

EGLWYS GADEIRIOL TYDDEWI

ST DAVIDS CATHEDRAL

Croesawu ymwelwyr fel pererinion
Welcoming Visitors as Pilgrims

CYLCHLYTHYR WYTHNOSOL
8 - 15 Mawrth 2026

WEEKLY NEWSLETTER
8 - 15 March 2026

GWASANAETHAU Y SUL *o dudalen 4*
Trydydd Sul y Garawys

SUNDAY SERVICES *from page 4*
The Third Sunday of Lent

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

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. 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

CEFNOGAETH/SUPPORT

Every year, the Cathedral has to find £1.3M 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 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.

Dydd Sul 8 Mawrth – Trydydd Sul y Garawys Sunday 8 Mawrth – The Third Sunday of Lent

- | | |
|--------------|---|
| 8.00 | Holy Eucharist <i>High Altar</i> |
| 9.30 | Parish Communion <i>Lady Chapel</i> |
| 11.00 | Choral Eucharist <i>Nave</i>
<i>Preacher: Magdalena Ohrman, Ordinand on Placement</i> |
| 2.30 | Holy Baptism <i>Baptistry</i> |
| 4.00 | Choral Evensong with Voice for Life Awards Presentation <i>Nave</i> |

HYMNS AND READINGS FOR THE EUCHARIST

Introit: Call to Remembrance *Richard Farrant* (c 1525–80)

Mass setting: Mass for Five Voices *William Byrd* (c 1540-1623)

Processional Hymn

1 Lord of all hopefulness, Lord of all joy,
Whose trust, ever child-like, no cares can destroy,
Be there at our waking, and give us, we pray,
Your bliss in our hearts, Lord, at the break of the day.

2 Lord of all eagerness, Lord of all faith,
Whose strong hands were skilled at the plane and the lathe,
Be there at our labors, and give us, we pray,
Your strength in our hearts, Lord, at the noon of the day.

3 Lord of all kindness, Lord of all grace,
Your hands swift to welcome, your arms to embrace,
Be there at our homing, and give us, we pray,
Your love in our hearts, Lord, at the eve of the day.

4 Lord of all gentleness, Lord of all calm,
Whose voice is contentment, whose presence is balm,
Be there at our sleeping, and give us, we pray,
Your peace in our hearts, Lord, at the end of the day.

SLANE

Jan Struther (1902-53)

Trad. Irish *Harm.* Erik Routley (1917-82)

Collect

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

Colect

Hollalluog Dduw, nad aeth dy Fab anwylaf i fyny i lawenydd cyn iddo yn gyntaf ddioddef poen, na mynd i mewn i'r gogoniant cyn iddo gael ei groeshoelio: caniatâ yn drugarog i ni, gan gerdded ffordd y groes, gan fod nad yw'n ddim arall ond ffordd bywyd a thangnefedd; trwy Iesu Grist ein Harglwydd sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth.

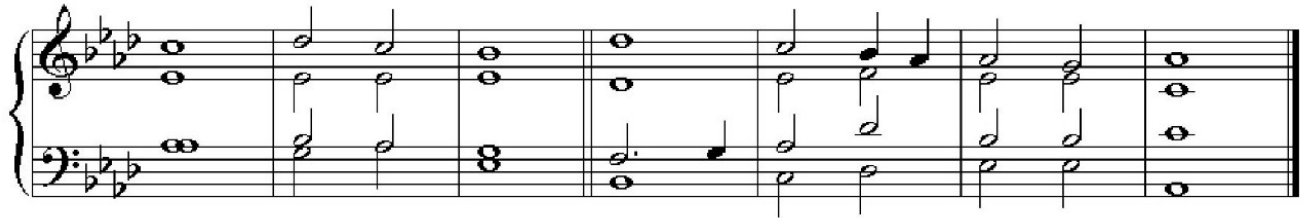
Exodus 17. 1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

Exodus 17. 1-7

Aeth holl gynulliad pobl Israel ymaith o anialwch Sin a symud o le i le fel yr oedd yr ARGLWYDD yn gorchymyn, a gwersyllu yn Reffidim; ond nid oedd yno ddŵr i'w yfed. Felly dechreuodd y bobl ymryson â Moses, a dweud, "Rho inni ddŵr i'w yfed." Ond dywedodd Moses wrthynt, "Pam yr ydych yn ymryson â mi ac yn herio'r ARGLWYDD?" Yr oedd y bobl yn sychedu yno am ddŵr, a dechreusant rwgnach yn erbyn Moses, a dweud, "Pam y daethost â ni i fyny o'r Aiff? Ai er mwyn ein lladd ni a'n plant a'n hanifeiliaid â syched?" Felly galwodd Moses ar yr ARGLWYDD a dweud, "Beth a wnaeth â'r bobl hyn? Y maent bron â'm llabyddio!" Dywedodd yr ARGLWYDD wrtho, "Cerdda o flaen y bobl gyda rhai o henuriaid Israel, a chymer yn dy law y wialen y trewaist y Neil â hi, a dos ymlaen. Pan weli fi'n sefyll o'th flaen ar graig yn Horeb, taro'r graig, a daw dŵr allan ohoni, a chaiff y bobl yfed." Gwnaeth Moses hyn ym mhresenoldeb henuriaid Israel. Galwodd enw'r lle yn Massa a Meriba, oherwydd ymryson yr Israeliaid ac am iddynt herio'r ARGLWYDD trwy ofyn, "A yw'r ARGLWYDD yn ein plith, ai nac ydyw?"

Responsorial Psalm (for 11am Eucharist)



- Unison *f* 1. O come let us / sing un . to the / Lord:
let us heartily rejoice in the / Rock of / our sal- / vation.
- Unison 2. Let us come before his / presence . with / thanksgiving:
and sing / loudly . unto / him with / psalms.
- mf* 3. For the Lord is a / great -- / God:
and a great / King a- / bove all / gods.
4. In his hand are all the deep / places . of the / earth:
and the heights of the / mountains . are / his -- / also.
5. The sea is his and / he-- / made it:
and his hands pre- / pared the / dry -- / land.
- mp* 6. O come let us worship and / bow -- / down:
and kneel be- / fore the / Lord our / maker.
- mf* 7. For he is our God * and we are his people and the / sheep of . his / pasture:
today if ye will hear his voice / ye shall / know his / power.

Romans 5. 1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Rhufeiniaid 5. 1-11

Am hynny, oherwydd ein bod wedi ein cyfiawnhau trwy ffydd, y mae gennym heddwch â Duw trwy ein Harglwydd Iesu Grist. Trwyddo ef, yn wir, cawsom ffordd, trwy ffydd, i ddod i'r gras hwn yr ydym yn sefyll ynddo. Yr ydym hefyd yn gorfoleddu yn y gobaith y cawn gyfranogi yng ngogoniant Duw. Heblaw hynny, yr ydym hyd yn oed yn gorfoleddu yn ein gorthrymderau, oherwydd fe wyddom mai o orthrymder y daw'r gallu i ymddál, ac o'r gallu i ymddál y daw rhuddin cymeriad, ac o gymeriad y daw gobaith. A dyma obaith na chawn ein siomi ganddo, oherwydd y mae cariad Duw wedi ei dywallt yn ein calonnau trwy'r Ysbryd Glân y mae ef wedi ei roi i ni. Oherwydd y mae Crist eisoes, yn yr amser priodol, a ninnau'n ddiymadferth, wedi marw dros yr annuwiol. Go brin y bydd neb yn marw dros un cyfiawn. Efallai y ceir rhywun yn ddigon dewr i farw dros un da. Ond prawf Duw o'r cariad sydd ganddo tuag atom ni yw bod Crist wedi marw drosom pan oeddem yn dal yn bechaduriaid. A ninnau yn awr wedi ein cyfiawnhau trwy ei waed ef, y mae'n sicrach fyth y cawn ein hachub trwyddo ef rhag y digofaint. Oherwydd os cymodwyd ni â Duw trwy farwolaeth ei Fab pan oeddem yn elynion, y mae'n sicrach fyth, ar ôl ein cymodi, y cawn ein hachub trwy ei fywyd. Ond heblaw hynny, yr ydym hefyd yn gorfoleddu yn Nuw trwy ein Harglwydd Iesu Grist; trwyddo ef yr ydym yn awr wedi derbyn y cymod.

Psalm 95

O come, let us sing to the Lord: let us heartily rejoice in the rock of our salvation.
Let us come into his presence with thanksgiving: and be glad in him with psalms.
For the Lord is a great God: and a great king above all gods.
In his hand are the depths of the earth: and the heights of the mountains are his also.
The sea is his, for he made it: and his hands have moulded the dry land.
Come, let us worship and bow down: and kneel before the Lord our Maker.
For he is our God: we are the people of his pasture and the sheep of his hand.
O that today you would listen to his voice: 'Harden not your hearts as at Meribah, on that day at Massah in the wilderness,
When your forebears tested me, and put me to the proof: though they had seen my works.
Forty years long I detested that generation and said: "This people are wayward in their hearts; they do not know my ways."
So I swore in my wrath: "They shall not enter into my rest." '

Salm 95

Dewch, canwn yn llawen i'r Arglwydd: rhown floedd o orfoledd i graig ein hiachawdwriaeth.

Down i'w bresenoldeb â diolch: gorfoleddwn ynddo â chaneuon mawl.

Oherwydd Duw mawr yw'r Arglwydd: a brenin mawr goruwch yr holl – dduwiau.

Yn ei law ef y mae dyfnderau'r ddaear: ac eiddo ef yw uchelderau'r mynyddoedd.

Eiddo ef yw'r môr, ac ef a'i gwnaeth: ei ddwylo ef a greodd y sychdir.

Dewch, addolwn ac ymgrymwn: plygwn ein gliniau gerbron yr Arglwydd a'n gwnaeth.

Oherwydd ef yw ein Duw: a ninnau'n bobl iddo a defaid ei borfa;

Heddiw cewch wybod ei rym: os gwrandewch ar ei lais.

Peidiwch â chaledu'ch calonnau: fel yn Meriba fel ar ddiwrnod Massa yn yr anialwch,

Pan fu i'ch hynafiaid fy herio a'm profi: er iddynt weld fy ngwaith.

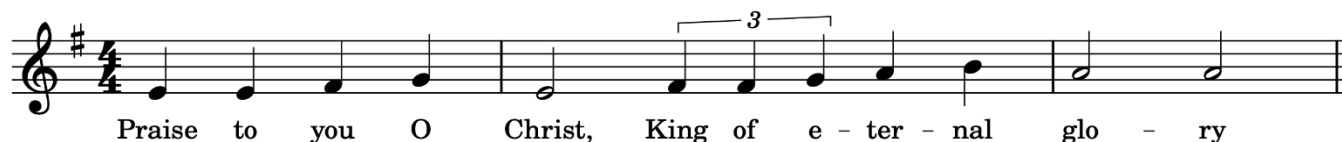
Am ddeugain mlynedd y ffieiddiais y genhedlaeth honno: a dweud, "Pobl â'u calonnau'n cyfeiliorni ydynt, ac nid ydynt yn gwybod fy ffyrdd."

Felly tyngais yn fy nig: na chaent ddyfod i'm gorffwysfa.

All Stand and turn with the procession of the Gospel, during which the choir and congregation sing the responsory .

Cantor: Praise to you O Christ, King of eternal glory.

All:

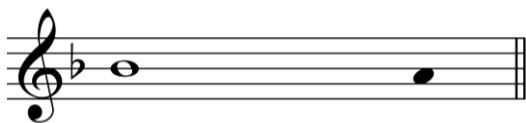


Choir: Blessèd are those who have endured temp-ta-tion:

they have stood the test and will re-ceive the crown of life.

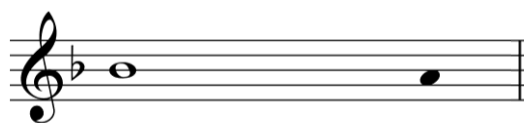
All sing twice: Praise to you O Christ, King of eternal glory.

When the Gospel is announced



Glory to you, O Lord.

When the Gospel is ended



Praise to you, O Christ.

John 4. 5-42

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him. Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving

wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

Ioan 4. 5-42

Felly daeth i dref yn Samaria o'r enw Sychar, yn agos i'r darn tir a roddodd Jacob i'w fab Joseff. Yno yr oedd ffynnon Jacob, a chan fod Iesu wedi blino ar ôl ei daith eisteddodd i lawr wrth y ffynnon. Yr oedd hi tua hanner dydd. Dyma wraig o Samaria yn dod yno i dynnu dŵr. Meddai Iesu wrthi, "Rho i mi beth i'w yfed." Yr oedd ei ddisgyblion wedi mynd i'r dref i brynu bwyd. A dyma'r wraig o Samaria yn dweud wrtho, "Sut yr wyt ti, a thithau'n Iddew, yn gofyn am rywbeth i'w yfed gennyf fi, a minnau'n wraig o Samaria?" (Wrth gwrs, ni bydd yr Iddewon yn rhannu'r un llestri â'r Samariaid.) Atebodd Iesu hi, "Pe bait yn gwybod beth yw rhodd Duw, a phwy sy'n gofyn iti, 'Rho i mi beth i'w yfed', ti fyddai wedi gofyn iddo ef a byddai ef wedi rhoi i ti ddŵr bywiol." "Syr," meddai'r wraig wrtho, "nid oes gennyt ddim i dynnu dŵr, ac y mae'r pydew'n ddwfn. O ble, felly, y mae gennyt y 'dŵr bywiol' yma? A wyt ti'n fwy na Jacob, ein tad ni, a roddodd y pydew inni, ac a yfodd ohono, ef ei hun a'i feibion a'i anifeiliaid?" Atebodd Iesu hi, "Bydd pawb sy'n yfed o'r dŵr hwn yn profi syched eto; ond pwy bynnag sy'n yfed o'r dŵr a roddaf fi iddo, ni bydd arno syched byth. Bydd y dŵr a roddaf iddo yn troi yn ffynnon o ddŵr o'i fewn, yn ffrydio i fywyd tragwyddol." "Syr," meddai'r wraig wrtho, "rho'r dŵr hwn i mi, i'm cadw rhag sychedu a dal i ddod yma i dynnu dŵr." Dywedodd Iesu wrthi, "Dos adref, galw dy ŵr a thyrd yn ôl yma." "Nid oes gennyf ŵr," atebodd y wraig. Meddai Iesu wrthi, "Dywedaist y gwir wrth ddweud, 'Nid oes gennyf ŵr.' Oherwydd fe gefaist bump o wŷr, ac nid gŵr i ti yw'r dyn sydd gennyt yn awr. Yr wyt wedi dweud y gwir am hyn." "Syr," meddai'r wraig wrtho, "rwy'n gweld dy fod ti'n broffwyd. Yr oedd ein hynafiaid yn addoli ar y mynydd hwn. Ond yr ydych chi'r Iddewon yn dweud mai yn Jerwsalem y mae'r man lle dylid addoli." "Cred fi, wraig," meddai Iesu wrthi, "y mae amser yn dod pan na fyddwch yn addoli'r Tad nac ar y mynydd hwn nac yn Jerwsalem. Yr ydych chi'r Samariaid yn addoli heb wybod beth yr ydych yn ei addoli. Yr ydym ni'n gwybod beth yr ydym yn ei addoli, oherwydd oddi wrth yr Iddewon y mae iachawdwriaeth yn dod. Ond y mae amser yn dod, yn wir y mae yma eisoes, pan fydd y gwir addolwyr yn addoli'r Tad mewn ysbryd a gwirionedd, oherwydd rhai felly y mae'r Tad yn eu ceisio i fod yn addolwyr iddo. Ysbryd yw Duw,

a rhaid i'w addolwyr ef addoli mewn ysbryd a gwirionedd." Meddai'r wraig wrtho, "Mi wn fod y Meseia" (ystyr hyn yw Crist) "yn dod. Pan ddaw ef, bydd yn mynegi i ni bob peth." Dywedodd Iesu wrthi, "Myfi yw, sef yr un sy'n siarad â thi." Ar hyn daeth ei ddisgyblion yn ôl. Yr oeddent yn synnu ei fod yn siarad â gwraig, ac eto ni ofynnodd neb, "Beth wyt ti'n ei geisio?" neu "Pam yr wyt yn siarad â hi?" Gadawodd y wraig ei hystên ac aeth i ffwrdd i'r dref, ac meddai wrth y bobl yno, "Dewch i weld dyn a ddywedodd wrthyf bopeth yr wyf wedi ei wneud. A yw'n bosibl mai hwn yw'r Meseia?" Daethant allan o'r dref a chychwyn tuag ato ef. Yn y cyfamser yr oedd y disgyblion yn ei gymell, gan ddweud, "Rabbi, cymer fwyd." Dywedodd ef wrthynt, "Y mae gennyf fi fwyd i'w fwyta na wyddoch chwi ddim amdano." Ar hynny, dechreuodd y disgyblion ofyn i'w gilydd, "A oes rhywun, tybed, wedi dod â bwyd iddo?" Meddai Iesu wrthynt, "Fy mwyd i yw gwneud ewyllys yr hwn a'm hanfonodd, a gorffen y gwaith a roddodd i mi. Oni fyddwch chwi'n dweud, 'Pedwar mis eto, ac yna daw'r cynhaeaf? Ond dyma fi'n dweud wrthyf, codwch eich llygaid ac edrychwch ar y meysydd, oherwydd y maent yn wyn ac yn barod i'w cynaeafu. Eisoes y mae'r medelwr yn derbyn ei dâl ac yn casglu ffrwyth i fywyd tragwyddol, ac felly bydd yr heuwr a'r medelwr yn cydlawenhau. Yn hyn o beth y mae'r dywediad yn wir: 'Y mae un yn hau ac un arall yn medi.' Anfonais chwi i fedi cynhaeaf nad ydych wedi llafurio amdano. Eraill sydd wedi llafurio, a chwithau wedi cerdded i mewn i'w llafur." Daeth llawer o'r Samariaid o'r dref honno i gredu yn Iesu drwy air y wraig a dystiodd: "Dywedodd wrthyf bopeth yr wyf wedi ei wneud." Felly pan ddaeth y Samariaid hyn ato ef, gofynasant iddo aros gyda hwy; ac fe arhosodd yno am ddau ddiwrnod. A daeth llawer mwy i gredu ynddo trwy ei air ei hun. Meddent wrth y wraig, "Nid trwy'r hyn a ddywedaist ti yr ydym yn credu mwyach, oherwydd yr ydym wedi ei glywed drosom ein hunain, ac fe wyddom mai hwn yn wir yw Gwardwr y byd."

Offertory Hymn

1 O thou, who at thy Eucharist didst pray
That all thy Church might be for ever one,
Grant us at every Eucharist to say
With longing heart and soul, 'Thy will be done.'
Oh, may we all one Bread, one Body be,
One through this Sacrament of unity.

2 For all thy Church, O Lord, we intercede;
Make thou our sad divisions soon to cease;
Draw us the nearer each to each, we plead,
By drawing all to thee, O Prince of Peace:
Thus may we all one Bread, one Body be,
One through this Sacrament of unity.

3 We pray thee too for wanderers from thy fold;
O bring them back, good Shepherd of the sheep,
Back to the faith which saints believed of old,
Back to the Church which still that faith doth keep:
Soon may we all one Bread, one Body be,
One through this Sacrament of unity.

4 So, Lord, at length when sacraments shall cease,
May we be one with all thy church above,
One with thy saints in one unbroken peace,
One with thy saints in one unbounded love:
More blessed still, in peace and love to be
One with the Trinity in Unity.

SONG I

William Turton (1856-1938)

Orlando Gibbons (1583-1625)

Recessional Hymn

1 Forth in thy name, O Lord, I go,
My daily labour to pursue;
Thee, only thee, resolved to know,
In all I think or speak or do.

2 The task thy wisdom hath assigned
O let me cheerfully fulfil;
In all my works thy presence find,
And prove thy good and perfect will.

3 Preserve me from my calling's snare,
And hide my simple heart above,
Above the thorns of choking care,
The gilded baits of worldly love.

4 Thee may I set at my right hand,
Whose eyes mine inmost substance see,
And labour on at thy command,
And offer all my works to thee.

5 Give me to bear thy easy yoke,
And every moment watch and pray,
And still to things eternal look,
And hasten to thy glorious day;

6 For thee delightfully employ
Whate'er thy bounteous grace hath given,
And run my course with even joy,
And closely walk with thee to heaven.

SONG 34

Charles Wesley (1707-88)

Orlando Gibbons (1583-1625)

CATHEDRAL NOTICES

Parish & Community Life

VACANCY – WELCOMER. We are seeking an outgoing and confident person to be a Welcomer. You will be joining the Welcome Desk team who have two vital roles. First, to offer a warm welcome to our visitors, setting the tone of their time with us, and answering their many and varied questions on anything from aspects of the history of the Cathedral to what other local attractions there are! Secondly, the Welcomers encourage donations and the completion of Gift Aid forms. Visitor donations form the main element of our income and without them, we would not be able to stay open. You'll therefore need to be comfortable asking for help from our visitors and being able to explain why we need their support. This role is for two days a week (Thursdays and Fridays), 10am to 4pm (4.30pm during the tourist season), with additional days to provide holiday cover for your colleagues on occasion. Pay is currently £12.60 per hour, rising to £12.71 from 1st April 2026. Full training will be provided and we are looking for someone who can start immediately or in the very near future.

For a full job description and application form, please email Judith Leigh,
judith@stdavidscathedral.org.uk

Ordinand on Placement

We are delighted to welcome Magdalena Ohrman to the Cathedral on placement this weekend, as she continues her theological training at St Padarn's. Magdalena will preach the sermon at the Eucharist on Sunday. Originally from Sweden, Magdalena came to Wales for work: she taught Classics at the university in Lampeter for more than fifteen years. There, she met her partner and, rather later, discerned a calling to ministry while active both in the university chaplaincy and the village church of Llanybydder. Her main training placement is with Dyffryn Teifi LMA but she is very much looking forward to this opportunity to experience the life of the cathedral before - God willing - she is ordained this June.

Roger's Big Lent Walk

This Lent, Roger is walking 200km over 40 days in solidarity with those who walk miles each day just to access safe water. Your sponsorship would help bring clean, safe water to communities around the world. Visit <https://walk.cafod.org.uk/fundraising/rogers-big-lent-walk> in order to make a donation, or speak to Roger directly.

Erw Dewi/Dewi's Acre Cathedral Community Garden

Tir Coed have completed Phase 1 of our Tranquility project and the roundhouse structure is complete. We add half walls and seating next and then it can be used for meditation and quiet contemplation in secluded corner of the garden. Other jobs in the garden continue. Come and help plant and tend this season's produce. Our next session on *Sat 14th Mar, between 10am-12noon*. For more details Email: pilgrimage@stdavidscathedral.org.uk 01437 729151

Mothering Sunday - Sul y Mamau All-age Choral Eucharist 10.30am, 15th March

Join us at 10.30am for a family-friendly service to give thanks to God for mothers and all those who nurture us. We'll be thinking about Mothering Sunday in all its fullness. It can be a difficult day for some - so there will be space for reflection, as well as celebration. Sung by the Choristers and Young Voices. Croeso cynnes i bawb. All welcome. There will be light refreshments after the service.

Community Tea & Chat Wed 1st April; 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. Meet us at Tŷ'r Pererin on the first Wednesday each month. Everyone is welcome.

St Davids/Lesotho link – stories and volunteers required for new heritage project!

Did you know that St Davids has been twinned with Matsieng, the 'royal village' in Lesotho since 1999? A new heritage project has started in St Davids to record for posterity the history and stories of this significant twinning link. The link itself was initiated with a memorable five-day visit to the city by the late Queen Mother of Lesotho which included attendance at a special service of Evensong in the cathedral. Dolen's Heritage Project Lead Tracey Messenger (a member of our

cathedral congregation) is recruiting a team of volunteers to record interviews with those involved in the link and to digitise archival materials. An exhibition is planned at Oriel y Parc in September and all the gathered material will then be uploaded to the People's Collection Wales website. If you have stories to share about the link or would like to get involved in interviewing, digitising materials, helping with events or Welsh translation, please contact Tracey direct: tracey@dolencymru.org or telephone 07783 953563.

Easter Lilies –The Cathedral will be decorated with displays of lilies in memory of loved ones. If you would like to share in the display, please fill in an envelope, enclosing £2.50 per entry and place in the offertory box by the south door. Envelopes are available from back of the nave. Please return completed envelope by Sunday 24th March 2026

Parish Communion/Cymun y Plwyf – February and March 2026.

The Parish Communion service will run as normal at 9.30am, with Cymun y Plwyf (Welsh-language service) on the 4th Sunday of the month throughout February. In March there is no Parish Communion on 1st March, or on the 15th March so that we can all celebrate St Davids Day and Mothering Sunday together. Please see the Service and Events booklet for more details.

Lent 2026 – from Pancakes to Palm Crosses

Come and join us for our Lent Course – From Pancakes to Palm Crosses!
This is the Church in Wales' 2026 Lent Course that will take us on a pilgrimage across Wales, visiting each of our six historic cathedrals for each week of Lent.
When: Every Wednesday from Wednesday 25th February, up to and including Wednesday 25th March (5 weeks). 12-2pm. (It's absolutely OK if you can't make every session)
Location: Tŷ'r Pererin. What: Light lunch (soup, cheese and a bread roll), followed by video and discussion. We hope you enjoy this course and use it to draw closer to God during this season of reflection. It's a chance to explore and deepen our faith, have some fun together and mark Lent in a special way.
To watch a trailer of the video visit: www.churchinwales.org.uk/en/evangelism/lent-2026-from-pancakes-to-palm-crosses/ For more information or to sign up, please speak to Canon Sheridan or email her at canonpastor@stdavidscathedral.org.uk. Croeso i bawb! Everyone is 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 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

The Cathedral's historic library is open to the public twice a week on Monday and Friday between 2pm to 4pm. No bookings are needed at these times. For special research enquiries and access, please apply to: Library@StDavidsCathedral.org.uk. The Library is reached via a spiral medieval stone staircase adjacent to the Shrine of St David in the north presbytery aisle. On display are working books from the cathedral over the last 500 years; including some of the first Bibles in Welsh, early Prayer Books, Visitors Books, drawings, atlases and more. Items from the historic Library collection are also on display in exhibition cases in the north transept and Treasury.

Future Tours of Rarely Seen parts of the Cathedral

The next guided tours of the cathedral in this popular series will take place on: March 11th Wednesday. 2pm-3.30pm (with a Tudor theme) and Wednesday 8th April 2pm-3.30pm. Tickets available in nave shop and online at www.StDavidsCathedral.org.uk/discover/library All these tours are a bit different and there is usually something new every time that we have recently discovered or has been revealed around the building.

Recycling the 21st century to support the 16th century

Thank you to all those who have donated empty ink jet cartridges for recycling and to help us raise money to conserve the Library Collection – we hope you will keep doing so in 2026. The public collection box is in the north porch. Diolch o galon.

Education & Pilgrimage

For enquiries contact Janet Ingram: education@stdavidscathedral.org.uk

Tel: 01437 729151 `

The Passion of Christ *Exhibition by Greg Tricker Friday 27th March - Friday 30th April*

This exhibition of sculptures and paintings takes us on a journey with Christ through his passion and resurrection and reflects the profound relationships encountered on the way.

Meet Greg as he introduces the exhibition with music by renowned singer, Chloe Goodchild
Friday 27th March, 5pm.

Meditations on The Passion of Christ Mon 30th March & Mon 20th April; 2-3.30pm

Using the exhibition of Greg Tricker's sculptures and paintings we make a journey with Christ through his passion and resurrection. Through narrative, poetry and prayer, explore the artwork in depth, reflecting on the profound relationships Jesus brought forth in others.

Led by Janet Ingram, Education & Pilgrimage Officer, St Davids Cathedral.

For more information & to book Email: pilgrimage@stdavidscathedral.org.uk

Quiet Garden Day Dydd Iau 2 Ebrill Thursday 2 April

Visit the Cathedral Community Garden for **Quiet Reflection on the themes of Easter**

Spend time using the photographs and spaces within the garden for your own reflection.

The photographs are accompanied by poems and words to aid reflection, meditation and prayer.

Philosophy in the Wild - Philosophy and Crafts Thurs 9th April 11am-12noon

Join us in the Community Garden. A time of creative listening with the help of those around you including those that live in the garden. Session led by philosopher & teacher, Dr Beth Mackintosh and the Cathedral Education Team. Find us in Dewi's Acre Garden, The Close, next to the Canonry, St Davids, SA62 6PE.



EGLWYS GADDEIRIOL TYDDEWI
ST DAVIDS CATHEDRAL

Mothering Sunday

Please join us for our family-friendly service

Sung by the Young Voices and Choristers



Sul y Mamau

Croeso gynnes i'n Gwasanaeth Teuluol

15 Mawrth/March @ 10.30-11.30am



St Davids Celebrates Dathlu Tyddewi



A commemoration of life on the St Davids Peninsula

Saturday 2nd March 2026



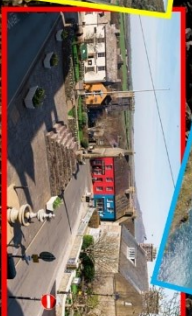
9.30-12.30pm — City Hall

Local voluntary groups, family activities & light refreshments

2.00-3.30pm - St Davids Cathedral

A celebration

Free



8 The Third Sunday of Lent <i>Tudor Week Begins</i>	8.00	Holy Eucharist <i>High Altar</i>	2.30	Holy Baptism <i>Baptistry</i>
	9.30	Parish Communion <i>Lady Chapel</i>	4.00	Choral Evensong with Voice for Life Awards Presentation <i>Nave</i> <i>Sung by the Cathedral Choir</i> Lord for thy tender mercies sake <i>Hilton</i> Psalm: 40 The Sixth Service <i>Weelkes</i> Civitas sancti tui <i>Byrd</i> Hymns: 76, 244, 94
	11.00	Choral Eucharist <i>Nave</i> <i>Sung by the Cathedral Choir</i> Call to remembrance <i>Farrant</i> Psalm: 95 Mass for five voices <i>Byrd</i> Ave verum <i>Byrd</i> Preacher: Magdalena Ohrman, <i>Ordinand on Placement</i> Hymns: 239, 302, 235		
Responses: <i>Byrd</i>				
9 Monday	8.00	Morning Prayer & Holy Eucharist <i>Lady Chapel</i>	4.00	Said Evening Prayer <i>Lady Chapel</i>
10 Tuesday	8.00	Morning Prayer & Holy Eucharist <i>Holy Trinity Chapel</i>	6.00	Choral Evening Prayer <i>Lady Chapel</i> <i>Sung by the Choral Scholars</i> Psalm: 64 Lord, in this thy mercy's day <i>Tallis</i> in fauxbourdon <i>arr. MacDonald</i> Arise Lord, and have mercy upon Sion <i>Tomkins</i>
Responses: <i>Tallis</i>				
11 Wednesday	8.00	Morning Prayer <i>St Thomas Becket Chapel</i>	6.00	Choral Evensong <i>Quire</i> <i>Sung by the Cathedral Choristers</i> Psalm: 39 <i>Plainsong</i> Tone I Teach me O Lord <i>Byrd</i> Hymn: 82
	10.00	Holy Eucharist & Address <i>Lady Chapel</i>		
Responses: <i>Plainsong</i>				
12 Thursday	8.00	Morning Prayer & Holy Eucharist <i>Holy Trinity Chapel</i>	6.00	Choral Evensong <i>Quire</i> <i>Sung by the Cathedral Choir</i> Psalm: 59 The Fourth Service <i>Batten</i> Salvator mundi <i>Tallis</i> Hymn: 353
	10.00	Contemplative Prayer <i>Lady Chapel</i>		
Responses: <i>Byrd</i>				
13 Friday	8.00	Morning Prayer & Holy Eucharist <i>Lady Chapel</i>	6.00	Choral Evensong <i>attended by guests from the Lesotho Link - Quire</i> <i>Sung by the Vicars Choral & Choral Scholars</i> Psalm: 69 The Short Service <i>Tallis</i> Nolo mortem peccatoris <i>Morley</i> Hymn: 75
	12.00	Pilgrim Prayers at the Shrine of St David		
Responses: <i>Tallis</i>				
14 Saturday	8.00	Morning Prayer & Holy Eucharist <i>St Thomas Becket Chapel</i>	4.00	Hwyrrol Weddi - Said Evening Prayer <i>Lady Chapel</i>
			5.30	Concert: Myfi Yw <i>Nave</i>
15 The Fourth Sunday of Lent Mothering Sunday	8.00	Holy Eucharist <i>High Altar</i>	4.00	Choral Evensong <i>Nave</i> <i>Sung by the Cathedral Choir</i> Ave Maria <i>Ives</i> Psalm: 31. 1-8 Gloucester Service <i>Howells</i> Mary's Magnificat <i>Carter</i> Preacher: The Canon in Residence Hymns: 285, 186, 185
	9.30	No Parish Communion		
	10.30	Mothering Sunday Eucharist <i>attended by guests from the Lesotho Link—Nave</i> <i>Sung by the Cathedral Choristers & Young Voices</i> Mass of St Thomas <i>Thorne</i> Be thou my vision <i>Chilcott</i> Preacher: The Canon Pastor Hymns: <i>See order of service</i>		
Responses: <i>Radcliffe</i>				

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*