



LLANDAFF CATHEDRAL

FIRST SUNDAY of LENT

5 March 2017

- 7.30AM SAID MATINS Psalm: 50(vv1-15)
- 8.00AM HOLY EUCHARIST
President & Preacher: Canon Graham Holcombe
- 9.00AM PARISH EUCHARIST *(followed by tea/coffee)*
President: Canon Graham Holcombe
Preacher: Reverend Mark Dimond
Readings & Offertory Procession: Llandaff Brownies & Guides
Please bring foodstuffs for Asylum Seekers to Prebendal House
- 11.00AM CHORAL EUCHARIST *Tallis* Short Service
President: The Dean
Preacher: Canon Graham Holcombe
Anthem: Hide not thou thy face from us *Farrant*
- 12.30PM HOLY EUCHARIST {Lady Chapel}
President: Reverend Tim Morgan
- 3.30PM CHORAL EVENSONG *Dyson* in F
Hymns: 445 & 425 Psalm: 119(vv1-16)
Anthem: Verleih uns frieden *Mendelssohn*
- 5.30PM HOLY EUCHARIST {Lady Chapel}
(The Book of Common Prayer 1662)

New worshippers are especially welcome and are invited to make themselves known to the clergy

Sunday 5 March 2017: FIRST SUNDAY OF LENT

Collect

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

A reading from Genesis

Genesis 2. 15 - 17; 3. 1 - 7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

This is the word of the Lord.

Thanks be to God.

Psalm 32

- 1 Blessed is he whose unrighteousness is forgiven:
even he whose sin is covered.
- 2 Blessèd is the man unto whom the Lord imputeth no sin:
and in whose spirit there is no guile.
- 3 For while I held my tongue my bones consumed away:
I ceased not from groaning all the day long.
- 4 For thy hand was heavy upon me day and night:
I was dried up and withered, as it were by drought in summer.
- 5 I acknowledged my sin unto thee:
and mine iniquity did I not hide.

- 6 I said 'I will confess my sins unto the Lord':
and so thou forgavest the wickedness of my sin.
- 7 Therefore let everyone that is godly make his prayer unto thee in time of
trouble:
when great waterfloods arise they shall not come nigh him.
- 8 Thou art a place to hide me in, thou shalt preserve me from trouble:
thou shalt compass me about with shouts of deliverance.
- 9 I will inform thee and direct thee in the way wherein thou shalt go:
I will counsel thee and guide thee with mine eye.
- 10 'Be ye not like to horse and mule which have no understanding:
whose mouths must be held with bit and bridle, else will they not come nigh
thee.
- 11 Great tribulations remain for the ungodly:
but whoso putteth his trust in the Lord, mercy embraceth him on every side.
- 12 Be glad O ye righteous and rejoice in the Lord:
and be joyful all ye that are true of heart.

A reading from St Paul's letter to the Romans

Romans 5. 12 - 19

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

This is the word of the Lord.

Thanks be to God.

Listen to the Gospel of Christ according to Saint Matthew **Matthew 4. 1 - 11**

Glory to you, O Lord.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

Praise to you, O Christ.

HYMNS AT THE 11AM CHORAL EUCHARIST

THE PROCESSIONAL 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 their 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.

O generous love! that he who smote
In Man for man the foe,
The double agony in Man
For man should undergo;

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: J. H. Newman (1801 - 90)
Tune: *Gerontius* (J. B. Dykes 1823 - 76)

OFFERTORY HYMN

Christian, dost thou see them
On the holy ground,
How the troops of Midian
Prowl and prowl around?
Christian, up and smite them,
Counting gain but loss,
Smite them by the merit
Of the Holy Cross.

Christian, dost thou feel them,
How they work within,
Striving, tempting, luring,
Goading into sin?
Christian, never tremble;
Never be downcast;
Smite them by the virtue,
Of the Lenten fast.

Christian, dost thou hear them,
How they speak thee fair?
"Always fast and vigil?
Always watch and prayer?"
Christian, answer boldly,
"While I breathe I pray!"
Peace shall follow battle,
Night shall end in day.

"Well I know thy trouble,
O my servant true;
Thou art very weary,
I was weary, too;
But that toil shall make thee
Some day all mine own,
And the end of sorrow
Shall be near my throne."

Words: J.M.Neale (1818 - 66)

Tune: *Gute Bäume Bringen* Melody by P.Sohren d. c1692

POST COMMUNION HYMN

Lead us, heavenly Father, lead us
O'er the world's tempestuous sea;
Guard us, guide us, keep us, feed us,
For we have no help but thee;
Yet possessing every blessing,
If our God our Father be.

Saviour, breathe forgiveness o'er us;
All our weakness thou dost know;
Thou didst tread this earth before us;
Thou didst feel its keenest woe;
Self denying, death defying
Thou to Calvary didst go.

Spirit of our God, descending,
Fill our hearts with heavenly joy;
Love with every passion blending
Pleasure that can never cloy;
Thus provided, pardoned, guided,
Nothing can our peace destroy.

Words: James Edmeston (1791 - 1867)

Tune: *Mannheim* Melody from F.Filitz *Choralbuch* 1847

SERVICES THIS WEEK

	Holy Eucharist	Evensong
Monday	9.30am	5.15pm (sung)
Tuesday <i>Perpetua, Felicity & their Companions</i>	9.30am Yr Offeren 12.00pm	5.15pm (sung)
Wednesday <i>Ember Day</i>	9.30am 7.30pm Lenten Reflections	5.15pm (said)
Thursday <i>Non</i>	10.00am Yr Offeren 11.00am	5.15pm (sung)
Friday <i>Ember Day</i>	9.30am	5.15pm (sung)
Saturday <i>Ember Day</i>	9.30am	5.15pm (said)

WEEKLY PRAYER INTENTIONS

- Sunday: Diocese of Marathwada (North India)
Tonypandy w Clydach Vale & Williamstown, To be appointed
- Monday: Diocese of Maridi (Sudan)
Tonyrefail w Gilfach Goch, Canon Ruth Moverley
- Tuesday: Diocese of Marsabit (Kenya)
Ynyshir, The Rev'd Paul Bigmore
- Wednesday: Diocese of Maryland (III, The Episcopal Church)
The Church Army, the Officers and Members
- Thursday: Diocese of Masasi (Tanzania)
Ystradyfodwg, The Rev'd Haydn England-Simon
- Friday: Diocese of Maseno North (Kenya)
Archdeaconry of Llandaff, Venerable Peggy Jackson
- Saturday: Diocese of Masindi-Kitara (Uganda)
Cardiff Deanery, Canon Bob Capper
St. Teilo (CW) High School, Claire Weatherall, staff and students

Those Who Have Asked For Prayer

Stephen Williams, Dafydd Hughes, Jean Howells, Diane Jones, Philippa Whitmore, Pat Willmott

The Longterm Sick & Housebound, among them:

Mary Wines, Natalie Doreen Evans, Garfield Griffiths, Morley Lewis, Audrey Lisk, Alun Brunt, Ruth Phelps, Keith Phelps, Sid Baldwin, Fred Mudge, Antonia Watson, Tania Shankland, John Brewster, Tom Bailey, Sue Gaunts, Rachael Bland

THE DEPARTED

Recently departed: Margaret Williams, Norman Cunningham

Year's mind:

5 March	Richard Michael Richards, Josephine Mary Hughes, Norman Thomas Roderick
6 March	Derek John Roberts, Sarah Wood, Clifford Raymond Edwards, David Williams
7 March	Tom Tyrell, Joseph Holland, Malcolm Bowrey
8 March	Mary Stockman, Frances Mary Amos, Glenys Mabel Evans
9 March	Arthur John James, Muriel Weaver, Frederick George Messner, Edna May Lewarne, Jack William Lewarne
10 March	Peter Wells Giles
11 March	Will Roberts, John Alexander Hay

DURING THE WEEK

Monday 6th	2.15pm	Mothers' Union Meeting - Parish Hall
Tuesday 7th	9.30am	Linen and Vestment Meeting
Tuesday 7th	7.00pm	PCC Meeting
Wednesday 8th	12.30pm	Lent Lunch - Prebendal House

ADVANCE NOTICES

Lent Lunches – Our Annual Lent Lunches will begin this Wednesday 8th March at 12.30pm in Prebendal House and on the following Wednesdays 15th, 22nd and 29th March and 5th April. The first lunch will be hosted by the Mothers' Union. Tickets cost £6, payable at the door. Please join us.

Lent Services – Every Wednesday at 7.30pm throughout Lent we will be holding a Eucharist with Lenten Reflections in the Lady Chapel. The theme for this year is *The Way of the Cross with Companions in the Faith*. All are welcome to join us at this contemplative service.

Lent Appeal – This year our Appeal will support the Cardiff Food Bank. Whilst we continue to support the venture by bringing foodstuffs, it is also the case that the organisation requires funding. We therefore hope to support the Food Bank in this way during Lent. Retiring collections will be taken at the end of the 9am and 11am services each Sunday. Also, envelopes are provided for use and these can be sent to or deposited with the Cathedral Office.

A Meditation And Discussion Group is being held in Prebendal House by the Rev'd Dr Mark Dimond. The group will meet from 7.30 – 9.00pm on Tuesday 14th March (Wisdom), 21st March (Courage), 28th March (Patience) and 4th April (Joy). Places are limited, if you wish to attend please sign up at the back of the Cathedral or email: markdimond@churcheinwales.org.uk

Christian Aid Week 14-20th May 2017: In 2016 the Cathedral community raised over £10,000 in Christian Aid Week – and over £7,000 came from the house-to-house collection. If we could do this again, we could improve the lives of over 1,000 refugees in Europe by (for example) providing them with cooking facilities, an important shred of normality in their desperately insecure lives.

But we can't do it without collectors! Each year there are a few of last year's who can't manage it and for whom we need replacements. It really doesn't take long: 3 hours should cover envelope delivery and a couple of collecting rounds for 20 houses – and it can be done during the day or in the light evenings, so people out at work during the day can participate. We will supply everything you need for the collection; all you need to supply is your willingness to help.

Just 3 hours in May to transform 1,000 lives! If you can help, please sign the list on the table at the back of the Cathedral, or contact any of the Christian Aid team (details on the display board). Thank you so much.

Sue Smith (2017 Co-ordinator) 20569234 or dlsmsmith@msn.com

Next Sunday: 12th March 2017

SECOND SUNDAY of LENT

7.30AM	Matins
8.00AM	Holy Eucharist
9.00AM	Parish Eucharist
11.00AM	Choral Eucharist
12.30PM	Holy Eucharist
3.30PM	Choral Evensong

*All enquiries about Baptisms and Weddings (& Banns of Marriage)
should be made by email or letter to the Cathedral Office*

Weekly Notes

Notices for the Weekly Notes to be received no later than 9.30am each Thursday

Please send to or telephone the Cathedral Office

A printable version of the weekly notes is now on the website

www.llandaffcathedral.org.uk

IN THE CATHEDRAL

The Dean: The Very Revd Gerwyn Capon	029 2056 4554
Canon Residentiary: The Revd Canon Graham Holcombe	029 2056 9521
Cathedral Office:	029 2056 4554
Cathedral Office email:	office@llandaffcathedral.org.uk
Head Virger: Jonathan Hoad	jonathanhoad@llandaffcathedral.org.uk
Director of Music: Stephen Moore	stephenmoore@llandaffcathedral.org.uk
Organist: David Thomas	davidthomas@llandaffcathedral.org.uk
Churchwardens: Dylan Gwyer-Roberts	d.gwyer-roberts@bathspa.ac.uk
Katharine MacDonald	kjmacdonald1@hotmail.co.uk
Stewardship Sec: Mrs Helen Patterson	029 2061 9166



The Cathedral is on Facebook and Twitter!

It's an easy way to keep up to date with the latest news and events, so follow us at:

www.facebook.com/llandaffcathedral

www.twitter.com/llandaffcath

In order to carry on the work of the Church in and through this Cathedral Parish, not least the upkeep of this magnificent building, we rely substantially on your generous giving. A significant proportion of our funds is raised through Christian Stewardship among our regular worshippers.

We invite you to give by means of Gift Direct (Giving with a Direct Debit). Furthermore, if you pay tax, the Cathedral can claim tax back to increase the value of your donation by 25%. We are enormously grateful to all who do this as an expression of their gratitude for God's great goodness.

**For more information, please contact the Stewardship Secretary
Mrs Helen Patterson, tel: 029 20619166**

Hymns reproduced under CCL: 829929