



EGLWYS GADEIRIOL LLANDAF
LLANDAFF CATHEDRAL

THE HOLY EUCHARIST

according to the Book of Common Prayer 1984

Sunday 14th July 2024
8.00am

The Seventh Sunday after Trinity

CROESO | WELCOME

We are delighted to welcome you to this service at your cathedral. The Cathedral Church of Ss. Peter & Paul, Teilo, Dyfrig, and Euddogwy, has been a site of Christian worship for over 1,500 years. If you are joining us for the first time, please introduce yourself to a member of clergy, who will be happy to tell you more about worship in this place.

Since earliest Christian times the word Eucharist, which comes from the Greek word for 'thanksgiving', has been used to describe the sacrament that Jesus Christ instituted at the last supper. In faithfulness to our Lord's instruction to 'do this in remembrance of me' the Eucharist was accordingly regarded as an essential part of worship in the early church and today it remains the central liturgical activity of the baptised.

Everything you need to follow the service is in this booklet. Please join in with the text printed in **Bold**. The rubrics in this service indicating when to *stand* and *sit* are suggestions only. If you are more comfortable remaining seated throughout the service, please do so.

DONATE

A collection is taken during this service.

If you are a UK tax payer, please consider using the Gift-Aid envelopes, as this enables us to claim an extra 25% on each donation.

You can also donate by using the contactless giving devices located around the building, or via Text as follows:

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Gluten-free wafers are available at the Communion.
If you wish to receive one, please ask a steward in advance.



The Cathedral is served by a hearing loop.
Users should turn their hearing aid to the setting marked T.

Printed versions of this service sheet are available.
Please ask a steward for a copy. **Large print versions are also available.**

Please ensure that all electronic devices are set to silent mode.
We kindly request that you do not take photographs, or video or sound recording in the cathedral at any time during this service.

ORDER OF SERVICE

Please stand as the Procession enters the Cathedral.

Priest In the Name of the Father, and of the Son, and of the Holy Spirit.

All **Amen.**

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

Lord, have mercy upon us.

All **Christ, have mercy upon us.**

Lord, have mercy upon us.

Please sit or kneel.

Priest Let us humbly confess our sins to Almighty God.

All **Almighty God, our heavenly Father, we have sinned against thee, in thought and word and deed, and in what we have left undone. We are truly sorry and repent of all our sins. Have mercy upon us, most merciful Father; forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honour and glory of thy name through Jesus Christ our Lord. Amen.**

Priest Almighty God have mercy upon you; pardon and deliver you from all your sins, confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord.

All **Amen.**

Please stand.

GLORIA IN EXCELSIS

All **Glory be to God on high,
and in earth peace, goodwill towards men.
We praise thee, we bless thee, we worship thee, we glorify thee,
we give thanks to thee for thy great glory,
O Lord God, heavenly King, God the Father Almighty**

**O Lord, the only-begotten Son, Jesus Christ;
O Lord God, Lamb of God, Son of the Father,
that takest away the sins of the world, have mercy upon us.
Thou that takest away the sins of the world, receive our prayer.
Thou that sittest at the right hand of God the Father,
have mercy upon us.
For thou only art Holy; thou only art the Lord;
thou only, O Christ, with the Holy Spirit,
art Most High in the glory of God the Father. Amen.**

THE MINISTRY OF THE WORD

THE COLLECT

Priest The Lord be with you
All **And with your spirit.**

Priest God, for as much as without thee we are not able to please thee: mercifully grant that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord.

All **Amen.**

THE FIRST LESSON

Reader A reading from the prophet Amos;

This is what he showed me: the Lord was standing beside a wall built with a plumb-line, with a plumb-line in his hand. And the Lord said to me, 'Amos, what do you see?' And I said, 'A plumb-line.' Then the Lord said, 'See, I am setting a plumb-line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword.'

Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, 'Amos has conspired against you in the very centre of the house of Israel; the land is not able to bear all his words. For thus Amos has said, "Jeroboam shall die by the sword, and Israel must go into exile away from his land." ' And Amaziah said to Amos, 'O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom.'

Then Amos answered Amaziah, 'I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, and the Lord took me from following the flock, and the Lord said to me, "Go, prophesy to my people Israel."

Amos 7.7-15

This is the word of the Lord.

All **Thanks be to God.**

PSALM

I will hearken what the Lord God will say:
for he shall speak peace unto his people and to his servants,
even unto the upright in heart.

All **Surely his salvation is nigh them that fear him:
that his glory may dwell in our land.**

Mercy and truth are met together:
righteousness and peace have embraced each other.

All **Truth shall flourish out of the earth:
and righteousness shall look down from heaven.**

Yea the Lord shall give prosperity:
and our land shall yield her increase.

All **Righteousness shall go before him:
and where he walketh there shall be peace.**

Psalms 85. 8-end

THE SECOND LESSON

Reader A reading from the letter of St Paul to the Ephesians

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

Ephesians 1.3-14

This is the word of the Lord.

All **Thanks be to God.**

Hear the Holy Gospel according to Saint Mark.

All **Glory be to thee, O Lord.**

King Herod heard of it, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

Mark 6.14-29

All **Praise be to thee, O Christ.**

All I believe in one God,
**the Father Almighty,
maker of heaven and earth,
and of all things visible and invisible.**

**And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
Very God of Very God,
begotten, not made,
being of one substance with the Father,
by whom all things were made:
who for us men, and for our salvation came down from heaven,
and was incarnate by the Holy Spirit of the Virgin Mary,
and was made man,
and was crucified also for us under Pontius Pilate.
He suffered and was buried,
and the third day he rose again according to the Scriptures,
and ascended into heaven,
and is seated at the right hand of the Father.
And he shall come again with glory
to judge both the quick and the dead:
whose kingdom shall have no end.**

**And I believe in the Holy Spirit,
the Lord, the Giver of life,
who proceeds from the Father and the Son;
who with the Father and the Son together
is worshipped and glorified,
who spoke by the prophets.**

**And I believe in One Holy Catholic and Apostolic Church.
I acknowledge one Baptism for the remission of sins.
And I look for the Resurrection of the dead,
and the life of the world to come.
Amen.**

Please sit or kneel.

THE INTERCESSIONS

Priest Let us pray for the whole Church of Christ and for all people according to their needs.

Almighty and everlasting God, we humbly beseech thee to inspire continually the universal Church with the spirit of truth, unity, and concord, that all who confess thy holy Name may agree in the truth of thy holy Word and live in unity and godly love.

Lord, in thy mercy,

All **Hear our prayer.**

Give grace, O heavenly Father, to all Bishops, Priests and Deacons, and specially to thy servant Mary our Bishop, that they may by their life and doctrine proclaim thy true and living Word and rightly and duly administer thy Holy Sacraments.

Lord, in thy mercy,

All **Hear our prayer.**

To all thy people give thy heavenly grace, and specially to this congregation here present; that they may serve thee in holiness and righteousness all the days of their life.

Lord, in thy mercy,

All **Hear our prayer.**

We beseech thee, O Lord, to direct with thy heavenly wisdom those who rule over the nations of the world, that thy people may be faithfully and justly governed; bless thy servant Charles our King and all who exercise authority under him.

Lord, in thy mercy,

All **Hear our prayer.**

Of thy goodness, O Lord, help and comfort all those who are in trouble, sorrow, need, sickness, or any other adversity, granting them a happy issue out of all their afflictions.

Lord, in thy mercy,

All **Hear our prayer.**

We commend to thy gracious keeping, O Lord, all thy servants departed this life in thy faith and fear, beseeching thee to grant us with them everlasting light and peace.

Lord, in thy mercy,

All **Hear our prayer.**

Finally, we bless thy holy Name for the grace and virtue declared in all thy Saints. Grant that we, rejoicing in their fellowship and following their good examples, may at thy Son's appearing be set with them on his right hand and be made partakers of thy heavenly kingdom.

All **Hear us, O heavenly Father, for the sake of Jesus Christ, our only Mediator and Advocate, to whom with thee and the Holy Spirit be all honour and glory, world without end. Amen.**

Please stand.

THE MINISTRY OF THE SACRAMENT

Priest The peace of the Lord be always with you;
All **And with your spirit.**

THE OFFERTORY

All things come of thee;
All **And of thine own do we give thee.**

THE GREAT THANKSGIVING

The Lord be with you;
All **And with your spirit.**

Lift up your hearts;
All **We lift them up unto the Lord.**

Let us give thanks unto our Lord God;
All **It is meet and right so to do.**

It is very meet, right and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

Through Jesus Christ our Lord, who by his death has destroyed death, and by rising to life again has restored to us everlasting life.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name, evermore praising thee and saying:

All **Holy, 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 who comes in the Name of the Lord.
Hosanna in the highest.**

Please sit or kneel.

Priest All glory, praise and thanksgiving be unto thee Almighty God our heavenly Father, creator and sustainer of all things, maker of man in thine own image, who gavest thine only Son Jesus Christ to take our nature upon him and to suffer death upon the Cross for our redemption. There he made the one perfect and sufficient sacrifice for the sins of the whole world; and did institute, and in his Holy Gospel command us to continue, a perpetual memorial of that his precious death until his coming again.

Therefore we beseech thee, O merciful Father, to sanctify with thy Holy Spirit these thy gifts of Bread and Wine, that we, receiving them according to thy Son our Saviour Jesus Christ's holy institution, may be partakers of his most precious Body and Blood:

Who in the same night that he was betrayed, 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.

Likewise after supper he took the Cup and when he had given thanks, he gave it to them, saying,

Drink ye all of this,
for this is my Blood of the New Covenant,
which is shed for you and for many for the remission of sins:
Do this as oft as ye shall drink it, in remembrance of me.

Wherefore, O Lord and heavenly Father, making the memorial of the blessed Passion, mighty Resurrection, and glorious Ascension, of thy dearly beloved Son as he hath commanded us, rejoicing in his gift of the Holy Spirit, and looking for his coming again with power and great glory, we thy servants, with all thy holy people, do set forth before thy Divine Majesty this Bread of eternal life and this Cup of everlasting salvation.

And we beseech thee to accept this our sacrifice of praise and thanksgiving, and to grant to us and thy whole Church remission of our sins and all other benefits of his Passion. And we pray that all we, who are partakers of this holy Communion, may be fulfilled with thy grace and heavenly benediction and be numbered in the glorious company of thy saints.

Through Jesus Christ our Lord, by whom, in whom, and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, throughout all ages, world without end.

All **Amen.**

The Priest breaks the Bread, saying:

Priest The Bread which we break;

All **Is it not the communion of the Body of Christ?**

We who are many are one Bread, one Body

All **For we are all partakers of the one Bread.**

Then may be said:

All **We do not presume to come to this thy table,
O merciful Lord,
trusting in our own righteousness,
but in thy manifold and great mercies.
We are not worthy so much
as to gather up the crumbs under thy table,
but thou art the same Lord,
whose property is always to have mercy.
Grant us, therefore, gracious Lord,
so to eat the flesh of thy dear Son Jesus Christ,
and to drink his blood,
that we may evermore dwell in him, and he in us. Amen**

Then may be said:

All **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.**

THE COMMUNION

Priest As our Saviour Jesus Christ has taught we are bold to say:

All **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**

Draw near and receive the Body of our Lord Jesus Christ given for you, and feed on him in your hearts by faith with thanksgiving.

*The Priest and People receive Holy Communion.
The sacrament is administered with these words:*

The body of Christ keep you in eternal life. **Amen.**
The blood of Christ keep you in eternal life. **Amen.**

THE POST-COMMUNION

Once all have received Holy Communion, please stand.

All O give thanks unto the Lord, for he is gracious;
For his mercy endureth for ever.

Almighty God, we thank thee for feeding us with the Body and Blood of thy Son Jesus Christ, through whom we offer to thee our souls and bodies to be a living sacrifice. Send us out in the power of thy Spirit to live and work to thy praise and glory. Amen.

THE DISMISSAL

Priest The Lord be with you:
All **And with your spirit.**

The peace of God which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord; and the blessing of God Almighty, the Father, ✠ the Son and the Holy Spirit, be upon you and remain with you always.

All **Amen.**

Let us go forth in peace;
All **In the name of Christ. Amen.**

Please remain standing as the Procession leaves.

WEEKLY NOTICES

Join us as we journey towards an EcoChurch Silver award...

Llandaff Cathedral received the Bronze award in 2020. We are eager to proceed to the next level. Each week we will update you on the progress we are making and highlighting ways that you can join with us to care for God's creation. St. David said 'Be joyful, keep the faith, and do the little things...'. A little thing you can do this week:

Fairtrade & Ethically Sourced Goods!

Fairtrade is about better prices, safe working conditions, local sustainability, and fair terms of trade for farmers and workers. There are over 6,000 Fairtrade products from coffee and tea to flowers and gold, so when you shop, look for the Fairtrade Mark or other ethically sourced goods. We are a Fairtrade Kitchen here at the Cathedral serving only Fairtrade tea and coffee. If you use our kitchen, please respect our commitment in this area and also only serve Fairtrade tea and coffee. Visit www.fairtrade.org.uk to find out more.

Sustainability – The Cathedral Chapter and LCCC recognise the importance of environmental sustainability. Check out the new Sustainability page on our website to find out what we're doing to help the environment – www.llandaffcathedral.org.uk/sustainability

Christian Aid Week – The Llandaff Cathedral Community's campaign in Christian Aid Week raised the magnificent total of **£15,947.30!** Details of the amount raised by each of the activities of the Week are available on the Charities Table: do have a look to see the many ways in which different parts of our community were involved. The result is spectacular, particularly in the current challenging economic circumstances, and a huge thank you is due to everyone who made it possible.

Prayers for the sick – Prayer intentions for the sick: this list is now based on the requests sent in via this form: <https://llandaffcathedral.churchsuite.com/forms/wy58qy6m> which is also available on paper from the Cathedral office. Each name remains on the list for 8 weeks and this time can be extended by re-submitting the form or emailing the Office.

Asking for a blessing instead of receiving the bread and wine? If you have been baptised/christened in any church, you are welcome to receive Holy Communion at the Cathedral. If you are not baptised and/or confirmed, do get in touch if you are interested in thinking about this. You might like to try our course 'Explore the Faith' which is suitable for those enquiring about the faith, as a refresher, or as a preparation for confirmation. Contact Canon Jan to find out more.

Majestas Kids Choir – Our choir for children ages 7 – 11 rehearses at 10am every Saturday during term time in the Cathedral. If you'd like more information, or would like to sign your child(ren) up to join, please contact our Animateur Rachel Kilby at rachelkilby@llandaffcathedral.org.uk

The 'Anniversary of Death' List – If your loved one's funeral was held at the Cathedral, and/or their ashes are interred in our Garden of Remembrance, their name can be included in the prayers on the anniversary of their death, and/or in the Book of Remembrance, by request from next of kin using this form: <https://llandaffcathedral.online/remembrance-form>

Join the Friends of Llandaff Cathedral – The Friends are an independent charity founded to provide invaluable support to the Cathedral's life; its fabric, music and heritage. Information about projects and membership can be found at www.llandaffcathedral.org.uk/friends

*The deadline for submissions for the Weekly Notes is 9am on Thursday each week.
Please send any notices to admin@llandaffcathedral.org.uk*

THE WEEKLY PRAYER INTENTIONS

Those who are currently sick and have asked for prayer:

Carolyn Jenkins, Huw James, Danielle Camilleri, Charles & Alison Lewis, Octavia Allen-Davies, Peter Webber

Long-term Sick or in Residential Care: Beryl Baldwin, Sid Baldwin, Megan Pugh, Bettie Williams

Those who have died recently: Rev'd Barry Thomas, Eluned Bettinson

Those whose anniversary of death falls this week:

14th July Glenys Mary Ball, Anne Reid

15th July Doris Parker, Malcolm Richard Merrett, Mollie Geen Edbrooke

16th July Joanna Hull, Dora Edith Everett, Myra Salley

17th July Sarah Victoria Gwynno-James, Kelvin Wooldridge James, John Stuart Courtis, Pamela June Adams

18th July Winifred Mary Hopkins

19th July Jack Birtwhistle

20th July Patricia Ann Walker, Pauline Grainger, Mary Gwynne Clinton-Thomas

The Cycle of Prayer for this week in the Anglican Communion, this Diocese and in the Cathedral Community:

Sunday: The Church of Ireland | Afon Nedd Ministry Area | Office staff

Monday: The Diocese of Central Gulf Coast (The Episcopal Church) | Bro Noddfa Newydd Ministry Area | School Visits Team

Tuesday: The Diocese of Gusau (Nigeria) | Vale of Glamorgan Deanery | Llandaff Cathedral Community Council, Churchwardens

Wednesday: The Diocese of Guyana (West Indies) | East Vale Ministry Area | Cathedral Chapter

Thursday: The Diocese of Gwagwalada (Nigeria) | Glamorgan Heritage Coast Ministry Area | Greater Chapter

Friday: The Diocese of Haiti (The Episcopal Church) | Ministry Area of Cowbridge | Young Cathedral Council

Saturday: The Diocese of Hanuato'o (Melanesia) | Ministry Area of De Morgannwg | Friends of Llandaff Cathedral

SERVICES THIS WEEK

Monday 15th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Evening Prayer
Tuesday 16th July	8.00am	Morning Prayer and Eucharist
	9.30am	Holy Eucharist
	5.30pm	Evening Prayer
Wednesday 17th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Evening Prayer
Thursday 18th July	8.00am	Morning Prayer and Eucharist
	9.30am	Cymun Bendigaid
	5.30pm	Choral Evensong
Friday 19th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Choral Evensong
Saturday 20th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Choral Evensong
Sunday 21st July	8.00am	Holy Eucharist [1984]
	9.00am	Holy Eucharist
	11.00am	Choral Eucharist
	4.00pm	Choral Evensong



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E - News Letter



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