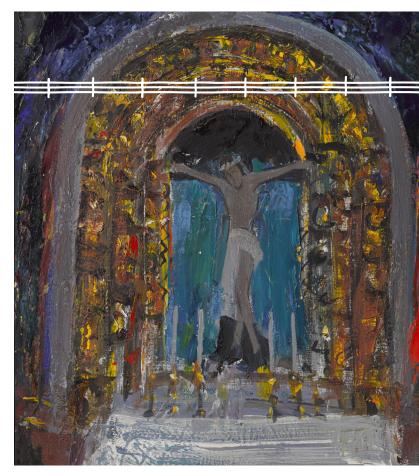
"Gushing up to eternal life" Water, light and oil



Choral Holy Eucharist **The Fourth Sunday before Lent** 6 February 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.

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.

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.

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.

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/

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.







Organ prelude Prayer, René Louis Becker (1882-1956)

After the notices, we stand as the bell is rung



Gathering

Нутп



hrist, whose glory fills the skies, Christ, the true, the only light, Sun of Righteousness, arise, triumph o'er the shades of night; Dayspring from on high, be near; Daystar, in my heart appear.

Dark and cheerless is the morn unaccompanied by thee; joyless is the day's return, till thy mercy's beams I see; till they inward light impart, glad my eyes, and warm my heart. Visit then this soul of mine, pierce the gloom of sin and grief; fill me, radiancy divine, scatter all my unbelief; more and more thyself display, shining to the perfect day.

> Words Charles Wesley (1707-1788) Music | "Ratisbon" Attributed to Johann Gottlob Werner (1777-1822)

We remain standing until the end of the Collect

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.

"Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty."

Confession

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

we who fail to see the outpouring of God's heart in creation, community and neighbour;

we who fail to follow Christ in our hearts by prayer, devotion and charity;

we, though far off, whose hearts are brought near by word, sacrament and grace. 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.

Amen.

Kyrie eleison

Kyrie eleison. Christe eleison. Kyrie eleison. Lord, have mercy. Christ, have mercy. Lord, have mercy.

> Music Mass in G, Franz Schubert (1797-1828)

We remain standing

Collect

Let us pray.

Imighty and everlasting God, we beseech you to direct, sanctify, and govern both our hearts and bodies, in the ways of your laws, and in the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through him who is Christ our Saviour.

We sit

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Word

Psalmody

I will give thanks to you, O God, with my whole heart, in the assembly of the upright, in the congregation.

Great are your deeds, O God; they are studied by all who delight in them.

Your work is full of majesty and splendour, and your righteousness endures for ever.

You make your marvellous works to be remembered; you are gracious and full of compassion.

You give food to those who fear you; you are ever mindful of your covenant.

You have shown your people the power of your works in giving them the lands of the nations.

The works of your hands are faithfulness and justice; all your commandments are sure.

They stand fast for ever and ever, because they are done in truth and equity.

You sent redemption to your people; you commanded your covenant for ever; holy and awesome is your Name.

The fear of God is the beginning of wisdom; those who act accordingly have a good understanding; God's praise endures for ever.

> **Psalm 111 Music** Edmund Chipp (1823-1886)

Reading

A reading from the book of Micah.

Thus says the Holy One: On that day I will assemble the lame and gather those who have been driven away, and those whom I have afflicted. The lame I will make the remnant, and those who were cast off, a strong nation; and the Lord will reign over them in Mount Zion now and for evermore. And you, O tower of the flock, hill of the people of Zion, to you it shall come, the former dominion shall come, the sovereignty of beloved Jerusalem.

Hear the word of life to the world. **Thanks be to God.**

Micah 4:6-8

We stand, turing to face the Book of the Gospels in the Nave

Blessing of the Book of the Gospels

O God, who of things invisible builds up in the heavens an everlasting temple for your majesty, yet who deigns to tabernacle with us in temples made by human hands; grant that whatever of material things your Church sets apart for the advancement of you worship and glory may bring unto us spiritual increase. And so ∓ bless this Book of the Gospels, that it may speak through our outward eyes unto our souls of that world which is unseen; so that by our worship here we may be prepared for the great and blessed hour when that which is perfect shall have come, and, sign and symbol having passed away, we shall with unclouded vision behold you unveiled, as you truly are; through Jesus Christ our Saviour.

Amen.

We stand, turing to face the Book of the Gospels in the Nave



Y Alleluia. Alleluia. Alleluia. R Alleluia. Alleluia. Alleluia.
Y The water that I will give will become in them a spring of water gushing up to eternal life. R Alleluia. Alleluia. Alleluia.

Grace and peace be with you. And keep you in the love of Christ.

Listen to the Holy Gospel according to ℜ Saint John. Glory to you, O Christ.

t that time: When Jesus learned that the Pharisees had heard, "Jesus is making and baptizing more disciples than John" – although it was not Jesus himself but his disciples who baptized - he left Judea and started back to Galilee. But he had to go through Samaria. So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink". (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink', you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

This is the Gospel of our Saviour.

Praise to you, O Christ.

John 4:1-14

We sit at the start of the sermon

Sermon in the series "Where the heart is"

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.

We sit





Admissions and inductions

Admission of Choristers

Those to be admitted are brought forward by the Director of Music and the Head of Chorister Development, and presented by the Director of Music

People of Saint Deiniol's Cathedral, I present to you Llewelyn, Camilla, Michael and Finn, who have completed their periods of probation and are now ready to be admitted as Choristers of our Cathedral Choir.

Llewelyn, Camilla, Michael and Finn, do you wish to become Choristers of this Cathedral Choir? *I do.*

Will you nurture your gifts and offer them to God's glory? *I will.*



Serving this holy place, will you be reverent, faithful and prayerful? *I will.*

Let us pray.

Almighty God, author of all wonder and delight, you have called your servants over the centuries to sing your praises in this place; pour out your Holy Spirit upon those we admit this day; fill their hearts with your love and their mouths with your song, that your name might be glorified in this city and throughout all creation; in Christ's Holy Name.

Amen.

Those to be admitted receive their Surplices from the Head of Chorister Development

Llewelyn, Camilla, Michael and Finn, on behalf of the Chapter and People of Saint Deiniol's Cathedral, I admit you as Choristers of this Cathedral Choir. May God, the maker of heaven and earth, your help from the hills, not let your foot be moved and preserve you in all your ways; and the blessing of God almighty, the Father, **X** the Son, and the Holy Spirit, be upon you and remain with you always.

Amen.

Induction of Scholars

The one to be inducted is brought forward and presented by the Director of Music

People of Saint Deiniol's Cathedral, I present to you Seb, who has been appointed as a Choral Scholar within our Cathedral Choir.

Let us pray.

O God, whom saints and angels delight to worship in heaven, be ever present with your servant who seeks through art and music to perfect the praises offered by your people on earth; and grant to him even now glimpses of your beauty, making him worthy at length to behold it unveiled for evermore; in Christ's Holy Name.

Amen.

The one to be inducted is led to the Choir Stalls by the Director of Music



Seb, on behalf of the Chapter and People of Saint Deiniol's Cathedral, I induct you as a Choral Scholar within this Cathedral Choir. May God watch over your going out and your coming in, from this time forth for evermore; and the blessing of God almighty, the Father, \mathbf{x} the Son, and the Holy Spirit, be upon you and remain with you always.

Amen.

We stand



Sacrament

Нутп



he Lord's my shepherd, I'll not want; he makes me down to lie in pastures green; he leadeth me the quiet waters by.

My soul he doth restore again, and me to walk doth make within the paths of righteousness, e'en for his own name's sake.

Yea, though I walk through death's dark vale, yet will I fear no ill: for thou art with me, and thy rod and staff me comfort still. My table thou hast furnishèd in presence of my foes; my head thou dost with oil anoint, and my cup overflows.

Goodness and mercy all my life shall surely follow me; and in God's house for evermore my dwelling-place shall be.

> Words From the Scottish Psalter (1650) Music | "Crimond" Friedrich Silcher (1789-1860)

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.

For he is our great high priest who has freed us from our sins and has made us a royal priesthood serving you, our God and Father.

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. \clubsuit Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Music Mass in G, Franz Schubert (1797-1828)

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. \bigstar

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. \clubsuit

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

14

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 ℜ 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:

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

Your healing springs up in our hearts; your vindication goes before us as your broken body made whole in peace.

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 Mass in G, Franz Schubert (1797-1828)

Соттипіол

✤ 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 directons of the Stewards, and receiving the Sacramental Host only for the time being

Motet

How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that publisheth salvation; that saith unto Zion, thy God reigneth!

> Words Isaiah 52:7 Music John Stainer (1840-1901)

After all have made their Communion, we stand to sing the hymn, during which our candles are lit

Нутп





s pants the hart for cooling streams when heated in the chase, so longs my soul, O God, for thee, and thy refreshing grace.

For thee, my God, the living God, my thirsty soul doth pine: O when shall I behold thy face, thou Majesty Divine!

Why restless, why cast down, my soul? hope still, and thou shalt sing the praise of him who is thy God, thy health's eternal spring.

> Words Tate and Brady's New Version of the Psalms of David (1696) Music | "Martyrdom" Hugh Wilson (c.1766-1824)

We remain standing



Departing

Before the Blessing, we will have an opportunity to thank our Verger as she steps down from her post

Grace and peace be with you.

And keep you in the love of Christ.

In all times of sorrow, in all times of joy, and at the day of judgement may God delivery you; and the blessing of God almighty, the Father, $\mathbf{*}$ 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

Prologue, Hugh Blair (1864-1932)

Notices



Buchedd Bangor

A new edition of our magazine, **Buchedd Bangor**, is available today, free of charge. It offers a mixture of devotional material and practical knowledge about our life together. Please take a copy with you, and others to share with those who would like to know about our common life. Our thanks go to all who have worked hard to plan ahead, to write articles and to gather material.

Coffee-break Recitals

Thursdays 11.15am for 45 minutes Tea, coffee and cake from 10.45am

It was a delight to see so many people at the first of our new Coffeebreak Recitals last Thursday, to hear our Director of Music put the organ through its paces.

A full programme for the coming season appears in the new edition of **Buchedd Bangor**. Please support this venture if you can, and please spread the news.

10 February | Martin Brown | Organ17 February | Sarah Jones | Soprano

Clas

Clas is our new fortnightly Zoom forum, convening on Mondays at 6.30pm, that will provide an opportunity to learn, discourse and reflect. Largely, **Clas** sessions these will feature the Sub-Dean and other members of the Cathedral team in conversation with a guest, about their life or a particular topic in which they're the expert. There will then be an opportunity for questions and discussion. We expect each session to last between 45 minutes and an hour.

Please consider joining us in conversation and reflection. The Zoom meeting ID is **857 3402 4520** and the passcode is **606397**, and the Zoom room will be open from 6.15pm.

A full programme of five sessions for the coming season appears in the new edition of **Buchedd Bangor**. Please consider attending if you can, and please spread the news.

7 February

The Canon for Congregation Life and the Sub-Dean introducing our new sermon series, "Where the heart is"

21 February

The Sub-Dean in conversation with Mary Stallard, the new Assistant Bishop of Bangor

Cathedal Foodbank

There is a very striking article in **Buchedd Bangor**Life about the ministry of the Cathedral Foodbank. Please remember that key ministry in your prayers.

Chapter

The Cathedral Chapter (Cathedral trustees) will meet on Zoom on 14 February.

Our prayers

Our diocese Mary Stallard, as she prepared for her Consecration

The sick Lis Perkins; Blodwen Maria Jones

The recently departed Billy; Rohan Donaldson; David Tecwyn Roberts

Year's mind —

This week

Daily from Monday to Saturday

11am-3pm Cathedral open to all

12.30pm Cymun Bendigaid | Holy Eucharist

Monday

6.30pm Clas

Tuesday

5.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Nardone Yn F | in F, Long Love one another, Wesley Voluntary in D, Croft

Thursday

11.15am Datganiad Paned | Coffeebreak Recital

5.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Smith Gwasanaeth Fauxbourdon | Fauxbourdon Service Ley If ye love me, Tallis Diapason Movement, Keeble

13 February | The Third Sunday before Lent | Septuagesima

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Y Canon dros Fywyd Cynulledfaol yn pregethu Rêverie, Vierne Cymun y Cymry ii, Harper Fel y brefa, Palestrina Ffatasi Gorawl ar "Lasst uns erfreuen", Peeters

11am Choral Holy Eucharist

The Canon for Congregational Life preaching Intrada, Ireland Communion Service in C, Ireland Thou visitest the earth, Greene Grand Choeur in March form in Gregorian tonality, Guilmant

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Smith The Fourth Service, Batten Lord, for thy tender mercy's sake, Farrant Voluntary in D Minor, Long

Support



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

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

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

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

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 & Metropolitical Church of Saint Deiniol in Bangor

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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

Reader **Elma Taylor**

Charity number 1158340

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

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Acknowledgements

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On the cover is a detail of "Little Sanctuary" by Anne Redpath (1895-1965) in the Fleming Collection.