

THE HOLY EUCHARIST

on the Third Sunday in Lent

Sunday 23rd March 2025 | 9.00am | Hymns

C A D E I R L A N
LLANDAF
C A T H E D R A L



The Opening Hymn



I heard the voice of Jesus say:
'Come unto me and rest;
Lay down, thou weary one, lay down
Thy head upon my breast.'
I came to Jesus as I was,
Weary, and worn, and sad,
I found in him a resting-place,
And he has made me glad.

I heard the voice of Jesus say:
'Behold, I freely give
The living water; thirsty one,
Stoop down and drink and live.'
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,
And now I live in him.

Words: Horatius Bonar (1808-89)

I heard the voice of Jesus say:
'I am this dark world's Light;
Look unto me, thy morn shall rise,
And all thy day be bright.'
I looked to Jesus, and I found
In him my star, my sun;
And in that light of life I'll walk,
Till travelling days are done.

Music: KINGSFOLD
Adapted from an English Folk Tune by
Ralph Vaughan Williams (1872-1958)



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§ *The service continues on Page 3 of the Order of Service.*

The Psalm

O God, you are my God; eagerly I seek you;
my soul is athirst for you.

**My flesh also faints for you,
as in a dry and thirsty land where there is no water.**

So would I gaze upon you in your holy place,
that I might behold your power and your glory.

**Your loving-kindness is better than life itself
and so my lips shall praise you.**

I will bless you as long as I live
and lift up my hands in your name.

**My soul shall be satisfied, as with marrow and fatness,
and my mouth shall praise you with joyful lips,**

When I remember you upon my bed
and meditate on you in the watches of the night.

**For you have been my helper
and under the shadow of your wings will I rejoice.**

Psalm 63. 1-8

§ *The service continues with the Gospel, which can be found in the readings and notices sheet.*



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The Offertory Hymn



'Lift up your hearts!' We lift them, Lord, to thee;
here at thy feet none other may we see:
'Lift up your hearts!' E'en so, with one accord,
we lift them up, we lift them to the Lord.

Above the level of the former years,
the mire of sin, the slough of guilty fears,
the mist of doubt, the blight of love's decay,
O Lord of light, lift all our hearts to-day.

Above the swamps of subterfuge and shame,
the deeds, the thoughts, that honour may not name,
the halting tongue that dares not tell the whole,
O Lord of truth, lift every Christian soul.

Lift every gift that thou thyself hast given:
low lies the best till lifted up to heaven;
low lie the bounding heart, the teeming brain,
till, sent from God, they mount to God again.

Then, as the trumpet-call in after years,
'lift up your hearts!' rings pealing in our ears,
still shall those hearts respond with full accord,
'We lift them up, we lift them to the Lord.'

Words: Henry Montagu Butler (1833-1918)

Music: WOODLANDS
Walter Greatrex (1877-1949)

The Closing Hymn

The musical score is written for a single melodic line in treble clef with a key signature of one sharp (F#). It consists of six staves. The first staff begins with a treble clef and a sharp sign. The second staff has a box labeled 'Organ' above it. The fourth staff has a box labeled 'Refrain' above it. The music features various note values including quarter, eighth, and half notes, as well as rests and accidentals. The piece concludes with a double bar line.

1. I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin
my hand will save.
I, who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?

*Here I am, Lord. Is it I, Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.*

2. I, the Lord of snow and rain,
I have borne my people's pain.
I have wept for love of them.
They turn away.
I will break their hearts of stone,
give them hearts for love alone.
I will speak my words to them.
Whom shall I send?

Refrain

3. I, the Lord of wind and flame,
I will send the poor and lame.
I will set a feast for them.
My hand will save.
Finest bread I will provide
till their hearts be satisfied.
I will give my life to them.
Whom shall I send?

Refrain