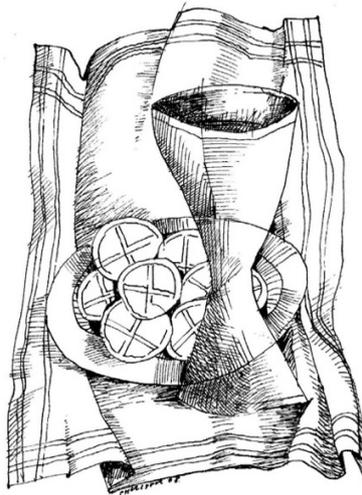




CADEIRLAN  
LLANELWY  
ST ASAPH  
CATHEDRAL

# Offeren y Gadeirlan gyfer AMSER CYFFREDIN



The Cathedral Eucharist  
for ORDINARY TIME

Sunday 8<sup>th</sup> August 2021  
Trinity 10



Lord, enthroned in heavenly splendour,  
 First-begotten from the dead,  
 Thou alone our strong defender,  
 Lifest up thy people's head.  
 Alleluya,  
 Jesus, true and living bread.

Paschal Lamb, thine Offering, finished  
 Once for all when thou wast slain,  
 In its fullness undiminished  
 Shall for evermore remain,  
 Alleluya,  
 Cleansing souls from every stain.

Life-imparting heavenly Manna,  
 Stricken Rock with streaming side,  
 Heaven and earth with loud hosanna  
 Worship thee, the Lamb who died,  
 Alleluya,  
 Risen, ascended, glorified.

*G H Bourne 1840-1925*

*Tune: St Helen, George Martin 1844-1916*

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.*

*Missa XVIII Gregorian*

COLLECT

*(Please remain Standing)*

Let your merciful ears, O Lord,  
be open to the prayers of your humble servants;  
and that they may obtain their petitions  
make them to ask such things as shall please you;  
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*

I KINGS 19.4-8

A reading from the first book of Kings.

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

For the word of the Lord

**Thanks be to God.**

PSALM 34. 1-8

I will bless the Lord at all times :  
his praise shall ever be in my mouth.  
My soul shall glory in the Lord :  
let the humble hear and be glad.  
O magnify the Lord with me :  
let us exalt his name together.

I sought the Lord and he answered me :  
and delivered me from all my fears.  
Look upon him and be radiant :  
and your faces shall not be ashamed.  
This poor soul cried, and the Lord heard me :  
and saved me from all my troubles.  
The angel of the Lord :  
encamps around those who fear him and delivers them.  
O taste and see that the Lord is gracious :  
blessed is the one who trusts in him.

## THE GOSPEL READING

*Please Stand*

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

## JOHN 6. 35. 41-51

Listen to the Gospel of Christ according to Saint John.

**Glory to you, O Lord.**

Jesus said to the crowd, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*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.**

THE PEACE

*Please Stand*

Believing in our Lord Jesus Christ, we greet one another in his name and share his peace.

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

## OFFERTORY HYMN

Alleluya, sing to Jesus,  
His the sceptre, his the throne;  
Alleluia, his the triumph,  
His the victory alone:  
Hark the songs of peaceful Sion  
Thunder like a mighty flood;  
Jesus, out of every nation,  
Hath redeemed us by his blood.

Alleluya, Bread of Angels,  
Thou on earth our food, our stay;  
Alleluia, here the sinful  
Flee to thee from day to day;  
Intercessor, Friend of sinners,  
Earth's Redeemer, plead for me,  
Where the songs of all the sinless  
Sweep across the crystal sea.

Alleluya, King eternal,  
Thee the Lord of lords we own;  
Alleluia, born of Mary,  
Earth thy footstool, heaven thy throne:  
Thou within the veil hast entered,  
Robed in flesh, our great High Priest;  
Thou on earth both Priest and Victim  
In the Eucharistic feast.

*W. Chatterton Dix 1837-98*

*Tune: Hyfrydol, Melody by Richard Huw Pritchard 1811-87*

## 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

O Lord, our strength and our song,  
open to us the gates of righteousness,  
that we may enter through them and give you thanks;  
may we know your light and your salvation  
and receive the blessings of your house;  
whose steadfast love endures for ever and 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.

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.*

*Missa XVIII Gregorian*

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.*

*Missa XVIII Gregorian*

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 online*

*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.

## MOTET

*Ave verum corpus, natum . . .*

*Hail, true Body, born  
of the Virgin Mary,  
having truly suffered, sacrificed  
on the cross for mankind,  
from whose pierced side  
water and blood flowed:  
Be for us a foretaste of the Heavenly banquet  
in the trial of death!*

*O sweet Jesus, O holy Jesus,  
O Jesus, son of Mary,  
have mercy on me. Amen.*

*Words: Pope Innocent IV (c. 1195 – 1254)*

*Music: Edward Elgar (1857 – 1934)*

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

*Please Stand*

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord. **Amen.**

## THE BLESSING

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

Christ, who nourishes you with himself, the living bread and the true vine, make you one in praise and service, and raise you up on the last day.  
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.

For the love of God is broader  
Than the measure of man's mind;  
And the heart of the Eternal  
Is most wonderfully kind.

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

*F W Faber 1814-63*

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

*An Order for the Holy Eucharist 2004, material from which is included in this service is copyright © Church in Wales Publications 2004.*

*CCL No: 961722*

## TODAY'S READINGS

### I KINGS 19. 4-8

God's bread and water nourished Elijah on his journey of fear and hopelessness.

### EPHESIANS 4. 25 – 5. 2

What nourishes us will nourish our lives, transforming even the life lost in the living.

### JOHN 6. 35, 41-51

Jesus declares himself to be the bread of life – the one who provides for our basic needs, prepared by God, shared through the Spirit.

## 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.

**Service Booklets.** Please take this booklet away with you after the service. 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.

**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!

**Organ Recitals.** A small series of socially-distanced organ recitals will take place over the summer as follows:  
Wednesday 1<sup>st</sup> September at 7.30pm –  
Richard Lea (Liverpool Metropolitan Cathedral)

## THE WEEK AHEAD

### 9<sup>th</sup> Monday – Edith Stein

12noon Holy Eucharist *at the Cathedral*

### 10<sup>th</sup> Tuesday – Lawrence, Deacon & Martyr

7pm Holy Eucharist *at the Cathedral*

### 11<sup>th</sup> Wednesday – Clare of Assisi

10.30am Holy Eucharist *on Zoom*

**12<sup>th</sup> Thursday – Ann Griffiths**

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

**13<sup>th</sup> Friday – Jeremy Taylor, Bishop**

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

*Cathedral*

**15<sup>th</sup> Sunday – Mary, Mother of Our  
Lord**

9.30am The Parish Eucharist

11am The Cathedral Eucharist

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Parish Church Website:

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