



EGLWYS GADEIRIOL LLANDAF

LLANDAFF CATHEDRAL

Registered Charity Number 1159090

The Weekly Notes Online

www.llandaffcathedral.org.uk

The Second Sunday in Lent

28th February 2021

The Collect and Readings for today

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, 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 Genesis.

When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.' Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.'

God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

Genesis 17.1-7,15-16

Psalm 22.22-30 - All the ends of the earth shall turn to you, O Lord.

Praise the Lord, you that fear him;
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.

For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them;
but when they cry to him he hears them. **R**

My praise is of him in the great assembly;
I will perform my vows in the presence of those who worship him.
The poor shall eat and be satisfied,
and those who seek the Lord shall praise him:
'May your heart live for ever!' **R**
All the ends of the earth
shall remember and turn to the Lord,
and all the families of the nations shall bow before him.
For kingship belongs to the Lord;
he rules over the nations. **R**

To him alone all who sleep in the earth
bow down in worship;
all who go down to the dust fall before him.
My soul shall live for him;
my descendants shall serve him;
they shall be known as the Lord's for ever.
They shall come and make known to a people yet unborn
the saving deeds that he has done.

All the ends of the earth shall turn to you, O Lord.

A reading from the letter of Saint Paul to the Romans.

The promise that Abraham would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations'). Abraham believed in the presence of the God who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become 'the father of many nations,' according to what was said, 'So numerous shall your descendants be.' He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith 'was reckoned to him as righteousness.' Now the words, 'it was reckoned to him,' were written not for his sake alone, but for ours also. It will be reckoned to us who believe in God who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Romans 4.13-25

The Gospel of our Lord Jesus Christ according to Saint Mark

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite

openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

Mark 8.31-38

Prayers of Intercession for this week

Through our belief in the God who raised Jesus our Lord from the dead for our justification, we are emboldened to pray for the needs of ourselves, all humanity, and every corner of creation.

Wherever the worldwide Church struggles to be heard, may it be granted the wisdom, strength and words to persevere in faithfully proclaiming the Gospel.

May equality triumph in the dealings of governments; that all people may be treated fairly, enabling both poverty and excess to be eradicated while favouring sustainability and biodiversity.

Where trust in relationships has been broken, may all parties find insight and opportunities for restoration, enabling them to move forward with dignity.

May God's healing hands touch, hold, tend, comfort and carry all those who suffer physically, mentally and spiritually.

Faithful God, we know you fulfil your promises. In humility and trust we call upon you to hear our prayers and to draw all creation into the loving heart of your heavenly kingdom.

THE WEEKLY PRAYER INTENTIONS and PRAYER RESOURCES

Those who are sick and have asked for prayer:

Roger Rathbone, Catherine Hughes, Archie Conway-Gardner, David Barron, Jane Craig, Kate Robinson, Alison Lewis, Alyson Grant, Rhys Ghazaros, Lisa Wright, John Bethell, Gerwyn Capon, *the Dean*.

The long-term sick and housebound, among them:

Mary Wines, Sid Baldwin, Tom Bailey, Dafydd Hughes, Ray Edwards, Alan Robinson, Marjorie Mudge.

Those who have died recently: Sue Rayner

Those whose anniversary of death falls this week:

28th February Bert Smith, Alice Maud Grizelle, Rowena Davies, Roger Francis Cockbill

1st March Meirion William Dally, Tasker Watkins, Eirwen Watkins

2nd March Jack Reed, Phyllis Molly James, Richard Paul Child, Gwynneth Emma Brookland, Sheila Jones

3rd March Jack Evans

4th March Mary Rhys, David Roy Biggins, Hilary Lloyd Yewlett

5th March Josephine Mary Hughes, Norman Roderick, Richard Michael Richards

6th March Derek Roberts, Sally Wood, Clifford Raymond Edwards, David Williams

Please pray for the *1Family Cardiff* project preparing to welcome a refugee family to West Cardiff at the end of February.

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

Sunday: The Church of the Province of Central America
The Parish of Pontypridd: the Rev'd Canon Michael Gable

Monday: The Diocese of Armidale (Australia)
The Rectorial Benefice of Llantrisant: the Rev'd Vincent Gardner & the Rev'd Rose Hill

Tuesday: The Diocese of Arochukwu / Ohafia (Nigeria)
The Archdeaconry of Margam: the Venerable Michael Komor

Wednesday: The Diocese of Aru (Congo)
The Bishop's Chaplain: the Rev'd Dr Sarah Rogers

Thursday: The Diocese of Asaba (Nigeria)
The Deanery of Bridgend: the Rev'd Ian Hodges

Friday: The Diocese of Asante-Mampong (Ghana)
The Parish of Coity, Nolton & Brackla: the Rev'd Maggie Thorne

Saturday: The Diocese of St Asaph (Wales)
The Parish of Laleston and Merthyr Mawr with Penyfai: the Rev'd Anthony Beer

Cathedral News

Online Sunday School resumes after the half term break, today. If you've ever wondered what Sunday School online looks like – try this link for a 1-minute sample video [Sunday School Online - YouTube](#)

Canon Jan's **Lent Study Group** through 'zoom', takes place on Thursdays at 11.00 am. Please email her for details if you are interested.

Lenten Worship: tune in today, if you can, to our online Sunday Evening service for Lent at 4.30 pm. You will find it on the Cathedral website or the Cathedral YouTube channel.

The late Sue Rayner: Sue's funeral will take place in the Cathedral at 12 noon tomorrow. There are no more seats available but the service will be live-streamed on this link: <https://youtu.be/ol3ijv8htNc>

Safeguarding: all members of the congregation are invited to undertake a short training and refresher course about the whole question of safeguarding. The course, provided by St Padarn's Institute has to be completed online and takes about 45 minutes. It is free and you can find information [here](#). All our volunteers are required to complete this course and should have had information from our volunteer team leaders. If you have not heard anything, please ask the Churchwardens or the clergy.

Foodbank news – Thank you for your support, it is greatly appreciated. The crate is currently positioned near the South East door.

Worship in the Pandemic

How long O Lord, how long.....? *Canon Mark writes:* that verse from the Psalms – it appears in Psalms 13, 35, 79, 89 and in a number of others – may well sum up a question we have been asking for months in so many different ways. When can I see my grandchildren or grandparents? When can I have a haircut? When can we meet friends for dinner, or even just a cuppa? When will things return to 'normal'?

At the Cathedral and in our worship too, the question comes to mind often. How long before we can sing again? How long before the choirs return? how long before we have incense again? how long before we can use the High Altar? how long before we have altar servers again? how long before we have a Eucharist on weekdays and Choral Evensong...? I could go on and indeed, many of you may have questions I have not even thought of. The response to all these questions has two parts: we do not know how long it will be, **BUT** we do know we **WILL** do and have **ALL** of these things again, just as soon as we are allowed. It is perhaps worth reminding ourselves that congregational singing sadly is still illegal. It is possible to have a small choir, but for us at the Cathedral, while the choristers are not in school it is simply impractical and too difficult to rehearse in a way or to a standard that will work for us. For the Parish choir and other groups, the current restrictions surrounding distance, seating, preparations beforehand and afterwards, let alone the rules around handling books and music again make it impossible for us to work safely *at the moment*.

The Church in Wales regulations advise that "ritual and ceremony be kept to a minimum". The rules as they apply to the gathering of serving teams make it quite impractical for servers to operate at the moment. The rules are such that only one person must handle the sacred vessels [the chalice and ciborium] and the elements [bread and wine]. We are currently very careful about the handling and touching of these things so if a server carries them, the Priest cannot touch them and vice versa! If we simply had servers robed they would not really have anything to do, but we would also have to seat them 2 metres from each other and from everyone else. I know that many people miss the use of the High Altar and kneeling for communion. Both of these things will return as soon as possible. At the moment, the regulations are that we need to stand for communion, so people do not have to touch the altar rail. We are using the Altar in the Nave to limit movement around the building and therefore hopefully to make things as safe as possible. Moreover, when we can have the choir singing – in what we might call interim arrangements – the only place we can accommodate them safely is in the area of the Sanctuary and the Presbytery [the area in front of the High Altar] so that puts that whole area out of bounds when we are allowed singers.

The format of all our services at the moment could be described as 'minimalist' – short and simple. This is in line with the regulations that require us not to gather for any longer than is absolutely necessary. The positive thing to take from all that we have done and the ways we have operated is that places of worship have, in recent months, been deemed to be some of the safest places to gather. This is undoubtedly because

of the stringent guidelines and the way in which we have all done our best to adhere to the rules and regulations.

As things begin to return to normal and more of us are vaccinated, so we will gradually be able to return to the kind of worship that we all love and find most satisfying. It is often said that if we think hard enough, we will always find something to be thankful for. As difficult and unsatisfactory as we might find things at the moment, at least we can be thankful that we have been able to remain open and we have continued to worship in person.

So the answer to that question, “how long O Lord...?” is that none of us really knows. However, what we can be certain of is that this time of uncertainty will pass, and we will be able to do the things we love to do in the ways we prefer to do them. I constantly ask, “how long O Lord...?” but just as often, I think of that other wonderful phrase from scripture, “do not be afraid...I am with you.” For that we can give thanks and praise to God always! Keep safe!

Information relevant to the pandemic



We are now displaying the QR code that links with the **NHS Tracing App**. If you have the app on your mobile device you can scan the code through the app. This means that if people visit the building and later test positive for coronavirus, other app users who were there at the same time may be sent an alert, if local public health teams think this is necessary.

Sunday Worship guidelines – a reminder....

Here are some of the key things to note:

- There are currently two services: 9.00 am and 11.15 am
- Both services are celebrations of the Holy Eucharist with the 9.00 am service catering particularly for children and families.
- Social distancing guidelines must be maintained at all times – especially before and after the services. Given that the rows are 2 metres apart, they can act as a useful guide when standing in the Nave.
- Hand sanitiser must be used on entry.
- Face-coverings: Welsh Government regulations now make the wearing of face coverings compulsory in public buildings. This includes the Cathedral.
- Everyone attending will be invited to complete a ‘track and trace’ card - please bring a pen!
- Communion will be administered standing and in one kind only.
- There will be no congregational singing.
- Ritual and ceremony will be kept to a minimum.
- No service sheets will be used – the order of service will be available online to print in advance and bring with you or to follow on a phone or other mobile device. They are also available through QR codes displayed at each service.
- The ‘2-metre distance’ rule means that the capacity of the Cathedral will be between 80 and 90 individuals although family groups sitting together will legitimately increase the number.
- 5 cathedral chairs must be left clear *between* households.

Please note that there will be a legal maximum capacity number and it may be necessary to impose restrictions on entry to ensure that number is not exceeded.

The Welsh Government, the Church in Wales and the Diocese have all produced and issued protocols and detailed instructions to clergy and parishes. We are following them all.

THE CATHEDRAL OFFICE

You may email admin@llandaffcathedral.org.uk or call on 029 2056 4554.

The answering service is checked regularly for messages.

CLERGY

The Dean: The Very Rev'd Gerwyn Capon

The Dean is currently on sick leave

Precentor: The Rev'd Canon Mark Preece
precentor@llandaffcathedral.org.uk : 029 2056 8842

Chancellor: The Rev'd Canon Dr Jan van der Lely
chancellor@llandaffcathedral.org.uk : 029 2115 6258



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