

Wednesday 1 March 2023

St David



Statue of St David on the Stone Screen,
located in the Nave of St David's Cathedral.

David (or Dewi) was a monk and a bishop in the sixth century. He was often regarded as the exemplar of the ascetic, spiritual life but was also highly regarded for his kindness and compassion to others, particularly the poor and the sick. He is believed to have founded the monastery at Menevia (now St David's) and at least a dozen other monasteries. He is said to have based his Rule for his monasteries on that of the Egyptian desert monks, with a strong emphasis on hard work, abstinence from alcohol, and a refraining from unnecessary speech. He died in about the year 601 AD and has been regarded as the patron saint of Wales since at least the twelfth century.

Sermon © Jo Monk.

Liturgy © 2000 The Archbishops' Council.

The prayers are in fact verse from Scripture interspersed with quotations.

Bible readings © the publishers of the NRSV translation.

The liturgy assumes this service is Eucharistic. The prayers of consecration appear at the end.

To hear the hymns please hover the mouse over each link, press Ctrl and then return.

To see service transcripts from previous weeks, please visit the page,

<http://www.medlockhead.co.uk/resources/index.htm>

Introduction and welcome

HYMN 1 [When I needed a neighbour](#) (click on this link to hear the hymn)

The Welcome

In the name of the Father, and of the Son, and of the Holy Spirit

All Amen.

The Lord be with you

All And also with you.

The Preparation

**All Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.**

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.’

And the second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

All Amen. Lord, have mercy.

Christ calls us to share the heavenly banquet of his love with all the saints in earth and heaven. Therefore, knowing our unworthiness and sin, let us confess our sins in penitence and faith, firmly resolved to keep God’s commandments and to live in love and peace with all.

All Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name. Amen.

Almighty God,
who forgives all who truly repent, have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.

All Amen.

The Gloria The Gloria is usually omitted in Lent.

The Collect for St David

Almighty God,
who called your servant David
to be a faithful and wise steward of your mysteries
for the people of Wales:
in your mercy, grant that,
following his purity of life and zeal for the gospel of Christ,
we may with him receive the crown of everlasting life;
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.

All Amen.

First reading

A reading from the book Ecclesiasticus

Whoever fears the Lord will do this, and whoever holds to the law will obtain wisdom. She will come to meet him like a mother, and like a young bride she will welcome him. She will feed him with the bread of learning, and give him the water of wisdom to drink. He will lean on her and not fall, and he will rely on her and not be put to shame. She will exalt him above his neighbours, and will open his mouth in the midst of the assembly. He will find gladness and a crown of rejoicing, and will inherit an everlasting name. *Ecclesiasticus 15:1-6*

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from the St Paul's First Letter to the Thessalonians

Though we had already suffered and been shamefully mistreated at Philippi, as you know, we had courage in our God to declare to you the gospel of God in spite of great opposition. For our appeal does not spring from deceit or impure motives or trickery, but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. As you know and as God is our witness, we never came with words of flattery or with a pretext for greed; nor did we seek praise from mortals, whether from you or from others, though we might have made demands as apostles of Christ. But we were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

You remember our labour and toil, brothers and sisters; we worked night and day, so that we might not burden any of you while we proclaimed to you the gospel of God. You are witnesses, and God also, how pure, upright, and blameless our conduct was toward you believers. As you know, we dealt with each one of you like a father with his children, urging and encouraging you and pleading that you lead a life worthy of God, who calls you into his own kingdom and glory.

1 Thessalonians 2:2-12

This is the Word of the Lord

All Thanks be to God.

HYMN 2 [What a friend we have in Jesus](#) (click on this link to hear the hymn)

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Matthew

All **Glory to you O Lord.**

Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done.'

Matthew 16:24-27

This is the Gospel of the Lord

All **Praise to you O Christ.**

Sermon

Today's Gospel reading reminds us that fighting evil is costly. It cost Jesus his life and it has cost many of his followers their lives since.

We live in an age of conspicuous consumption. Many of our political leaders are obscenely wealthy and continue to vote themselves more money while they cut benefits and services for the poorest in society. They are in danger of gaining the whole world and forfeiting their souls, and so are we if we imitate them or vote them into power. I'm not going to get party political: we can all see who is doing what and form our own judgments.

St David, whose feast day we celebrate today, recommended a life of extreme austerity. His monastic routine and that of his monks was one of great simplicity and self-denial. Their days were centred on prayer, work in the fields (usually pulling the plough themselves), and reading. They ate one meal a day of bread and herbs or vegetables, and drank only water. One legend says that David used to stand up to his neck in the freezing sea reciting the psalms as a penance.

I'm not suggesting we all do that! But it's worth considering how wealth and possessions influence our decisions in life. Do we embrace spiritual values, or are we, too, in danger of selling our souls for what we can get in this world?

Jesus urged his disciples to put spiritual values first. He urged us to love one another and to give up everything else in the attempt to do so. Loving other people is simple, but not easy. It involves putting our own needs aside sometimes, and this is at odds with the media culture that surrounds us. We need to have healthy self-

esteem and to love ourselves enough to stop thinking about ourselves all the time, but if 'self' is at the centre of our lives, we are not living according to the Gospel.

During Lent, we have an opportunity to look at our lives and see what's going well, and what isn't going so well. Today's Gospel encourages us to look at our core values and consider whether we are living for short-term worldly gain. Or do we trust God enough to take up that cross and follow in the footsteps of our Lord?

The Creed

Do you believe and trust in God the Father,
the source of all being and life,
the one for whom we exist?

All We believe and trust in him.

Do you believe and trust in God the Son,
who took our human nature,
died for us and rose again?

All We believe and trust in him.

Do you believe and trust in God the Holy Spirit,
who gives life to the people of God
and makes Christ known in the world?

All We believe and trust in him.

This is the faith of the Church.

All This is our faith.

**We believe and trust in one God,
Father, Son and Holy Spirit.
Amen.**

Prayers

These alternating prayers and quotations were chosen after meditating on Jesus' words in today's Gospel.

Do those little things you have seen and heard from me. And be joyful and keep the faith. *The last words of St David to his monks*

Let justice roll on like a river, righteousness like a never-failing stream! **Amos 5:24**

O Lord, open my eyes that I may see the needs of others

Open my ears that I may hear their cries;

Open my heart so that they need not be without succor;

Let me not be afraid to defend the weak because of the anger of the strong,

Nor afraid to defend the poor because of the anger of the rich.
Show me where love and hope and faith are needed,
And use me to bring them to those places.
And so open my eyes and my ears
That I may this coming day be able to do some work of peace for thee.

Alan Paton, author of 'Cry the Beloved Country'

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Chronicles 7:14

The moral arc of the universe bends at the elbow of justice. *Martin Luther King Jr.*

What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

Micah 6:8

God's mill grinds slow, but sure.

George Herbert

Merciful Father,

**All accept this prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

The peace

May the God of peace sanctify you:
may he so strengthen your hearts in holiness
that you may be blameless before him
at the coming of our Lord Jesus with his saints.

The peace of the Lord be always with you,

All And also with you.

These four represent different versions interpretations of 'come holy spirit'

HYMN 3 Veni sancta spiritus

[\(click to hear\)](#)

Veni sancta spiritus

Veni sancta spiritus

Veni sancta spiritus

The liturgy of the Communion Service appears below.

The Dismissal

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

All Amen.

HYMN 4 Brother, sister. Let me serve you ([click on this link to hear the hymn](#))

Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

The Liturgy of the Sacrament

Eucharistic Prayer (prayer E)

The Lord be with you

All and also with you.

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All It is right to give thanks and praise.

It is indeed right, our duty and our joy,
always and everywhere to give you thanks,
holy Father, almighty and eternal God, through Jesus Christ our Lord.
And now we give thanks, most gracious God,
surrounded by a great cloud of witnesses
and glorified in the assembly of your saints.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
We, your holy Church, acclaim you.
In communion with angels and archangels,
and with all who served you on earth and worship you now in heaven,
we raise our voice to proclaim your glory,
for ever praising you and saying:

**All Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
and, taking bread, he praised you.

He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

Great is the mystery of faith:

All Christ has died.
Christ is risen.
Christ will come again.

Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.

Look with favour on your people,
gather us in your loving arms
and bring us with David and all the saints
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever.

All Amen.

The Lord's Prayer

As our Saviour taught us, so we pray

**All Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

Breaking of the Bread

We break this bread to share in the body of Christ.

**All Though we are many, we are one body,
because we all share in one bread.**

**All Lamb of God,
you take away the sin of the world,
have mercy on us.**

**Lamb of God,
you take away the sin of the world,
have mercy on us.**

**Lamb of God,
you take away the sin of the world,
grant us peace.**

Draw near with faith.

Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

All We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by his body
and our souls washed through his most precious blood,
and that we may evermore dwell in him,
and he in us. Amen.

Communion is distributed.

Prayer after Communion

Holy Father,
who XX of Jesus Christ our Lord.

All Amen

All Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work
to your praise and glory.
Amen.