"Others have laboured, and you have entered into their labour" Tradition



Choral Holy Eucharist

The Fourth Sunday after Trinity

10 July 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 red 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 quardians 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



Order of service



After the notices, we stand as the bell is rung





Gathering

Hymn



ur Father, by whose servants our house was built of old, whose hand hath crowned her children with blessing manifold, for thine unfailing mercies far-strewn along our way, with all who passed before us, we praise thy name today.

The changeful years unresting their silent course have sped, new comrades ever bringing in comrades' steps to tread; and some are long forgotten, long spent their hopes and fears; safe rest they in thy keeping, who changest not with years.

They reap not where they laboured; we reap what they have sown; our harvest may be garnered by ages yet unknown.
The days of old have dowered us with gifts beyond all praise; our Father, make us faithful to serve the coming days.

Before us and beside us, still holden in thine hand a cloud unseen of witness, our elder comrades stand: one family unbroken, we join, with one acclaim, one heart, one voice uplifting to glorify thy name.

Words

George Wallace Briggs (1875-1959) **Music | "Meirionnydd"** William Lloyd (1786-1856)

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.

"I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour."

Confession

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

trusting in the goodness of our merciful Father,

upheld by the gentleness of our brother Jesus,

seeing our lives anew in the radiance of the life-giving Spirit.

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.

We remain standing

Kyrie eleison

Kyrie eleison. Christe eleison. Kyrie eleison.

Translation

Lord have mercy. Christ have mercy. Lord have mercy.

Music

Communion Service in E flat, Edward Bairstow (1874-1946)

We remain standing

Collect

Let us pray.

o before us, O God, with your most gracious favour, and further us with your continual help; that in all our works, begun, continued, and ended in you, we may glorify your holy Name, and finally by your mercy obtain the fullness of life; through Jesus Christ our Saviour.

Amen.

We sit





Word

Psalmody

Do not fret yourself because of evildoers; do not be jealous of those who do wrong.

For they shall soon wither like the grass, and like the green grass fade away.

Put your trust in God and do good; dwell in the land and feed on its riches.

Take delight in God, who shall give you your heart's desire.

Commit your way to God and put your trust in God, who will bring it to pass.

God will make your righteousness as clear as the light and your just dealing as the noonday.

Psalm 37:1-6

Music

Michael Woods (fl. 1565-1569)

Reading

A reading from the Epistle of Saint Paul to the Colossians.

early beloved: As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Holy One has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of Jesus, the Holy One of God, giving thanks to God the Father through him.

Hear the word of life to the world.

Thanks be to God.

Colossians 3:12-17

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

Gospel



- y Alleluia. Alleluia. Alleluia. Alleluia. Alleluia.
- W My food is to do the will of the one who sent me and to complete the work given to me. 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 ★ Saint John.

Glory to you, O Christ.

t that time: The disciples were urging Jesus, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to complete the work given to me. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour."

This is the Gospel of our Saviour.

Praise to you, O Christ.

John 4:31-38

We sit at the start of the sermon

Sermon in the series "Like a tree planted by water"
"Others have laboured, and you have entered into their labour"
Tradition

The Revd Dr John Prysor-Jones

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,
- R Hear our prayer.
- W Rest eternal grant unto them, O God.
- R And let light perpetual shine upon them.
- Ry And rise in glory.
- Ry Merciful Father,
- Y Accept these prayers for the sake of your Son, our Saviour Jesus Christ.

Amen.

Banns of Marriage are read

We stand, and a Collection is taken during the hymn

Sacrament

Нутп



on of God, eternal Saviour, source of life and truth and grace, Son of Man, whose birth incarnate hallows all our human race, thou, our Head, who, throned in glory, for thine own dost ever plead, fill us with thy love and pity; heal our wrongs, and help our need.

As thou, Lord, hast lived for others, so may we for others live; freely have thy gifts been granted, freely may thy servants give: thine the gold and thine the silver, thine the wealth of land and sea, we but stewards of thy bounty, held in solemn trust for thee.

Come, O Christ, and reign among us, King of love, and Prince of peace; hush the storm of strife and passion, bid its cruel discords cease; by thy patient years of toiling, by thy silent hours of pain, quench our fevered thirst of pleasure, shame our selfish greed of gain. Son of God, eternal Saviour, source of life and truth and grace, Son of Man, whose birth incarnate hallows all our human race, thou who prayedst, thou who willest, that thy people should be one, grant, O grant our hope's fruition: here on earth thy will be done.

Words

Somerset Corry Lowry (1855-1932)

Music | "Everton"

Henry Smart (1813-1979)

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: 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.

Communion Service in E flat, Edward Bairstow (1874-1946)

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 *\vec{\pi} 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

You consecrate us by your Spirit to make us one Body, growing from separation into your likeness, our nearness the gift of your peace.

The Peace of the Living God be always with you. **And keep you in the love of Christ.**

And keep you in the love of Chris

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 E flat, Edward Bairstow (1874-1946)

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, receiving the Sacramental Host and, if we wish, the Precious Blood

Motet

Ave, verum corpus natum de Maria Virgine, vere passum, immolatum in Cruce pro homine. Cuius latus perforatum vero fluxit sanguine. Esto nobis praegustatum mortis in examine. O clemens, O pie, O dulcis Jesu, fili Mariae.

Translation

Hail, true Body, born of the Virgin Mary, having truly suffered, sacrificed on the cross for humankind, from whose pierced side blood flowed: be for us a foretaste in the trial of death! O gracious, O holy, O sweet Jesus, Son of Mary.

Words

14th century Latin

Music

Edward Elgar (1857-1934)

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



raise the Lord, ye heavens, adore him!
Praise him, angels, in the height;
sun and moon, rejoice before him,
praise him, all ye stars and light.
Praise the Lord, for he hath spoken;
worlds his mighty voice obeyed:
laws, which never shall be broken,
for their guidance he hath made.

Praise the Lord, for he is glorious; never shall his promise fail.
God hath made his saints victorious; sin and death shall not prevail.
Praise the God of our salvation, hosts on high, his power proclaim; heaven and earth and all creation, laud and magnify his name!

Worship, honour, glory, blessing, Lord, we offer to thy name; young and old, thy praise expressing, join their Saviour to proclaim. As the saints in heaven adore thee, we would bow before thy throne; as thine angels serve before thee, so on earth thy will be done.

Words
Psalm 148
Paraphrase
from the "Founding Hospital Collection" (1796)
Edward Osler (1798-1863)
Music | "Halton Holgate"
William Boyce (1711-1779)

Post-Communion Prayer

Let us pray.

orn of the Spirit, formed into your likeness, and changing daily from glory to glory, dwell with us, Body of Christ, to nourish, mend and make us whole; through your Holy Name.

Amen.





Departing

Grace and peace be with you.

And keep you in the love of Christ.

ay the love of Jesus Christ draw you to himself; may his power strengthen you in his service; and may his joy fill your hearts; 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

Fugue in C major, Dieterich Buxtehude (c.1637-1707)

Notices



Visiting choir

We're delighted that our choral provision will continue over the summer months, albeit in a lighter mode than during the full choral season. We will also welcome the occasional guest choir, starting on Thursday, when the Choir of St Francis Xavier's College, Liverpool will sing during our Choral Evensong.

Sermon series

"Like a tree planted by water" Jeremiah 17:8

This Sunday we hear the second sermon in our new sermon series at our Sunday morning services. Jeremiah the Prophet imagines a life well-lived – a vision of humanity planted in God's good soil, refreshed in heat and drought by streams of living water, and bearing the fruit of good works. Jesus Christ's call to all of us, likewise, is to follow in his good ways, to pursue the good with all our powers, and to choose the good in concrete actions - and our goal in all of this, to become Christ-like, like God. In our Sunday morning sermons over these weeks, we will reflect on the sources that help us to discern what is ethical and good, and we will consider those virtues that allow us to think, feel and act for God and for good.

"The Very Gate of Heaven"

Canon Michael Outram's new book, "The Very Gate of Heaven: The Musicians and Music of Bangor Cathedral", tells the story of the Cathedral Choir from the earliest days until 1969. It's an important and comprehensive work, and a colourful history. Copies are available for sale after Sunday services at a price of £7 (with payment by exact cash or card / contactless payment, please).

Pilgrim-Friends of the Cathedral

We intend to relaunch the Friends of the Cathedral under the title of "Pilarim-Friends of Saint Deiniol's Cathedral". This is an opportunity for those from far and wide to become part of the life of the Cathedral. participating in its spirituality, supporting its development, and travelling with us all as fellow pilgrims. We aim to celebrate this Sunday in 2023, marking as it does the end of the Choir's "term", as the festival day of the Pilgrim-Friends. If you would like to be involved in leading this initiative, please contact the Sub-Dean.

Coffee-break Recitals

Thursdays

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

14 July | Tom Howells | Clarinet

Join Tom, with his accompanist David Arthur, for a programme of 20th century clarinet music, with music ranging from film scores to Klezmer.

21 July | Amy Irvine | Flute

Amy brings a programme of music from the US to Australia, evoking pictures of lands near and far.

28 July | Daniel Pett | Viola

Daniel Pett and Alex Dakin, who have worked together for many years, bring us a surprise programme of music for viola and piano to draw our summer recital series to a close.

Congregational Meetings

Congregational Meetings will take place in the Cathedral at 6.30pm, after Evensong (at 5.30pm) on the following days: 29 September, 8 December.

This week

Dydd Llun | Monday

12.30pm Cymun | Eucharist

Dydd Mawrth | Tuesday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

11.15am Datganiad Paned | Coffeebreak Recital

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

17 Gorffenaf | Y Pumed Sul wedi'r Drindod 17 July | The Fifth Sunday after

17 July | The Fifth Sunday after Trinity

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Cymun Cymry I, Harper; Partita Sopra, Pasquin

11.00am Choral Holy Eucharist

Communion Service, Merbecke; Ave Verum, Mozart; Voluntary in D major, Berg

3.30pm Gosber ar Gân | Choral Evensong

Fauxbordon Service, Ley; Oculi omnium, Wood; Antiphon, Chausson

Our prayers

Our community Ysbyty Gwynedd, our local surgeries, and NHS staff

Our diocese The Ministry Area of Bro Cymer

The sick Sarah Jones; Joy Levine, priest; Glenys Dore; Mark Roberts; Troy Eagleston; Param Cumaraswamy; Davinder Cumaraswamy

The recently departed Ann Elisabeth Jones; Catherine Baxter; Chris Gower; Brendan Rogers

Year's mind Morfydd Rees (10)

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 tamp.

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 detail of a work by the contemporary American artist, Yvonne Jacquette.

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

Rhif elusen | Charity number 1158340