

THE HOLY EUCHARIST

according to the Book of Common Prayer 1984

Sunday 30th June 2024 8.00am

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 with 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.

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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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 this service.

ORDER OF SERVICE

Please stand as the Procession enters the Cathedral.

Priest In the Name of the Father, and of the Son, and of the Holy Spirit.

All Amen.

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

Lord, have mercy upon us.

All Christ, have mercy upon us.

Lord, have mercy upon us.

Please sit or kneel.

Priest Let us humbly confess our sins to Almighty God.

Almighty God, our heavenly Father, we have sinned against thee, in thought and word and deed, and in what we have left undone. We are truly sorry and repent of all our sins. Have mercy upon us, most merciful Father; forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honour and glory of thy name through Jesus Christ our Lord. Amen.

Priest Almighty God have mercy upon you; pardon and deliver you from all your sins, confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord.

All Amen.

All Glory be to God on high, and in earth peace, goodwill 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 Spirit,
art Most High in the glory of God the Father. Amen.

THE MINISTRY OF THE WORD

THE COLLECT

Priest The Lord be with you All And with your spirit.

Priest Grant us, Lord, we beseech thee, the spirit to think and do always such things as be rightful; that we, who cannot do anything that is good without thee, may by thee be enabled to live according to thy will; through Jesus Christ our Lord.

All Amen.

THE FIRST LESSON

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.

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

All 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.

All 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.

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

Thou didst turn thy face from me: and I was sore dis tressed.

All Then I cried unto thee O Lord: even unto the Lord did I make my supplication.

What profit is there in my blood: If I go down to the pit?

All Shall the dust give thanks unto thee: or shall it declare thy faithfulness?

Hear O Lord and have mercy up on me: O Lord be thou my helper.

All 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 LESSON

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.

Please stand.

THE GOSPEL

Hear the Holy Gospel according to Saint Mark.

All Glory be to thee, 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.

THE NICENE CREED

I believe in one God,

All the Father Almighty, maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of his Father before all worlds, God of God, Light of Light, Very God of Very God, begotten, not made, being of one substance with the Father, by whom all things were made: who for us men, and for our salvation came down from heaven, and was incarnate by the Holy Spirit of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate. He suffered and was buried, and the third day he rose again according to the Scriptures, and ascended into heaven, and is seated at the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: whose kingdom shall have no end.

And I 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 together is worshipped and glorified, who spoke by the prophets.

And I believe in One Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, and the life of the world to come. Amen.

Priest Let us pray for the whole Church of Christ and for all people according to their needs.

Almighty and everlasting God, we humbly beseech thee to inspire continually the universal Church with the spirit of truth, unity, and concord, that all who confess thy holy Name may agree in the truth of thy holy Word and live in unity and godly love. Lord, in thy mercy,

All Hear our prayer.

Give grace, O heavenly Father, to all Bishops, Priests and Deacons, and specially to thy servant Mary our Bishop, that they may by their life and doctrine proclaim thy true and living Word and rightly and duly administer thy Holy Sacraments. Lord, in thy mercy,

All Hear our prayer.

To all thy people give thy heavenly grace, and specially to this congregation here present; that they may serve thee in holiness and righteousness all the days of their life.

Lord, in thy mercy,

All Hear our prayer.

We beseech thee, O Lord, to direct with thy heavenly wisdom those who rule over the nations of the world, that thy people may be faithfully and justly governed; bless thy servant Charles our King and all who exercise authority under him. Lord, in thy mercy,

All Hear our prayer.

Of thy goodness, O Lord, help and comfort all those who are in trouble, sorrow, need, sickness, or any other adversity, granting them a happy issue out of all their afflictions.

Lord, in thy mercy,

All Hear our prayer.

We commend to thy gracious keeping, O Lord, all thy servants departed this life in thy faith and fear, beseeching thee to grant us with them everlasting light and peace. Lord, in thy mercy,

All Hear our prayer.

Finally, we bless thy holy Name for the grace and virtue declared in all thy Saints. Grant that we, rejoicing in their fellowship and following their good examples, may at thy Son's appearing be set with them on his right hand and be made partakers of thy heavenly kingdom.

All Hear us, O heavenly Father, for the sake of Jesus Christ, our only Mediator and Advocate, to whom with thee and the Holy Spirit be all honour and glory, world without end. Amen.

THE MINISTRY OF THE SACRAMENT

Priest The peace of the Lord be always with you;

All And with your spirit.

THE OFFERTORY

All things come of thee;

All And of thine own do we give thee.

THE GREAT THANKSGIVING

The Lord be with you;

All And with your spirit.

Lift up your hearts;

All We lift them up unto the Lord.

Let us give thanks unto our Lord God;

All It is meet and right so to do.

It is very meet, right and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

Through Jesus Christ our Lord, who by his death has destroyed death, and by rising to life again has restored to us everlasting life.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name, evermore praising thee and saying:

All Holy, Holy, Holy, Lord God of Hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high.

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

Please sit or kneel.

Priest

All glory, praise and thanksgiving be unto thee Almighty God our heavenly Father, creator and sustainer of all things, maker of man in thine own image, who gavest thine only Son Jesus Christ to take our nature upon him and to suffer death upon the Cross for our redemption. There he made the one perfect and sufficient sacrifice for the sins of the whole world; and did institute, and in his Holy Gospel command us to continue, a perpetual memorial of that his precious death until his coming again.

Therefore we beseech thee, O merciful Father, to sanctify with thy Holy Spirit these thy gifts of Bread and Wine, that we, receiving them according to thy Son our Saviour Jesus Christ's holy institution, may be partakers of his most precious Body and Blood:

Who in the same night that he was betrayed, 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.

Likewise after supper he took the Cup and when he had given thanks, he gave it to them, saying,

Drink ye all of this, for this is my Blood of the New Covenant, which is shed for you and for many for the remission of sins: Do this as oft as ye shall drink it, in remembrance of me.

Wherefore, O Lord and heavenly Father, making the memorial of the blessed Passion, mighty Resurrection, and glorious Ascension, of thy dearly beloved Son as he hath commanded us, rejoicing in his gift of the Holy Spirit, and looking for his coming again with power and great glory, we thy servants, with all thy holy people, do set forth before thy Divine Majesty this Bread of eternal life and this Cup of everlasting salvation.

And we beseech thee to accept this our sacrifice of praise and thanksgiving, and to grant to us and thy whole Church remission of our sins and all other benefits of his Passion. And we pray that all we, who are partakers of this holy Communion, may be fulfilled with thy grace and heavenly benediction and be numbered in the glorious company of thy saints.

Through Jesus Christ our Lord, by whom, in whom, and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, throughout all ages, world without end.

All Amen.

The Priest breaks the Bread, saying:

Priest The Bread which we break;

All Is it not the communion of the Body of Christ?

We who are many are one Bread, one Body

All For we are all partakers of the one Bread.

Then may be said:

We do not presume to come to this thy table,
O merciful Lord,
trusting in our own righteousness,
but in thy manifold and great mercies.
We are not worthy so much
as to gather up the crumbs under thy table,
but thou art the same Lord,
whose property is always to have mercy.
Grant us, therefore, gracious Lord,
so to eat the flesh of thy dear Son Jesus Christ,
and to drink his blood,
that we may evermore dwell in him, and he in us. Amen

Then may be said:

All O Lamb of God, that takest away the sins of the world, have mercy upon us.

> O Lamb of God, that takest away the sins of the world, have mercy upon us.

> O Lamb of God, that takest away the sins of the world, grant us thy peace.

Priest As our Saviour Jesus Christ has taught we are bold to say:

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

Draw near and receive the Body of our Lord Jesus Christ given for you, and feed on him in your hearts by faith with thanksgiving.

The Priest and People receive Holy Communion. The sacrament is administered with these words:

The body of Christ keep you in eternal life. Amen. The blood of Christ keep you in eternal life. Amen.

THE POST-COMMUNION

Once all have received Holy Communion, please stand.

O give thanks unto the Lord, for he is gracious;

All For his mercy endureth for ever.

Almighty God, we thank thee for feeding us with the Body and Blood of thy Son Jesus Christ, through whom we offer to thee our souls and bodies to be a living sacrifice. Send us out in the power of thy Spirit to live and work to thy praise and glory. Amen.

THE DISMISSAL

Priest The Lord be with you:

All And with your spirit.

The peace of God which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord; and the blessing of God Almighty, the Father, ♣ the Son and the Holy Spirit, be upon you and remain with you always.

All Amen.

Let us go forth in peace;

All In the name of Christ. Amen.

Please remain standing as the Procession leaves.

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 Choral Eucharist









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