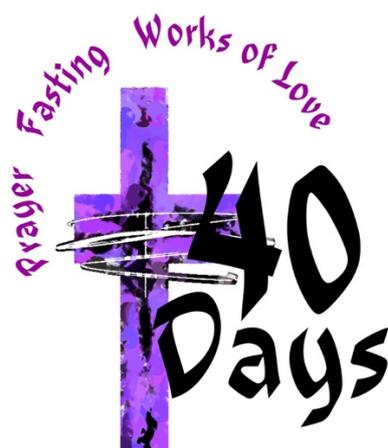




CADEIRLAN  
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CATHEDRAL

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The Cathedral Eucharist  
for LENT

Sunday 21<sup>st</sup> February 2021  
Lent 1

## THE LITANY

Let us pray.

God the Father,

**have mercy on us.**

God the Son,

**have mercy on us.**

God the Holy Spirit,

**have mercy on us.**

Holy, blessed, and glorious Trinity,

**have mercy on us.**

From all evil and harmful actions;

from pride, vanity and hypocrisy;

from envy, hatred and malice;

and from all evil intent,

**Good Lord, deliver us.**

From sloth, worldliness and love of money;

from hardness of heart

and contempt for your word and your laws,

**Good Lord, deliver us.**

From sins of body and mind;

from the deceits of the world, the flesh and the devil,

**Good Lord, deliver us.**

From famine and disaster;

from violence and murder,

and from dying unprepared,

**Good Lord, deliver us.**

In all times of sorrow; in all times of joy;

in the hour of death, and at the day of judgement,

**Good Lord, deliver us.**

By the mystery of your holy incarnation;

by your birth, childhood and obedience;

by your baptism, fasting and temptation,

**Good Lord, deliver us.**

By your ministry in word and work;

by your mighty acts of power;

and by your preaching of the kingdom,

**Good Lord, deliver us.**

By your agony and trial;  
by your cross and passion;  
and by your precious death and burial,  
**Good Lord, deliver us.**

By your mighty resurrection;  
by your glorious ascension;  
and by the coming of the Holy Spirit,  
**Good Lord, deliver us.**

Hear our prayers, O Lord our God.

**Hear us, good Lord.**

Govern and direct your holy Church;  
fill it with love and truth;  
and grant it that unity which is your will.

**Hear us, good Lord.**

Give us boldness to preach the gospel in all the world,  
and to make disciples of all the nations.

**Hear us, good Lord.**

Enlighten all bishops, priests and deacons  
with knowledge and understanding,  
that by their ministry and their lives  
they may proclaim your word.

**Hear us, good Lord.**

Give all your people grace to hear and receive your word,  
and to bear the fruit of the Spirit.

**Hear us, good Lord.**

Bring into the way of truth all  
who have erred and have strayed from you.

**Hear us, good Lord.**

Strengthen those who stand;  
comfort and help those who are fainthearted;  
raise up all who are fallen;  
and beat down Satan under our feet.

**Hear us, good Lord.**

Guide the leaders of the nations  
in the ways of justice and peace.

**Hear us, good Lord.**

Guard and strengthen your servant Elizabeth our Queen,  
that she may put her trust in you,  
and seek your honour and glory.

**Hear us, good Lord.**

Endue the High Court of Parliament  
and all the Ministers of the Crown  
with wisdom, understanding and compassion.

**Hear us, good Lord.**

Guide with your grace the members of the European Parliament,  
the local councils, and the leaders of this people of Wales.

**Hear us, good Lord.**

Bless those who administer the law,  
that they may uphold justice and honesty, mercy and truth.

**Hear us, good Lord.**

Give us a reverence for the earth as your creation  
that we may use its resources with integrity  
in the service of others and to your honour and glory.

**Hear us, good Lord.**

Bless and keep all your people.

**Hear us, good Lord.**

Give us true repentance; forgive our sins of negligence and ignorance,  
and our deliberate sins; and grant us the grace of your Holy Spirit to  
amend our lives according to your holy word.

**Holy God,  
holy and strong,  
holy and immortal,  
have mercy on us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace be with you  
**and keep you in the love of Christ.**

*The priest offers words of welcome and introduces the Eucharist*

## COLLECT

Let us pray:

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**

## GENESIS 9. 8-17

A reading from the book of Genesis.

God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

For the word of the Lord

**Thanks be to God.**

PSALM 25. 1-10

**R: To you, O Lord, I lift up my soul.**

To you, O Lord, I lift up my soul; \* O my God, in | you I trust;  
let me not be put to shame; \* let not my enemies | triumph over me.  
Let none who look to you be | put to shame,  
but let the treacherous be shamed | and frustrated. **R:**

Make me to know your ways, O Lord, and teach | me your paths.  
Lead me in your | truth and teach me,  
for you are the God of | my salvation;  
for you have I hoped all | the day long. **R:**

Remember, Lord, your compass | sion and love,  
for they are from | everlasting.  
Remember not the sins of my youth or | my transgressions,  
but think on me in your goodness, O Lord, \* according to your | steadfast love. **R:**

Gracious and upright | is the Lord;  
therefore shall he teach sinners | in the way.  
He will guide the humble in doing right \* and teach his way | to the lowly.  
All the paths of the Lord are mercy and truth \*  
to those who keep his covenant | and his testimonies. **R:**

For your name's | sake, O Lord,  
be merciful to my sin, for | it is great.  
Deliver Is | rael, O God,  
out of | all his troubles.

**R: To you, O Lord, I lift up my soul.**

## MARK I. 9-15

*Praise to you, O Christ, King of eternal glory.  
O that today you would listen to his voice.  
Harden not your hearts.  
Praise to you, O Christ, King of eternal glory.*

Listen to the Gospel of Christ according to Saint Mark.

**Glory to you, O Lord.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*Praise to you, O Christ, King of eternal glory.*

THE SERMON     *The Cathedral Chaplain*

## THE AFFIRMATION OF FAITH

### *A Baptismal Creed*

**I believe and trust in God the Father,  
who created all that is.**

**I believe and trust in his Son Jesus Christ,  
who redeemed humankind.**

**I believe and trust in his Holy Spirit,  
who gives life to the people of God.**

**I believe and trust in one God,  
Father, Son and Holy Spirit. Amen.**

## THE PEACE

Now that we have been justified through faith,  
we are at peace with God through our Lord Jesus Christ.

The peace of the Lord be with you always.  
**And also with you.**

## HYMN

Jesus, Lover of my soul,  
Let me to thy bosom fly,  
While the nearer waters roll,  
While the tempest still is high:  
Hide me, O my Saviour, hide  
Till the storm of life is past;  
Safe into the haven guide,  
O receive my soul at last.

Plenteous grace with thee is found  
Grace to cover all my sin;  
Let the healing streams abound,  
Make and keep me pure within.  
Thou of life the fountain art,  
Freely let me take of thee,  
Spring thou up within my heart,  
Rise to all eternity.

*Charles Wesley 1707-88*  
*Tune: Aberystwyth, Joseph Parry 1841-1903*

## THE THANKSGIVING

We celebrate together the gifts and grace of God.  
**We take this bread,**  
**we take this wine**  
**to follow Christ's example**  
**and obey his command.**

## THE PRAYER OVER THE GIFTS

God of the desert,  
as we follow Jesus into the unknown,  
may we recognize the tempter when he comes;  
let it be your bread we eat,  
your world we serve  
and you alone we worship;  
we ask this through Christ our Lord. **Amen.**

## EUCCHARISTIC PRAYER (4)

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is indeed right, it is our duty and our joy  
at all times and in all places  
to give you thanks, holy Father,  
all-powerful and everliving God,  
through Jesus Christ our Lord.

Who was tempted in every way, yet did not sin.  
By his grace we are able to triumph over every evil,  
and to live no longer for ourselves alone  
but for him who died for us and rose again.

And so with the hosts of angels  
and all the company of heaven  
we proclaim the glory of your name  
and join in their unending hymn of praise:

*Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.*

*Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.*

All praise and thanks to you, true and living God,  
Creator of all things, Giver of life.  
You formed us in your own image;  
but we have marred that image and fall short of your glory.  
We give you thanks  
that you sent your Son to share our life;  
you gave him up to death that the world might be saved,  
and you raised him from the dead  
that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us,  
that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he 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.

In the same way after supper he took the cup,  
and when he had given thanks  
he gave it to them, saying,

Drink from this, all of you,  
for this is my blood of the new covenant  
which is shed for you and for many  
for the forgiveness of sins:  
do this as often as you drink it  
in remembrance of me.

Let us proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

As he has commanded us, Father,  
we remember Jesus Christ, your Son.  
Proclaiming his victorious death,  
rejoicing in his resurrection  
and waiting for him to come in glory  
we bring to you this bread, this cup.

Accept our sacrifice of thanks and praise.  
Restore and revive your people,  
renew us and all for whom we pray  
with your grace and heavenly blessing,  
and at the last receive us with all your saints  
into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him,  
in the unity of the Holy Spirit  
all honour and glory are yours, almighty Father,  
for ever and ever. **Amen.**

*Silence*

Let us pray with confidence to the Father:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread,  
forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial  
and deliver us from evil.**

**For the kingdom, the power  
and the glory are yours,  
now and for ever. Amen.**

*The priest breaks the bread*

Every time we eat this bread and drink of this cup  
**we proclaim the Lord's death until he comes.**

*Lamb of God, you take away the sins of the world:  
have mercy on us.*

*Lamb of God, you take away the sins of the world:  
have mercy on us.*

*Lamb of God, you take away the sins of the world:  
grant us peace.*

Jesus is the Lamb of God  
who takes away the sins of the world.  
Happy are those who are called to his supper.  
**Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.**

*As the priest receives Holy Communion, you may like to  
pray this prayer for Spiritual Communion*

My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things, and desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You.  
Never permit me to be separated from You. Amen.

## MOTET

*Wash me thoroughly from my wickedness,  
and forgive me all my sin.  
For I acknowledge my faults,  
and my sin is ever before me.  
Wash me thoroughly from my wickedness,  
and forgive me all my sin.*

*Words: Psalm 51: 2-3  
Music: David Halls (b. 1963)*

## POST COMMUNION

Give thanks to the Lord for he is gracious:  
**his love is everlasting.**

Merciful Lord,  
grant your people grace to withstand  
the temptations of the world, the flesh and the devil,  
and with pure hearts and minds to follow you, the only God;  
through Jesus Christ our Lord. **Amen.**

## THE BLESSING

The Lord be with you.  
**And also with you.**

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen.**

## HYMN

Lead us, heavenly Father, lead us  
O'er the world's tempestuous sea;  
Guard us, guide us, keep us, feed us,  
For we have no help but thee;  
Yet possessing every blessing  
If our God our Father be.

Saviour, breathe forgiveness o'er us,  
All our weakness thou dost know;  
Thou didst tread this earth before us,  
Thou didst feel its keenest woe;  
Self-denying, death defying,  
Thou to Calvary didst go.

Spirit of our God, descending,  
Fill our hearts with heavenly joy;  
Love with every passion blending,  
Pleasure that can never cloy;  
Thus provided, pardoned, guided,  
Nothing can our peace destroy.

*James Edmeston 1791-1867*

*Tune: Mannheim, Melody in F Flitz's Choralbuch 1847*

*Harmony by Lowell Mason 1792-1872*

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