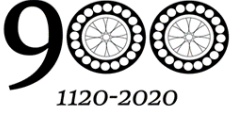




Llandaff Cathedral  
Eglwys Gadeiriol Llandaf



# LLANDAFF CATHEDRAL

**THIRD SUNDAY in LENT**

**15<sup>th</sup> March 2020**

- 7.30AM SAID MATINS**  
Psalm 46
- 8.00AM HOLY EUCHARIST**  
President: The Canon Chancellor
- 9.00AM PARISH EUCHARIST**  
President & Preacher: The Canon Chancellor  
Reader & Offertory: Bellringers
- 11.00AM CHORAL EUCHARIST**  
President: The Canon Precentor  
Preacher: The Canon Chancellor  
*Berkeley* Missa Brevis  
*Sicut cervus Palestrina*  
Organ Voluntary: Fantasia in G minor, BWV 542i *J S Bach*
- 12.30PM HOLY EUCHARIST (Lady Chapel)**  
President: The Canon Precentor
- 3.30PM CHORAL EVENSONG**  
Call to remembrance *Farrant*  
Responses *Morley*  
Psalm 40 Hymns 206, 453  
*Byrd* Second Service  
Deep River *Hancock*  
Organ Voluntary: Choral No.3 in A minor *Franck*

*The organ voluntary at the end of each service is part of the offering of our worship.  
It is to be enjoyed but, please, **not** applauded.*

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

# IMPORTANT NOTICE – CORONAVIRUS

The current advice received from the Church in Wales is that members of our congregations should receive communion in ONE KIND, being the Body of Our Lord (as the wafer of bread) but for those who particularly want to receive from the common cup (the chalices containing the wine as The Precious Blood) to do so discretely. I have taken the view however, given the size of our congregations, that it may be more helpful to avoid any doubt in the matter and therefore, at the Cathedral, Communion will be available in ONE KIND (the Bread as the Body of Christ). It is the church's understanding that the full efficacy of the sacrament of Holy Communion is provided whether we take in one or both kinds.

We are discouraging any physical contact for now and so at the sharing of The Peace during the liturgy, please greet one another without contact.

For the time being we will also be withdrawing the teas and coffees after the 9.00 am service on Sundays, 10.00 am on Wednesday and Lent lunches on Tuesdays due to the ongoing pandemic. We apologise for any inconveniences this may cause.

I do hope you will understand the motives behind this decision which is entirely for benefit of our public health and it will operate until further notice.

*The Dean*

## THE PROCESSIONAL HYMN

Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but thou art mighty,  
hold me with thy powerful hand:  
bread of heaven,  
feed me now and evermore.

Open now the crystal fountain  
whence the healing stream doth flow;  
let the fiery, cloudy pillar  
lead me all my journey through:  
strong deliverer,  
be thou still my strength and shield.

When I tread the verge of Jordan  
bid my anxious fears subside;  
death of death, and hell's destruction,  
land me safe on Canaan's side:  
songs of praises  
I will ever give to thee.

*Words: Arghwydd arwain dmy'r anialwch*

William Williams (1717-1791) Peter Williams (1727-1796) and William Williams (1717-1791) John Williams (1754-1828)

Music: CWM RHONDDA John Hughes (1873-1932)

## **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 the Book of 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 Matthew.*

Matthew 6. 25-34

**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.**

# OFFERTORY HYMN

Glorious things of thee are spoken,  
Zion, city of our God;  
he whose word cannot be broken  
formed thee for his own abode.  
On the Rock of Ages founded,  
what can shake thy sure repose?  
With salvation's walls surrounded,  
thou may'st smile at all thy foes.

See, the streams of living waters,  
springing from eternal love,  
well supply thy sons and daughters,  
and all fear of want remove.  
Who can faint while such a river  
ever flows their thirst to assuage-  
grace which, like the Lord the giver,  
never fails from age to age?

Round each habitation hovering,  
see the cloud and fire appear  
for a glory and a covering,  
showing that the Lord is near.  
Thus deriving from their banner,  
light by night and shade by day;  
safe they feed upon the manna  
which he gives them when they pray.

Saviour, if of Zion's city  
I through grace a member am,  
let the world deride or pity,  
I will glory in thy name.  
Fading is the worldling's pleasure.  
all his boasted pomp and show;  
solid joys and lasting treasure  
none but Zion's children know.

Words: John Newton (1725-1807)  
Music: AUSTRIA Franz Joseph Haydn (1732-1809)

# POST COMMUNION HYMN

I heard the voice of Jesus say:  
    'Come unto me and rest;  
Lay down, thou weary one, lay down  
    Thy head upon my breast.'  
I came to Jesus as I was,  
    Weary and worn and sad,  
I found in him a resting-place,  
    And he has made me glad.

I heard the voice of Jesus say:  
    'Behold, I freely give  
The living water; thirsty one,  
Stoop down and drink and live.'  
I came to Jesus, and I drank  
    Of that life-giving stream;  
My thirst was quenched, my soul revived,  
    And now I live in him.

I heard the voice of Jesus say:  
    'I am this dark world's Light;  
Look unto me, thy morn shall rise,  
    And all thy day be bright.'  
I looked to Jesus, and I found  
    In him my star, my sun;  
And in that light of life I'll walk,  
    'Till travelling days are done.

Words: Horatius Bonar (1808-1889)  
Music: KINGSFOLD Anon. English Melody



**Those who have asked for prayer:**

Roger Rathbone, Catherine Hughes, Archie Conway-Gardner, Ray Edwards,  
Margaret Harries, Valerie Aspden, Alan Robinson.

**The long term sick and housebound, among them:**

John Brewster, Mary Wines, Sid Baldwin, Tom Bailey,  
Dafydd Hughes, Fred Mudge, Marjorie Mudge, Mary Robertson.

**The departed:**

*For those who have died recently:* Eileen Watkins, Tracie Waddington,  
Chloe Franklin, Pablo Goetz.

*Year's mind:*

15 March

16 March Olwen Gwen Jenkins, Freda Megan Purse, Paul Evans, Gail Arnold

17 March Betty Evans, Harold Henry Powell

18 March Eunice Peiris, Dennis Pratt, Mary Keble Court, Beryl Withyman,  
Gethyn Stoodley Thomas, Alan Yate Pitts,  
Gwenllian Winifred Morgan, Elizabeth Inez Jones

19 March Jack Evans

20 March Margaret Cicely Clarke, Margaret Francis Bethell,  
Norman Mortimer Cooper (Priest)

21 March Gwladys Elen Huws, Alexander Battista, Clemency Margaret Lewis

**THE WEEKLY PRAYER INTENTIONS**

**Sunday:** The Church of England

The Parish of Cardiff St German w St Saviour: The Rev'd Phelim O'Hare  
The Sunday School

**Monday:** The Diocese of Utah (The Episcopal Church)

The Parish of Cardiff, St Mary: The Rev'd Dean Atkins  
The Guild of Servers

**Tuesday:** The Diocese of Hong Kong Island (Hong Kong)

The Parish of Cathays: The Rev'd Caroline Downs  
The Eco Church Group

**Wednesday:** The Diocese of Maseno West (Kenya)

The Mission to Sea Farers: The Rev'd Ben Andrews  
The Trefoil Guild

**Thursday:** The Diocese of Vermont (The Episcopal Church)

The Parish of Christ Church, Roath: The Rev'd Canon Dr Trystan Hughes  
Our local schools

**Friday:** The Diocese of Victoria Nyanza (Tanzania)

The City Church of St John the Baptist: The Rev'd Canon Sarah Jones  
Linen & Vestment

**Saturday:** The Diocese of Masvingo (Central Africa)

The Conventional District of Tremorfa: The Rev'd Marcus Nelson  
Canons of Greater Chapter

# NOTICES

**Electoral Roll** - Every five years, we are required to create a completely new Electoral Roll for the Cathedral. The Electoral Roll is the Cathedral's register of those qualified to attend and vote at the annual vestry meeting, and is intended to enable people at every level to be in touch with the Cathedral and to play a part in its decision-making. The time for the next Electoral Roll has come around again, and it needs to be compiled before the annual vestry meeting in April.

If you would like to be on the Electoral Roll for 2020, you will need to apply, even if you are on the current Electoral Roll. Please complete an application form, one per individual, copies of which are now available at the back of the Cathedral. Please return the completed forms to the clergy, the Church wardens, or the Cathedral office. When you are making this commitment to the Cathedral by joining the Electoral Roll, can we suggest that at the same time you review your financial commitment to the Cathedral. 'Supporting the work of your church' leaflets outline the Church in Wales' Gift Aid scheme and other ways of financially supporting the Cathedral. These forms are also available from the back of the Cathedral.

**Lent Appeal 2020** - the focus of this year's Lent Appeal will be the *Church in Wales Centenary Fund*. Please use the 'Lent Appeal' gift aid envelopes to make a donation. If you are a UK taxpayer, and please fill in your name and address. Cheques should be payable to 'Llandaff Cathedral'. Many thanks for all your donations.

**Stay in touch** - for the latest news in Llandaff Diocese you can receive 'Llandaff Matters' online weekly. It's good to know what is happening across the diocese. Sign up here: <https://llandaff.churchinwales.org.uk/llandaffmatters/>

**Mothers' Union** – The MU Diocesan President has taken the decision to cancel all meetings. This will include the meeting tomorrow afternoon in the Parish Hall and the Mothers' Union Quiet Day on the 24<sup>th</sup> March. We regret any inconvenience and ask members to keep in touch with each other by telephone over the coming weeks. Thank you for your cooperation.

**Confirmation preparation for adults** will be held on Mondays at 3.15 - 4pm starting on 23<sup>rd</sup> March; please contact Canon Jan if you would like to join the group. The confirmation service will be on Tuesday 19<sup>th</sup> May.

Last week's successful **Fairtrade stall** at coffee time made sales of over £120. Many thanks to those who bought items from the stall and who also gave such positive feedback to Jan and Devna from Fair Do's who provided the stall. We are looking for volunteers to run a stall like this on a monthly basis. Please contact Canon Jan if you feel you could help with this, even if not every month.

## SERVICES AND EVENTS THIS WEEK

<b>Monday</b>	<b>8.30 am</b>	Morning Prayer (St Dyfrig Chapel)
	<b>10.00 am</b>	Holy Eucharist (St Dyfrig Chapel)
	<b>12.00 pm</b>	Funeral
	<b>5.30 pm</b>	Choral Evensong
<b>Tuesday</b> <i>Patrick</i>	<b>8.30 am</b>	Morning Prayer (St Dyfrig Chapel)
	<b>12.00 pm</b>	Holy Eucharist (St David Chapel)
	<b>12.30 pm</b>	<del>Lent Lunch (Prebendal House)</del> —CANCELLED
	<b>5.30 pm</b>	Choral Evensong
<b>Wednesday</b> <i>Cyril of Jerusalem</i>	<b>8.30 am</b>	Morning Prayer (St Dyfrig Chapel)
	<b>10.00 am</b>	Holy Eucharist (St David Chapel)
	<b>5.30 pm</b>	Evening Prayer
	<b>7.30 pm</b>	Holy Eucharist with Homily
<b>Thursday</b> <i>Joseph of Nazareth</i>	<b>10.00 am</b>	Yr Offeren (St Dyfrig Chapel)
	<b>1.15 pm</b>	Funeral
	<b>5.30 pm</b>	Choral Evensong
	<b>6.30 pm</b>	Bible study group (Prebendal House)
<b>Friday</b> <i>Cuthbert</i>	<b>10.00 am</b>	Holy Eucharist (Lady Chapel)
	<b>2.00 pm</b>	Llandaff City Primary School Mothering Service
	<b>5.30 pm</b>	Choral Evensong
<b>Saturday</b> <i>Thomas Cranmer, Hugh Latimer, Nicholas Ridley and Robert Ferrar</i>	<b>9.30 am</b>	Holy Eucharist (St Teilo Chapel)
	<b>5.30 pm</b>	Evening Prayer

**Next Sunday's services are as normal.**

### 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 [admin@llandaffcathedral.org.uk](mailto:admin@llandaffcathedral.org.uk)

A printable version of the Weekly Notes is available on the website at

[www.llandaffcathedral.org.uk](http://www.llandaffcathedral.org.uk)

Your donations help significantly with the upkeep of this magnificent building. We invite you to give by means of Gift Direct (Giving with a Direct Debit). If you pay tax, however, 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 Helen Patterson on 029 2061 9166.



## CATHEDRAL OFFICE

**Telephone:** 029 2056 4554

## CLERGY

**The Dean:** The Very Rev'd Gerwyn Capon:

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**Precentor:** The Rev'd Canon Mark Preece:

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**Chancellor:** The Rev'd Canon Dr. Jan van der Lely:

[chancellor@llandaffcathedral.org.uk](mailto:chancellor@llandaffcathedral.org.uk) : 029 2115 6258

## CATHEDRAL STAFF

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**Head Virger:** Jonathan Hoad: [jonathanhoad@llandaffcathedral.org.uk](mailto:jonathanhoad@llandaffcathedral.org.uk)

**Director of Music:** Stephen Moore: [stephenmoore@llandaffcathedral.org.uk](mailto:stephenmoore@llandaffcathedral.org.uk)

**Organist:** David Thomas: [davidthomas@llandaffcathedral.org.uk](mailto:davidthomas@llandaffcathedral.org.uk)

**Cathedral Accountant:** Rachel Davies: [racheldavies@llandaffcathedral.org.uk](mailto:racheldavies@llandaffcathedral.org.uk)

## PARISH OFFICERS

**Vicar's Warden:** John R. Kenyon: [john.r.kenyon@ntlworld.com](mailto:john.r.kenyon@ntlworld.com)

**Parish Warden:** David Cassidy: [davidcassidy14@yahoo.co.uk](mailto:davidcassidy14@yahoo.co.uk)

**Safeguarding Officer:** Kathryn Bates: [kathryn Bates@talktalk.net](mailto:kathryn Bates@talktalk.net)

**Stewardship Secretary:** Helen Patterson: 029 2061 9166

**Sacristan:** Myra Jenkins: [jenkinsmyra141@gmail.com](mailto:jenkinsmyra141@gmail.com)



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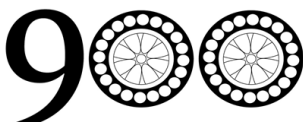
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