

Choral Holy Eucharist  
**The Second Sunday of Lent**  
5 March 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.

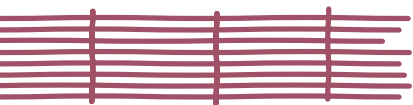
## Buchedd Bangor



## O'r Ddarllenfa From the Lectern



# Order of service



After the notices, we stand as the bell is rung



## Gathering

Hymn



**L**o, among the dark trees standing,  
he who merits well my love,  
though his worth I guess but dimly,  
high all earthly things above.  
One glad morning, one glad morning  
I shall see him as he is, I shall see him as he is.

As a rose his beauty strikes me,  
Son of Man the world adorns;  
store untold of earthly treasure  
will his passion put to scorn.



**He will bear me, he will bear me  
in his arms across the deep,  
in his arms across the deep.**

**What concern of mine henceforward  
ailing idols of this earth?  
One and all I know their comforts,  
matched with Christ, are nothing worth.  
Be my dwelling, be my dwelling  
in his Presence all my days,  
in his Presence all my days.**

**Words**

Ann Griffiths (1776-1805)

**Translation**

Herbert Arthur Hodges (1905-1976); Rowan Williams;

Siôn B. E. Rhys Evans

**Music | “Cwm Rhondda”**

John Hughes (1873-1932)

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.**

“God is my light and my salvation; whom then shall I fear?”

## Confession

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

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

**Holy God, deliver us.**

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

**Holy God, deliver us.**

In our refusal to recognize our worth,  
in the piercing of our hearts with the lance of your love.

**Holy God, deliver us.**

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

**Holy God, deliver us.**

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

**Holy God, deliver us.**

By your way of wisdom,  
by a true repentance,  
by the Body of Christ.

**Holy God, deliver us.**

Let us pray together.

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

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

**Amen.**

We remain standing

## Kyrie eleison

Kyrie eleison. Christe eleison. Kyrie eleison.

### Translation

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

### Music

**Mass of the Quiet Hour**, George Oldroyd (1886-1951)

We remain standing

## Collect

Let us pray.

**H**eavenly Father, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through him who is Jesus Christ our Saviour.

**Amen.**

We sit



# Word

## Reading

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

**D**eary beloved: I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Saviour! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin. There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

Hear the word of life to the world.

**Thanks be to God.**

**Romans 7:21 – 8:4**



## Psalmody

God is my light and my salvation; whom then shall I fear? God is the strength of my life; of whom then shall I be afraid?

When evildoers came upon me to eat up my flesh, it was they, my foes and my adversaries, who stumbled and fell.

Though an army should encamp against me, yet my heart shall not be afraid;

And though war should rise up against me, yet will I put my trust in God.

One thing have I asked of you, O God; one thing I seek: that I may dwell in your house all the days of my life,

To behold your fair beauty, O God, and to seek you in your temple.

**Psalm 27:1-6**

**Music**

Tone V, third ending



## I saw him standing

Rowan Williams; from the Welsh of Ann Griffiths

Ann Griffiths (1776-1805) was born, and lived almost all her life, at the family farm of Dolwar Fach in Montgomeryshire. She joined the Methodist society at Pont Robert in 1797, and her vibrant faith found its expression in hymns that are characterized by a wealth of scriptural allusion, by bold, extravagant imagery, and by sustained emotional density.

Rowan Williams was elected Archbishop of Wales in 1999 and Archbishop of Canterbury in 2002. Of his translation of Ann Griffiths's hymn, Rowan Williams writes that he adopted "a style of translation designed not to be at all a literal rendering, but an attempt to recreate the progressions of imagery with something of the energy they have in the original."

Under the dark trees, there he stands,  
there he stands; shall he not draw my eyes?  
I thought I knew a little  
how he compels, beyond all things, but now  
he stands there in the shadows. It will be  
Oh, such a daybreak, such bright morning,  
when I shall wake to see him  
as he is.

He is called Rose of Sharon, for his skin  
is clear, his skin is flushed with blood,  
his body lovely and exact; how he compels  
beyond ten thousand rivals. There he stands,  
my friend, the friend of guilt and helplessness,  
to steer my hollow body  
over the sea.

The earth is full of masks and fetishes,  
what is there here for me? are these like him?  
Keep company with him and you will know:  
no kin, no likeness to those empty eyes.  
He is a stranger to them all, great Jesus.  
What is there here for me? I know  
what I have longed for. Him to hold  
me always.

Rowan Williams, **The Poems of Rowan Williams**  
(Carcenet Press, 2014)

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



V Praise to you, O Christ, King of eternal glory. R **Praise to you, O Christ, King of eternal glory.** V Thanks be to God through Jesus Christ our Saviour! R **Praise to you, O Christ, King of eternal glory.** V The one who had been mute spoke, and the crowds were amazed. R **Praise to you, O Christ, King of eternal glory.**

Grace and peace be with you.

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

Listen to the Holy Gospel according to ✠ Saint Luke.

**Glory to you, O Christ.**

At that time: Jesus was casting out a demon that was mute; when the demon had gone out, the one who had been mute spoke, and the crowds were amazed. But some of them said, "He casts out demons by Beelzebul, the ruler of the demons." Others, to test him, kept demanding from him a sign from heaven. But he knew what they were thinking and said to them, "Every kingdom divided against itself becomes a desert, and house falls on house. If Satan also is divided against himself, how will his kingdom stand? – for you say that I cast out the demons by Beelzebul. Now if I cast out the demons by Beelzebul, by whom do your exorcists cast them out? Therefore they will be your judges. But if it is by the finger of God that I cast out the demons, then the kingdom of God has come to you. When a strong man, fully armed, guards his castle, his property is safe. But when one stronger than he attacks him and overpowers him, he takes away his armour in which he trusted and divides his plunder. Whoever is not with me is against me, and whoever does not gather with me scatters. When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting-place, but not finding any, it says, 'I will return to my house from which I came.' When it comes, it finds it swept and put in order. Then it goes and brings seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first."

This is the Gospel of our Saviour.

## **Praise to you, O Christ.**

Luke 11:14-26

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 Emeritus**

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.**

# Admissions and Presentations

## Admission of Choristers

The probationer to be admitted is presented by the Director of Music

People of Saint Deiniol's Cathedral, I present to you Abhay, who has completed their period of probation and is now ready to be admitted as a Chorister of our Cathedral Choir.

Abhay, do you wish to become a Chorister of this Cathedral Choir?

*I do.*

Will you nurture your gifts and offer them to God's glory?

*I will.*

Serving this holy place, will you be reverent, faithful and prayerful?

*I will.*

Let us pray.

Almighty God, author of all wonder and delight, you have called your servants over the centuries to sing your praises in this place; pour out your Holy Spirit upon this your child whom we admit this day; fill their heart with your love and their mouth with your song, that your name might be glorified in this city and throughout all creation; in Christ's Holy Name.

**Amen.**

The one to be admitted receives their Surplice

Abhay, on behalf of the Chapter and People of Saint Deiniol's Cathedral, I admit you as a Chorister of this Cathedral Choir. May God, the maker of heaven and earth, your help from the hills, not let your foot be moved and preserve you in all your ways; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be upon you and remain with you always.

**Amen.**

## Presentation of Medals

Recipients of medals for faithfulness and musical progression are presented by the Director of Music

People of Saint Deiniol's Cathedral, I present to those from our Choir who have received medals this term.

Let us pray.

O God, whom saints and angels delight to worship in heaven, be ever present with your servants who seek through art and music to perfect the praises offered by your people here on earth; and grant to them even now glimpses of your beauty, and make them worthy at length to behold it unveiled for evermore; in Christ's Holy Name.

**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



**W**e pray thee, heavenly Father,  
to hear us in thy love,  
and pour upon thy children  
the unction from above;  
that so in love abiding,  
from all defilement free,  
we may in pureness offer  
our Eucharist to thee.

All that we have we offer,  
for it is all thine own,  
all gifts, by thine appointment,  
in bread and cup are shown;  
one thing alone we bring not,  
the wilfulness of sin,  
and all we bring is nothing  
save that which is within.

Within the pure oblation,  
beneath the outward sign,  
by that his operation,—  
the Holy Ghost divine,—  
lies hid the sacred body,  
lies hid the precious blood,  
once slain, now ever glorious,  
of Christ our Lord and God.

Wherefore, though all unworthy  
to offer sacrifice,  
we pray that this our duty  
be pleasing in thine eyes;  
for praise, and thanks and worship,  
for mercy and for aid,  
the catholic oblation  
of Jesus Christ is made.

**Words**

Vincent Stuckey Stratton Coles (1845-1929)

**Music** | “Meirionnydd”

William Lloyd (1786-1852)

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.

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

And so with the hosts of angels and all the company of heaven we proclaim the glory of your name and join in their unending hymn of praise:

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

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

### Music

**Mass of the Quiet Hour**, George Oldroyd (1886-1951)

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 broken body, earth of our earth and flesh of our flesh, marked by your fierce love, is made whole for us in peace.

The Peace of the Living God be always with you.

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

We share a sign of Peace.

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

## Breaking

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

### Music

**Mass of the Quiet Hour**, George Oldroyd (1886-1951)

## Communion

We make our Communion, following the directions of the Stewards, receiving the Sacramental Host and, if we wish, the Precious Blood

✠ 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.**

## Motet

I know my soul hath power to know all things,  
Yet she is blind and ignorant in all:  
I know I'm one of Nature's little kings,  
Yet to the least and vilest things am thrall.

I know my life's a pain and but a span;  
I know my sense is mock'd in ev'rything;  
And, to conclude, I know myself a Man,  
Which is a proud and yet a wretched thing.

### Words

John Davies (1569-1626)

### Music

Charles Hubert Hastings Parry (1848-1918)

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

## Hymn



**O** for a closer walk with God,  
a calm and heavenly frame;  
a light to shine upon the road  
that leads me to the Lamb!

What peaceful hours I once enjoyed,  
how sweet their memory still!  
But they have left an aching void  
the world can never fill.

**Return, O holy Dove, return,  
sweet messenger of rest:  
I hate the sins that made thee mourn  
and drove thee from my breast.**

**So shall my walk be close with God,  
calm and serene my frame;  
so purer light shall mark the road  
that leads me to the Lamb.**

**Words**

William Cowper (1731-1800)

**Music | “Caithness”**

from the Scottish Psalter (1635)

We remain standing



## *Departing*

Grace and peace be with you.

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

**C**hrist give you grace to grow in holiness, to deny yourselves, take up your cross and follow him; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always.

**Amen.**

Let us go forth in peace.

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

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

**Organ voluntary**

**Mein Jesu, der du mich**, Johannes Brahms (1833-1897)



# *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



## Clas

**Clas** is the name of our Cathedral Zoom forum, meeting on occasional Mondays at 6.30pm.

We welcome Mary Stallard to coming Monday's **Clas**, 6 March, as she prepares to leave us to become the new Bishop of Llandaff. She will be reflecting with us on her time in the diocese, her participation in the Lambeth Conference last summer, her recent Anglican Communion visit to Ghana, and all that lies ahead.

The Zoom meeting ID is **857 3402 4520** and the passcode is **606397**, and the Zoom room will be open from 6.15pm.

## Congregational Meeting

Our Davidstide Congregational Meeting last week discussed the completion of the winter months' conservation and maintenance works at the Cathedral, the forthcoming fire prevention and suppression systems to be installed, and the new Nave furniture that will hopefully be introduced into the Cathedral in time for Holy Week.

## Bring & Share Lunch

Our next Bring & Share Lunch will take place at 12.15pm, following the Choral Holy Eucharist, on Passion Sunday 26 March. Our Bring & Share Lunches are an opportunity for conversation, conviviality, welcome and kindness. All are invited; and if you would like suggestions about food to bring, please speak to Canon Jane Coutts.

A collection will be taken during the Bring & Share Lunch for the DEC's Turkey-Syria Earthquake Appeal, and its work to assist with the emergency shelter and resoration work in those countries after the recent devastation.

## Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

### 9 March | Simon Lawford | Organ

The Organist of the French Church in London takes a break from the metropolis to put the Cathedral organ through its paces.

### 16 March | Simon Ogdon | Counter-tenor

Cathedral Lay Clerk Simon Ogdon presents a recital including some of Handel's secular cantatas for solo voice.

## Johannes-Passion

Palm Sunday

6.00pm

For more information about the *Johannes-Passion* and the rest of our glorious Holy Week programme, see the current **Buchedd Bangor**.



# This week

## Heddiw | Today

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

Ymatebion | Responses, Clucas;  
Gwasanaeth Hwyrrol yn D leiaf |  
Evening Service in D minor, Walmisley;  
God so loved the world, Stainer;  
Attende Domine, Demessieux

## Dydd Llun | Monday

**12.30pm** Cymun | Eucharist

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

## Dydd Mawrth | Tuesday

**9.00pm** 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 Mawth | Trydydd Sul y Grawys | 12 March | The Third Sunday of Lent

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaid ar Gân

Cymun Gwynedd, Cooper; Marwnad y Bardd, Ogdon; Allegro Risoluto, Whitlock

**11.00am** Choral Holy Eucharist

Missa "Je suis déshéritée", Lassus; Super flumina Babylonis, Lassus; Prelude and Fugue in C minor, BWV 549, Bach

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

Ymatebion | Responses, Spicer; Gwasanaeth Hywrol "Collegium Regale" Evening Service, Howells; Like as the Hart, Howells; Sarabande in modo elegiaco, Howells

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## Our prayers

**Our community** The Cathedral Foodbank

**Our diocese** Those exploring a vocation to ordained ministry, and those responsible for the discernment of their call

**The sick** Joy Levine, priest; John Watkin Jones; Giuseppina de Giovanni; Domenico de Rosa; Judith Adams; Ellis Talbot; Sue Kenyon; Gebre

**The recently departed** Brianna Ghey; Pauline Mulhoney; Nicola Bull; Leonie Knapton; Beryl Roberts; Polly Hoskin

**Year's mind** Laurine Evans (6); Erwyd Edwards, priest (11)

## 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.

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## Acknowledgements

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Our cover images during Gesimatide and Lent are photographs taken by the local photographer and friend of the Cathedral, Dave Custance.

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

Esgob ac Archesgob Cymru

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