



EGLWYS GADEIRIOL TYDDEWI  

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ST DAVIDS CATHEDRAL

*Croesawu ymwelwyr fel pererinion*  
*Welcoming Visitors as Pilgrims*

**CYLCHLYTHYR WYTHNOSOL**  
**22 - 29 Mehefin 2025**

**WEEKLY NEWSLETTER**  
**22 - 29 June 2025**

**GWASANAETHAU Y SUL** *o dudalen 4*  
*Yr Sul Cyntaf wedi'r Drindod*

**SUNDAY SERVICES** *from page 4*  
*The First Sunday after Trinity*

# CROESO I EGLWYS GADEIRIOL TYDDEWI WELCOME TO ST DAVIDS CATHEDRAL

Worship has been offered on this site since Dewi founded his monastery almost 1500 years ago. Today, you stand as thousands have before where our Patron Saint once stood, a place of deep significance to pilgrims and parish alike. We very much hope you can share in the beauty of this place, whether that be through participating in worship, listening to the wonderful sounds of our choirs and organ, or simply allowing the splendour of the building to wash over you as you walk around.

## PASTORAL SUPPORT

We are a place of worship, and therefore a place where all can come for support and guidance, regardless of one's faith. The Cathedral Clergy are always pleased to provide pastoral support and advice to people whenever they can.

If you require a pastoral visit, please speak directly to a member of the clergy, or one of the Cathedral Chaplains on duty; however, all clergy can be contacted via the Cathedral office on 01437 720202 or via email [info@stdavidscathedral.org.uk](mailto:info@stdavidscathedral.org.uk)

***Urgent Support:*** If you are worried about someone and you think that they require pastoral care, please speak to Canon Sheridan or any of the other clergy and/or email [canonpastor@stdavidscathedral.org.uk](mailto:canonpastor@stdavidscathedral.org.uk). Please don't assume that we are already aware of the situation – even in a small community people can get missed – so please do let us know.

## SAFEGUARDING

If you have any concerns about the safety or care of anyone at the Cathedral, please contact Colin Taylor, Provincial Safeguarding Officer for the Diocese on 07956 790330. You can also make an online report through the Safeguarding section of the Church in Wales' website. Judith Leigh, Chief Operating Officer at the Cathedral, can provide general advice: email [judith@stdavidscathedral.org.uk](mailto:judith@stdavidscathedral.org.uk)

## ACCESSIBILITY



A hearing loop is installed in the Nave and Quire – please switch your hearing aid to the T position



A larger print version of this leaflet is available – please ask

# CEFNOGAETH/SUPPORT

Every year, the Cathedral has to find £1M to look after the Cathedral and its grounds and offer the level of excellence and beauty that makes it such a well-loved and cherished place. We rely heavily on donations, and every pound really counts.

## *How you can support our work:*

- 1** Scan the QR code to make a donation on your phone.  
Please tick the GiftAid box if you are a UK taxpayer.
- 2** Tap the contactless donation point at the Welcome Desk, using your card or phone. Our welcomers will be able to assist you.
- 3** Cash or cheque donations can be placed in the donation box by the Welcome Desk. Please use the GiftAid envelopes provided.
- 4** Contact us on 01437 720202 or email [info@stdavidscathedral.org.uk](mailto:info@stdavidscathedral.org.uk) for a discussion in confidence if you are interested in leaving the Cathedral a legacy in your will.



By making a donation today, you are helping to safeguard this place of worship and pilgrimage for the next generation.  
Diolch yn Fawr - Thank You.

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## Dydd Sul 22 Mehefin – Y Sul Cyntaf wedi'r Drindod Sunday 22 June – The First Sunday after Trinity

- |       |   |
|-------|---|
| 8.00  | <b>Holy Eucharist</b> <i>High Altar</i>   |
| 9.30  | <b>Cymun y Plwyf</b> <i>Capel Mair</i><br><i>Pregethwr: Y Canon Bugeiliol</i>   |
| 11.00 | <b>Choral Mattins</b> <i>Nave</i><br><i>Preacher: The Canon in Residence</i>  |
| 4.00  | <b>Choral Evening Prayer with BACFAD participants</b> <i>Nave</i><br><i>Readings: Genesis 24. 1-7 &amp; Mark 5. 21-43</i> |

# COLLECTS AND READINGS FOR THE EUCHARIST & CHORAL MATTINS

## **Collect**

God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; 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.**

## **Colect**

O Dduw, nerth pawb sy'n ymddiried ynot, derbyn yn drugarog ein gweddïau a chan na allwn, gan wendid ein natur farwol, wneud dim da hebot ti, caniatâ inni gymorth dy ras, fel wrth gadw dy orchmynion y bo i ni dy foddhau ar ewyllys a gweithred; trwy Iesu Grist dy Fab ein Harglwydd, sy'n fyw ac yn teyrnasu gyda thi, yn undod yr Ysbryd Glân, yn un Duw, yn awr ac am byth. **Amen.**

## **Isaiah 65. 1-9**

I was ready to be sought out by those who did not ask, to be found by those who did not seek me. I said, 'Here I am, here I am', to a nation that did not call on my name. I held out my hands all day long to a rebellious people, who walk in a way that is not good, following their own devices; a people who provoke me to my face continually, sacrificing in gardens and offering incense on bricks; who sit inside tombs, and spend the night in secret places; who eat swine's flesh, with broth of abominable things in their vessels; who say, 'Keep to yourself, do not come near me, for I am too holy for you.' These are a smoke in my nostrils, a fire that burns all day long. See, it is written before me: I will not keep silent, but I will repay; I will indeed repay into their laps their iniquities and their ancestors' iniquities together, says the Lord; because they offered incense on the mountains and reviled me on the hills, I will measure into their laps full payment for their actions. Thus says the Lord: As the wine is found in the cluster, and they say, 'Do not destroy it, for there is a blessing in it', so I will do for my servants' sake, and not destroy them all. I will bring forth descendants from Jacob, and from Judah inheritors of my mountains; my chosen shall inherit it, and my servants shall settle there.

## **Eseia 65. 1-9**

"Yr oeddw'n yno i'm ceisio gan rai nad oeddent yn holi amdanaf, yno i'm cael gan rai na chwiliant amdanaf. Dywedais, 'Edrychwch, dyma fi', wrth genedl na alwai ar fy enw. Estynnais fy nwylo'n feunyddiol at bobl wrthryfelgar, rhai oedd yn rhodio ffordd drygioni, ac yn dilyn eu mympwy eu hunain, rhai oedd yn fy mhryfocio'n ddi-baid yn fy wyneb, yn aberthu mewn gerddi ac aroglarthu ar briddfeini, yn eistedd ymhlith y beddau, ac yn

treulio'r nos mewn mynwentydd, yn bwyta cig moch, a'u llestri'n llawn o gawl aflan. Dywedant, 'Cadw draw, paid â'm cyffwrdd, 'rwy'n rhy sanctaidd i ti.' Y mae'r bobl hyn yn fwg yn fy ffroenau, yn dân sy'n mygu drwy'r dydd. Ond y mae'r cyfan wedi ei ysgrifennu o'm blaen; ni thawaf, ond fe dalaf yn ôl; i'r byw y talaf yn ôl eich camweddu chwi a'ch hynafiaid," medd yr Arglwydd. "Am iddynt aroglarthu ar y mynyddoedd, a'm cablu ar y bryniau, mesuraf eu tâl iddynt i'r byw." Fel hyn y dywed yr Arglwydd: "Fel pan geir gwin newydd mewn swp o rawn, ac y dywedir, 'Paid â'i ddinistrio, oherwydd y mae bendith ynddo', felly y gwnaf finnau er mwyn fy ngweision; ni ddinistriaaf yr un ohonynt. Ond paraf i epil ddod o Jacob, a rhai i etifeddu fy mynyddoedd o Jwda; bydd y rhai a ddewisaf yn eu hetifeddu, a'm gweision yn trigo yno.

### **Galatians 3. 23-29**

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

### **Galatiaid 3. 23-29**

Cyn i'r ffydd hon ddod, yr oeddem dan warchodaeth gaeth cyfraith, yn disgwyl am y ffydd oedd i gael ei datguddio. Felly, bu'r Gyfraith yn was i warchod trosom hyd nes i Grist ddod, ac inni gael ein cyfiawnhau trwy ffydd. Ond gan fod y ffydd hon bellach wedi dod, nid ydym mwyach dan warchodaeth gwas. Oblegid yr ydych bawb, trwy ffydd, yn blant Duw yng Nghrist Iesu. Oherwydd y mae pob un ohonoch sydd wedi ei fedyddio i Grist wedi gwisgo Crist amdano. Nid oes rhagor rhwng Iddewon a Groegiaid, rhwng caeth a rhydd, rhwng gwryw a benyw, oherwydd un person ydych chwi oll yng Nghrist Iesu. Ac os ydych yn eiddo Crist, yna had Abraham ydych, etifeddion yn ôl yr addewid.

### **Psalm 22. 19-28**

Be not far from me, O Lord: you are my strength; hasten to help me.  
Deliver my soul from the sword: my poor life from the power of the dog.  
Save me from the lion's mouth: from the horns of wild oxen. You have answered me!  
I will tell of your name to my people: in the midst of the congregation will I praise you.  
Praise the Lord, you that fear him: O seed of Jacob, glorify him;  
stand in awe of him, O seed of Israel.  
For he has not despised nor abhorred the suffering of the poor;  
neither has he hidden his face from them: but when they cried to him he heard them.  
From you comes my praise in the great congregation:

I will perform my vows in the presence of those that fear you.

The poor shall eat and be satisfied: those who seek the Lord shall praise him; their hearts shall live for ever.

All the ends of the earth shall remember and turn to the Lord:

and all the families of the nations shall bow before him.

For the kingdom is the Lord's: and he rules over the nations.

those who seek the Lord shall praise him; their hearts shall live forever.

All the ends of the earth shall remember and turn to the Lord:

and all the families of the nations shall bow before him.

For the kingdom is the Lord's: and he rules over the nations.

### **Salm 22. 19-28**

Ond ti, Arglwydd, paid â sefyll draw: O fy nerth brysia i'm cynorthwyo.

Gwared fi rhag y cleddyf: a'm hunig fywyd o afael y cŵn.

Achub fi o safn y llew: a'm bywyd tlawd rhag cyrn yr ychen gwyllt.

Fe gyhoeddaf dy enw i'm cydnabod: a'th foli yng nghanol y gynulleidfa:

"Molwch ef, chwi sy'n ofni'r Arglwydd:

rhowch anrhydedd iddo, holl dylwyth Jacob ofnwch ef, holl dylwyth Israel.

Oherwydd ni ddirmygodd na diystyru

gorthrwm y gorthrymedig:

ni chuddiodd ei wyneb oddi wrthoond gwranddo arno pan lefodd."

Oddi wrthyt ti y daw fy mawl yn y gynulleidfa fawr:

a thalaf fy addunedau yng ngŵydd y rhai sy'n ei ofni.

Bydd yr anghenus yn bwyta, ac yn cael digon:

a'r rhai sy'n ceisio'r Arglwydd yn ei foli bydded i'w calonnau fyw byth!

Bydd holl gyrrau'r ddaear yn cofio ac yn dychwelyd at yr Arglwydd :

a holl dylwythau'r cenhedloedd yn ymgrymu o'i flaen.

Oherwydd i'r Arglwydd y perthyn brenhiniaeth:

ac ef sy'n llywodraethu dros y cenhedloedd.

### **Luke 8. 26-39**

Then they arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me' - for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, 'What is your name?' He said, 'Legion'; for many demons had entered him. They begged him not to order them to go back into the abyss.

Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, 'Return to your home, and declare how much God has done for you.' So he went away, proclaiming throughout the city how much Jesus had done for him.

### **Luc 8. 26-39**

Daethant i'r lan i wlad y Geraseniaid, sydd gyferbyn â Galilea. Pan laniodd ef, daeth i'w gyfarfod ddyn o'r dref â chythreuliaid ynddo. Ers amser maith nid oedd wedi gwisgo dilledyn, ac nid mewn tŷ yr oedd yn byw ond ymhlith y beddau. Pan welodd ef Iesu, rhoes floedd a syrthio o'i flaen, gan weiddi â llais uchel, "Beth sydd a fynni di â mi, Iesu Fab y Duw Goruchaf? Yr wyf yn erfyn arnat, paid â'm poenydio." Oherwydd yr oedd ef wedi gorchymyn i'r ysbryd aflan fynd allan o'r dyn. Aml i dro yr oedd yr ysbryd wedi cydio ynddo, ac er ei rwymo â chadwynau a llyffetheiriau a'i warchod, byddai'n dryllio'r rhwymau, a'r cythraul yn ei yrru i'r unigeddau. Yna gofynnodd Iesu iddo, "Beth yw dy enw?" "Lleng," meddai yntau, oherwydd yr oedd llawer o gythreuliaid wedi mynd i mewn iddo. Dechreusant ymbil ar Iesu i beidio â gorchymyn iddynt fynd ymaith i'r dyfnder. Yr oedd yno genfaint fawr o foch yn pori ar y mynydd. Ymbiliodd y cythreuliaid arno i ganiatáu iddynt fynd i mewn i'r moch; ac fe ganiataodd iddynt. Aeth y cythreuliaid allan o'r dyn ac i mewn i'r moch, a rhuthrodd y genfaint dros y dibyn i'r llyn a boddi. Pan welodd bugeiliaid y moch beth oedd wedi digwydd fe ffoesant, gan adrodd yr hanes yn y dref ac yn y wlad. Daeth pobl allan i weld beth oedd wedi digwydd. Daethant at Iesu, a chael y dyn yr oedd y cythreuliaid wedi mynd allan ohono yn eistedd wrth draed Iesu, â'i ddillad amdano ac yn ei iawn bwyll; a daeth arnynt ofn. Adroddwyd yr hanes wrthynt gan y rhai oedd wedi gweld sut yr iachawyd y dyn oedd wedi bod ym meddiant cythreuliaid. Yna gofynnodd holl boblogaeth gwlad y Geraseniaid iddo fynd ymaith oddi wrthynt, am fod ofn mawr wedi cydio ynddynt; ac aeth ef i mewn i'r cwch i ddychwelyd. Yr oedd y dyn yr oedd y cythreuliaid wedi mynd allan ohono yn erfyn am gael bod gydag ef; ond anfonodd Iesu ef yn ei ôl, gan ddweud, "Dychwel adref, ac adrodd gymaint y mae Duw wedi ei wneud drosot." Ac aeth ef ymaith trwy'r holl dref gan gyhoeddi gymaint yr oedd Iesu wedi ei wneud drosto.

# Hymns for Choral Evening Prayer

## Processional Hymn

Tell out, my soul, the greatness of the Lord!  
Unnumbered blessings, give my spirit voice;  
tender to me the promise of his word;  
in God my Saviour shall my heart rejoice.

Tell out, my soul, the greatness of his name!  
Make known his might, the deeds his arm has done;  
his mercy sure, from age to age the same;  
his holy name, the Lord, the mighty one.

Tell out, my soul, the greatness of his might!  
Powers and dominions lay their glory by.  
Proud hearts and stubborn wills are put to flight,  
the hungry fed, the humble lifted high.

Tell out, my soul, the glories of his word!  
Firm is his promise, and his mercy sure.  
Tell out, my soul, the greatness of the Lord  
to children's children and for evermore!

## Final Hymn

In Christ alone my hope is found,  
He is my light, my strength, my song;  
This Cornerstone, this solid Ground,  
Firm through the fiercest drought and storm.  
What heights of love, what depths of peace,  
When fears are stilled, when strivings cease!  
My Comforter, my All in All,  
Here in the love of Christ I stand.

In Christ alone! – who took on flesh,  
Fullness of God in helpless babe.  
This gift of love and righteousness,  
Scorned by the ones He came to save:  
Till on that cross as Jesus died,  
The wrath of God was satisfied –  
For every sin on Him was laid;  
Here in the death of Christ I live.

There in the ground His body lay,  
Light of the world by darkness slain:  
Then bursting forth in glorious day  
Up from the grave He rose again!  
And as He stands in victory  
Sin's curse has lost its grip on me,  
For I am His and He is mine –  
Bought with the precious blood of Christ.

No guilt in life, no fear in death,  
This is the power of Christ in me;  
From life's first cry to final breath,  
Jesus commands my destiny.  
No power of hell, no scheme of man,  
Can ever pluck me from His hand:  
Till He returns or calls me home,  
Here in the power of Christ I'll stand.

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The Psalm is taken from The Book of Common Prayer for use in the Church in Wales 1984 © Church in Wales Publications 1984.

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## CATHEDRAL NOTICES

### Parish & Community Life

#### **CHOIR CHAPERONE VACANCY**

The role involves being with the Choristers (aged 8 to 16) when they are rehearsing and singing at services. You will supervise the Choristers when the Master of the Choristers or Assistant Director of Music are not present. You will provide any healthcare requirements to the Choristers, including First Aid, and keep records of health needs or accidents needing First Aid. To enjoy this role, you will need to have a good interest in music and be in sympathy with the Christian ethos of the Cathedral. This role is critical to the delivery of our safeguarding and well-being policies for the Choristers, and you will therefore be required to undergo an enhanced DBS check which we will arrange and pay for.

You will need to be sensible, mature and pastorally-minded, with previous experience of working with children and building a good rapport with their parents. Outgoing and friendly, you will act as a good role model to children and an ambassador for the

Cathedral. You will have a good awareness of safeguarding and work to gain a thorough understanding of the Cathedral's policy and procedures in safeguarding and Health & Safety. Ideally, you should have a First Aid certificate though training can be provided for the right candidate whose Certificate has lapsed. You'll need to be reasonably fit and mobile.

Hours are generally Wednesday and Thursday afternoons/early evenings, and Sunday mornings/afternoons, with additional hours when the Choir is singing at additional services and events. Pay is £12.60 per hour.

To apply, please request an application form together with the full job description from Judith Leigh, Chief Operating Officer by email: [judith@stdavidscathedral.org.uk](mailto:judith@stdavidscathedral.org.uk). If you would like an initial conversation, please email Simon Pearce, Master of the Choristers, on [simon@stdavidscathedral.org.uk](mailto:simon@stdavidscathedral.org.uk).

Closing date for applications: 30th June 2025

### **Erw Dewi/Dewi's Acre Cathedral Community Garden**

We had many visitors during the Open Gardens Weekend and were encouraged by their comments. Do come and be part of the team at our volunteer sessions, our next one is on *Wed 25<sup>th</sup> June, between 10am-12pm*. You will find us behind the Cathedral in The Close. Email: [pilgrimage@stdavidscathedral.org.uk](mailto:pilgrimage@stdavidscathedral.org.uk)

### **Community Tea & Chat Wed 25<sup>th</sup> June; 3-4.30pm**

Time to meet up during the week for chat and a cuppa. There's a relaxed atmosphere, do come and join us. We meet at Tŷ'r Pererin and everyone is welcome.

**Wednesday Midweek Holy Communion** – 10am, Lady Chapel. Intimate, friendly service, followed by hot drinks and biscuits. All Welcome.

**Flower Guild Needs New Volunteers** - The St Davids Cathedral Flower Guild is seeking new volunteers, to help with the flower arranging in the Cathedral. The Flower Guild's work greatly enhances the beauty of our Cathedral, so if you might be interested in helping to arrange flowers throughout the year, then please get in touch! Please contact Moira Philips by emailing [flowerguild@stdavidscathedral.org.uk](mailto:flowerguild@stdavidscathedral.org.uk) for more details.

**Volunteers needed:** The Cathedral would love to build up its team of welcomers and sides people. Are you interested in helping? Would you like to talk to someone about it? If yes, have a chat with Moira Phillips or Richard Hayward and they will point you in the right direction. You don't have to make a weekly commitment – it could be fortnightly or monthly, but we'd love some more hands on deck.

**Food Bank** - The Cathedral continues to support a local Food Bank by having a donation point at the rear of the Nave , by the shop. Any non-perishable food donations gratefully accepted, plus shower gels, shampoo etc. always welcome. Special requests will be highlighted at the collection point. Thank you.

## Library

**For enquiries email: [library@stdavidscathedral.org.uk](mailto:library@stdavidscathedral.org.uk)**

**Cathedral Library** - The Cathedral Library is normally open to the public on Fridays and Mondays 2pm to 4pm. No bookings needed. The Library is reached via a spiral medieval stone staircase adjacent to the Shrine of St David in the north presbytery aisle.

### CALCA CONFERENCE

Rare early Bibles that were part of the CALCA conference in the Cathedral last week are on display in the North transept and in the Treasury. This includes the 1st Bible printed in Welsh – in 1588 – and loaned to the Cathedral by Westminster Abbey Library. This is on display in the Treasury. Other displays include the first Bible in Irish – from 1685 - on loan to the Cathedral from St Carthage’s Cathedral in Lismore.

Further information on the early Bibles is available in a series of special Talk and Tours.

**Tours of the Cathedral** – Bookings are now open for a series of *Summer Tours of Rarely Seen Books and Parts of the Cathedral*. These are developed and conducted by the Library team and will enable visitors to see a unique collection of rare books and early Bibles in Welsh, Irish and English brought together for the June CALCA conference. The Tours are bookable online through the Cathedral website ([SUMMER TOURS OF RARELY SEEN BOOKS AND PARTS OF ST DAVIDS CATHEDRAL. 24th June to 10th July 2025. | St Davids Cathedral](#)) and take place from 2pm -3.30pm.

Dates are:

Tuesday 24<sup>th</sup> June;

<https://bookwhen.com/stdavidscathedrallibrary/e/ev-sjod-20250624140000>

Wednesday 25<sup>th</sup> June;

<https://bookwhen.com/stdavidscathedrallibrary/e/ev-saxl-20250625140000>

Tuesday 1<sup>st</sup> July;

<https://bookwhen.com/stdavidscathedrallibrary/e/ev-sqof-20250701140000>

Wednesday 2<sup>nd</sup> July;

<https://bookwhen.com/stdavidscathedrallibrary/e/ev-sros-20250702140000>

Thursday 3<sup>rd</sup> July;

<https://bookwhen.com/stdavidscathedrallibrary/e/ev-skg0-20250703140000>

Wednesday 9<sup>th</sup> July;

<https://bookwhen.com/stdavidscathedrallibrary/e/ev-sst4-20250709140000>

Thursday 10<sup>th</sup> July.

<https://bookwhen.com/stdavidscathedrallibrary/e/ev-skkt-20250710140000>

**Recycling** - Your 21st century printing can support the care of our 16th century printed books in the Cathedral Library, at no cost to you. We receive payments for empty ink jet cartridges that we send to be recycled. There is a green collection box on the window sill in the Cathedral's north porch, so please bring your ink jet cartridges in and pop them in the box. Many thanks / diolch.

## Education & Pilgrimage

For enquiries contact Janet Ingram: [education@stdavidscathedral.org.uk](mailto:education@stdavidscathedral.org.uk)

Tel: 01437 729151

### **Friday Pilgrimage: every Friday until 31<sup>st</sup> October 10am-12.30pm**

Visit the birthplace of St. David, hear stories and reflections and view the ancient ruins as you walk a route from the coast path to the Cathedral. This is a short, guided walk (1½ miles) taking the field route to St. Non's Chapel ruins and Holy Well before reaching the Cathedral. Join us at Oriol y Parc Information Centre. We finish our journey at the Cathedral where participants may like to stay for prayers at the Shrine of St David at 12 noon, followed by a pilgrim's lunch at the Refectory. *£5 on the day*

### **Sesiwn Myfyrio Tawel Quiet Garden session: Thursday 26<sup>th</sup> June, 2.30-4pm**

Join us for an afternoon exploring the Cathedral Community Garden in a gentle way to inspire our thoughts. Using spaces in the garden, with inspiration from poems, prayers and silence. Time to rest, reflect and receive.

Held in Erw Dewi Community Garden next to the Canonry. Donations towards the work of the Tranquility Garden Project.

### **Pop-up Family Activities Throughout the Summer 11-12.30 & 1.30-3pm**

A range of activities which will vary each week, from an interactive cathedral trail suitable for children aged 5-11 with their families. (Bookable - £10 per family) to drop-in 'make and take.'

### **Philosophy in the Wild for Families Tues 22<sup>nd</sup> July 3-4pm**

Philosophy and Crafts at Erw Dewi. Come and enjoy some time in the garden with the birds, butterflies & bugs and make and take a listening scroll with the help of those around you – including those that live in the garden. Session led by Philosopher and Teacher, Dr

Beth Mackintosh and the Pilgrimage Team. A FREE event, but you must register to secure your place [pilgrimage@stdavidscathedral.org.uk](mailto:pilgrimage@stdavidscathedral.org.uk) Recommended ages: ages 4-11

**Philosophy in the Wild – The Philosophy of Listening and Quiet Reflection Session:**

*Thursday 24<sup>th</sup> July, 2.30-4pm*

This is part of the Quiet Garden series in Erw Dewi/ Dewi's Acre, a unique opportunity for peace, quiet and to explore powerful new ways to listen. This FREE session led by Philosopher and Educator Dr Beth Mackintosh & the Cathedral Pilgrimage Team. Register to secure your place [pilgrimage@stdavidscathedral.org.uk](mailto:pilgrimage@stdavidscathedral.org.uk)



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Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

# Meddygfa Penrhyn

## Digwyddiadau Galw Heibio Cyhoeddus | Public Drop-in Events

- cwrdd â thîm gofal sylfaenol BIP Hywel Dda
- rhannu eich profiad fel claf ym Meddygfa Penrhyn
- dysgu mwy am wasanaethau iechyd yn eich cymuned

### Tyddewi

Neuadd y Ddinas Tyddewi  
Stryd Fawr, SA62 6SD

Dydd Mawrth 24 Mehefin  
2pm tan 5.30pm

### Solfach

Neuadd Goffa Solfach  
Stryd Fawr, SA62 6TE

Dydd Iau 26 Mehefin  
2pm tan 6pm

Os nad ydych yn gallu bod yn bresennol ac yr hoffech rannu eich barn, ewch i [dweudeichdweud.biphdd.cymru.nhs.uk](https://dweudeichdweud.biphdd.cymru.nhs.uk) neu sganiwch y cod QR



- meet the Hywel Dda UHB primary care team
- share your experience as a patient of Meddygfa Penrhyn
- learn more about health services in your community

### St Davids

St David's City Hall  
High Street, SA62 6SD

Tuesday 24 June  
2pm to 5.30pm

### Solva

Solva Memorial Hall  
High Street, SA62 6TE

Thursday 26 June  
2pm to 6pm

If you are unable to attend and would like to share your views, please visit [haveyoursay.hduhb.wales.nhs.uk](https://haveyoursay.hduhb.wales.nhs.uk) or scan the QR code



## In Residence: The Reverend Canon Andrew Loat

<p><b>22 The First Sunday after Trinity</b></p> <p>Responses: <i>Llywelyn Thomas</i></p>	<p>8.00 Holy Eucharist <i>High Altar</i> 9.30 Parish Communion <i>Lady Chapel</i> Preacher: The Canon Pastor</p> <p>11.00 Choral Mattins <i>Nave</i> <i>Sung by the Cathedral Choir</i> Psalm: 42 Festival Te Deum <i>Mathias</i> Jubilate Deo <i>Walton</i> O beata Trinitas <i>Mealor</i> Preacher: The Canon in Residence Hymns: 346, 445, 394</p>	<p>4.00 Choral Evening Prayer <i>Nave</i> <i>Sung by the Cathedral Choir and participants in 'Be a Chorister for a Day'</i> <i>See order of service for music details</i></p>
<p><b>23 Monday</b></p>	<p>8.00 Morning Prayer &amp; Holy Eucharist <i>Lady Chapel</i></p>	<p>6.00 Said Evening Prayer <i>Lady Chapel</i></p>
<p><b>24 Tuesday</b> <i>THE NATIVITY OF JOHN THE BAPTIST</i></p> <p>Responses: <i>Ashfield</i></p>	<p>8.00 Morning Prayer &amp; Holy Eucharist <i>Quire &amp; High Altar</i></p>	<p>6.00 Choral Evening Prayer <i>Lady Chapel</i> <i>Sung by the Choral Scholars</i> Psalm: 71 On this high feast day Fauxbourdons <i>Dearnley</i> Agnus Dei <i>Lotti</i></p>
<p><b>25 Wednesday</b> <i>Ember Day</i></p> <p>Responses: <i>Archer Set 2</i></p>	<p>8.00 Morning Prayer <i>St Thomas Becket Chapel</i> 10.00 Holy Eucharist &amp; Address <i>Lady Chapel</i></p>	<p>6.00 Choral Evensong <i>Quire</i> <i>Sung by the Cathedral Choristers</i> Psalm: 119. 33-56 <i>Noon in E minor</i> Litany to the Holy Spirit <i>Hurford</i> Hymn: 393</p>
<p><b>26 Thursday</b></p> <p>Responses: <i>Llywelyn Thomas</i></p>	<p>8.00 Morning Prayer &amp; Holy Eucharist <i>Holy Trinity Chapel</i> 10.00 Contemplative Prayer <i>Lady Chapel</i></p>	<p>6.00 Choral Evensong <i>Quire</i> <i>Sung by the Cathedral Choir</i> Psalm: 40 Sixth Service <i>Weelkes</i> Gaudent in coelis <i>Victoria</i> Hymn: 499</p>
<p><b>27 Friday</b> <i>Ember Day</i></p> <p>Responses: <i>Harris</i></p>	<p>8.00 Morning Prayer &amp; Holy Eucharist <i>Lady Chapel</i> 12.00 Pilgrim Prayers from the Shrine of St David</p>	<p>6.00 Choral Evensong <i>Quire</i> <i>Sung by the Vicars Choral &amp; Choral Scholars</i> Psalm: 35 <i>Clucas in F sharp</i> Great Lord of Lords <i>Wood</i> Hymn: 239</p>
<p><b>28 Saturday</b> <i>Ember Day</i> <i>Irenæus (c200), Bishop of Lyon &amp; Teacher of the Faith</i></p>	<p>8.00 Morning Prayer &amp; Holy Eucharist <i>St Thomas Becket Chapel</i> 10.30 Ordinations <i>Nave</i></p>	<p>6.00 Hwyrrol Weddi - Said Evening Prayer <i>Lady Chapel</i></p>
<p><b>29 Peter and Paul, Apostles</b></p> <p>Responses: <i>Smith</i></p>	<p>8.00 Holy Eucharist <i>High Altar</i> 9.30 Parish Communion <i>Lady Chapel</i> Preacher: The Canon Pastor</p> <p>11.00 Choral Mattins <i>Nave</i> <i>Sung by the Cathedral Choir</i> Psalm: 125 Missa brevis sancti Joannis de Deo <i>Haydn</i> Ave verum <i>Mozart</i> Preacher: The Precentor Hymns: 346, 445, 394</p>	<p>4.00 Choral Evensong <i>Nave</i> <i>Sung by the Cathedral Singers</i> O Lord my God <i>Llewelyn Thomas</i> Psalms: 124; 138 New College Service <i>Howells</i> Lighten our darkness <i>Stanford</i> Preacher: The Dean Hymns: 445, 360, 478</p>

Sarah Rowland Jones Dean | Leigh Richardson Precentor | Sheridan Angharad James Canon Pastor  
Simon Pearce Organist and Master of the Choristers | Chris Crooks Dean's Verger | Laurence John Assistant Director of Music