



CADEIRLAN
LLANELWY
ST ASAPH
CATHEDRAL

ARDAL CENHADAETH ELWY MISSION AREA



An induction loop is provided. To use, please turn your hearing aid to T.

Gluten free wafers are available for those who need them. Please inform one of the stewards/sidespersons who will pass the information on to the clergy. Many thanks

1ST MARCH 2020 – LENT 1

TODAY'S SERVICES:

8am Holy Eucharist

at the Cathedral

(The Service begins on Page 157)

9.30am The Parish Eucharist

Hymns: *See Hymn Leaflet*

11am The Cathedral Eucharist

Hymns: *See Service Booklet*

Mass: Communion Service in D Minor,
Vaughan Williams

Psalm: 32

Motet: Like as the hart, Noel Rawsthorne

Preacher: The Cathedral Chaplain

11am Messy Church

3.30pm Evening Prayer

COLLECT

Almighty God,
whose Son Jesus Christ fasted forty
days in the wilderness, and was
tempted as we are, yet without sin:
give us grace to discipline ourselves in
obedience to your Spirit; and, as you
know our weakness, so may we know
your power to save; 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.**

GENESIS 2. 15-17; 3. 1-7

A reading from the book of Genesis.

The Lord God took the man and put
him in the garden of Eden to till it and
keep it. And the Lord God
commanded the man, 'You may freely
eat of every tree of the garden; but of
the tree of the knowledge of good and
evil you shall not eat, for in the day
that you eat of it you shall die.'

Now the serpent was more crafty than
any other wild animal that the Lord
God had made. He said to the woman,
'Did God say, "You shall not eat from
any tree in the garden"?' The woman
said to the serpent, 'We may eat of the
fruit of the trees in the garden; but
God said, "You shall not eat of the

*Welcome to St Asaph Cathedral and St Asaph
Parish Church today. We are a community that
seeks to enfold all people in the love of God. If
you wish to speak to a priest after the service, if
you wish to find a corner to pray, if you wish
simply to find some peace, please feel free and
welcome to do so. We warmly invite all those who
are baptised to receive Holy Communion with us
today. (Children at the discretion of parents).*

*Before the service: spend some time in quiet
prayer, preparing to meet the Lord in this act of
worship.*

*If you would like to find out more about the
Christian faith please contact:*

Email: precentor@stasaphcathedral.wales

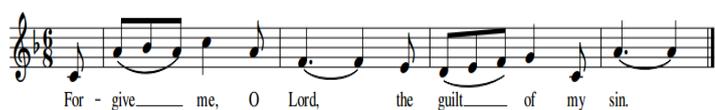
Tel: 01745 532581(Office)

fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.” ’ But the serpent said to the woman, ‘You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.’ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

For the word of the Lord
Thanks be to God.

PSALM 32

R: Forgive me, O Lord, the guilt of my sin.



Happy the one whose transgression is forgiven, and whose sin is covered.

Happy the one to whom the Lord imputes no guilt, and in whose spirit there is no guile. **R:**

For I held my tongue; my bones wasted away through my groaning all the day long. Your hand was heavy upon me day and night; my moisture was dried up like the drought in summer. **R:**

Then I acknowledged my sin to you and my iniquity I did not hide. I said, ‘I will confess my transgressions to the Lord,’ and you forgave the guilt of my

sin. Therefore let all the faithful make their prayers to you in time of trouble; in the great water flood, it shall not reach them. **R:**

ROMANS 5. 12-19

A reading from the letter of Paul to the Romans.

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man’s sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man’s trespass led to condemnation for all, so one man’s act of righteousness leads to justification and life for all. For just as by the one man’s disobedience the many were made sinners, so by the one

man's obedience the many will be made righteous.

For the word of the Lord
Thanks be to God.

MATTHEW 4. 1-11

Listen to the Gospel of Christ according to Saint Matthew.

Glory to you, O Lord.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' ' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' 'Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.
Praise to you, O Christ.

PRAYER OVER THE GIFTS

God of the desert,
as we follow Jesus into the unknown,
may we recognize the tempter when he comes; let it be your bread we eat,
your world we serve and you alone we worship; we ask this through Christ our Lord. **Amen.**

POST COMMUNION

Merciful Lord,
grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord. **Amen.**

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NOTICES

Refreshments. Please join us for refreshments after the 9.30am and 11am Eucharists.

Coronavirus. Due to the recent outbreak the Bishops of the Church in Wales have issued some guidance for receiving holy communion. They have asked that we DO NOT intinct, i.e. dip the host in the chalice. If you do not wish to receive the chalice in the normal way then it is perfectly fine to receive in one kind, i.e. the host only.

Easter Flowers at the Cathedral.

Donations for Easter Flowers are now being invited in memory of departed loved ones. Please add names of loved ones to the list which can be found on the table in the south transept, and put donations in the envelopes provided. Thank you.

Choir Association AGM takes place in the Cathedral on Thursday 5th March at 7pm. All Choir Association members are encouraged to attend.

Electoral Roll. This has to be completely renewed every 5 years and 2020 is a year for it to be done. Please pick up a form and return as soon as possible to Duncan Cameron (Parish Church) or one of the Stewards (Cathedral). Thank you!

Prayer Group. The Prayer Group that was meeting in the Parish Church has re-started and meets in the Translators chapel every Wednesday morning at 11:30. All welcome.

Lent Resources. Resources to help us journey through Lent can be found on a table in the south transept of the Cathedral. These resources are free but if you would like to make a donation towards the cost please put it in the iron chest near the north door. Thank you.

2020 is the Year of Cathedrals! We are one of the many cathedrals in England and Wales celebrating this special year with different initiatives supported by the Association for English Cathedrals. Events during the year will include *Sunday 10 May: One-day Pilgrimage to St Asaph*, ending with evensong (in conjunction with the N. Wales Pilgrim Way); *Wednesday 9 September: Cathedrals at Night* (we will be open till late for anyone to drop in, with special music, different activities and quiet candlelit spaces). Please encourage everyone to take a free St Asaph prayer card (available in English and Welsh) – lots of copies available in the cathedral. For further information, see Revd Sally.

World Day of Prayer. Friday 6th March 10.30am at Llanelwy Community Church. All Welcome!

RNLI Welsh Tea Saturday 7th March 3pm at 13 Lon y Parc. £3 entry. All welcome!

Kentigern Guild. The next meeting of the Kentigern Guild will be at 7.30 p.m in the Translators' Tearoom on Thursday 5th March. The Rev'd Vera Lewis will give the Lenten Talk. All welcome.

THE WEEK AHEAD

2nd Monday – David, Patron of Wales

9am Morning Prayer
9.30am Holy Eucharist
6pm Evening Prayer

3rd Tuesday – Feria

9am Morning Prayer
6pm Evening Prayer
7pm Holy Eucharist

4th Wednesday – Ember Day

9am Morning Prayer
10.30am Holy Eucharist
6pm Evening Prayer
7.30pm Compline & Meditation

5th Thursday – Non, Mother of David

9am Morning Prayer
10am Holy Eucharist
6pm Evening Prayer

6th Friday – Ember Day

9am Morning Prayer
9.30am Offeren
6pm Choral Evensong

7th Saturday – Feria

9am Morning Prayer
6pm Evening Prayer

8th Sunday – Lent 2

8am Holy Eucharist
9.30am The Parish Eucharist
11am The Cathedral Eucharist
3.30pm Choral Evensong

Contact: 01745 532581 (Diocesan Office)

Cathedral Website: stasaphcathedral.wales

Parish Church Website: stasaphparishchurch.org.uk