



LLANDAFF CATHEDRAL

The **FOURTH SUNDAY**

Before **LENT**

5 February 2017

7.30AM SAID MATINS Psalm 4

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: Delyth Miller
Please bring foodstuffs for Asylum Seekers to Prebendal House

11.00AM CHORAL EUCHARIST *Sumsion in F*
President: The Dean
Preacher: Canon Graham Holcombe
Anthem: I give to you a new commandment *Nardone*

12.30PM HOLY EUCHARIST {Lady Chapel}
President: Reverend Tim Morgan

3.00PM FROM ADVENT TO CANDLEMAS
(Lessons and Carols)

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 February 2017: THE FOURTH SUNDAY BEFORE LENT

Collect

O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: grant to us such strength and protection as may support us in all dangers and carry us through all temptations; 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 Isaiah

Isaiah 58. 1 - 12

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. ‘Why do we fast, but you do not see? Why humble ourselves, but you do not notice?’ Look, you serve your own interest on your fast-day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

This is the word of the Lord.

Thanks be to God.

Psalm 112 (vv1-9)

- 1 Praise ye the Lord. Blessed is the man that feareth the Lord:
and hath great delight in his commandments.
- 2 His seed shall be mighty in the land:
the generation of the upright shall be blessed.
- 3 Riches and plenteousness shall be in his house:
and his righteousness shall endure for ever.
- 4 Unto the upright there ariseth light in the darkness:
the righteous is loving and merciful.
- 5 It is good for a man to be generous when he lendeth:
and to order his ways with justice.
- 6 For he shall never be moved:
and the righteous shall be had in everlasting remembrance.
- 7 He will not be afraid of any evil tidings:
for his heart is steadfast and trusteth in the Lord.
- 8 His heart is firm and will not fear:
at the last he shall see his desire upon his enemies.
- 9 He hath given freely to the poor:
his righteousness endureth for ever, his horn shall be exalted with honour.

A reading from St Paul's letter to the Corinthians

1 Corinthians 2. 1 - 12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him'— these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

This is the word of the Lord.

Thanks be to God.

Glory to you, O Lord.

‘You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. ‘You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. ‘Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

This is the Gospel of the Lord.

Praise to you, O Christ.

HYMNS AT THE 11AM CHORAL EUCHARIST

THE PROCESSIONAL HYMN

Judge eternal, throned in splendor,
Lord of lords and King of kings,
With thy living fire of judgment
Purge this realm of bitter things;
Solace all its wide dominion
With the healing of thy wings.

Still the weary folk are pining
For the hour that brings release,
And the city's crowded clangour
Cries aloud for sin to cease;
And the homesteads and the woodlands
Plead in silence for their peace.

Crown, O God, thine own endeavour;
Cleave our darkness with thy sword;
Feed the faithless and the hungry
With the richness of thy word;
Cleanse the body of this nation
Through the glory of the Lord.

Words: Henry Scott Holland (1837-1918)

Tune: *Rhuddlan* from Edward Jones's *Musical Relicks of Welsh Bards* 1800

OFFERTORY HYMN

All my hope on God is founded;
He doth still my trust renew.
Me through change and chance he guideth,
Only good and only true.
God unknown,
He alone
Calls my heart to be his own.

Pride of man and earthly glory,
Sword and crown betray his trust;
What with care and toil he buildeth,
Tower and temple, fall to dust
But God's power,
Hour by hour,
Is my temple and my tower.

God's great goodness aye endureth,
Deep his wisdom, passing thought:
Splendour, light and life attend him,
Beauty springeth out of naught.
Evermore
From his store
New-born worlds rise and adore.

Daily doth th'Almighty giver
Bounteous gifts on us bestow;
His desire our soul delighteth,
Pleasure leads us where we go.
Love doth stand
At his hand;
Joy doth wait on his command.

Still from man to God eternal
Sacrifice of praise be done,
High above all praises praising
For the gift of Christ his Son.
Christ doth call
One and all:
Ye who follow shall not fall.

POST COMMUNION HYMN

Jesus, where'er thy people meet,
There they behold thy mercy seat;
Where'er they seek thee, thou art found,
And every place is hallowed ground.

For thou, within no walls confined,
Inhabitest the humble mind;
Such ever bring thee where they come,
And going, take thee to their home.

Dear Shepherd of thy chosen few,
Thy former mercies here renew;
Here to our waiting hearts, proclaim
The sweetness of thy saving Name.

Here may we prove the power of prayer
To strengthen faith and sweeten care;
To teach our faint desires to rise,
And bring all heaven before our eyes.

Lord, we are few, but thou art near;
Nor short thine arm, nor deaf thine ear;
O rend the heavens, come quickly down,
And make a thousand hearts thine own!

Words: William Cowper (1731 - 1800)
Tune: *Truro* Psalmody Evangelica 1789

SERVICES THIS WEEK

	Holy Eucharist	Evensong
Monday	9.30am	5.15pm (sung)
Tuesday	9.30am <i>Y Cymun Bendigaid</i> 12.00pm	5.15pm (sung)
Wednesday	9.30am	5.15pm (sung)
Thursday <i>St Teilo</i>	10.00am <i>Y Cymun Bendigaid</i> 11.00am	5.15pm (sung)
Friday	9.30am	5.15pm (sung)
Saturday	9.30am	5.15pm (sung)

WEEKLY PRAYER INTENTIONS

- Sunday: Diocese of Lomega (Sudan)
Hirwaun, Ceirion Rees
- Monday: Diocese Of London (Canterbury)
Mountain Ash & Miskin, Michael Jones
- Tuesday: Dioceses of Long Island & Los Angeles (The Episcopal Church)
Penrhiwceiber, Matthewstown & Ynysboeth, Benjamin Rabjohns
- Wednesday: Dioceses of Louisiana & Western Louisiana (The Episcopal Church)
Department for Youth, Dr Sarah Rogers
- Thursday: Diocese of Luapula (Central Africa)
Deanery of Merthyr Tydfil & Caerphilly, Canon Steven Kirk
- Friday: Diocese of Lucknow (North India)
Bargoed & Deri w Brithdir, To be appointed
- Saturday: Diocese of Lui (Sudan)
Dowlais & Penydarren, Caroline Owen

Those Who Have Asked For Prayer

Rhian Gyngell, Stephen Williams, Dafydd Hughes, Clive Ainsley, Jean Howells, Philippa Whitmore

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: Martha Pugh, David Evans, Laticia Payne

Year's mind:

5 February	Robert Baker, Melva Evans
6 February	
7 February	William George Collins, Gordon Donald Evans, Vera Maryllia Westwood, Avril Griffiths
8 February	Muriel Florence Franklin, Howard Vernon Smith, Beatrice Sellwood
9 February	Alice Marjery Baragwanath, David Islwyn Evans (Priest), Dorothy Cox
10 February	John Thomas Eyles, Herbert Edgar Phelps, Dora Eileen Smith
11 February	Thomas Jones, Evelyn Jane Coles, Anthony Edward Hartley, Marie Haar, Matthew William Stratton-Ross

ADVANCE NOTICES

Mothers' Union invites the congregation to support the Cardiff Food Bank

The Food Bank is affiliated to the Trussell Trust, a Christian charity which aims to fight hidden hunger in local communities. People in crisis are given vouchers by doctors, health visitors, social services etc which they exchange at the Food Bank for a 3-5 day supply of food. The Dean has agreed for a collection box to be put at the back of the Cathedral for non-perishable foods which can be brought at any time and will be collected by the Food Bank. Thank you in advance for your support!

Llandaff Cathedral Flower Guild - The AGM of the Guild will be held in Prebendal House on Wednesday 8th February at 2.00pm. Annual Subs of £12.00 are due & can be paid at the meeting.

New Sunday Morning Group - We will be starting a new Sunday morning group for young people in years 7, 8 and 9. This will meet on the last Sunday of each month for a 9am start in the Prebendal House. It will begin with croissants and a drink and is designed to encourage young people to explore what Christianity is all about in a relaxed environment. If you would like to know more, please contact Louise Beesley; loubeez@hotmail.com 02921 408013

DURING THE WEEK

Monday 6th	2.15pm	Mothers' Union meeting - Parish Hall Canon Dr Sarah Rowland Jones 'God, The World and Me'
Tuesday 7th	9.30am	Linen and Vestment meeting
Wednesday 8th	2.00pm	Flower Guild AGM - Prebendal House

Next Sunday: 12th February 2017

THIRD SUNDAY before 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

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

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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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