### **"Forty days and forty nights"** The hallowing of time

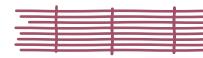


Choral Holy Eucharist **The First Sunday of Lent** 6 March 2022 at 11am



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 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. 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 green type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

#### 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.

#### 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.

#### From the Lectern δ Buchedd Bangor

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. If you're not already a subscriber, follow the QR code, or visit **cadeirlan. churchinwales.org.uk/Darllenfa/** 

**Buchedd Bangor** is our new magazine, offering a mixture of devotional material and practical knowledge about our life together. Pick up a copy of today, or follow the QR code to read online.

#### Buchedd Bangor



O'r Ddarllenfa From the Lectern



Trefn Order



Organ prelude Choral Prelude "O Lamm Gottes unschuldig", Johann Sebastian Bach (1685-1750)

After the notices, we stand as the bell is rung



Gathering

Нутп



Forty days and forty nights thou wast fasting in the wild, forty days and forty nights tempted and yet undefiled.

Sunbeams scorching all the day, chilly dewdrops nightly shed, prowling beasts about thy way, stones thy pillow, earth thy bed.

Let us thine endurance share, and awhile from joys abstain, with thee watching unto prayer, strong with thee to suffer pain. And if Satan, vexing sore, flesh or spirit should assail, thou, his vanquisher before, grant we may not faint nor fail.

So shall we have peace divine, holier gladness ours shall be, round us too shall angels shine, such as ministered to thee.

Keep, O keep us, Saviour dear, ever constant by thy side, that with thee we may appear at the eternal Eastertide.

> Words George Hunt Smyttan (1822-1870), Francis Pott (1832-1909) Music | "Aus der teife" Martin Herbst (1654-1681)

We remain standing until the end of the Collect

#### Greeting

#### Amen.

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

"Jesus was led up by the Spirit into the wilderness, and there he fasted for forty days and forty nights."

#### Confession

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

From all evil and wickedness, from vanity and jealousy, from hatred and malice.

#### Holy God, deliver us.

From grasping lust and the subtleties of lying, from hardness of heart, from all that divides us.

#### Holy God, deliver us.

In our refusal to recognize our worth, in the piercing of our hearts with the lance of your love. **Holy God, deliver us.** 

In all times of our sorrow, in the nights of our pain, in the hour of our dying.

#### Holy God, deliver us.

By your your Passion and death on the Cross, by your burial and rest in the tomb, by your glorious Resurrection.

#### Holy God, deliver us.

By your way of wisdom, by a true repentance, by the Body of Christ. **Holy God. deliver us.** 

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.

#### Кугіе eleison

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

> Music Communion Service in D, Ralph Vaughan Williams (1872-1958)

We remain standing

#### Collect

Let us pray.

eavenly Father, we beseech you, grant your people grace to withstand the temptations of the world, the flesh, and the devil, and with pure hearts and minds to follow you, the only God; through him who is Christ our Saviour. Amen.

We sit





### Word

#### Psalmody

Happy are they whose way is blameless, who walk in your law, O God!

Happy are they who observe your decrees and seek you with all their hearts!

Who never do any wrong, but always walk in your ways.

You laid down your commandments, that we should fully keep them.

Oh, that my ways were made so direct that I might keep your statutes!

Then I should not be put to shame, when I regard all your commandments.



I will thank you with an unfeigned heart, when I have learned your righteous judgments.

I will keep your statutes; do not utterly forsake me.

**Psalm 119:1-8 Music** Tone III, fourth ending

#### Reading

A reading from the Letter of Saint James.

early beloved: Blessed is anyone who endures temptation. Such a one has stood the test and will receive the crown of life that the Holy One has promised to God's beloved. No one, when tempted, should say, "I am being tempted by God"; for God cannot be tempted by evil and tempts no one. But one is tempted by one's own desire, being lured and enticed by it; then, when that desire has conceived, it gives birth to sin, and that sin, when it is fully grown, gives birth to death. Do not be deceived, my beloved. Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

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

James 1:12-21

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

Gospel





Y Praise to you, O Christ, King of eternal glory. R Praise to you, O Christ, King of eternal glory. Y One does not live by bread alone, but by every word that comes from the mouth of God. R Praise to you, O Christ, King of eternal glory.

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

Listen to the Holy Gospel according to  ${\bf *}$  Saint Matthew. **Glory to you, O Christ.** 

t that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God." Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you', and 'On their hands they will bear you up, so that you will not dash your foot against a stone." Jesus said to him, "Again it is written, 'Do not put the Holy One, your God to the test." Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Holy One, your God, and serve God alone." Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of our Saviour. **Praise to you, O Christ.** 

Matthew 4:1-11

We sit at the start of the sermon

Sermon in the series "Where the heart is" "Forty days and forty nights" | The hallowing of time

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

**y** God in your mercy,

**R** Hear our prayer.

**Y** Rest eternal grant unto them, O God.

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

**y** 👁 May they rest in peace.

**R**/ And rise in glory.

**R** Merciful Father,

Y Accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.

We stand



#### Нутп



weet Sacrament divine, hid in thine earthly home, lo, round thy lowly shrine, with suppliant hearts we come; Jesu, to thee our voice we raise in songs of love and heartfelt praise: sweet Sacrament divine, sweet Sacrament divine.

Sweet Sacrament of peace, dear home for every heart, where restless yearnings cease and sorrows all depart; there in thine ear all trustfully we tell our tale of misery: sweet Sacrament of peace, sweet Sacrament of peace. Sweet Sacrament of rest, ark from the ocean's roar, within thy shelter blest soon may we reach the shore; save us, for still the tempest raves, save, lest we sink beneath the waves: sweet Sacrament of rest, sweet Sacrament of rest.

Sweet Sacrament divine, earth's light and jubilee, in thy far depths doth shine thy Godhead's majesty; sweet light, so shine on us, we pray that earthly joys may fade away: sweet Sacrament divine, sweet Sacrament divine.

> Words Francis Stanfield (1835-1914) Music | "Divine Mysteries" Francis Stanfield (1835-1914)

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. Who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil and to live no longer for ourselves alone but for him who died for us and rose again:

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:

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

 ${\boldsymbol{\mathfrak P}}$  Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

Music Communion Service in D, Ralph Vaughan Williams (1872-1958)

#### 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.  $\mathbf{x}$ 

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  $\mathfrak{A}$  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 broken body, earth of our earth and flesh of our flesh, marked by your fierce love, is made whole for us 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

O Lamb of God, that takest away the sins of the world, have mercy upon us. O Lamb of God, that takest away the sins of the world, have mercy upon us. O Lamb of God, that takest away the sins of the world, grant us thy peace.

> Music Communion Service in D, Ralph Vaughan Williams (1872-1958)

#### Соттипіоп

✤ 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

Wash me throughly from my wickedness, and forgive me all my sin. For I acknowledge my faults, and my sin is ever before me.

Words Psalm 52:2-3 Music Samuel Sebastian Wesley (1810-1876)

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

#### Нутп



Love, how deep, how broad, how high! How passing thought and fantasy that God, the Son of God, should take our mortal form for mortals' sake.

He sent no angel to our race of higher or of lower place, but wore the robe of human frame, and he himself to his world came.

For us baptized, for us he bore his holy fast, and hungered sore; for us temptations sharp he knew; for us the tempter overthrew.

For us to wicked men betrayed, scourged, mocked, in crown of thorns arrayed; for us he bore the cross's death; for us at length gave up his breath.

For us he rose from death again, for us he went on high to reign, for us he sent his Spirit here to guide, to strengthen, and to cheer. All honour, laud, and glory be, O Jesu, Virgin-born, to thee, all glory, as is ever meet, to Father and to Paraclete.

> Words 15th century Latin hymn Translation Benjamin Webb (1819-1885) Music | "Deo Gracias" 15th century English tune

We remain standing

#### Post-Communion Prayer

Let us pray.

od, whose touchstone is the desert and the Cross, you know our demons, our fantasies and our fears, the barren, lonely places of our hearts; stay with us, and lead us through justice, peace and love to your eternal glory and into all truth; through him who is Christ our Saviour.

Amen.



### Departing

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

hrist give you grace to grow in holiness, to deny yourselves, take up your cross and follow him; 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

Chorale Prelude "Aus der Tiefe rufe ich", Carl Philipp Emanuel Bach (1714-1788)



## Notices



#### Lent books

Lent is a time for study and reflection. It's therefore a good time to relaunch the sale of books at the Cathedral, encouraging us all to pick up a book and put aside some time to read and pray. Four books by local and international authors, chosen for this time, are in stock.

#### God: An Anatomy

Francesca Stavrakopoulou

The Professor of Hebrew Bible & Ancient Religion at the University of Exeter explores the substance of God – Yahweh's body, from top to bottom. **£14.50** 

#### A Pilgrimage of Paradoxes: A Backpacker's Encounters with God and Nature

Mark Clavier

The Canon Residentiary of Brecon Cathedral invites us to walk with him in the Appalachians, Norway, Iceland, the Alps and around Wales as he reflects on history, folklore, poetry, philosophy and theology. **£16.50** 

#### On Consolation: Finding Solace in Dark Times

#### Michael Ignatieff

One of our most important thinkers and writers share wide-ranging portraits of people throughout history who have sought answers in dark times – a book for our times today. **£12.50** 

#### Rhwng Pla a Phla

Siôn Aled & Iwan Bala

A poet (and our preacher on Passion Sunday) teams up with an artist to give us a glimpse of how they saw the world in the shadow of Covid and Brexit. **£12.50** 

#### Stations of the Cross

Every Wednesday in Lent, Stations of the Cross will be prayed with music at the Cathedral. Please make an effort to experience this moving observance of Christ's Passion.

#### Collections

We return this Sunday to taking a collection during the second hymn. If you give by Direct Debit or by contactless payment, you can pick up a card to drop into the plate to avoid any awkwardness.

## Face coverings, Communion and the Peace

Face coverings are no longer required inside the Cathedral. This will be welcomed by many of us. Some of us may wish to continue to wear face coverings for the time being. When making your Communion without a face covering, please revert to the practice of replying "Amen" and consuming the Sacramental Host immediately, before moving away from the Minister.

A relaxation in guidelines also permit us to return to exchanging the Peace with voice and touch. Please feel invited to do so, while also being mindful of those who wish to matain a distance.

National guidelines do not permit sharing the Precious Blood in the Chalice at present, but we hope to restore Communion in both kinds during Eastertide.

#### **Coffee-break Recitals**

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

#### 10 March | Simon Ogdon | Piano

Cathedral Lay Clerk and local pianist Simon Ogdon invites you on a 'a Romantic getaway'.

#### 17 March | Henry Fairs | Organ

Internationally renowned organist Henry Fairs visits Bangor.

#### Clas

A fortnightly Zoom forum to learn, discourse and reflect.

#### 7 March

The Sub-Dean in conversation with Jordan Hillebert about the life and work of the theologian Henri de Lubac

#### 21 March

The Sub-Dean in conversation with Andrew Carroll Jones, the Archdeacon of Meirionnydd, about pilgrimage and the Celtic saints

# Our prayers

**Our diocese** Mary, Assistant Bishop of Bangor

**The sick** Lis Perkins; Greig Mesie; Anna; Andrew; Mark Roberts; John Rowlands; Ann Brady; Janet Gough

**The recently departed** Paul Jones; Jaon Cruxton

#### Year's mind Laurine Evans (6)

## This week

#### Monday-Saturday

11am-3pm Cathedral open to all

**12.30pm** Cymun Bendigaid | Holy Eucharist

#### Monday

6.30pm Clas ar Zoom | on Zoom

#### Tuesday

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

#### Wednesday

**7.30pm** Gorsafoedd y Groes | Stations of the Cross

> Corawdau o Ddioddefaint Sant Mathew Bach | Chorales from Bach's Saint Matthew Passion

#### Thursday

11.15am Coffee-break Recital

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

#### 13 March | The Second Sunday of Lent

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Y Canon dros Fywyd Cynulleidfaol yn pregethu Aus tiefe Not, Gesit Cymun y Cymry i, Harper Yr Arglwydd yw fy mugail, Roberts Ffantasia yn C Leiaf, Bach

#### 11am Choral Holy Eucharist

The Revd Dr John Prysor-Jones preaching Christus, der uns selig macht, Bach Communion Service in A Minor, Darke Turn they face from my sins, Attwood Fugue in B Minor, Bach

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

#### 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.

#### 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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The cover image is a woodcut print of "Vesper Bell at Mii Temple, Lake Biwa" by Utagawa Hiroshige (1797-1858) at the Met Museum.

### 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.

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

#### Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor The Cathedral & Metropolitical Church of Saint Deiniol in Bangor

Esgob ac Archesgob Cymru Y Parchedicaf Andrew T. G. John Bishop & Archbishop of Wales The Most Revd Andrew T. G. John

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Aelodau o Goleg Offeiriadol y Gadeirlan Members of the Cathedral's College of Priests Y Parchg Ddr | The Revd Dr John Prysor- Jones, y Tra Pharchg Athro | the Very Revd Prof. Gordon McPhate, y Parchg | the Revd Peter Kaye

Darllenydd | Reader Elma Taylor

Pensaer y Gadeirlan | Cathedral Architect Simon Malam

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