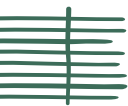




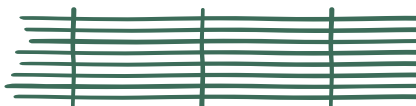
Choral Holy Eucharist
The Second Sunday Before Lent
Sexagesima

4 February 2024 at 11.00am

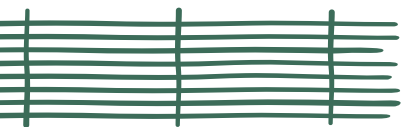


Cadeirlan
Deiniol Sant
ym Mangor

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.

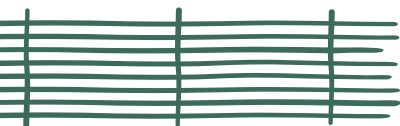
**Buchedd
Bangor**



**O'r Ddarllenfa
From the Lectern**



Order of service



After the notices, we stand as the bell is rung



Gathering

Hymn



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.

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)

✠ 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.

"And some seed fell into good soil, and when it grew, it
produced a hundredfold."

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.

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 in C major “Krönungsmesse | Coronation Mass”,
Wolfgang Amadeus Mozart (1756-1791)

We remain standing

Collect

Let us pray.

Keeep, 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

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)

Reading

A reading from the Book of Genesis.

In 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

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

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.

At 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.

Luke 8:4-15

We sit at the start of the sermon

Sermon

Preparing for Lent: How to pray

The Canon for Congregational Life

At the end of the sermon, we stand

Creed

Together, let us affirm our faith.

**I believe and trust in God the Father,
who created all that is.**

**I believe and trust in his Son Jesus Christ,
who redeemed humankind.**

**I believe and trust in his Holy Spirit,
who gives life to the people of God.**

**I believe and trust in one God,
✠ Father, Son and Holy Spirit.
Amen.**

Intercessions

With all our heart and with all our mind let us pray to God.

We sit or kneel

Let us pray to God, almighty and all holy, for the life and witness of the Church; for Andrew, our Bishop and Archbishop of Wales; for David, Bishop-Designate of Bardsey; and for ourselves at this time, preparing to observe a holy Lent.

✠ God in your mercy,

✠ **Hear our prayer.**

Let us pray to God, almighty and all holy, for a blessing on our homes and communities; for the Cathedral Foodbank, and for all who give of their time and gifts to support its ministry.

✠ God in your mercy,

✠ **Hear our prayer.**

Let us pray to God, almighty and all holy, for justice and peace upon earth; for the leaders of the nations; and for the suffering people of Ukraine, Gaza and Israel.

✠ God in your mercy,

✠ **Hear our prayer.**

Let us pray to God, almighty and all holy, for all who are vulnerable, in need, in pain or in anguish, and for all who minister to their needs. From our community, we pray specially for [...].

✠ God in your mercy,

✠ **Hear our prayer.**

Let us pray to God, almighty and all holy, for those who have died. From among those known to us we pray for [...] who have died recently; and for [...] whose years mind falls at this time.

✠ Rest eternal grant unto them, O God.

✠ **And let light perpetual shine upon them.**

✠ ✠ May they rest in peace.

✠ **And rise in glory.**

Laying at this Altar-Table our petitions for ourselves and all whom we have commended to God, with Christ's companions – Mary the Mother of God, Deiniol, Agatha, Scholastica, Manche Masemola, Teilo, Paul, and all the Saints of Bardsey – we pray:

✠ Merciful Father,

✠ **Accept these prayers for the sake of your Son,
our Saviour Jesus Christ.**

Amen.

We stand to sing the hymn, during which the gifts of Bread and Wine are brought to the Altar-Table, and 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



Let 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:

Sanctus, sanctus, sanctus, Dominus Deus Sabaoth. Pleni sunt coeli et terra gloria tua. Hosanna in excelsis.

✠ Benedictus qui venit in Nomine Domini. Hosanna in excelsis.

Translation

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. ✠ Blessed is he who comes in the Name of the Lord. Hosanna in the highest.

Music

Mass in C major "Krönungsmesse | Coronation Mass",
Wolfgang Amadeus Mozart (1756-1791)

We remain standing

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

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

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

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

Let us proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come in glory.

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

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

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

✠ **Amen.**

We remain standing

Lord's Prayer

As our Saviour taught us, we boldly pray:

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

Peace

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

Agnus Dei, qui tollis peccata mundi, miserere nobis. Agnus Dei, qui tollis peccata mundi, miserere nobis. Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

Translation

Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: grant us peace.

Music

Mass in C major "Krönungsmesse | Coronation Mass",
Wolfgang Amadeus Mozart (1756-1791)

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

Ave verum corpus, natum de Maria Virgine, vere passum,
immolatum in cruce pro homine cuius latus perforatum unda
fluxit sanguine: esto nobis prægustatum in mortis examine.

Translation

Hail, true Body, born of the Virgin Mary, having truly suffered, sacrificed on the cross for mankind, from whose pierced side blood flowed: Be for us a foretaste in the trial of death!

Words

Thirteenth-century Latin

Music

Wolfgang Amadeus Mozart (1756-1791)

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

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.

In 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.

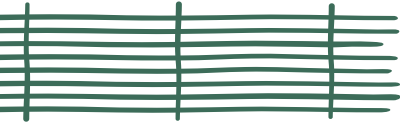
In the Name of Christ. Amen.

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

Organ voluntary

Postlude in C, Henry Thomas Smart (1813-1879)

Notices



Thursday Music Recitals

Our musical recitals begin again this week, following a Christmas break. This season's recitals will take place every Thursday at the later time of 1.15pm. The opening recital this coming Thursday is given by our Director of Music on the organ, and includes Bach's Toccata & Fugue in D minor and the famous toccata from Widor's 5th Symphony.

Sermons on the threshold of Lent

Our sermons this week and next help us to prepare for Lent. Today, with our Canon for Congregational Life, we reflect on how to pray; next Sunday, with the Bishop-Designate of Bardsey, we reflect on how to confess; and on Ash Wednesday, with our Minor Canon, we reflect on how to abstain.

Messiah

On the threshold of the holy season of Lent, join us at 6.00pm on Sunday 11 February for a devotional performance of Parts II & III of George Frideric Handel's *Messiah*.

Part II of *Messiah* tells the story of Christ's Passion and death, his Resurrection and Ascension, and the first spreading of the Gospel, culminating in the glorious proclamation of God's glory in the Hallelujah chorus. The mystical Part III is an exploration in song of the promise of eternal life: "I know that my Redeemer liveth," sings a soprano at its outset; "Worthy is the Lamb," acclaims the Chorus at its end.

The music will be sung by the Cathedral Choir, with the soloists for *Messiah's* beautiful arias drawn from its ranks; and the performance will be conducted by our Director of Music, Joe

Cooper.

Tickets on the door and for sale at the end of Sunday services are £12 (£5 student concessions).

Ash Wednesday

Ash Wednesday, on which day we solemnly mark the beginning of Lent, falls this year on 14 February. On Ash Wednesday a bilingual Choral Holy Eucharist with the Imposition of Ashes will be offered at the Cathedral both at 12.30pm and also at 6.00pm. Please prioritise your attendance at one of these celebrations in your diary, so that your observance of a holy Lent might begin reflectively, penitentially, sacramentally and beautifully.

Other Wednesdays during Lent

Lent is season marked not only by abstinence and generosity, but also by an attentiveness in prayer and reflection. Activities on Wednesday evenings during this Lent are offered as a time of spiritual enrichment. Our Lent study course, online by Zoom at 6.00pm on the Wednesday evenings of 21 February, 6 March and 20 March will explore Christian-Jewish relations at a critical moment in inter-faith understanding. These sessions will be led by the inter-faith organization of note, the Council of Christians and Jews. Our Lent sermon series, focusing on the Nicene Creed, will be explored in special online session by Zoom at 6.00pm on 28 February. We're delighted that Dr Robin Ward, the Principal of Saint Stephen's House, Oxford, will be leading this session. The remaining Lent Wednesday evening, 13 March, will be dedicated to our new monthly Choral Eucharist of Requiem for the Departed, which will take place in the Chancel at 5.30pm, and at which Fauré's setting of the Requiem will

be sung. Again, please prioritise your attendance in your diaries, so that your observance of a holy Lent might be spiritually and prayerfully enriched.

This week

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Tomkins; Gwasanaeth Hwyrrol y G leiaf | Evening Service in G minor, Purcell; When to the temple Mary went, Eccard

Dydd Llun | Monday | Agatha

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday | Scholastica

9.30am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday | Manche Masemola

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

12.30pm Cymun | Eucharist

1.15pm Datganiad | Recital

2.00pm | **Eglwys y Groes** Cymun | Eucharist

Dydd Gwener | Friday | Teilo

11.00am Angladd | Funeral | John Hughes, RIP

12.30pm Cymun | Eucharist

10 Chwefror | Dygwyl Llongdrylliad yr Apostol

Paul

10 February | The Shipwreck of Saint Paul's Day

12.30pm Cymun | Eucharist

11 Chwefror | Y Sul Cyn y Grawys | Cwincwagesima **11 February | The Sunday Next Before Lent | Quinquagesima**

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Cymun Sant Dogfan, Evans; Cenwch lafar gân i'r Arglwydd Dduw, Elwyn-Edwards; Rhagarweiniad a Ffiwg yn G fwyaf, BWV 557, Bach

11.00am Choral Holy Eucharist

Short Communion Service, Batten; O nata lux, Tallis; For a Festive Occasion, Hawes

6.00pm Messiah, George Frideric Handel

Rhan II a III | Part II & III
Côr y Gadeirlan, Ensemble 525, Joe Cooper | The Cathedral Choir, Ensemble 525, Joe Cooper

Our prayers

The sick Cynthia Farrar; Frans Veerman; Goran Sluiter; Caitriona Carroll; Sacha Cook; Simon Smith; Andy; Claire; Rosie; Caren Lewis; Joy Levine, offeiriad; John Watkin Jones; Bill Lovelock

The recently departed John Hughes; Gill Knight; Glenn; Don; Amanda; Jayne Johnson; Gareth Lloyd Jones, offeiriad; Alexander; Margaret Tromans

Year's mind —

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 online, and the recording made available thereafter on the Cathedral's YouTube channel. 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

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Cover image

The cover image is a detail of a late 18th century depiction of the Expulsion from Paradise made from cut paper pasted to red-painted wood, from the collections of the National Gallery of Art in Washington DC.

Support

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

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