



CADEIRLAN  
LLANELWY  
ST ASAPH  
CATHEDRAL

# Offeren y Gadeirlan ar gyfer GARAWYS



## The Cathedral Eucharist for LENT

Sunday 7<sup>th</sup> March 2021  
Lent 3

## 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.

*Robert Bridges 1844-1930  
based on the German of J. Neander 1650-80  
Tune: Michael, Herbert Howells 1892-1983*

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*

**Father of glory, holy and eternal,  
look upon us now in power and mercy.  
May your strength overcome our weakness,  
your radiance transform our blindness,  
and your Spirit draw us to that love  
shown and offered to us by your Son,  
our Saviour Jesus Christ. Amen.**

## PENITENTIAL RITE

*The Kyrie is sung*

*Silence*

**Heavenly Father,  
we have sinned in thought, word and deed,  
and have failed to do what we ought to have done.  
We are sorry and truly repent.  
For the sake of your Son Jesus Christ who died for us,  
forgive us all that is past  
and lead us in his way  
to walk as children of light. Amen.**

Almighty God, who forgives all who truly repent,  
have mercy on you and set you free from sin,  
strengthen you in goodness and keep you in eternal life;  
through Jesus Christ our Lord. **Amen.**

## COLLECT

Let us pray:

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,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**

## EXODUS 20. 1-17

A reading from the book of Exodus.

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

For the word of the Lord

**Thanks be to God.**

PSALM 19. 7-14

**R: The heavens are telling the glory of God.**

The law of the Lord is perfect, reviving the soul;  
the testimony of the Lord is sure  
and gives wisdom to the simple. **R:**

The statutes of the Lord are right and rejoice the heart;  
the commandment of the Lord is pure  
and gives light to the eyes. **R:**

The fear of the Lord is clean and endures for ever;  
the judgements of the Lord are true  
and righteous altogether. **R:**

More to be desired are they than gold,  
more than much fine gold,  
sweeter also than honey,  
dripping from the honeycomb. **R:**

By them also is your servant taught  
and in keeping them there is great reward.  
Who can tell how often they offend?  
O cleanse me from my secret faults! **R:**

Keep your servant also from presumptuous sins  
lest they get dominion over me;  
so shall I be undefiled,  
and innocent of great offence. **R:**

Let the words of my mouth  
and the meditation of my heart  
be acceptable in your sight,  
O Lord, my strength and my redeemer. **R:**

**R: The heavens are telling the glory of God.**

## JOHN 2. 13-22

*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 John.

**Glory to you, O Lord.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' His disciples remembered that it was written, 'Zeal for your house will consume me.' The Jews then said to him, 'What sign can you show us for doing this?' Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

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

THE SERMON     *The Precentor*

## 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 INTERCESSION

Lord, in your mercy: *Or* Lord, hear us:  
**hear our prayer. Lord, graciously hear us.**

Merciful Father,  
**accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ. 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

Be thou my guardian and my guide,  
And hear me when I call;  
Let not my slippery footsteps slide,  
And hold me lest I fall.

The world, the flesh, and Satan dwell  
Around the path I tread;  
O, save me from the snares of hell,  
Thou quickener of the dead.

And if I tempted am to sin,  
And outward things are strong,  
Do thou, O Lord, keep watch within,  
And save my soul from wrong.

Still let me ever watch and pray,  
And feel that I am frail;  
That if the tempter cross my way,  
Yet he may not prevail.

*Isaac Williams 1802-65*

*Tune: Abridge, Isaac Smith 1734-1805*

## 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

Almighty God,  
your beloved Son, for love of us,  
willingly offered himself to endure the cross,  
its agony and its shame:  
give us grace to take up our cross  
and to follow him in humility and love;  
who is alive and reigns,  
now and for ever. **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

*If ye love me, keep my commandments.  
And I will pray the Father,  
and he shall give you another comforter,  
that he may 'bide with you forever;  
E'en the spirit of truth.  
And ye know him, for he dwelleth with you,  
And shall be in you.  
I will not leave you comfortless.  
I will come to you.*

*Words: John 14. vv 15-18  
Music: Philip Wilby b. 1949*

## POST COMMUNION

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

We beseech you, almighty God,  
look upon the heartfelt desires of your humble servants,  
and stretch forth the right hand of your majesty,  
to be our defence against all our enemies;  
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

There's a wideness in God's mercy  
Like the wideness of the sea;  
There's a kindness in his justice  
Which is more than liberty.

There is no place where earth's sorrows  
Are more felt than up in heaven;  
There is no place where earth's failings  
Have such kindly judgement given.

If our love were but more simple,  
We should take him at his word;  
And our lives would be all gladness  
In the joy of Christ our Lord.

*F.W. Faber 1814-63*

*Tune: Cross of Jesus, John Stainer 1840-1901*