

Choral Holy Eucharist **The Eighth Sunday after Trinity**30 July 2023 at 11am

Welcome to Saint Deiniol's Cathedral in Bangor.



You stand now where Deiniol stood almost a millennium and a half ago.

Here, in the year 525, he gathered around him a community of faith, hope and love, and raised around it a hazel fence—the original **bangor**—for shelter and sanctuary.

Our prayer is that you, too, will be embraced here by the same faith, hope and love that we proclaim and live by today.

At this Eucharist...

At this Eucharist we will meet Christ in bread and wine, which become for us his Body and his Blood.

As we gather, we will prepare ourselves to meet Christ by confessing our sins – the ways in which we have grieved God in our lives – and receive absolution, the knowledge of God's forgiveness.

We then listen to readings from the Bible, where we find guidance, challenge, comfort and good news from God. We respond by proclaiming our faith in the Holy Trinity and offering to God our prayer for all in need.

At the heart of our worship today, we will take bread and wine, we will ask for God's transfiguring blessing upon them, we break the bread, and – as the broken, mended Body of Christ that we ourselves are – we will make our Communion.

Our worship ends with the assurance of God's blessing, sustaining us as we depart.

No matter how long ago you last did so, you are welcome to make your Communion with us here today. If you would like to make your Communion for the first time, or to be Baptised, please speak to a member of the Cathedral team.

Faith, hope and love are here offered for everybody.

Worshipping with us today

This booklet contains everything said and sung during our worship today. You are invited to take the booklet away with you, to reflect in your own time on the holy words it contains. However, worship is not primarily something that we read or observe - it is an activity, in which we all participate, alongside those who are gathered with us and, we believe, alongside the whole company of heaven. Be sure, therefore, to look up; to notice colour, light, sound, movement and beauty; to raise up your voice; to take your full part; to be formed and transformed.

During our worship, we say and sing together the text **in bold type**. Translations into English are provided from Welsh and other languages. We may make a sign of the Cross at times when the words are marked with *. Other directions (rubrics) are offered **in red type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

Accessibility

A hearing loop is in use – please set hearing aids to the T setting.

Large print copies of this booklet are available from the stewards.

If you have need of a gluten-free wafer (conforming to the canonical requirement for 20 parts gluten per million), please speak to a steward.

Lavatories are located at the east end of the Cathedral, through the door to the left of the Quire screen.

If we need to evacuate the Cathedral in an emergency, please remain seated and follow the directions of the stewards.

Children and young families

Activities and crafts take place during the Choral Holy Eucharist every Sunday in the Lady Chapel, for any children up to the age of 11. The crafts and activities are varied. with at least one relating to the theme of the Eucharist itself. This space will be staffed by responsible adults, and children over the age of 5 will be able to come and go freely. Children will remain the responsibility of their parents or quardians at all times. Children who are aged 4 and under should, in the first instance, be accompanied by a parent or quardian unless a prior arrangement with those on duty on the day has been made.

From the Lectern δ Buchedd Bangor

Each week, a **From the Lectern** email is sent to subscribers with weekly notices and images from the life of the Cathedral and Ministry Area. If you're not already a subscriber, follow the QR code, or visit **cadeirlan. churchinwales.org.uk/Darllenfa/**

Buchedd Bangor is our 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.

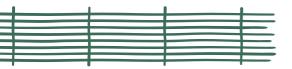
Buchedd Bangor



O'r Ddarllenfa From the Lectern



Order of service



After the notices, we stand as the bell is rung





Gathering

Нутп



hurch of God, elect and glorious, holy nation, chosen race; called as God's own special people, royal priests and heirs of grace: know the purpose of your calling, show to all his mighty deeds; tell of love which knows no limits, grace which meets all human needs.

God has called you out of darkness into his most marvellous light; brought his truth to life within you, turned your blindness into sight. Let your light so shine around you that God's name is glorified; and all find fresh hope and purpose in Christ Jesus crucified.

Once you were an alien people, strangers to God's heart of love; but he brought you home in mercy, citizens of heaven above.
Let his love flow out to others, let them feel a Father's care; that they too may know his welcome and his countless blessings share.

Church of God, elect and holy, be the people he intends; strong in faith and swift to answer each command your master sends: royal priests, fulfil your calling through your sacrifice and prayer; give your lives in joyful service — sing his praise, his love declare.

Words

James Seddon (1915-1983)

Music | "Rustington"

Charles Hubert Hastings Parry (1848-1918)

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.

"Whom have I in heaven but you? And having you I desire nothing upon earth."

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 companion Jesus,

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

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.

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, John Merbecke (c. 1510-c. 1585)

We remain standing

Collect

Let us pray.

od, who has prepared for those who love your such good things as pass human understanding: pour into our hearts such love toward you, that we, loving you above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ our Saviour.

Amen.

We sit





Psalmody

Whom have I in heaven but you? And having you I desire nothing upon earth.

Though my flesh and my heart should waste away, God is the strength of my heart and my portion for ever.

Truly, those who forsake you will perish; you destroy all who are unfaithful.

But it is good for me to be near God; I have made the Most High my refuge.

I will speak of all your works in the gates of the city of Zion.

Psalm 73:25-29 Music John Soaper (1743-1794)

Reading

A reading from the Epistle to the Hebrews.

early beloved: Since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the Cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

Hear the word of life to the world.

Thanks be to God.

Hebrews 12:1-3

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

Gospel



V Alleluia. Alleluia. Alleluia. Alleluia. Alleluia. Alleluia.

▼ Let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.

R Alleluia. Alleluia. Y You are worried and distracted by many things; there is need of only one thing. 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.

t that time: Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at Christ's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But Jesus answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

This is the Gospel of our Saviour.

Praise to you, O Christ.

Luke 10:38-42

We sit at the start of the sermon

Sermon in the series "To the far off and the near"

Tend • The Church's call to respond to human need

As we walk Christ's way of faith, hope and love, we must do our own "soul work", allowing the gentleness of grace to transform our minds, and knowing God within us, near that we are to ourselves. And we must also look outwards, seeing the Spirit at work in the lives of those around us, and following the Spirit to show the signs of Cross and Resurrection in our neighbourhoods and our relationships. This season's sermon series — "To the far off and the near" — will explore five ways in which we are called to be transformed and to transform our world in Christ's name.

The Minor Canon

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

Holy God, we pray for the Church, created for your glory. We pray for Andrew our Bishop; for Naomi and Robert on the threhold of their time of training and preparation for priestly ministry; for the daily life and ministry of our Cathedral and of Eglwys y Groes; and for all who will cross the threhold of this holy place as pilgrims and visitors this coming week. Extend to us your salvation and growth.

Y God in your mercy,

Ry Hear our prayer.

Holy God, we pray for the world, created by your love. We pray especially for the people of Ukraine and Russia; for justice and peace in those lands. Extend to us your righteousness and your reconciling love.

Y God in your mercy,

R Hear our prayer.

Holy God, we pray for your people, created in your image, and especially for the lonely, the bereaved and the sick. From our community, we pray especially for [...] . Breathe on them the breath of life and bring to them your mercy and grace.

- Y God in your mercy,
- R Hear our prayer.

Holy God, we pray for those we love but see no longer. We pray for those who have died recently, among them [...]; and for [...] whose years mind falls at this time.

- **y** Rest eternal grant unto them, O God.
- Ry And let light perpetual shine upon them.
- R And rise in glory.

Uniting our prayers with those of Mary the Mother of God, Deiniol, Seiriol, Cadfan and all the Saints of Bardsey, we pray:

- R Merciful Father,
- 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



ather, Lord of all creation, ground of being, life and love; height and depth beyond description, only life in you can prove: you are mortal life's dependence: thought, speech, sight are ours by grace; yours is every hour's existence, sovereign Lord of time and space.

Jesus Christ, the man for others, we, your people, make our prayer: help us love — as sisters, brothers — all whose burdens we can share. Where your name binds us together you, Lord Christ, will surely be; where no selfishness can sever there your love the world may see.

Holy Spirit, rushing, burning wind and flame of Pentecost, fire our hearts afresh with yearning to regain what we have lost.
May your love unite our action, never more to speak alone:

God, in us abolish faction, God, through us your love make known.

Words Stewart Cross (1928-1989) Music | "Abbot's Leigh" Cyril Vincent Taylor (1907-1991)

We remain standing until we share the Peace

Offertory

We bring to this place the bread that sustains us. **It will become for us the bread of life.**

We bring to this place the wine that mellows us. **It will become for us the lifeblood of the world.**

Eucharistic Prayer

Grace and peace be with you.

And keep you in the love of Christ.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, it is our duty and our joy at all times and in all places to give you thanks, holy Father, all-powerful and everliving God, through Jesus Christ our Lord.

For he is our great high priest who has freed us from our sins and has made us a royal priesthood serving you, our God and Father.

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

Holy, holy, Lord God of hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high.

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

Music

Communion Service, John Merbecke (c. 1510-c. 1585)

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. \blacksquare

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 *\overline{\Pi} blessing, and at the last receive us with all your saints into that unending joy promised by your Son, Jesus Christ our Lord.

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

We remain standing

Lord's Prayer

As our Saviour taught us, we boldly pray:

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

Amen.

Peace

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

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

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, John Merbecke (c.1510-c.1585)

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

Panis angelicus fit panis hominum; dat panis coelicus figuris terminum: O res mirabilis! Manducat Dominum pauper, servus et humilis.

Translation

The bread of the angels becomes the bread of mortals; the bread of heaven puts an end to prefigurations. O wondrous thing! The poor, the slave and the humble feed on their God.

Words

Thomas Aquinas (1225-1274)

Music

César Franck (1822-1890)

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

Нутп



elp us to help each other, Lord, each other's cross to bear; let each his friendly aid afford, and feel another's care.

Up into thee, our living head, let us in all things grow, and by thy sacrifice be led the fruits of love to show.

Touched by the lodestone of thy love let all our hearts agree; and ever towards each other move, and ever move towards thee.

This is the bond of perfectness, thy spotless charity. O let us still, we pray, possess the mind that was in thee. Words
Charles Wesley (1707-1788)
Music | "Dundee"
from the 'Scottish Psalter' (1615)

We remain standing

Prayer for Departing Ordinands

Naomi and Robert, as you take your leave of this place and our community to prepare for ordained ministry, go with the assurance of our prayers; and pray for us during the years ahead, as Deiniol – our founder, your companion, and a measure for your ministry – will pray also for you.

Let us pray.

Naomi and Robert, go forth from this place and our community to enter more deeply into the mystery of Christ and his Church, that the mind of Christ be formed in you, and your lives shaped more profoundly in his likeness. May God watch over your going out and your coming in, from this time forth for evermore; and the blessing of God almighty, the Father, \maltese the Son, and the Holy Spirit, be upon you and remain with you always.

Amen.



Departing

Grace and peace be with you.

And keep you in the love of Christ.

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

the Son, and the Holy Spirit, be among you and remain with you always.

Amen.

Let us go forth in peace.

In the Name of Christ. Amen.

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

Organ voluntary

Carillon de Westminster, Louis Vierne (1870-1937)

Notices



Prayer for departing Ordinands

At the end of our Eucharist today, we pray for Naomi Wood and Robert Jones, two members of our community who are leaving us this summer to train for priestly ministry. Naomi and Rob have given generously of their time and talent to the common life of this place over many years. We owe them a debt of gratitude; we will be holding them in our prayers over the years of training that lie ahead; and we look forward to welcoming them back here at that jounrey's end.

Devotional statues in the Nave

This past week we were delighted to take receipt of two new plinths in the Nave of the Cathedral. One of them has replaced the rather unsafe base that was sustaining the image of Mary of Bangor. The second plinth has enabled us to bring down from the Presbytery the beautiful image of Christ the Saviour – an ancient Netherlandish sculpture that depicts Jesus Christ holding the world in his care and for his blessing. We are grateful to our local carpenter, Gareth Owen, for his careful work with the wood.

Bring & Share Lunch

Our next Bring & Share Lunch will take place at 12.15pm, following the Choral Holy Eucharist, on the Festival of Mary the Mother of God, Sunday 13 August. 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 lane Coutts.

Weekday worship over the summer months

At the heart of our weekday worship here at the Cathedral and in Eglwys y Groes is the celebration of the Eucharist. The Eucharist is celebrated daily at the Cathedral at 12.30pm, every day from Monday to Saturday; and weekly at Eglwys y Groes, on Thursdays at 2.00pm.

The offering of prayer and praise at Choral Evensong is another important component of the Cathedral's worshipping life. During the summer months, while our choral forces are reduced, Choral Evensong is offered weekly at 3.30pm on Sunday afternoons, while our our weekday Choral Evensongs are suspended until the full Choir's return. Evening Prayer will be said every Thursday at 5.30pm.

The Pilgrim-Friends of Saint Deiniol's Cathedral in Bangor

A brochure about the Pilgrim-Friends of Saint Deiniol's Cathedral is Bangor – our new friends association – is available at the Cathedral. Please take one away with you, and share news of the Pilgrim-Friends with your friends and those who may wish to

support our common life here at the Cathedral.

This week

Please make the most of the regular round of worship here. In addition to the joyfulness of our Sunday morning Eucharists, the 12.30pm weekday celebrations of the Eucharist are a quiet, meditative moment in the middle of the day. There is such a warm welcome at Eglwys y Groes in Masgeirchen on Thursdays, including afternoon tea after the service. And our Sunday Choral Evensongs are beautiful and reflective.

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Plaengan | Plainchant; Gwasanaeth Hwyrol | Evening Service, Plaengan | Plainchant; O sacred oracles of truth, Handel

Dydd Llun | Monday

12.30pm Cymun | Eucharist

Dydd Mawrth | Tuesday

9.00am Camau Bach

12.30pm Cymun | Eucharist

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

12.30pm Cymun | Eucharist

2.00pm | Eglwys y Groes Cymun | Eucharist

5.30pm Hwyrol Weddi | Evening Prayer

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

Awst | Dygwyl y Gweddnewidiad 6 August | The Festival of the Transfiguration of Christ

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân Offeren Glyn Rhosyn, Wynn Jones

11.00am Choral Holy Eucharist

Missa in Simplicitate, Langlais; My eyes for beauty pine, Howells

3.30pm Gosber ar Gân | Choral Evensong

Cantamus

Ymatebion | Responses, Smith; Ail Wasanaeth Hwyrol | Second Evening Service, Byrd; Prevent us, O Lord, Byrd

Our prayers

The sick Joy Levine, priest; John Watkin Jones; Bill Lovelock; Giuseppina de Giovanni; June Everett Hall; Cynthia Farrar; Gillian Briggs; Martin Cassidy; Dan Blackburn; Sue Jennings

The recently departed Lesley Roberts; Patrick Tuft, priest; Dan Jones; Eileen Grantage; Colette Warwick

Year's mind Neil Goddard (1)

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).

On the cover is a photograph of Christ the Saviour – an ancient Netherlandish sculpture that depicts Jesus Christ holding the world in his care and for his blessing – newly located on a plinth in the Nave of the Cathedral.

Support

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

To make an online donation on your phone today, scan the QR code below.

Use our contactless donation point at the back of the Nave to tap your card or phone.

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



Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

The Cathedral δ Metropolitical Church of Saint Deiniol in Bangor

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Aelodau o Goleg Offeiriadol y Gadeirlan Members of the Cathedral's College of Priests Y Parchg Ddr | The Revd Dr John Prysor- Jones, y Tra Pharchg Athro | the Very Revd Prof. Gordon McPhate, y Parchg | the Revd Peter Kaye

Darllenydd | Reader

Elma Taylor

Pensaer y Gadeirlan | Cathedral Architect **Simon Malam**

Rhif elusen | Charity number 1158340