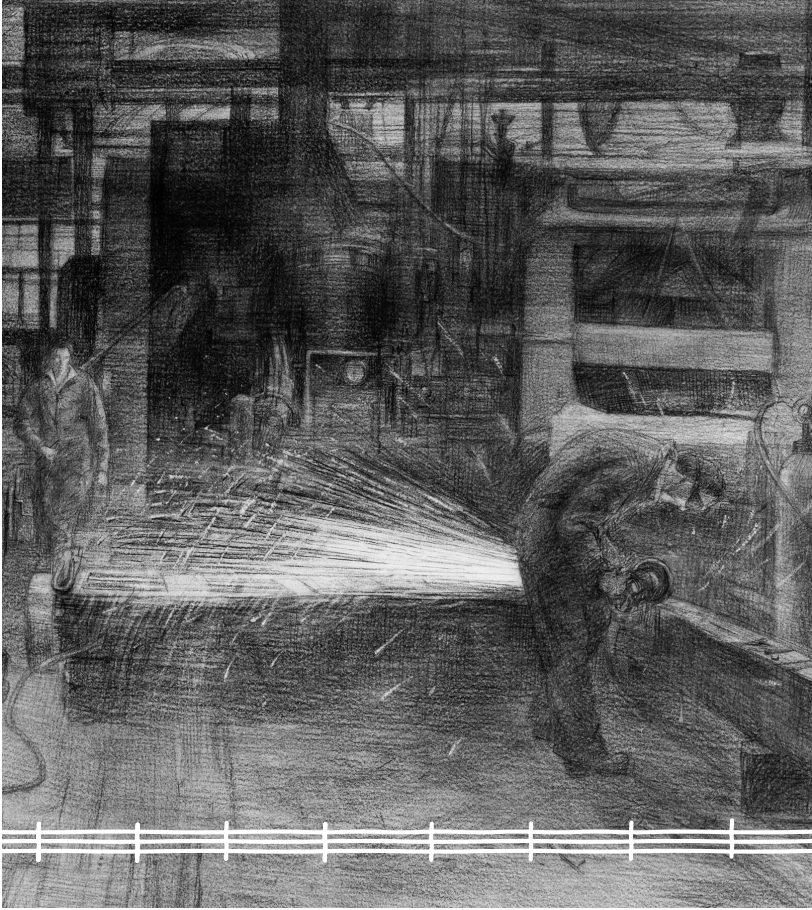


“For we are members of one another”

Justice



Choral Holy Eucharist

The Seventh Sunday after Trinity

31 July 2022 at 11am

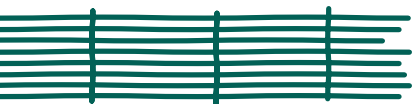


Cadeirlan
Deiniol Sant
ym Mangor

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.**

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. 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.

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 & 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 regular 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.

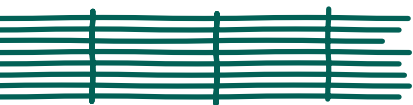
Buchedd Bangor



O'r Ddarllenfa From the Lectern



Order of service



After the notices, we stand as the bell is rung



Gathering

Hymn



God of freedom, God of justice,
you whose love is strong as death,
you who saw the dark of prison,
you who knew the price of faith –
touch our world of sad oppression
with your Spirit's healing breath.

Rid the earth of torture's terror,
you whose hands were nailed to wood;
hear the cries of pain and protest,
you who shed the tears and blood –
move in us the power of pity
restless for the common good.



**Make in us a captive conscience
quick to hear, to act, to plead;
make us truly sisters, brothers
of whatever race or creed –
teach us to be fully human,
open to each other's need.**

Words

Shirley Erena Murray (1931-2020)

Music | "Rhuddlan"

from "Musical Relicks of Welsh Bards" (1800)

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.

"Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another."

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, Len White (1910-1970)

We remain standing

Collect

Let us pray.

O God, for as much as without you we are not able to please you: mercifully grant that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Saviour.
Amen.

We sit

Word

Psalmody

You have been gracious to your land, O God; you have restored the good fortune of Jacob.

You have forgiven the iniquity of your people and blotted out all their sins.

You have withdrawn all your fury and turned yourself from your wrathful indignation.

Restore us then, O God our Saviour; let your anger depart from us.

Will you be displeased with us for ever; will you prolong your anger from age to age?

Will you not give us life again, that your people may rejoice in you?

Psalm 85:1-6

Music

George Guest (1924-2002)



Reading

A reading from the Letter of Saint Paul to the Ephesians.

Deary beloved: Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

Hear the word of life to the world.

Thanks be to God.

Ephesians 4:25-32

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

Gospel



∇ Alleluia. Alleluia. Alleluia. **R: Alleluia. Alleluia. Alleluia.**

∇ Unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

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 Matthew.

Glory to you, O Christ.

At that time: When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying, “I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. You have heard that it was said to those of ancient times, ‘You shall not murder’; and ‘whoever murders shall be liable to judgement.’ But I say to you that if you are angry with a friend, you will be liable to judgement; and if you insult a friend, you will be liable to the council; and if you say, ‘You fool’, you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your friend has something against you, leave your gift there before the altar and go; first be reconciled to your friend, and then come and offer your gift.”

This is the Gospel of our Saviour.

Praise to you, O Christ.

Matthew 5:20-24

We sit at the start of the sermon

Sermon in the series “Like a tree planted by water”

“For we are members of one another” | Justice

The Canon for Congregational Life

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, and a Collection is taken during the hymn

Sacrament

Hymn



Thou hidden source of calm repose,
thou all-sufficient love divine,
my help and refuge from my foes,
secure I am if thou art mine;
and lo! from sin and grief and shame
I hide me, Jesus, in thy name.

Thy mighty name salvation is,
and keeps my happy soul above,
comfort it brings, and power and peace,
and joy and everlasting love;
to me with thy dear name are given
pardon and holiness and heaven.

Jesus, my all in all thou art,
my rest in toil, my ease in pain,
the medicine of my broken heart,
in war my peace, in loss my gain,
my smile beneath the tyrant's frown,
in shame my glory and my crown.

In want my plentiful supply,
in weakness my almighty power,
in bonds my perfect liberty,
my light in Satan's darkest hour,
in grief my joy unspeakable,
my life in death, my heaven in hell.

Words

Charles Wesley (1707-1788)

Music | "Melita"

John Bacchus Dykes (1823-1876)

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, 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, Len White (1910-1970)

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:

Our 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.

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, Len White (1910-1970)

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

O salutaris hostia
quae caeli pandis ostium,
bella premunt hostilia:
da robur, fer auxilium

Uni trinoque Domino
sit sempiterna gloria,
qui vitam sine termino
nobis donet in patria. Amen.

Translation

*O saving victim who opens the gate of heaven,
hostile wars press on us: give strength, bring aid.
/ To the Lord, three in one, be everlasting glory,
for life without end he gives us in his kingdom.
Amen.*

Words

Thomas Aquinas (1225-1274)

Music

Edward Elgar (1857-1934)

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

Hymn

Tell out, my soul, the greatness of the Lord:
unnumbered blessings, give my spirit voice;
tender to me the promise of his word;
in God my Saviour shall my heart rejoice.

Tell out, my soul, the greatness of his name:
make known his might, the deeds his arm has done;
his mercy sure, from age to age the same;
his holy name, the Lord, the Mighty One.

Tell out, my soul, the greatness of his might:
powers and dominions lay their glory by;
proud hearts and stubborn wills are put to flight,
the hungry fed, the humble lifted high.

**Tell out, my soul, the glories of his word:
firm is his promise, and his mercy sure.
Tell out, my soul, the greatness of the Lord
to children's children and for evermore!**

Words

Timothy Dudley-Smith

Music | "Woodlands"

Walter Greatorex (1877-1949)

We remain standing

Post-Communion Prayer

Let us pray.

Born 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.

May 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.

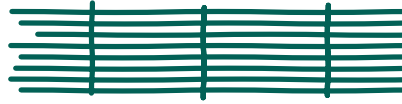
In the Name of Christ. Amen.

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

Organ voluntary

Andante in F, Wolfgang Amadeus Mozart (1759-1791)

Notices



Bring & Share Lunch

A Bring & Share Lunch takes place after the 11am Choral Holy Eucharist. The Bring & Share Lunch is an opportunity for conversation, conviviality, welcome and kindness. All from across the Cathedral community are welcome to attend, and there is no charge.

Strawberry Tea

It was wonderful to see so many families join us for the Jubilee Tea Party, some of whom had never been into the Cathedral before. To follow on from that day we are hosting a Strawberry Tea on 10 August at 2pm. Why not come along and invite any families you know to come along. If you'd like to help on the day please speak to Naomi Wood.

Sermon series

“Like a tree planted by water”

Jeremiah 17:8

This Sunday we hear the fifth in our sermon series at our Sunday morning services, during which we are reflecting 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.

Eglwys y Groes, Maesgeirchen

We are looking forward to the commencement later in the summer of a new weekday Eucharist at Eglwys





Members of the Chapter at their meeting this week gathered behind a prototype of the Altar-Table

y Groes, to take place at 2pm on Thursdays. In the meantime, the busy weekday use of Eglwys y Groes by a large number of community groups continues. Please keep this valuable contribution to the witness of the Church in our city in your prayers.

Works to the Cathedral fabric

Works to the Cathedral's pipe organ blower are continuing to take place and going well. We are grateful to our musicians for compensating for the reduced musical forces at our disposal due to parts of the organ being decommissioned for the duration of the works, which are expected to be completed during August.

The current issue of **Buchedd Bangor** outlines the work that will take place during August and September to

install a new audio-visual system in the Cathedral. Over the summer months and into the autumn, we also expect repair and restoration work to be undertaken to the external masonry of the Skeffington Tower (at the west end of the Cathedral) and the Scott Tower (at the central point of the Cathedral), to the clock faces, and to the Cathedral's main doors.

For the Cathedral Chapter meeting this past week, the furniture designer Luke Hughes prepared prototypes of new furniture for the Nave of the Cathedral. The Chapter's intention is to commend a new set of furniture for the Nave (including pew benches, altar-table and choir stalls) that are specifically designed to coordinate with the Scott decorative scheme for the Nave roof and the Quire and Presbytery, while also being flexible

and moveable to accommodate with flexibility the greater day-to-day use that is currently being made of the Cathedral building. Full details of the scheme will be outlined in the September issue of **Buchedd Bangor**, and some of the Luke Hughes prototypes can be seen in the Lady Chapel, with all comments and feedback welcome.

Please speak to the Sub-Dean or to our Conservation & Development Project Manager, Simon Ogdon, if you would like to know more about any aspect of these maintenance, conservation and development works.

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 | Coffee-break Recital

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

*Nid oes gwasanaeth am 12.30pm
There is no service at 12.30pm*

7 Awst | Dydd Gŵyl Gweddnewidiad Crist 7 August | The Festival of the Transfiguration of Christ

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Offeren Glyn Rhosyn, Wynn Jones;
Prière du Matin, Jongen

11.00am Choral Holy Eucharist

Communion Service in C, Robinson; O
nata lux, Tallis; Angelus, Jonge

3.30pm Gosber ar Gân | Choral
Evensong

Fauxbourdon Service, Moore; Christ
whose glory fills the skies, Shephard;
Prière du Soir, Jongen

Our prayers

Our community The Ceredigion
National Eisteddfod 2022

Our diocese The Ministry Area
of Bro Eifionydd (the churches
of Porthmadog, Cricieth and the
environs)

To be Baptised this Sunday Kelly

To be Married this week Sophie &
Andrew

The sick Harold Mountney; Joy
Levine, priest; Glenys Dore; Mark
Roberts; Troy Eagleston; Caitriona
Carroll; Maureen Houliker; Sasha
Cook; Judith Helen; David Beale

The recently departed Edwin
Brookes, priest

Year's mind Neil Goddard (1); Arthur
Jones (6)

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

Material in this order of service is reproduced under the CLL 280874. **An Order for the Holy Eucharist 2004**, material from which is included in this service is copyright © Church in Wales Publications 2004. The lessons and Welsh-language psalmody are based on **The New Revised Standard Version of the Bible** and **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**. The Welsh-language psalmody refrain is from Nicander, **Y Psallwyr** (1850); the English-language psalmody is that of **The Saint Helena Breviary** (2019).

The cover image is a detail of a drawing made at the Dinorwig slate quarry by Mary Elizabeth Thompson (1896-1981), from the collections of the National Museum of Wales.

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.

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



Cadeirlan ac Eglwys Archesgobol

Deiniol Sant ym Mangor

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Esgob ac Archesgob Cymru

Y Parchedigaf Andrew T. G. John

Bishop & Archbishop of Wales

The Most Revd Andrew T. G. John

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Canon dros Fywyd Cynulleidfaol

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Canon Emeritws | Canon Emeritus

Canon Angela Williams

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