**

**Words**

John L. Bell & Graham Maule (1958-2019)

**Music | "Kelvingrove"**

Scottish folk tune

We remain standing until we share the Peace

### Offertory

We bring to this place the bread that sustains us.

**It will become for us the bread of life.**

We bring to this place the wine that mellows us.

**It will become for us the lifeblood of the world.**

### Eucharistic Prayer

Grace and peace be with you.

**And keep you in the love of Christ.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is indeed right, it is our duty and our joy at all times and in all places to give you thanks, holy Father, all-powerful and everliving God, through Jesus Christ our Lord.

And now we celebrate the revelation of your glory made manifest through the Word made flesh. The Magi worshipped him as king of all the nations. At the River Jordan you commanded us to listen to your beloved Son as he emerged from the waters of baptism. At Cana he revealed his power to restore the new creation in the water made wine. You have anointed him as your Messiah, who brings hope and salvation to the world.

And so with the hosts of angels and all the company of heaven we proclaim the glory of your name and join in their unending hymn of praise:

Sanctus, sanctus, sanctus, Dominus Deus Sabaoth. Pleni sunt coeli et terra Gloria tua. Hosanna in excelsis. ✠ Benedictus qui venit in nomine domini. Hosanna in excelsis.

**Translation**

*Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. ✠ Blessed is he who comes in the name of the Lord. Hosanna in the highest.*

**Music**

**Missa Brevis in C, "Spatzenmesse",**

Wolfgang Amadeus Mozart (1756-1791)

**We remain standing**

All praise and thanks to you, true and living God, Creator of all things, Giver of life. You formed us in your own image; but we have marred that image and fall short of your glory. We give you thanks that you sent your Son to share our life; you gave him up to death that the world might be saved, and you raised him from the dead that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us, that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread, and when he had given thanks he broke it and gave it to his disciples, saying, Take, eat; this is my body which is given for you: do this in remembrance of me. ✠

In the same way after supper he took the cup, and when he had given thanks he gave it to them, saying, Drink from this, all of you, for this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins: do this as often as you drink it in remembrance of me. ✠

Let us proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

As he has commanded us, Father, we remember Jesus Christ, your Son. Proclaiming his victorious death, rejoicing in his resurrection and waiting for him to come in glory we bring to you this bread, this cup. Accept our sacrifice of thanks and praise.

Restore and revive your people, renew us and all for whom we pray with your grace and heavenly ✠ blessing, and at the last receive us with all your saints into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him, in the unity of the Holy Spirit all honour and glory are yours, almighty Father, for ever and ever.

✠ **Amen.**

We remain standing

### Lord's Prayer

As our Saviour taught us, we boldly pray:

**O**ur Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever.  
**Amen.**

### Peace

In your birth, O God, the world is reborn; your broken body made whole in your renewal of all creation.

The Peace of the Living God be always with you.

**And keep you in the love of Christ.**

We share a sign of Peace.

We share a sign of Peace; then we sit or kneel

### Breaking

Agnus Dei, qui tollis peccata mundi, miserere nobis. Agnus Dei, qui tollis peccata mundi, miserere nobis. Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

### Translation

*Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: grant us peace.*

### Music

**Missa Brevis in C, "Spatzenmesse",**  
Wolfgang Amadeus Mozart (1756-1791)

## Communion

✠ Jesus is the Lamb of God  
who takes away the sins of the world.  
Happy are those who are called to his supper.

**Saviour, I am not worthy to receive you,  
but only say the word and I shall be healed.**

We make our Communion, following the directions of the Stewards, and receiving the Sacramental Host only for the time being

## Motet

Ave, verum corpus natum  
de Maria Virgine:  
vere passum, immolatum  
in Cruce pro homine:  
cuius latus perforatum  
unda fluxit et sanguine:  
esto nobis praegustatum,  
in mortis examine.

### Translation

*Hail, true body, born of the Virgin Mary: having truly suffered, sacrificed upon the Cross for humankind: from whose pierced side water and blood flowed: be for us a foretaste in the trial of death.*

### Words

From the 13th century, attributed to Innocent VI (1282-1362)

### Music

Wolfgang Amadeus Mozart (1756-1791)

After all have made their Communion, we stand to sing the hymn

## Hymn



**O** Jesus, I have promised  
to serve thee to the end;  
be thou for ever near me,  
my Master and my Friend:  
I shall not fear the battle  
if thou art by my side,  
nor wander from the pathway  
if thou wilt be my guide.

O let me hear thee speaking  
in accents clear and still  
above the storms of passion,  
the murmurs of self-will;  
O speak to reassure me,  
to hasten or control;  
O speak, and make me listen,  
thou guardian of my soul.



**O let me see thy foot-marks,  
and in them plant mine own;  
my hope to follow duly  
is in thy strength alone:  
O guide me, call me, draw me,  
uphold me to the end;  
and then in heaven receive me,  
my Saviour and my Friend.**

**Words**

John Ernest Bode (1816-1874)

**Music | "Wolvercote"**

William Harold Ferguson (1874-1950)

We remain standing

### Post-Communion Prayer

Let us pray.

**G**od our Father, whose Word has come among us in the Beloved: may the light of faith illumine our hearts and shine in our words and deeds; through him who is Christ the Saviour.

**Amen.**



## Departing

Grace and peace be with you.

**And keep you in the love of Christ.**

**C**hrist, who by taking our flesh, gathered into one all things earthly and heavenly, fill you with his joy and peace; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always.

**Amen.**

Let us go forth in peace.

**In the Name of Christ. Amen.**

We remain standing until the ministers have departed; we then sit or depart

**Organ voluntary**

**Toccata**, Théodore Dubois (1837-1924)

# Notices



## Ceremony of Carols

Benjamin Britten

The Cathedral Choir

**Saturday 29 January at 7.30pm**

Come to hear the upper voices of the Cathedral Choir in an atmospheric, candle-lit performance of Benjamin Britten's wonderful cycle of carols and other works – the perfect way to bring Christmastide to a close. Tickets from the QR code opposite, or on the door: £10 / £5 / children free.

## Thursday Recitals

We're delighted to be launching a series of Thursday Recitals, beginning in February.

A 45 minute selection of music will be performed each Thursday at 11.15am, finishing just in time to enjoy lunch in the city or attend the daily Holy Eucharist at 12.30pm. From 10.45am tea, coffee and cakes will be served.

Entrance will be free of charge though donations are invited.

Throughout February the recitalists are members of the "home team":

**3 February**

**Joe Cooper**

Director of Music

Organ

**10 February**

**Martin Brown**

Organist

Organ

**17 February**

**Sarah Jones**

Head of Choral Development

Soprano

**24 February**

**Harry Sullivan**

Organ Scholar

Organ

Please note the slot in your diaries, and please spread the news to others who might be interested in joining us.

## Car park

Weekday Cathedral car parking permits for 2022 are available from the Cathedral team at Sunday services today. A donation is requested. No permits are required to park on Sundays until further notice.

## In our prayers

**Our city, parish and diocese** The Archbishop of Wales

**The sick** Lis Perkins

**The recently departed** Thomas Cowell; Craig Williams

**Year's mind** Ian William Eyre (17)



# This week

## Daily from Monday to Saturday

**11am-3pm** Cathedral open to all

**12.30pm** Cymun Bendigaid | Holy Eucharist

## Thursday

**5.30pm** Gosber ar Gân | Choral Evensong

Ymatebion | Responses, plaengan | plainsong

yn E | in E, Wood

In freezing Winter's night, Britten

In the beginning, Paul Fisher

## Sunday 23 January | Fifth Sunday after Christmas

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaid ar Gân

Yr Is-Ddeon yn pregethu

Wele, cawsom y Meseia "Wyddgrug"

Offeren Fer, Elwyn-Edwards

Daeth ffrydiau melys iawn, "Builth"

O! fy Arglwydd, Mozart

O Grist, tydi yw'r ffordd, "Diolch i ti"

Epilogue, Howells

**11am** Choral Holy Eucharist

The Very Revd Prof. Gordon McPhate preaching

Songs of thankfulness and praise, "St Edmund"

Communion Setting in C, Stanford

O God, whose loving hand has led, "Melcombe"

Jesu Joy of Man's Desiring, J. S. Bach

Author of life divine, "Rhosymedre"

Fantasia in G major, BWV 572, J. S. Bach

**3.30pm** Gosber ar Gân | Choral Evensong

Ymatebion | Responses, plaengan | plainsong

yn G | in G, Wood

I will lift up mine eyes, Walker

The Sweet Rivelet, Jackson

**Ceremony of Carols  
tickets**



# Support



**This holy place of faith, hope and love, and all that takes place here, is sustained by your generosity.**

**1** To make an online donation on your phone today, scan the QR code below.

**2** Use our contactless donation point at the back of the Nave to tap your card or phone.

**3** Cash donations can be placed in one of the baskets set out at the back of the Nave.

**4** To set up a monthly Direct Debit donation, with the option to add Gift Aid, search online for “Church in Wales Gift Direct” and select “Bro Deiniol” under “Beneficiary”.

**By making a donation, you’ll be helping us to continue our essential work.**

## The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Bishop & Archbishop of Wales  
**The Most Revd Andrew T. G. John**  
bishop.bangor@churchinwales.org.uk

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Reader and Verger  
**Elma Taylor**

Chapter Clerk  
**Robert Jones**  
robertjones@churchinwales.org.uk

Canon Emeritus  
**Canon Angela Williams**

Members of the Cathedral’s College of Priests  
**The Revd Dr John Prysor-Jones, the Very Revd Prof. Gordon McPhate, the Revd Peter Kaye**

Cathedral Architect  
**Simon Malam**

Charity number 1158340

### Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

Some of our services are streamed on Facebook from a camera at the east end of the Nave facing east, and the recording made available thereafter on the Cathedral’s Facebook page. An official photographer may be on duty. Your attendance constitutes your consent to be included in any filming, photographing, audio recording or broadcast. If you do not wish a photograph of you or a child in your care to be used by the Cathedral, please speak to a member of the Cathedral team.

### Acknowledgements

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On the cover are images of the Holy Apostles Andrew, John and Philip from a set of Apostles’ Spoons by Martin Hewitt (fl. 1592) from the workshop of William Cawdell (1560-1625), at the Met Museum.

