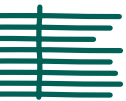


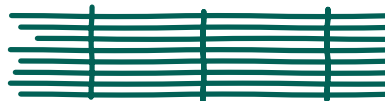


Choral Holy Eucharist  
**The Second Sunday before Lent**  
**Sexagesima**  
12 February 2023 at 11am

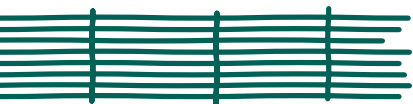


Cadeirlan  
Deiniol Sant  
*ym Mangor*

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.

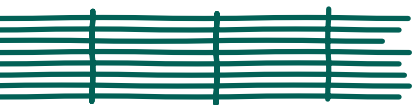
### Buchedd Bangor



### O'r Ddarllenfa From the Lectern



# Order of service



After the notices, we stand as the bell is rung



## Gathering

Hymn



**P**raise to the Holiest in the height,  
and in the depth be praise,  
in all his words most wonderful,  
most sure in all his ways.

**O** loving wisdom of our God!  
When all was sin and shame,  
a second Adam to the fight  
and to the rescue came.

**O** wisest love! that flesh and blood,  
which did in Adam fail,  
should strive afresh against the foe,  
should strive and should prevail.



**And that a higher gift than grace  
should flesh and blood refine,  
God's presence and his very self,  
and essence all-divine.**

**And in the garden secretly,  
and on the cross on high,  
should teach his brethren, and inspire  
to suffer and to die.**

**Praise to the Holiest in the height,  
and in the depth be praise,  
in all his words most wonderful,  
most sure in all his ways.**

**Words**

John Henry Newman (1801-1890)

**Music | "Gerontius"**

John Bacchus Dykes (1823-1876)

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.**

"When God restores the fortunes of the people, Jacob will  
rejoice and Israel be glad."

## Confession

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

we who fail to see the outpouring of God's heart  
in creation, community and neighbour;  
we who fail to follow Christ in our hearts  
by prayer, devotion and charity;  
we, though far off, whose hearts are brought near  
by word, sacrament and grace.

Let us pray together.

**Heavenly Father,  
we have sinned in thought, word and deed,  
and have failed to do what we ought to have done.  
We are sorry and truly repent.  
For the sake of your Son Jesus Christ who died for us,  
forgive us all that is past  
and lead us in his way  
to walk as children of light.  
Amen.**

Almighty God have mercy on you,  
✠ forgive you and set you free from sin,  
and keep you in eternal life.  
**Amen.**

## Kyrie eleison

Kyrie eleison. Christe eleison. Kyrie eleison.

### Translation

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

### Music

**Communion Service in C & F**, Jeremy Dibble,  
after Charles Villiers Stanford (1852-1924)

We stand

## Collect

Let us pray.

**K**eepest, we beseech you, O God, your Church with your perpetual mercy; and, because our frailty without you cannot but fall, keep us ever by your help from all things hurtful, and lead us to all things profitable to our salvation; through him who is Christ our Saviour.  
**Amen.**

We sit

# Word

## Reading

A reading from the Book of Genesis.

**I**n those days: The man and the woman heard the sound of the Living God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the Living God among the trees of the garden. But the Living God called to the man, and said to him, "Where are you?" He said, "I heard the sound of you in the garden, and I was afraid, because I was naked; and I hid myself." The Living God said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?" The man said, "The woman whom you gave to be with me, she gave me fruit from the tree, and I ate." Then the Living God said to the woman, "What is this that you have done?" The woman said, "The serpent tricked me, and I ate." The Living God said to the serpent, "Because you have done this, cursed are you among all animals and among all wild creatures; upon your belly you shall go, and dust you shall eat all the days of your life. I will put enmity between you and the woman, and between your offspring and hers; they will strike your head, and you will strike their heel."

Hear the word of life to the world.

**Thanks be to God.**

**Genesis 2:4-8**

## Psalmody

The foolish have said in their hearts, "There is no God." All are corrupt and commit abominable acts; there is none who does any good.

The Holy One looks down from heaven upon us all, to see if there is any who is wise, if there is one who seeks after God.

Every one has proved faithless; all alike have turned bad; there is none who does good; no, not one.

Have they no knowledge, all those evildoers who eat up my people like bread and do not call upon God?

See how they tremble with fear, because God is in the company of the righteous.

Their aim is to confound the plans of the afflicted, but God is their refuge.

O, that Israel's deliverance would come out of Zion! When God restores the fortunes of the people, Jacob will rejoice and Israel be glad.

### **Psalm 14**

#### **Music**

Charles MacPherson (1870-1927)

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



## Poem

### This is praise

Euros Bowen; translated by the author

Euros Bowen (1904-1988) began to write poetry in earnest when he found himself snowbound in Llangywair Rectory in the winter of 1947. He served as Rector of Llangywair and Llanuwchllyn, near Bala, for almost the entirety of his ministry as a Church in Wales priest. As well as his poetry, his literary output included translations into Welsh of the Latin and Greek classics and works by the French Symbolists.

In my day I have often heard morning and evening  
the thrush's call  
on the tree's high branch,  
the brook trembling in the solitude  
of moor-bank and marsh,  
an infant's ready laughter  
at his foot's first venture on the ground,  
and the children's noisy fun  
on the village meadow:  
And when the swallow,  
its diligent nesting done,  
has left for the south,  
I have seen summer decay  
as an acorn rolls golden  
into the shadow of the country's oak,  
like the smile of the departed  
before burial in the earth. –  
Life does not die. This is praise.

Cynthia a Saunders Davies (ed.), **Euros Bowen: Priest-Poet**  
(Church in Wales Publications, 1993)  
Copyright Church in Wales Publications

## Gospel



∩ Alleluia. Alleluia. Alleluia. R Alleluia. Alleluia. Alleluia.

∩ When God restores the fortunes of the people, Jacob will rejoice and Israel be glad. R Alleluia. Alleluia. Alleluia.

∩ Jesus called out to the people: "Let anyone with ears to hear listen!" 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 Luke.

**Glory to you, O Christ.**

**A**t that time: When a great crowd gathered and people from town after town came to Jesus, he said in a parable: "A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up. Some fell on the rock; and as it grew up, it withered for lack of moisture. Some fell among thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew, it produced a hundredfold." As he said this, he called out, "Let anyone with ears to hear listen!" Then his disciples asked him what this parable meant. He said, "To you it has been given to know the secrets of the kingdom of God; but to others I speak in parables, so that 'looking they may not perceive, and listening they may not understand.' Now the parable is this: The seed is the word of God. The ones on the path are those who have heard; then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. The ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe only for a while and in a time of testing fall away. As for what fell among the thorns, these are the ones who hear; but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. But as for that in the good soil, these are the ones who, when they hear the word, hold it fast in an honest and good heart, and bear fruit with patient endurance."

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

We sit at the start of the sermon

## Sermon in the series “The new and changeless God”

“I am increasingly convinced that the best way to do theology is poetry,” wrote the theologian and historian, Diana Butler Bass, recently. She points us both towards the challenge of speaking about the unseen God in ways that honour God’s mystery, and towards the truth that it is in the poetic that poets, hymn writers, preachers and the whole people of God have often come closest to capturing in words the beauty, truth and love that the soul encounters in God. As we walk towards Holy Week and the deep joy of Easter’s celebration of new life, our Sunday Bible readings are accompanied by a poem, and our sermons will draw us into the mystery of the poetry, to better help us encounter the mystery of God. For, as the priest and writer, Mark Oakley, has said, “God is in this world as poetry is in the poem.”

### The Canon for Congregation 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

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 to sing the hymn, during which a Collection is taken

We are Censed during the hymn as a sign of purification and sanctification, and return the Thurifer's reverence

# Sacrament

## Hymn



**L**et all mortal flesh keep silence  
and with fear and trembling stand;  
ponder nothing earthly-minded,  
for with blessing in his hand  
Christ our God to earth descendeth,  
our full homage to demand.

King of kings, yet born of Mary,  
as of old on earth he stood,  
Lord of lords, in human vesture,  
in the body and the blood:  
he will give to all the faithful  
his own self for heavenly food.

Rank on rank the host of heaven  
spreads its vanguard on the way,  
as the Light of light descendeth  
from the realms of endless day,  
that the powers of hell may vanish  
as the darkness clears away.

**At his feet the six-winged seraph;  
cherubim with sleepless eye,  
veil their faces to the Presence,  
as with ceaseless voice they cry,  
Alleluia, Alleluia,  
Alleluia, Lord most high!**

**Words**

Liturgy of St James

**Paraphrase**

Gerard Moultrie (1825-1889)

**Music | "Picardy"**

Medieval French folk tune

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 ever-living 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.

**Music**

**Communion Service in C & F**, Charles Villers Stanford (1852-1924)

**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

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

The Peace of the Living God be always with you.

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

We share a sign of Peace.

We share a sign of Peace; then we sit or kneel

## Breaking

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 C & F**, Charles Villers Stanford (1852-1924)

## 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

Adam lay ybounden,  
bounden in a bond:  
four thousand winter  
thought he not too long.

And all was for an apple,  
an apple that he took,  
as clerkès finden  
written in their book.

Ne had the apple taken been,  
the apple taken been,  
ne had never our lady  
a been heavenè queen.

Blessèd be the time  
that apple taken was,  
therefore we moun singen,  
Deo gracias!

**Words**

from 15th century Norfolk

**Music**

Boris Ord (1897-1961)

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



**O** Christ, our hope, our hearts' desire,  
redemption's only spring;  
Creator of the world art thou,  
its Saviour and its King.

How vast the mercy and the love  
which laid our sins on thee,  
and led thee to a cruel death  
to set thy people free.

But now the bonds of death are burst,  
the ransom has been paid;  
and thou art on thy Father's throne  
in glorious robes arrayed.

O may thy mighty love prevail  
our sinful souls to spare;  
O may we come before thy throne,  
and find acceptance there!

O Christ, be thou our present joy,  
our future great reward;  
our only glory may it be  
to glory in the Lord.

**Words**

Eighth century Latin

**Translation**

John Chandler (1806-1876)

**Music | "St Anne"**

William Croft (1678-1727)

We remain standing

## Departing

Grace and peace be with you.

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

**I**n all times of sorrow, in all times of joy, and at the day of judgement may God deliver you; 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**

**Nachspiel**, Anton Bruckner (1824-1896)

# Our sermon series poems

**As we walk towards Holy Week and the deep joy of Easter's celebration of new life, our Sunday Bible readings are accompanied by a poem.**

Why not take this order of service home with you, and revisit the poem during the week. Read it quietly, or out loud, perhaps more than once

# Questions after reading a poem

**1** What struck you first when you read the poem? What jumped out at you?

**2** What do you see, taste, hear, smell and touch?

**3** Which parts of the poem interest or puzzle you?

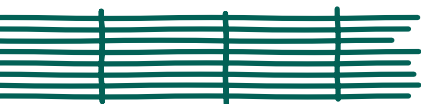
**4** What emotions do you detect in the poem?

**5** How does the poem make you feel? What in the poem brought you comfort? What in the poem challenged you?

**6** Did the poem connect you to something that matters? What is the message of the poem for you?



# Notices



## **Buchedd Bangor**

The new edition of **Buchedd Bangor** offers a mixture of devotional material and practical knowledge about our life together.

## **Ash Wednesday**

Ash Wednesday, 22 February, marks the beginning of Lent. Two Choral Holy Eucharists, at which the Canon for Congregational Life will preach, will be offered at the Cathedral at 12.30pm and 6.00pm. Ashes will be imposed at the two services. Ash Wednesday is a significant and holy day. Please make every effort to be present at one of the two services.

## **Saint David's Day Carol Service**

We will be marking the festival of our national patron saint with a Carol Service at the Cathedral at 6pm. Our candlelit services during Advent and Christmastide proved hugely popular and very moving occasions. Please make every effort to mark this important day in worship at the Cathedral.

## **Sacristy Silver Guild**

A small group, convened by one of our Choral Scholars, Aine Guy, is to meet before Lent and again before Easter to polish the Cathedral's silver and brass vessels and candlesticks. The first meeting takes place in the Cathedral at 11am on Friday 17 February, finishing in time for the 12.30pm daily Eucharist. Polish,

cloths, gloves, tea and coffee will be provided! There's a warm welcome for anyone to join in, and Aine is happy to provide further details on [aine.guy@btinternet.com](mailto:aine.guy@btinternet.com).

## **Parking permits**

2023 parking permits are now required for use of the Cathedral car park on days other than Sunday. They are available at the end of today's services. A generous donation towards the Cathedral's funds is appreciated.

## **Coffee-Break Recitals**

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

### **16 February | Joe Cooper | Bass**

Director of Music Joe Cooper shows off his voice with a recital of bass songs including the Last Songs by Ralph Vaughan Williams and arias from the Bach Passions.

### **23 February | Sam & Christina Hutchinson-Rogers | Clarinet & Flute**

Choristers Sam and Christina present a half-term recital displaying their skills on their other instruments, including a performance of Mozart's Clarinet Concerto.



# This week

## Heddiw | Today

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

Ymatebion | Responses, Rose; Gwasanaeth Hwyl yn A | Evening Service in A, Stanford; The Heavens are Telling, Haydn; Ffiwg o | Fugue from Sonata III, Rheinberger

## Dydd Llun | Monday

**12.30pm** Cymun | Eucharist

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

## Dydd Mawrth | Tuesday

**9.00am** Camau Bach

**12.30pm** Cymun | Eucharist

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

## Dydd Mercher | Wednesday

**12.30pm** Cymun | Eucharist

**8.00pm** Gwylnos | Vigil

## Dydd Iau | Thursday

**11.15am** Datganiad | Recital

**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

## 12 Chwefror | Y Sul cyn y Garawys | 12 February | The Sunday next before Lent

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaid ar Gân

Cymun yn C | Communion Service in C, Mathias; Yr Alwad, Vaughan Williams; Postliwd, Mathias

**11.00am** Choral Holy Eucharist

Coronation Mass, Mozart; A new-created World, Haydn; Cantique, Elgar

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

Ymatebion | Responses, Smith; Gwasanaeth Hwyl yn A fflat | Evening Service in A flat, Harwood; Postliwd yn D fwyaf | Postlude in D major, Bach

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# Our prayers

**Our community** The Syrian and Turkish communities in Bangor

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

**The sick** Joy Levine, priest; John Watkin Jones; Caitriona Carroll; Jennifer Colman; Clare Jones; Robbie Ross; Carole Watson; Fiona Cain; Siân Furlong-Davies

**The recently departed** Beatriz de Jesus; Colin Bowes; Allan Bowes; Agnes Camm; Susan Greenwood

**Year's mind** Beryl Williams (13); Claire Jamset (13)

## 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.

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### Deiniol Sant ym Mangor

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

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