



LLANDAFF CATHEDRAL

FIRST SUNDAY of LENT

10th March 2019

- 7.30AM SAID MATINS**
Psalm: 50 (vv1-15)
- 8.00AM HOLY EUCHARIST**
President & Preacher: Canon Mark Preece
- 9.00AM PARISH EUCHARIST** *(followed by tea/coffee in Prebendal House)*
President: Canon Mark Preece
Preacher: Canon Steven Kirk
Readers: Bellringers
- 11.00AM CHORAL EUCHARIST**
President: Canon Graham Holcombe
Preacher: Canon Steven Kirk
Palestrina Missa Aeterna Christi Munera
- 12.30PM HOLY EUCHARIST** (Lady Chapel)
President: Canon Graham Holcombe
- 3.30PM CHORAL EVENSONG**
View me, Lord *Lloyd*
Responses *Morley*
Psalm: 119 (vv73-88) Hymns: 67, 358(ii)
Jackson in G
Insanae et vanae curae *Haydn*
Organ Voluntary: Choral in C sharp minor *Ibert*

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

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 the Book of Deuteronomy

Deuteronomy 26. 1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

This is the word of the Lord.

Thanks be to God.

Psalm 91. 1, 2, 9-16

1 Whoso dwelleth under the defence of the Most High:

and abideth under the shadow of the Almighty,

2 Shall say unto the Lord 'Thou art my refuge and my stronghold:

my God in whom I trust.

9 Because thou hast said 'The Lord is my refuge':

and hast made the Most High thy stronghold,

10 There shall be no evil happen unto thee:

neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee:

to keep thee in all thy ways.

12 They shall bear thee in their hands:

that thou hurt not thy foot against a stone.
13 Thou shalt tread upon the asp and the adder:
the viper and the serpent shalt thou trample under thy feet.
14 Because he hath set his love upon me, therefore will I deliver him:
I will set him up because he hath known my name.
15 'He shall call upon me and I will hear him:
yea I will be with him in trouble; I will deliver him and bring him to honour.
16 'With long life will I satisfy him:
and give him freely of my saving help.'

A reading from St Paul's Letter to the Romans

Romans 10. 8b-13

'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

This is the word of the Lord.

Thanks be to God.

Listen to the Gospel of Christ according to Saint Luke.

Luke 4. 1-13

Glory to you, O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone." '

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him." '

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone." ' Jesus answered him, 'It is said, "Do not put the Lord your God to the test." ' When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord.

Praise to you, O Christ.

HYMNS AT THE 11AM CHORAL EUCHARIST

THE PROCESSIONAL HYMN

Jesus, tempted in the desert,
lonely, hungry, filled with dread:
"Use your power," the tempter tells him;
"Turn these barren rocks to bread!"
"Not alone by bread," he answers,
"Can the human heart be filled.
Only by the Word that calls us
is our deepest hunger stilled!"

Jesus, tempted, at the temple,
high above its ancient wall:
"Throw yourself from lofty turret;
angels wait to break your fall!"
Jesus shuns such empty marvels,
Feats that fickle crowds request:
"God, whose grace protects, preserves us,
We must never vainly test."

Jesus, tempted on the mountain
by the lure of vast domain:
"Fall before me! Be my servant!
Glory, fame, you're sure to gain!"
Jesus sees the dazzling vision,
turns his eyes another way:
"God alone deserves our homage!
God alone will I obey!"

When we face temptation's power,
Lonely, struggling, filled with dread,
Christ, who knew the tempter's hour,
Come and be our living bread.
By your grace, protect, preserve us
lest we fall, your trust betray.
Yours, above all other voices,
be the Word we hear, obey.

Words: Herman G Stuempfle (1923-2007)
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Music: EBENEZER Thomas John Williams (1869-1944)

OFFERTORY HYMN

1.

O Jesus, I have promised
to serve thee to the end;
be thou for ever near me,
my Master and my Friend:
I shall not fear the battle
if thou art by my side,
nor wander from the pathway
if thou wilt be my guide.

2.

O let me feel thee near me:
the world is ever near;
I see the sights that dazzle,
the tempting sounds I hear;
my foes are ever near me,
around me, and within;
but, Jesus, draw thou nearer,
and shield my soul from sin.

3.

O let me hear thee speaking
in accents clear and still,
above the storms of passion,
the murmurs of self-will;
O speak to reassure me,
to hasten or control;
O speak, and make me listen,
thou guardian of my soul.

4.

O Jesus, thou hast promised
to all who follow thee,
that where thou art in glory
there shall thy servant be;
and, Jesus, I have promised
to serve thee to the end:
O give me grace to follow,
my Master and my Friend.

5.

O let me see thy foot-marks,
and in them plant mine own;
my hope to follow duly
is in thy strength alone:
O guide me, call me, draw me,
uphold me to the end;
and then in heaven receive me,
my Saviour and my Friend.

Words: John Ernest Bode (1816-1874)

Music: WOLVERCOTE William Harold Ferguson (1874-1950)

POST COMMUNION HYMN

Jesu, the very thought of thee
with sweetness fills the breast;
but sweeter far thy face to see,
and in thy presence rest.

No voice can sing, no heart can frame,
nor can the memory find,
a sweeter sound than Jesu's name,
the Saviour of mankind.

O hope of every contrite heart,
O joy of all the meek,
to those who ask 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.

O Jesus, light of all below,
thou fount of life and fire!
surpassing all the joys we know,
and all we can desire:

Jesu, our only joy be thou,
as thou our prize wilt be;
in thee be all our glory now,
and through eternity.

Words: *Jesu dulcis memoria*

Bernard of Clairvaux (attributed) (1090-1153), Anonymous Latin (12th century), Edward Caswall
(1814-1878),

Music: SAINT BOTOLPH Gordon Slater (1896-1979)

SERVICES THIS WEEK

	Holy Eucharist	Evensong
Monday	9.30am	5.30pm (sung)
Tuesday	9.30am Yr Offeren 12noon	5.30pm (sung)
Wednesday <i>Ember Day</i>	9.30am 7.00pm Lent Reflections with Eucharist	5.30pm (sung)
Thursday	10.00am Yr Offeren 11.00am	5.30pm (sung)
Friday <i>Ember Day</i>	10.00am	5.30pm (sung)
Saturday <i>Ember Day</i>	9.30am	5.30pm (said)

WEEKLY PRAYER INTENTIONS

- Sunday: The Anglican Church of the Congo
The Parish of Tonypandy w Clydach Vale & Williamstown:
The Rev'd Terry Cox
- Monday: The Diocese of Ho (West Africa)
The Parish of Porth Newydd: The Rev'd Jeffrey Thomas
- Tuesday: The Diocese of Marsabit (Kenya)
The Parish of Pontrhondda: The Rev'd Peter Gale
- Wednesday: The Diocese of Maryland (The Episcopal Church)
Director of Vocations and Assistant Directors of Vocations
- Thursday: The Diocese of Upper Shire (Central Africa)
The Parish of Rhondda Fach Uchaf: The Rev'd David Jones
- Friday: The Diocese of Hokkaido (Japan)
The Parish of Tonyrefail w Gilfach Goch:
The Rev'd Canon Ruth Moverley
- Saturday: The Diocese of Honduras (The Episcopal Church)
The Benefice of Ystradyfodwg: The Rev'd Haydn England-Simon

Those who have asked for prayer

Archie Conway-Gardner, Margaret Beecher, Alex Kellam, Mary Robertson,
Ramsay Withers, Dianne Beryl Stokes, Margaret Bethell

The long term sick and housebound, among them:

Natalie Doreen Evans, John Brewster, Mary Wines, Morley Lewis, Sid Baldwin,
Tom Bailey, Dafydd Hughes, Fred Mudge

The departed

For those who have died recently:

Year's mind:

10 March	Peter Wells Giles
11 March	Will Roberts, John Alexander Hay, Joan Patricia Jenkins
12 March	Leonard Davies, Bunny Davies, Clive Arthur Mulrooney
13 March	George James Everett, Kathleen Jeannetta Headworth, Sheila Mary Morris
14 March	David John Jones (Priest), Margery Elizabeth Symes, Lewis Davies
15 March	
16 March	Olwen Gwen Jenkins, Freda Megan Purse, Paul Evans, Gail Arnold

NOTICES

Lent 2019 – Weekly Eucharists will be held in the **Nave at 7pm** on **Wednesdays** during Lent.

The **Lent Lunches** will take place weekly from **Tuesday 12th March**. A frugal lunch of soup, bread and cheese will be served following the 12pm Holy Eucharist on Tuesdays. Anyone able to help cook or serve is very welcome to join a team of volunteers – please contact the Cathedral Office. Priced at £6, the proceeds will go to this year's Lent Appeal. All very welcome.

Cathedral Shop – Lent Books are now on sale in the Cathedral shop. "Lent Pilgrim; the Beatitudes" (£2.75) is the Church of England's official Lent guide, with readings, reflections, prayers and suggestions for action for each of the 40 days (and will be followed by "Easter Pilgrim: The Lord's Prayer" covering the period from Easter to Ascension Day). Meanwhile, "Reflections for Lent" (£4.99) follows the traditional pattern of reading, reflection and prayer, and is designed to refresh and inspire times of personal prayer.

Mothering Sunday and Easter Purchases - Please buy your Mothering Sunday (March 31st) and Easter Cards (April 21st) from our range at the Cathedral Shop. All now in stock along with items suitable for gifts and souvenirs.

Anyone who has say 2 hours a week/fortnight or month would be extremely welcome to join our team of shop volunteers. It's a perfect way engage with visitors and welcome them to our cathedral too. Please call Mary Madsen on 02920611504 or the cathedral office 02920564554. Training is provided

Lent Appeal 2019 – “Embrace the Middle East” – For Christian work in the Bible Lands

“Embrace the Middle East” is a Christian charity tackling poverty and injustice in the Middle East. It was formerly known as 'BibleLands'. In addition to a strong presence in Israel and Palestine, including Gaza, the charity provides support in the Lebanon, particularly for refugees, in Egypt, and, most recently, in Iraq and in war-torn Syria. Embrace raises around £7m each year but urgently needs more to meet the region's expanding demands. Please give generously using the gift aid envelopes provided. More information is available on the website: www.embraceme.org or from me at dlsmsmith@msn.com or 02920569234 . David Smith

Llandaff Parish Mothers' Union

On Monday 18th March we will be delighted to welcome Father Edward Le Brun Powell to tell us about 'Life in South Africa'. At both meetings there will be refreshments and a raffle.

On Monday 25th March The Llandaff Diocesan Mothers' Union will be holding a 'Quiet Day' at The Cathedral. 10.30 am. Teas will be served in Prebendal House from 10 am. There will be a lunch break with tea served please bring a packed lunch then an afternoon session. Everyone welcome to join for the morning, afternoon or all day.

Christian Aid Week 2019 – An early reminder that Christian Aid Week is the **12th – 18th May** this year. We need volunteers to deliver envelopes to houses locally and collecting them again during Christian Aid Week. We have a marvellous team but it diminishes every year. Please sign up at the back of the Cathedral; the money we collect house to house in Llandaff would train two complete healthcare teams! Contact the office or Kate Bates for more information.

Next Sunday: 17th March 2019

SECOND SUNDAY of LENT

7.30am	Said Matins
8.00am	Holy Eucharist
9.00am	Parish Eucharist
11.00am	Choral Eucharist
12.30pm	Holy Eucharist (Lady Chapel)
3.30pm	Choral Evensong

DURING THE WEEK

Monday 11th March	2.00pm	St Teilo Guild Meeting – Parish Hall
Tuesday 12th March	9.30am	Linen and Vestment
	12.30pm	Lent Lunch

Lost Property

Any personal items left in the Cathedral will be stored in the Cathedral Office.
Please call 02920 564554 for all enquiries regarding missing items.

Weekly Notes

Notices for the Weekly Notes to be received no later than 9.30am each Thursday.
Please contact the Cathedral Office on 029 2056 4554
or office@llandaffcathedral.org.uk

A printable version of the Weekly Notes is available on the website at
www.llandaffcathedral.org.uk

IN THE CATHEDRAL

The Dean: The Very Rev'd Gerwyn Capon	029 2056 4554
Residentiary Canons: The Rev'd Canon Graham Holcombe	029 2056 9521
The Rev'd Canon Mark Preece	029 2056 8842
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Stewardship Secretary: Mrs Helen Patterson	029 2061 9166



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www.twitter.com/llandaffcath

www.instagram.com/llandaffcathedral

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

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, on 029 2061 9166.

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