

CHORAL EUCHARIST

Sunday 30th June 2024 11.00am

The Fifth Sunday after Trinity

CROESO | WELCOME

We are delighted to welcome you to this service at your cathedral. The Cathedral Church of Ss. Peter & Paul, Teilo, Dyfrig, and Euddogwy, has been a site of Christian worship for over 1,500 years. If you are joining us for the first time, please introduce yourself to a member of clergy, who will be happy to tell you more about worship in this place.

Since earliest Christian times the word Eucharist, which comes from the Greek word for 'thanksgiving', has been used to describe the sacrament that Jesus Christ instituted at the last supper. In faithfulness to our Lord's instruction to 'do this in remembrance of me' the Eucharist was accordingly regarded as an essential part of worship in the early church and today it remains the central liturgical activity of the baptised.

Everything you need to follow the service is in this booklet. Please join in the singing of the hymns, as well as the text printed in **Bold**. The rubrics in this service indicating when to **stand** and **sit** are suggestions only. If you are more comfortable remaining seated throughout the service, please do so.

We hope that you'll join us for refreshments following the service.

This service will be live streamed on our YouTube channel. If you are concerned about being visible on the live stream, please speak to a steward.

DONATE

A collection is taken during this service. If you are a UK tax payer, please consider using the Gift-Aid envelopes, as this enables us to claim an extra 25% on each donation. You can also donate by using the contactless giving devices located around the building, or via Text as follows:

To donate £5 text LLANDAFF to 70970
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Texts will be charged at your usual network rate.
For all Terms and Conditions, please visit www.easydonate.org

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Gluten-free wafers are available at the Communion. If you wish to receive one, please ask a steward in advance.



The Cathedral is served by a hearing loop. Users should turn their hearing aid to the setting marked T.

Printed versions of this service sheet are available.

Please ask a steward for a copy. **Large print versions are also available.**

Please ensure that all electronic devices are set to silent mode. We kindly request that you do not take photographs, or video or sound recording in the cathedral at any time during the service.

ORDER OF SERVICE

Notices are read from the Lectern at 11.00am.

THE GATHERING

Please stand as the procession enters. All sing:



All O Christ, the healer, we have come to pray for health, to plead for friends. How can we fail to be restored when reached by love that never ends?

From every ailment flesh endures our bodies clamor to be freed; yet in our hearts we would confess that wholeness is our deepest need.

How strong, O Lord, are our desires, how weak our knowledge of ourselves! Release in us those healing truths unconscious pride resists or shelves.

In conflicts that destroy our health we recognize the world's disease; our common life declares our ills. Is there no cure, O Christ, for these?

Grant that we all, made one in faith, in your community may find the wholeness that, enriching us, shall reach the whole of humankind.

Words: Fred Pratt Green (1903-2000)

Music: BOW BRICKHILL Sydney Hugo Nicholson (1875-1947) Priest In the name of the Father, and of the Son

and of the Holy Spirit.

Pawb Amen.

ΑII

Grace and peace be with you

and keep you in the love of Christ.

Yn enw'r Tad, a'r Mab, a'r Ysbryd Glân.

Amen.

Gras a thangnefedd a fo gyda chwi a'th gadw di yng nghariad Crist.

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.

Let us prepare ourselves to celebrate this Eucharist by calling to mind our sins and seeking God's forgiveness:

Please sit or kneel.

Choir Kyrie, eleison.

Christe, eleison. Kyrie, eleison. Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Music: Mass in G major Franz Schubert (1797-1828)

Let us confess our sins to God, our Father:

Pawb Heavenly Father,

Amen.

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.

Dad nefol, yr ydym wedi pechu ar feddwl, gair a gweithred, a heb wneud yr hyn a ddylem. Mae'n wir ddrwg gennym, ac yr ydym o ddifrif yn edifarhau. Er mwyn dy Fab Jesu Grist a fu farw drosom. Maddeua inni'r cwbl a aeth heibio ac arwain ni yn ei ffordd ef I gerdded fel plant y goleuni. 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.

Yr Hollalluog Dduw, sy'n maddau I bawb sy'n wir edifeiriol, a drugarhao wrthych, a'ch rhyddhau o bechod, eich cadarnhau mewn daioni a'ch cadw yn y bywyd tragwyddol; trwy Iesu Grist ein Harglwydd. Amen.

All Amen.

Please stand.

Choir Gloria in excelsis Deo, et in terra pax hominibus bonae voluntatis.

Laudamus te, benedicimus te, adoramus te, glorificamus te. Gratias agimus tibi propter magnam gloriam tuam.

Domine Deus, Rex caelestis, Deus Pater omnipotens, Domine Fili unigenite, Iesu Christe: Domine Deus, Agnus Dei, Filius Patris. Qui tollis peccata mundi, miserere nobis. Qui tollis peccata mundi, suscipe deprecationem nostram. Qui sedes ad dexteram Patris, miserere nobis.

Quoniam tu solus Sanctus. Tu solus Dominus. Tu solus Altissimus, Iesu Christe Cum Sancto Spiritu, in gloria Dei Patris. Amen. Glory be to God on high, and on earth peace, good will towards men.

We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory.

O Lord God, heavenly King, God the Father Almighty, O Lord, the only-begotten Son, Jesus Christ: O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father.

Amen.

THE COLLECT

Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God. now and for ever.

All Amen.

THE MINISTRY OF THE WORD

Please sit.

THE FIRST READING

Reader A reading from the book of Wisdom

because God did not make death, and he does not delight in the death of the living. For he created all things so that they might exist; the generative forces of the world are wholesome, and there is no destructive poison in them, and the dominion of Hades is not on earth. For righteousness is immortal. For God created us for incorruption, and made us in the image of his own eternity, but through the devil's envy death entered the world, and those who belong to his company experience it.

Wisdom 1.13-15; 2.23-24

This is the word of the Lord.

All Thanks be to God.

PSALM

Choir I will magnify thee O Lord for thou hast set me up: and hast not suffered my foes to triumph over me.

O Lord my God I cried unto thee: and thou hast made me whole.

Thou Lord hast brought me back from the land of death: thou hast saved my life from among them that go down to the pit.

Sing praises unto the Lord O ye his servants: and give thanks unto him at the remembrance of his holiness.

For his wrath endureth but the twinkling of an eye, in his good pleasure is life: heaviness may endure for a night, but joy cometh in the morning.

And in my prosperity I said 'I shall never be removed: thou Lord of thy goodness hast made my hill so strong.'

Thou hast turned my lamentation into dancing: thou hast put off my sackcloth and girded me with gladness.

Therefore shall my heart sing of thy praise without ceasing: O Lord my God I will give thanks unto thee for ever.

Psalm 30

THE SECOND READING

Reader A reading from the second letter of St Paul to the Corinthians

Now as you excel in everything—in faith, in speech, in knowledge, in utmost eagerness, and in our love for you—so we want you to excel also in this generous undertaking.

I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. And in this matter I am giving my advice: it is appropriate for

you who began last year not only to do something but even to desire to do something— now finish doing it, so that your eagerness may be matched by completing it according to your means. For if the eagerness is there, the gift is acceptable according to what one has—not according to what one does not have. I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. As it is written, 'The one who had much did not have too much, and the one who had little did not have too little.'

2 Corinthians 8.7-15

This is the word of the Lord.

All Thanks be to God.

THE GOSPEL

Please stand and repeat the Gospel acclamation after the choir:

Choir Alleluia, alleluia, alleluia.

ΑII



Choir Jesus said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

Alleluia, alleluia, alleluia.

The Lord be with you.

All And also with you.

Listen to the Gospel of Christ according to Saint Mark,

All Glory to you, O Lord.

When Jesus had crossed again in the boat to the other side, a great crowd gathered round him; and he was by the lake. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, 'My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live.' So he went with him.

And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, 'If I but touch his clothes, I will be made well.' Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, 'Who touched my clothes?' And his disciples said to him, 'You see the crowd pressing in on you; how can you say, "Who touched me?" 'He looked all round to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, 'Daughter, your faith has made you well; go in peace, and be healed of your disease.'

While he was still speaking, some people came from the leader's house to say, 'Your daughter is dead. Why trouble the teacher any further?' But overhearing what they said, Jesus said to the leader of the synagogue, 'Do not fear, only believe.' He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, 'Why do you make a commotion and weep? The child is not dead but sleeping.' And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, 'Talitha cum', which means, 'Little girl, get up!' And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat.

Mark 5.21-end

This is the Gospel of the Lord.

All Praise to you, O Christ.

The organ is played as the Gospel procession returns to the High Altar.

THE SERMON

Please sit.

THE NICENE CREED

Please stand and say together:

We believe in one God,

All the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made.

For us and for our salvation
he came down from heaven;
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE INTERCESSIONS

Please sit or kneel. All present are asked to pray.

Lord, in your mercy, hear our prayer.

Arglwydd, yn dy drugaredd gwrando ein gweddi.

The prayers end with:

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

Dad trugarog, derbyn y gweddïau hyn er mwyn dy Fab ein Gwaredwr Iesu Grist. Amen.

Please stand.

ΑII

All

THE LITURGY OF THE SACRAMENT

THE PEACE

Christ is our peace. He has reconciled us to God in one body on the cross. We meet in his name and share his peace.

The peace of the Lord be with you always.

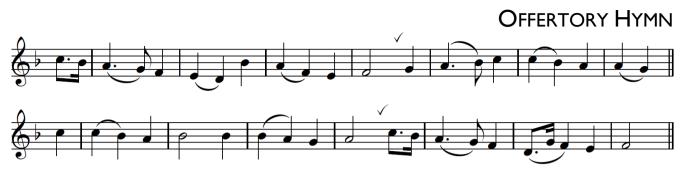
And also with you.

Tangnefedd yr Arglwydd a fo gyda chwi bob amser.

A hefyd gyda thi.

Let us offer one another a sign of peace.

During the singing of the hymn, a collection will be taken for the ministry and mission of the Cathedral.



All Immortal Love for ever full, for ever flowing free, for ever shared, for ever whole, a never-ebbing sea.

Our outward lips confess the name all other names above; love only knoweth whence it came and comprehendeth love.

We may not climb the heavenly steeps to bring the Lord Christ down; in vain we search the lowest deeps, for him no depths can drown.

But warm, sweet, tender, even yet a present help is he; and faith has still its Olivet, and love its Galilee.

The healing of his seamless dress is by our beds of pain; we touch him in life's throng and press, and we are whole again.

Through Him the first fond prayers are said our lips of childhood frame; the last low whispers of our dead are burdened with his name.

Alone, O Love ineffable, thy saving name is given; to turn aside from thee is hell, to walk with thee is heaven.

Words: John Greenleaf Whittier (1807-1892)

Music: BISHOPTHORPE Jeremiah Clarke (c.1673-1707) Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.

All Blessed be God for ever.

Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands, It will become our spiritual drink.

All Blessed be God for ever.

The Lord be with you.

All And also with you.

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All It is right to give our thanks and praise.

Priest 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:

Choir Sanctus, Sanctus, Sanctus, Holy, Holy, Holy, Dominus Deus Sabaoth.

Pleni sunt coeli et terra gloria tua; Heaven and earth are full of your glory. Hosanna in excelsis.

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. Pob moliant a diolch i ti, y gwir a'r bywiol Dduw, Crëwr pob peth, Rhoddwr bywyd. Lluniaist ni ar dy ddelw dy hun, ond yr ydym ni wedi difwyno'r ddelw honno a syrthio'n brin o'th ogoniant. Rhoddwn ddiolch i ti am anfon dy Fab i rannu ein bywyd ni; fe'i hildiaist i farwolaeth fel y câi'r byd ei achub, a'i atgyfodi oddi wrth y meirw fel y bo i ni fyw ynddo ef, ac yntau ynom ninnau. Sancteiddia â'th Ysbryd y bara hwn a'r gwin hwn, dy roddion inni, fel y bônt i ni yn gorff a gwaed ein Hiachawdwr, lesu Grist.

Y nos y bradychwyd ef, cymerodd fara ac, wedi rhoi diolch, fe'i torrodd a'i roi i'w ddisgyblion, gan ddweud,

Cymerwch, bwytewch; hwn yw fy nghorff a roddir drosoch: gwnewch hyn er cof amdanaf.

Yr un modd ar ôl swper cymerodd y cwpan, ac, wedi rhoi diolch, fe'i rhoddodd iddynt, gan ddweud,

Yfwch o hwn bawb, oherwydd hwn yw fy ngwaed o'r cyfamod Newydd a dywelltir drosoch a thros lawer er maddeuant pechodau: gwnewch hyn bob tro yr yfwch ef er cof amdanaf.

Gadewch inni gyhoeddi dirgelwch y fydd: Bu farw Crist.
Atgyfododd Crist.
Daw Crist mewn gogoniant.

All

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, lesus 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.

All Amen.

A moment of silence is kept.

As our Saviour taught us, we boldly pray:

All
Our Father who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.

Fel y gorchmynnodd ef inni, O Dad, yr ydym yn cofi o lesu Grist, dy Fab. Gan gyhoeddi ei farwolaeth fuddugoliaethus, a chan ymlawenhau yn ei atgyfodiad, a disgwyl iddo ddod mewn gogoniant, deuwn â'r bara hwn a'r cwpan hwn i ti. Derbyn ein haberth o ddiolch a moliant. Adfer ac adfywia dy holl bobl, adnewydda ni a phawb y gweddïwn trostynt â'th ras a'th fendith nefol a derbyn ni yn y diwedd gyda'th holl saint i'r llawenydd diderfyn hwnnw a addawyd inni gan dy Fab, ein Harglwydd lesu Grist.

Trwyddo ef, gydag ef, ac ynddo ef, yn undod yr Ysbryd Glân eiddot ti, Dad hollalluog, yw'r holl anrhydedd a'r gogoniant yn oes oesoedd.

Amen.

Fel y dysgodd ein Hiachawdwr ni, gweddïwn yn hyderus:

Ein Tad,
yr hwn wyt yn y nefoedd,
sancteiddier dy enw,
deled dy deyrnas,
gwneler dy ewyllys;
megis yn y nef, felly ar y ddaear hefyd.
Dyro i ni heddiw ein bara beunyddiol
a maddau i ni ein dyledion,
fel y maddeuwn ninnau i'n dyledwyr.
Ac nac arwain ni i brofedigaeth;
eithr gwared ni rhag drwg.
Canys eiddot ti yw'r deyrnas,
a'r gallu, a'r gogoniant,
yn oes oesoedd. Amen.

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

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

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.

Those who wish to may come forward to receive communion or a blessing. Please follow the direction of the stewards. You can indicate to the priest that you would like a blessing by keeping your arms lowered. For hygiene reasons, it is our custom at the cathedral not to dip, or intinct, the Host in the Chalice. The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

During communion, the Agnus Dei and the Motet are sung:

Choir Agnus Dei,

qui tollis peccata mundi: miserere nobis.

Agnus Dei,

qui tollis peccata mundi:

miserere nobis.

Agnus Dei,

qui tollis peccata mundi:

dona nobis pacem.

Choir Ave verum Corpus,

Natum ex Maria Virgine, Vere passum, immolatum In cruce pro homine, Cujus latus perforatum Unda fluxit sanguine: Esto nobis praegustatum

In mortis examine.

Words: Pope Innocent VI (d. 1362)

O Lamb of God,

that takest away the sins of the world:

have mercy on us.

O Lamb of God,

that takest away the sins of the world:

have mercy on us.

O Lamb of God,

that takest away the sins of the world:

grant us beace.

Jesu, Word of God Incarnate,

Of the Virgin Mary born;

On the Cross Thy sacred Body,

For us with nails was torn.

Cleanse us by the Blood and Water

Streaming from Thy pierced side.

Feed us with Thy body broken,

Now and in death's agony.

Music: William Byrd (c.1543-1623)

Once all have received, please stand to sing:



All Christ, enthroned in highest heaven, Hear us crying from the deep, For the faithful ones departed, For the souls of all that sleep; As thy kneeling Church entreateth, Hearken, Shepherd of the sheep.

They are thine, O take them to thee;
Thou their Hope, O raise them high;
In thy mercy ever trusting,
Confident we make our cry
That the souls whom thou hast purchased
May unto thy heart be nigh.

Let thy plenteous loving-kindness
On them evermore be poured;
Let them through thy boundless mercy,
Be to boundless life restored,
And within thy Father's mansions
Give to each a place, O Lord.

Where the saints, thy throne surrounding, Join in the angelic song, Where thy Mother, raised in glory, Leads the great redeemed throng, Grant that we, with souls departed, May through grace at length belong.

Words: De profundis exclamantes, Anonymous Latin translated by Richard F Littledale (1833-1890) Music: ST HELEN George Martin (1844-1916)

THE DISMISSAL AND BLESSING

Give thanks to the Lord for he is gracious:

All his love is everlasting.

Eternal God, comfort of the afflicted and healer of the broken, you have fed us at the table of life and hope: teach us the ways of gentleness and peace, that all the world may acknowledge the kingdom of your Son Jesus Christ our Lord.

- All Amen
- God of truth, we have seen with our eyes and touched with our hands the bread of life. Strengthen our faith that we may grow in love for you and for each other, through Jesus Christ, our risen Lord. Amen.

The Lord be with you.

All And also with you.

The peace of God which is beyond all understanding guard your hearts in the knowledge and love of God and of his Son Jesus Christ;

And the

blessing of God almighty,
the Father, the Son, and the Holy
Spirit, be among you and remain with
you always.

Go in peace to love and serve the Lord.

A bendith Duw hollalluog, y Tad, y Mab, a'r Ysbryd Glân a fo yn eich plith ac a drigo gyda chwi yn wastad.

Amen.

All Amen.

All In the name of Christ. Amen.

The congregation remains standing as the Procession leaves the Cathedral.

ORGAN VOLUNTARY

Toccata in B minor Eugène Gigout (1844-1925)

The Organ Voluntary at the end of each service is part of the offering of our worship. Please respect the stillness of those who wish to remain seated until it has ended.

Please join us for refreshments after the service.

WEEKLY NOTICES

Llandaff Cathedral Festival – The Llandaff Cathedral Festival is finally here! Visit www.llandaffcathedralfestival.org to explore all the exciting events happening between 3rd and 7th July. Tickets are available in the Cathedral Shop and online. Details on how to support the Festival by becoming a member are on the website or email oliviamoore@llandaffcathedral.org.uk for more details.

Join us as we journey towards an EcoChurch Silver award...

Llandaff Cathedral received the Bronze award in 2020. We are eager to proceed to the next level. Each week we will update you on the progress we are making and highlighting ways that you can join with us to care for God's creation. St. David said 'Be joyful, keep the faith, and do the little things...'. A little thing you can do this week:

Plastic Free July!

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution — so we can have cleaner streets, oceans, and beautiful communities. Try to reduce how much plastic you buy during the month of July. Make a concerted effort to buy loose fruit and vegetables and plastic free versions of things you would normally buy. Find out more here: https://greenecofriend.co.uk/plastic-free-july/

Mothers' Union – Our next meeting will be an Afternoon Tea in the Parish Hall at 2pm on Monday 1st July. We are also pleased to welcome our speaker, Rev. Stephen Adams, who is Chaplain to the Senedd; A very interesting afternoon ahead. This is our last meeting until September so lets hope we can enjoy some more summer weather.

Looking for Teacher Gifts? Check out our boxes of shortbread and fudge in the Cathedral shop! The Shop is open on Sunday after the 9am service.

Prayers for the sick – Prayer intentions for the sick: this list is now based on the requests sent in via this form: https://llandaffcathedral.churchsuite.com/forms/wy58qy6m which is also available on paper from the Cathedral office. Each name remains on the list for 8 weeks and this time can be extended by re-submitting the form or emailing the Office.

Asking for a blessing instead of receiving the bread and wine? If you have been baptised/christened in any church, you are welcome to receive Holy Communion at the Cathedral. If you are not baptised and/or confirmed, do get in touch if you are interested in thinking about this. You might like to try our course 'Explore the Faith' which is suitable for those enquiring about the faith, as a refresher, or as a preparation for confirmation. Contact Canon lan to find out more.

Majestas Kids Choir – Our choir for children ages 7-11 rehearses at 10am every Saturday during term time in the Cathedral. If you'd like more information, or would like to sign your child(ren) up to join, please contact our Animateur Rachel Kilby at rachelkilby@llandaffcathedral.org.uk

The 'Anniversary of Death' List – If your loved one's funeral was held at the Cathedral, and/or their ashes are interred in our Garden of Remembrance, their name can be included in the prayers on the anniversary of their death, and/or in the Book of Remembrance, by request from next of kin using this form: https://llandaffcathedral.online/remembrance-form

Join the Friends of Llandaff Cathedral – The Friends are an independent charity founded to provide invaluable support to the Cathedral's life; its fabric, music and heritage. Information about projects and membership can be found at www.llandaffcathedral.org.uk/friends

The deadline for submissions for the Weekly Notes is 9am on Thursday each week.

Please send any notices to admin@llandaffcathedral.org.uk

THE WEEKLY PRAYER INTENTIONS

Those who are currently sick and have asked for prayer:

Carolyn Jenkins, Huw James, Danielle Camilleri, Charles & Alison Lewis, Octavia Allen-Davies, Peter Webber, Tim Egan, Rev'd Barry Thomas

Long-term Sick or in Residential Care: Beryl Baldwin, Sid Baldwin, Megan Pugh, Bettie Williams

Those who have died recently:

Those whose anniversary of death falls this week:

30th **June** John Glyn Stephens, Katherine Rebecca Dodd, Peggy Meurig Williams

1st July David James Hodges

2nd July Bernard Light

3rd July George Frederick Smedley

4th July Gillian Mary John, Dorothy Florence Amy Jones

5th July Mary Olive Goodenough, Roger Edward Young (Priest), Basil Roberts

6th July Timothy David Waters, Denis Russell Townsend, Keith Howard Blount Sully,

Jean Margaret Gwyer

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

Sunday: The Church in Hong Kong | Newton Nottage, Porthcawl |

Llandaff Cathedral Festival

Monday: The Diocese of Gogrial (South Sudan) | Llandaff Archdeaconry |

Altar Servers

Tuesday: The Diocese of Goma (The Congo) | Ministry Area of Roath & Cathays |

Welcomers, Guides

Wednesday: The Diocese of Gombe (Nigeria) | Ministry Area of South Cardiff |

Eucharistic Assistants

Thursday: The Diocese of Good Shepherd (Angola) | Ministry Area of West Cardiff |

Flower Guild

Friday: The Diocese of Grafton (Australia) | Ministry Area of North Cardiff |

Bellringers

Saturday: The Diocese of Grahamstown (Southern Africa) | Taff Wenallt Ministry Area |

Guild of Stewards, Parish Stewards

SERVICES THIS WEEK

Monday 1 st July	8.00am 5.30pm	Morning Prayer and Eucharist Choral Evensong
Tuesday 2 nd July	8.00am 9.30am 5.30pm	Morning Prayer and Eucharist Holy Eucharist Choral Evensong
Wednesday 3 rd July	8.00am 5.30pm	Morning Prayer and Eucharist Choral Evensong
Thursday 4 th July	8.00am 9.30am 5.30pm	Morning Prayer and Eucharist Cymun Bendigaid Choral Evensong
Friday 5 th July	8.00am 5.30pm	Morning Prayer and Eucharist Choral Evensong
Saturday 6 th July	8.00am 5.30pm	Morning Prayer and Eucharist Evening Prayer
Sunday 7 th July	8.00am 9.00am 11.00am 4.00pm	Holy Eucharist [1984] Holy Eucharist Choral Eucharist Choral Evensong with Valedictio









Scan for E - News Letter

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Safeguarding Officer: Kath MacDonald kjmacdonald1@hotmail.co.uk

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

Canon Precentor: The Rev'd Canon Ian Yemm precentor@llandaffcathedral.org.uk

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