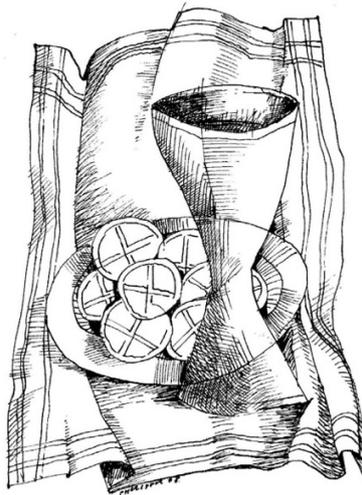




CADEIRLAN  
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CATHEDRAL

# Offeren y Gadeirlan ar gyfer AMSER CYFFREDIN



## The Cathedral Eucharist for ORDINARY TIME

Sunday 6<sup>th</sup> June 2021  
Trinity 1



ENTRANCE HYMN

Christ, whose glory fills the skies,  
Christ, the true, the only light,  
Sun of righteousness, arise,  
Triumph o'er the shades of night;  
Dayspring from on high, be near;  
Daystar, in my heart appear.

Dark and cheerless is the morn  
Unaccompanied by thee;  
Joyless is the day's return,  
Till thy mercy's beams I see;  
Till they inward light impart,  
Glad my eyes, and warm my heart.

*Charles Wesley 1707-88*  
*Tune: Ratisbon*

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

*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.**

## GLORIA IN EXCELSIS

*Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
Almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.*

*Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.*

*For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.*

COLLECT

*(Please remain Standing)*

God, the strength of all those who put their trust in you,  
mercifully accept our prayers and,  
because through the weakness of our mortal nature  
we can do no good thing without you,  
grant us the help of your grace,  
that in the keeping of your commandments  
we may please you both in will and deed;  
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.**

## THE LITURGY OF THE WORD

*Please Sit*

### 2 CORINTHIANS 4. 13 – 5. 1

A reading from the second letter of Paul to the Corinthians.

Just as we have the same spirit of faith that is in accordance with scripture—‘I believed, and so I spoke’—we also believe, and so we speak, because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God.

So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.

For the word of the Lord

**Thanks be to God.**

## PSALM 130

Out of the depths have I cried to you, O Lord;  
Lord, hear my voice :  
let your ears consider well the voice of my supplication.  
If you, Lord, were to mark what is done amiss :  
O Lord, who could stand?  
But there is forgiveness with you :  
so that you shall be feared.  
I wait for the Lord; my soul waits for him :  
in his word is my hope.  
My soul waits for the Lord,  
more than the night watch for the morning :  
more than the night watch for the morning.  
O Israel, wait for the Lord :  
for with the Lord there is mercy;  
With him is plenteous redemption :  
and he shall redeem Israel from all their sins.

## THE GOSPEL READING

*Please Stand*

*Alleluia. Alleluia.*  
*Speak, Lord, for your servant is listening.*  
*You have the words of eternal life.*  
*Alleluia.*

## MARK 3. 20-35

Listen to the Gospel of Christ according to Saint Mark.

**Glory to you, O Lord.**

The crowd came together again, so that they could not even eat. When his family heard it, they went out to restrain him, for people were saying, 'He has gone out of his mind.' And the scribes who came down from Jerusalem said, 'He has Beelzebul, and by the ruler of the demons he casts out demons.' And he called them to him, and spoke to them in parables, 'How can Satan cast out Satan? If a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand. And if Satan has risen up against himself and is divided, he cannot stand, but his end has come. But no one can enter a strong man's house and plunder his property without first tying up the strong man; then indeed the house can be plundered.

‘Truly I tell you, people will be forgiven for their sins and whatever blasphemies they utter; but whoever blasphemes against the Holy Spirit can never have forgiveness, but is guilty of an eternal sin’— for they had said, ‘He has an unclean spirit.’

Then his mother and his brothers came; and standing outside, they sent to him and called him. A crowd was sitting around him; and they said to him, ‘Your mother and your brothers and sisters are outside, asking for you.’ And he replied, ‘Who are my mother and my brothers?’ And looking at those who sat around him, he said, ‘Here are my mother and my brothers! Whoever does the will of God is my brother and sister and mother.’

This is the Gospel of the Lord.

**Praise to you, O Christ.**

THE SERMON

*Please Sit*

THE AFFIRMATION OF FAITH

*Please Stand*

*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

*Please Sit*

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.**

We are the body of Christ. In the one Spirit we were all baptized into one body. Let us pursue all that makes for peace and strengthens our common life.

The peace of the Lord be with you always.

**And also with you.**

## OFFERTORY HYMN

Praise to the holiest in the height,  
And in the depth be praise,  
In all his words most wonderful,  
Most sure in all his ways.

O loving wisdom of our God!  
When all was sin and shame,  
A second Adam to the fight  
And to the rescue came.

And that a higher gift than grace  
Should flesh and blood refine,  
God's presence and his very self,  
And essence all-divine.

Praise to the holiest in the height,  
And in the depth be praise,  
In all his words most wonderful,  
Most sure in all his ways.

*John Henry Newman 1801-90*

## 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

Eternal God,  
your word inspires our faith:  
may we who offer you our praise  
trust you in all things;  
we ask this in the name of Jesus 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.

For he is our great high priest  
who has freed us from our sins  
and has made us a royal priesthood  
serving you, our God and Father.

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*

We break this bread to share in the body of Christ.

**Though we are many, we are one body  
for we all share in one bread.**

*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.**

*Holy Communion will be given in one kind only (i.e. the host). Please say “Amen”  
when the priest says “The Body of Christ” and NOT at the time of receiving holy  
communion. Please receive in Silence. Thank you.*

*Please stay 2 metres apart as you queue to receive Holy Communion*

*For those watching on line*

*As Holy Communion is administered, 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.

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

Eternal Father,  
we thank you for nourishing us  
with these heavenly gifts:  
may our communion strengthen us in faith,  
build us up in hope,  
and make us grow in love;  
for the sake of Jesus Christ our Lord. **Amen.**

### THE BLESSING

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

The God of all grace who called you to his eternal glory in Christ, restore,  
establish and strengthen you in the Faith.  
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.**

### FINAL 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 the Lord.

*F W Faber 1814-63*

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

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*CCL No: 961722*

## TODAY'S READINGS

### GENESIS 3. 8-15

The man and woman hide from God, who realises what they must have done.

### 2 CORINTHIANS 4. 13 – 5. 1

Amidst life's troubles, Paul encourages Christians to set their hopes on their eternal heavenly home: God, who raised Jesus from the dead, will raise his people into his glorious presence.

### MARK 3. 20-35

Jesus refutes both his family's desire to take him in hand and the religious authorities' accusations that he is demon-possessed. Those who attribute Jesus' healing power to Satan rather than the Holy Spirit are rejecting God's kingdom.

## NOTICES

**Covid 19** Please use the hand sanitiser, complete the Track & Trace form, and observe social distancing regulations as we strive to keep everyone safe in church. When you have arrived in church please take your seat immediately and remain seated until the service begins as other people will be arriving and this will avoid congestion and unnecessary contact in the aisle. After the service please leave the building as directed by the stewards on duty. Please continue wear a face covering when coming to church. If you have a SmartPhone and have downloaded the NHS Covid 19 app please check in using the QR Code. If you do this there is no need to fill in the Track and Trace form as well.

**Service Booklets.** Please do take this reading sheet away with you after the service but please leave the service booklet on your seat. The booklets are quarantined until the following Sunday. Thank you!

**Prayers.** Please continue to pray for the current situation with Covid 19 and for all those who suffer especially the anxious. Please pray too for the recovery and reconstruction of the Church both now and when this crisis is over. Pray for the renewal and growth of the Church in this place.

*God of Mission, who alone brings growth to your Church, send your Holy Spirit to give vision to our planning, wisdom to our actions, and power to our witness.*

*Help our Church to grow in numbers, in spiritual commitment to you, and in service to our local community, through Jesus Christ our Lord. Amen.*

**Bible Study** The Rev'd Margaret Harvey (a retired priest in the Cathedral congregation) has agreed to lead a Bible Study for the Mission Area. We will be looking at the Acts of the Apostles (in particular the growing Church) and then some weeks on Paul's letter to the Galatian looking at some problems the Church faces. The Bible Study will be via Zoom on a Tuesday evening at 7pm. The Study will start on **Tuesday 8<sup>th</sup> June** and will run for 7 weeks. If you would like to join the Bible Study please register with Fr Rex as soon as possible: [RexMatthias@cinw.org.uk](mailto:RexMatthias@cinw.org.uk)

**Pattern of Services.** Please note that the pattern of weekday services has changed. There is now a Eucharist at 9.30am on a Monday morning instead of Tuesday morning. See below for full details. Evensong on Friday at 6pm starts again this week.

**Sunday Attendance.** Please do continue to book in for Sundays. However, if you subsequently find you are not able to attend, please let Fr Rex know as soon as possible. Thank you!

**Cathedral Opening.** We are hoping to open the Cathedral to visitors but we are in need of welcomers. If you can help with this please speak to John Solbe or to one of the clergy. Thank you.

## THE WEEK AHEAD

### **7<sup>th</sup> Monday – Feria**

9.30am Holy Eucharist *at the Cathedral*

### **8<sup>th</sup> Tuesday – Feria**

7pm Holy Eucharist *at the Cathedral*

### **9<sup>th</sup> Wednesday – Columba, Abbot**

10.30am Holy Eucharist *on Zoom*

### **10<sup>th</sup> Thursday – Ephrem the Syrian**

10am Holy Eucharist *at the Parish Church*

10.45am Prayer Group *at the Parish*

*Church*

12noon to 4.30pm Parish Church open for private prayer and for visitors

### **11<sup>th</sup> Friday – Feria**

9.30am Offeren (*Welsh Eucharist*) *at the Cathedral*

6pm Choral Evensong *at the Cathedral*

### **13<sup>th</sup> Sunday – Trinity 2**

9.30am The Parish Eucharist

11am The Cathedral Eucharist

### Contact:

01745 532581 (Diocesan Office)

01745 535957 (Parish Church)

### Cathedral Website:

[www.stasaphcathedral.wales](http://www.stasaphcathedral.wales)

### Parish Church Website:

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