



EGLWYS GADEIRIOL LLANDAF
LLANDAFF CATHEDRAL

THE HOLY EUCHARIST

according to the Book of Common Prayer 1984

Sunday 7th July 2024
8.00am

The Sixth 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:

To donate £5 text LLANDAFF to 70970

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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 Lord, who never failest to help and govern those whom thou dost bring up in thy steadfast fear and love: keep us, we beseech thee, under the protection of thy providence, and make us to have a perpetual fear and love of thy holy name; through Jesus Christ our Lord.

All **Amen.**

THE FIRST LESSON

Reader A reading from the prophet Ezekiel

He said to me: O mortal, stand up on your feet, and I will speak with you. And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me. He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, 'Thus says the Lord God.' Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.

Ezekiel 2.1-5

All This is the word of the Lord.
Thanks be to God.

Unto thee lift I up mine eyes:
O that thou art enthroned in heaven.

All **Behold as the eyes of servants look unto the hand of their masters:
and as the eyes of a maid unto the hand of her mistress.**

Even so our eyes look unto the Lord our God:
until he shew us his favour.

All **Be gracious unto us O Lord and shew us thy favour:
for long have we suffered con tempt.**

Long hath our soul suffered the scorn of the arrogant:
and the con tempt of them that are proud.

Psalm 123

THE SECOND LESSON

Reader A reading from the second letter of St Paul to the Corinthians

I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows—was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given to me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, ‘My grace is sufficient for you, for power is made perfect in weakness.’ So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

2 Corinthians 12.2-10

This is the word of the Lord.

All **Thanks be to God.**

Please stand.

Hear the Holy Gospel according to Saint Mark.

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

He left that place and came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, 'Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.' So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Mark 6.1-13

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

THE GREAT THANKSGIVING

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

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

All Let us give thanks unto our Lord God;
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:

Zero Waste Shops!

A zero waste shop enables customers to live a more zero waste lifestyle through eliminating packaging and encouraging the use of containers from home to fill and refill with bulk wholefoods, natural beauty and cleaning products, plus much more. Check out some of Cardiff's Zero Waste shops:

Siop Sero has two locations:

3B Beulah Road 102 Albany Road

Rhiwbina Roath

CF14 6LT CF24 3RT

Lechyd Da @CF14

(a Welsh language shop)

53C Merthyr Rd

CF14 1DD

Captain Noah & His Floating Zoo - This week we welcomed 200 children from Baden Powell Primary in Cardiff, Pontyclun Primary from Pontyclun and Parc Lewis and Maesycoed Primaries from Pontypridd who took part in a performance of Flanders and Horowitz's '*Captain Noah and His Floating Zoo*'.

The performance was the result of a ten-week project which involved weekly, hour-long rehearsals in their schools with Rachel Kilby, the Cathedral's Music Animateur. On the morning of the 27th, they came together for the first time in the cathedral to rehearse with a live jazz quartet before performing to parents, teachers and invited guests. The event began with a re-telling of the story of Noah by Canon Jan and Fr. Ian. The children had all made animal masks which they presented as part of the performance.

This was the final project of this academic year and the first year of the work of the cathedral animateur. It was wonderful to see the cathedral full of supporters for the children's performance. For most of the children and adults, this was their first visit to the cathedral and their excitement and awe was palpable. Some of the schools had made connections with their local ministry areas and had had a visit from their local vicar to explore the story of Noah.

The next project performances will be on Wednesday 4th December in the Cathedral with a Festival of Christmas Music for Primary Schools and a second Festival for a different cohort of schools on Friday 6th December at St German's Church in Adamsdown.

Looking for Teacher Gifts? Check out our boxes of shortbread and fudge in the Cathedral shop! The Shop is open on Sunday after the 9am service.

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, Tim Egan

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

Those who have died recently: Rev'd Barry Thomas

Those whose anniversary of death falls this week:

7th July Richard Paul Baker

8th July Florence Mary James, Winifred Joan Hughes, Keith Phelps

9th July Agnes Edith James, Ian Alan Ball, Audrey Williams, Ronald Arthur Coggins

10th July Hilda Beatrice Blackmore

11th July Gwynneth Frances Sneyd, Morfydd Williams, John Redfern (Priest), John Phelps

12th July Dianne Beryl-Stokes

13th July Tom Ellis James

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

Sunday: The Church of the Province of the Indian Ocean | The Garth Ministry Area | Cathedral Choir – boys

Monday: The Diocese of Rio Grande (The Episcopal Church) | Eglwysilan Deanery | Cathedral Choir – girls

Tuesday: The Diocese of Guadalcanal (Melanesia) | Caerphilly & Aber Valley Ministry Area | Cathedral Choir – back row

Wednesday: The Diocese of Guatemala (Central America) | Pontypridd Ministry Area | Majestas Kids choir

Thursday: The Diocese of Guildford (Canterbury) | Taff Rhymney Ministry Area | Majestas Consort

Friday: The Diocese of Guinea (West Africa) | Merthyr Tydfil Ministry Area | Music Department – Director & Assistant Director of Music, Organists, Chaperones

Saturday: The Diocese of Gujarat (North India) | Margam Archdeaconry | Music Department Development

SERVICES THIS WEEK

Monday 8th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Evening Prayer
Tuesday 9th July	8.00am	Morning Prayer and Eucharist
	9.30am	Holy Eucharist
	5.30pm	Evening Prayer
Wednesday 10th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Evening Prayer
Thursday 11th July	8.00am	Morning Prayer and Eucharist
	9.30am	Cymun Bendigaid
	5.30pm	Evening Prayer
Friday 12th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Evening Prayer
Saturday 13th July	8.00am	Morning Prayer and Eucharist
	5.30pm	Evening Prayer
Sunday 14th July	8.00am	Holy Eucharist [1984]
	9.00am	Holy Eucharist
	11.00am	Choral Eucharist
	4.00pm	Evening Prayer



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