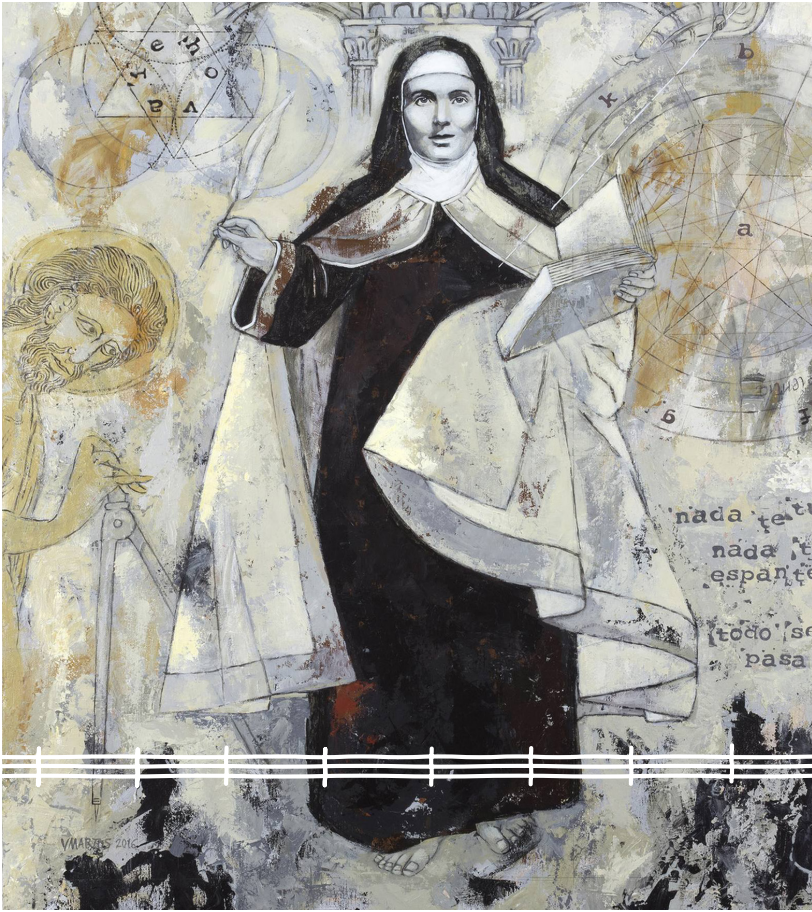


**“See, I have longed for your precepts”**

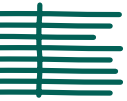
Teresa of Ávila



Choral Holy Eucharist

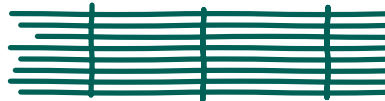
**The Eighteenth Sunday after Trinity**

16 October 2022 at 11am

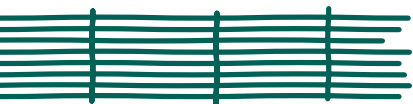


Cadeirlan  
Deiniol Sant  
*ym Mangor*

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.

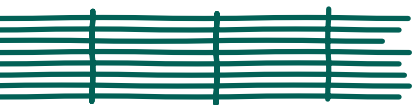
### Buchedd Bangor



### O'r Ddarllenfa From the Lectern



# Order of service



After the notices, we stand as the bell is rung



## Gathering

Hymn



**C**hrist triumphant, ever reigning,  
Saviour, Master, King!  
Lord of heaven, our lives sustaining,

hear us as we sing:

Yours the glory and the crown,  
the high renown, the eternal name.

Word incarnate, truth revealing,  
Son of Man on earth!

power and majesty concealing  
by your humble birth:

Yours the glory and the crown,  
the high renown, the eternal name.



**Suffering servant, scorned, ill-treated,  
victim crucified!  
death is through the cross defeated,  
sinners justified:  
Yours the glory and the crown,  
the high renown, the eternal name.**

**Priestly king, enthroned for ever  
high in heaven above!  
sin and death and hell shall never  
stifle hymns of love:  
Yours the glory and the crown,  
the high renown, the eternal name.**

**So, our hearts and voices raising  
through the ages long,  
ceaselessly upon you gazing,  
this shall be our song:  
Yours the glory and the crown,  
the high renown, the eternal name.**

**Words**

Michael Saward (1932-2015)

**Music | "Guiting Power"**

John Barnard

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.**

"Behold, I long for your commandments; in your righteousness  
preserve my life."

## Confession

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

we who are called to tread in holy footsteps,

we who are lax in the way,

we who have need of the example of the saints,  
and their prayers for us at journey's end.

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

Lord have mercy upon us. Christ have mercy upon us. Lord have mercy upon us.

### Music

**Communion Service "Collegium Regale",**  
Herbert Howells (1892-1983)

We remain standing

## Collect

Let us pray.

**G**od, who declares your almighty power most chiefly in showing mercy and pity: mercifully grant us such a measure of your grace, that we, running the way of your commandments, may obtain your promises, and be made partakers of your heavenly treasure; through Jesus Christ our Saviour.

**Amen.**

We sit



## Word

### Psalmody

Teach me, O God, the way of your statutes, and I shall keep it to the end.

Give me understanding, and I shall keep your law; I shall keep it with all my heart.

Make me go in the path of your commandments, for that is my desire.

Incline my heart to your decrees and not to unjust gain.

Turn my eyes from watching what is worthless; give me life in your ways.

Fulfil your promise to your servant, which you make to those who fear you.

Turn away the reproach which I dread, because your judgments are good.

Behold, I long for your commandments; in your righteousness preserve my life

**Psalm 119:33-40**

**Music**

Joseph Barnby (1838-1896)

## Reading

A reading from the First Letter of Saint John.

**D**eary beloved: God abides in those who confess that Jesus is the Son of God, and they abide in God. So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgement, because as God is, so are we in this world. There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because God first loved us. Those who say, "I love God", and hate their freinds and neighbours, are liars; for those who do not love a freind or neighbour whom they have seen, cannot love God whom they have not seen. The commandment we have from God is this: those who love God must love their freinds and neighbours also.

Hear the word of life to the world.

**Thanks be to God.**

1 John 4:15-21

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

## Gospel



☩ Alleluia. Alleluia. Alleluia. **R: Alleluia. Alleluia. Alleluia.**

☩ Love the Holy One your God with all your heart, and with all your soul, and with all your mind, and with all your strength.

**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 Mark.

**Glory to you, O Christ.**



**A**t that time: One of the scribes asked Jesus, “Which commandment is the first of all?” Jesus answered, “The first is, ‘Hear, O Israel: the Holy One our God is one; you shall love the Holy One your God with all your heart, and with all your soul, and with all your mind, and with all your strength.’ The second is this, ‘You shall love your neighbour as yourself.’ There is no other commandment greater than these.” Then the scribe said to him, “You are right, Teacher; you have truly said that ‘the Holy One is one, and besides God there is no other’; and ‘to love God with all the heart, and with all the understanding, and with all the strength’, and ‘to love one’s neighbour as oneself’, – this is much more important than all whole burnt-offerings and sacrifices.” When Jesus saw that he answered wisely, he said to him, “You are not far from the kingdom of God.” After that no one dared to ask him any question.

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

**Mark 12:28-34**

We sit at the start of the sermon

**Sermon in the series “Blessed are the pure in heart”**  
“See, I have longed for your precepts” | Teresa of Ávila

**The Very Revd Prof Gordon McPhate**

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



**G**od has spoken – by his prophets,  
spoken his unchanging word;  
each from age to age proclaiming  
God the one, the righteous Lord;  
in the world's despair and turmoil  
one firm anchor holds us fast:  
God eternal reigns for ever,  
God the first and God the last.

God has spoken – by Christ Jesus,  
Christ, the everlasting Son;  
brightness of the Father's glory,  
with the Father ever one:  
spoken by the Word incarnate,  
Life, before all time began,  
Light of Light, to earth descending,  
God, revealed as Son of Man.

God is speaking – by his Spirit  
speaking to our hearts again;  
in the ageless Word declaring  
God's own message, now as then.  
Through the rise and fall of nations  
one sure faith is holding fast:  
God abides, his word unchanging,  
God the first and God the last.

**Words**

George Wallace Briggs (1875-1959)

**Music | "Ebenezer"**

Thomas John Williams (1869-1944)

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 who comes in the name of the Lord. Hosanna in the highest.

### Music

**Communion Service “Collegium Regale”,**

Herbert Howells (1892-1983)

### We remain standing

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

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

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

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

Let us proclaim the mystery of faith.

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

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

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

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

✠ **Amen.**

*We remain standing*

## Lord's Prayer

As our Saviour taught us, we boldly pray:

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

## Peace

You, O God, knit together your elect  
in one communion and fellowship  
in the mystical Body of your Son;  
his broken, glorious 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

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 “Collegium Regale”,  
Herbert Howells (1892-1983)

## 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

Set me as a seal upon thine heart, as a seal upon thine arm:  
for love is strong as death; many waters cannot quench love,  
neither can the floods drown it.

### Words

Song of Solomon 8:6-7

### Music

William Walton (1902-1983)

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

## Hymn



**S**tand up, and bless the Lord,  
ye people of his choice;  
stand up, and bless the Lord your God  
with heart and soul and voice.

Though high above all praise,  
above all blessing high,  
who would not fear his holy name,  
and laud and magnify?

O for the living flame  
from his own altar brought,  
to touch our lips, our mind inspire,  
and wing to heaven our thought.

God is our strength and song,  
and his salvation ours;  
then be his love in Christ proclaimed  
with all our ransomed powers.

Stand up, and bless the Lord,  
the Lord your God adore;  
stand up, and bless his glorious name  
henceforth for evermore.

### Words

James Montgomery (1771-1854)

### Music | "Carlisle"

Charles Lockhart (1745-1815)

We remain standing

## Post-Communion Prayer

Let us pray.

**W**hat has passed our lips as food, O God, may we possess in purity of heart; that what has been given to us in time, may be our healing for eternity; through Jesus Christ our Saviour.

**Amen.**



## Departing

Grace and peace be with you.

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

**M**ay God, the source of all goodness, be our pilgrim path and guide, that we may care for God's good creation and bring forth in our lives the fruits of righteousness; 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.

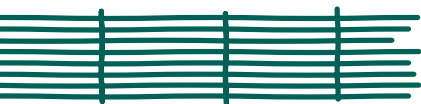
**In the Name of Christ. Amen.**

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

**Organ voluntary**

**Rhapsody no. 1 in D flat**, Herbert Howells (1892-1983)

# Notices



## Oktoberfest

We owe a debt of gratitude to everyone who contributed to the Cathedral's first Oktoberfest this past week. Much tireless work took place in the background to enable us to welcome many over the threshold, to hold a safe event, and to raise money to support the Cathedral's mission.

## Fashion Show

Our thanks also to all who arranged and took part in our Fashion Show, in collaboration with "Shine with Ali", at Eglwys y Groes on Saturday, raising funds to support the Cathedral Foodbank.

## Lectures

It was wonderful to welcome Fr Jarel Robinson-Brown on Thursday 13 October to deliver the inaugural Dr Margaret Thrall Memorial Lecture in Theology & Praxis. A recording of the lecture can be found on our Facebook and YouTube pages. We look forward now to the fourth and final lecture in this year's series. On Thursday 27 October, Canon Janet Gough delivers the inaugural Rt Revd Anthony Crockett Memorial Lecture in Ecclesiology & Church History. Canon Janet Gough is a leading expert in church architecture and a champion of historic churches. She served as the national Director of Cathedrals & Church Buildings for the Church of England, and was awarded

an OBE for services to heritage in 2017. Her subject is "What have the Victorians ever done for us?" The lecture begins at 6.30pm, after Evensong at 5.30pm, and is followed by a drinks reception.

## All Souls Day

The Commemoration of All Souls, on 2 November, is an annual opportunity to hold before God in prayer the faithful departed. We will be commemorating All Souls with a Choral Requiem Eucharist at 6pm on Wednesday 2 November. Our Cathedral Choir will be accompanied by an orchestra as they sing John Rutter's setting of the Requiem. In prayer, worship and music on this night, our grief will meet the hope we find in the beauty, truth and love of God in Christ. The Eucharist will be offered for all the faithful departed; but individuals will be remembered by name during the intercessions. Please add names to the list at the back of the Nave.

## Coffee-break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

**20 October | Fiona Coutts-Moore | Contralto**

Fiona Coutts-Moore, a former chorister of the Cathedral Choir, returns to bring us a selection of music for contralto voice.

# This week

## Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

## 18 Hydref | Dygwyl Luc 18 October | Saint Luke's Day

9.00am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

## Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

10.00pm Gwynnos | Vigil

## Dydd Iau | Thursday

12.30pm Cymun | Eucharist

2.00pm | Eglwys y Groes Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

## Dydd Gwener | Friday

12.30pm Cymun | Eucharist

## Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

## 23 Hydref | Y Sul Olaf wedi'r Drindod

## 23 October | The Last Sunday after Trinity

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Offeren Fer yn y Modd Phrygiaidd, Wood; Greawdwr nef a daear lawr, Williams; Offrymddarn XI, Russell

11.00am Choral Holy Eucharist

Mass for Four Voices, Byrd; Sacerdotes Domini, Byrd; Fantasia in C major, BWV 570, Bach

3.30pm Gosber ar Gân | Choral Evensong

Gwasanaeth Hwyl yn G leiaf | Evening Service in G minor, Purcell; Thy word is a lantern, Purcell; Tocata yn F fwyaf, BWV 540 | Tocata in F major BWV 540, Bach

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# Our prayers

**Our community** Bangor City Council

**Our diocese** The Ministry Area of Bro Ardudwy

**The sick** Glenys Dore; Lilian Birch; Patricia Evans; Joy Levine, priest; Patricia Yates

**The recently departed** Pam Odam, deacon; Alex; Alison Flemming; Tracey Owen

**Year's mind** Lisa Murray (19)

## 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.

Many of our services are streamed on Facebook, 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 painting of Teresa of Ávila by Victoria Martos.

## Cadeirlan ac Eglwys Archesgobol

### Deiniol Sant ym Mangor

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

Esgob ac Archesgob Cymru

**Y Parchediacaf Andrew T. G. John**

Bishop & Archbishop of Wales

**The Most Revd Andrew T. G. John**

Is-Ddeon | Sub-Dean

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Canon dros Fywyd Cynulleidfaol

Canon for Congregational Life

**Canon Tracy Jones**

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**Joe Cooper**

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Organydd | Organist

**Martin Brown**

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Gweinidog Teulu | Family Minister

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Clerc y Cabidwl | Chapter Clerk

**Robert Jones**

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**Canon David Thomas Morris**

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Canon Emeritus | 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

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## Support

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

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