



LLANDAFF CATHEDRAL

THIRD SUNDAY of LENT

19 March 2017

- 7.30AM **SAID MATINS** Psalm: 40
- 8.00AM **HOLY EUCHARIST**
President & Preacher: Canon Graham Holcombe
- 9.00AM **PARISH EUCHARIST** (*followed by tea/coffee*)
President & Preacher: Canon Graham Holcombe
Readings & Offertory Procession: Anne Lambert Rogers
- 11.00AM **CHORAL EUCHARIST** *Sumsion* in F
President & Preacher: Canon Graham Holcombe
Anthem: Call to remembrance *Farrant*
- 12.30PM **HOLY EUCHARIST** {Lady Chapel}
President: Reverend Bill Barlow
- 3.30PM **CHORAL EVENSONG** *Statham* in E minor
Hymns: 76 & 374 Psalm: 46
Anthem: Like as the hart *Howells*

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

Sunday 19 March 2017: THE THIRD SUNDAY OF LENT

Collect

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

A reading from Exodus

Exodus 17.1 - 7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

This is the word of the Lord.

Thanks be to God.

Psalm 95

1 O come let us sing unto the Lord:

let us heartily rejoice in the Rock of our salvation.

2 Let us come before his presence with thanksgiving:

and sing loudly unto him with psalms.

3 For the Lord is a great God:

and a great King above all gods.

4 In his hand are all the deep places of the earth:

and the heights of the mountains are his also.

5 The sea is his and he made it:

and his hands prepared the dry land.

6 O come let us worship and bow down:

and kneel before the Lord our maker.

7 For he is our God, and we are his people and the sheep of his pasture:

today, if ye will hear his voice, ye shall know his power

8 Harden not your hearts, as at Meribah:

and as on the day of Massah in the wilderness,

9 When your fathers tested me:

and put me to the proof, though they had seen my works.

10 'Forty years long did I abhor that generation and said:

It is a people that do err in their hearts, for they give no heed to my ways,"

11 Even as I sware in my wrath:

that they should not enter into my rest.'

A reading from St Paul's letter to the Romans

Romans 5. 1 - 11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord.

Thanks be to God.

Listen to the Gospel of Christ according to Saint John

John 4. 5 - 42

Glory to you, O Lord

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for

you have had five husbands, and the one you have now is not your husband. What you have said is true!"The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.'Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.'The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.'Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?'"Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?'"They left the city and were on their way to him.

Meanwhile the disciples were urging him, 'Rabbi, eat something.'But he said to them, 'I have food to eat that you do not know about.'So the disciples said to one another, 'Surely no one has brought him something to eat?'"Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.'So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

This is the Gospel of the Lord.

Praise to you, O Christ.

HYMNS AT THE 11AM CHORAL EUCHARIST

THE PROCESSIONAL HYMN

Through all the changing scenes of life,
In trouble and in joy,
The praises of my God shall still
My heart and tongue employ.

O magnify the Lord with me,
With me exalt his name;
When in distress to him I called,
He to my rescue came.

The hosts of God encamp around
The dwellings of the just;
Deliverance he affords to all
Who on his succour trust.

O make but trial of his love,
Experience will decide
How blest are they, and only they,
Who in his truth confide.

Fear him, ye saints, and you will then
Have nothing else to fear;
Make you his service your delight,
Your wants shall be his care.

To Father, Son, and Holy Ghost,
The God whom we adore,
Be glory, as it was, is now,
And shall be evermore. Amen.

Words: Tate and Brady 1696
Tune: *Wiltshire* George Smart (1776 - 1867)

OFFERTORY HYMN

Jesu, Lover of my soul,
Let me to thy bosom fly,
While the nearer waters roll,
While the tempest still is high:
Hide me, O my Saviour, hide
Till the storm of life is past;
Safe into the haven guide,
O receive my soul at last.

Other refuge have I none,
Hangs my helpless soul on thee;
Leave, ah, leave me not alone,
Still support and comfort me.
All my trust on thee is stayed,
All my help from thee I bring;
Cover my defenceless head
With the shadow of thy wing.

Thou, O Christ, art all I want,
More than all in thee I find:
Raise the fallen, cheer the faint,
Heal the sick, and lead the blind.
Just and holy is thy name,
I am all unrighteousness;
False and full of sin I am,
Thou art full of truth and grace.

Plenteous grace with thee is found,
Grace to cover all my sin;
Let the healing streams abound,
Make and keep me pure within.
Thou of life the fountain art,
Freely let me take of thee,
Spring thou up within my heart,
Rise to all eternity.

Words: Charles Wesley (1707 - 88)
Tune: *Aberystwyth* Joseph Parry (1841 - 1903)

POST COMMUNION HYMN

Jesu, the very thought of thee
With sweetness fills my breast;
But sweeter far thy face to see,
And in thy presence rest.

Nor voice can sing, nor heart can frame,
Nor can the memory find,
A sweeter sound than thy blest name,
O Saviour of mankind!

O hope of every contrite heart,
O joy of all the meek,
To those who fall, how kind thou art!
How good to those who seek!

But what to those who find? Ah, this
Nor tongue nor pen can show;
The love of Jesus, what it is
None but his loved ones know.

Jesu, our only joy be thou,
As thou our prize wilt be;
Jesu, be thou our glory now,
And through eternity.

Words: Latin, c12th century *Tr* Edward Caswall (1814 - 78)
Tune: *St. Botolph* (Gordon Slater 1896 - 1979)

SERVICES THIS WEEK

	Holy Eucharist	Evensong
Monday <i>Joseph of Nazareth</i>	9.30am	5.15pm (sung)
Tuesday <i>Thomas Cranmer, Hugh Latimer & Robert Ferrar</i>	9.30am Yr Offeren 12.00pm	5.15pm (sung)
Wednesday	9.30am 7.30pm Lenten Reflections	5.15pm (sung)
Thursday	10.00am Yr Offeren 11.00am	5.15pm (sung)
Friday <i>Oscar Romero</i>	9.30am	5.15pm (sung)
Saturday <i>Annunciation of the Blessed Virgin Mary</i>	9.30am	5.15pm (sung)

WEEKLY PRAYER INTENTIONS

- Sunday: Diocese of Mbale (Uganda)
Christchurch, Roath Park: Rev'd Dr Trystan Hughes
- Monday: Diocese of Mbamili (Nigeria)
Gabalfa, Canon Bob Capper
- Tuesday: Diocese of Mbeere (Kenya)
Conventional District of Tremorfa, Canon Bob Capper
- Wednesday: Diocese of Mbhashe (Southern Africa)
The Retired Clergy Society, Chaplain: Venerable Bill Thomas
- Thursday: Diocese of Medak (South India)
Lisvane, Rev'd Chris Burr
- Friday: Diocese of Melbourne (Victoria, Australia)
Llanishen, Rev'd Michael Witcombe
- Saturday: Diocese of Meru (Kenya)
Roath, Canon Stewart Lisk

Those Who Have Asked For Prayer

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

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: Peter Leech, Derek Venn, Douglas Good

Year's mind:

19 March	Jack Evans
20 March	Margaret Cicely Clarke, Norman Mortimer Cooper (Priest)
21 March	Gwladys Elen Huws, Alexander Battista, Clemency Margaret Lewis
22 March	Olven Mary Bannister
23 March	Lee Fralick
24 March	Gwyneth Appleton, Averill Eluned Matthews
25 March	Robert Ernest Wines, Ken Mathias

DURING THE WEEK

Monday 20th	1.15pm	Cathedral School Juniors Concert
Tuesday 21st	9.30am	Linen and Vestment Meeting
Tuesday 21st	10.30am	Diocesan Mothers' Union Quiet Day
Tuesday 21st	7.30pm	Lent Meditation & Discussion Group - Prebendal House
Wednesday 22nd	12.30pm	Lent Lunch - Prebendal House

ADVANCE NOTICES

Lent Lunches - Our Annual Lent Lunches continue this Wednesday 22nd March at 12.30pm in Prebendal House and on the following Wednesdays 29th March and 5th April. This Wednesday's lunch will be hosted by the Bell Ringers. Tickets cost £6, payable at the door. Please join us, the proceeds support the Lent Appeal.

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*.

Lent Appeal - This year our Appeal will support the Cardiff Food Bank. Retiring collections will be taken at the end of the 9am and 11am services each Sunday. Envelopes are provided for use and these can be sent to the Cathedral Office. Many thanks to those who have supported the Food Bank so far, the amount collected weighed in at 128kg which is enough to feed 11 people for three days.

Cathedral Choir Research Project - Peter West (Student at the Royal Welsh College of Music & Drama) is researching the six Welsh cathedral choirs for his final dissertation. He will be considering how these choirs can be sustained for the future. Questionnaires will be handed out at the Choral Eucharist on the 12th, 19th and 26th March (also available from the stewards or Cathedral Office). If you would like to take part in the survey please complete the questionnaire and hand it to one of the stewards or to the Office by Sunday 2nd April.

Calling All Last Year's Christian Aid Collectors! Just a follow-up to the letter which should have reached you in February: please let us know by the end of March if you are **NOT** able to be a collector again in 2017. If we haven't heard from you by then, we will assume that you are willing to collect this year, and thank you so much for your continuing involvement.

Sue Smith (dlsmsmith@msn.com or 20569234)

Latin in the Cloisters - Saturday 29th April 2017. Spend a day exploring classical Latin, with insights into writers' lives, and hear their work read aloud. Enjoy some ancient gossip - in Latin; see how the language works, and discover Latin words behind so many English and Welsh ones, all in a day. To enrol or find more information: www.latinquarter.co.uk

Next Sunday: 26th March 2017

FOURTH SUNDAY of LENT
MOTHERING SUNDAY

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

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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**

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