YR EGLWYS YNG NGHYMRU
THE CHURCH IN WALES

Journey through Lent with the Six Welsh Cathedrals

from Pancakes to Palm Crosses



Lent Course 2026

Lent One

Journey through Lent with the Six Welsh Cathedrals from Pancakes to Palm Crosses

Bangor – Preparation and Pancakes

St Davids – Persistence

Brecon – Penitence

Llandaff – Praise

Newport – Passion

St Asaph – Palm Sunday

Epilogue – Easter Day

Bible Reading

Matthew 25. 34-40

Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

New Revised Standard Version
Anglicized Edition

Reflection

What is your favourite topping for your pancakes? Chocolate spread, golden syrup, lemon juice? However you like them, Pancake Day is the warmup act for Lent. Falling on Shrove Tuesday, the day before Lent begins, the origin of these crepes was to use up the fat and treats before a period of fasting began – lasting 40 days. Being shriven, from which the word 'shrove' comes, is to engage in self-examination, to ask 'how am I doing in living a Christian life, one marked by following Jesus?'. Confession of sins is still part of this practice for many today, and on Ash Wednesday the sign of the cross is marked on the forehead, using ash produced by burning last year's Palm Crosses, to remind us as the priest says, to "remember you are dust and to dust you shall return, turn away from sin and be faithful to Christ".

Food has a central place in Christian living. We obviously need it to survive, and many churches are involved in providing food for those who are hungry, as with the mother and baby group here at Bangor Cathedral. Food is also a way we gather with friends and sometimes strangers to share news and get to know one another better, be it a simple biscuit and coffee, or a bigger meal being shared. From coffee drop-ins to lunch clubs, food brings us together. It's not surprising that Jesus used the sharing of bread and wine as a way for us to remember him, to be nourished for the journey of life. Whatever name you use for this service – the Holy Communion, the Eucharist, the Mass – this is where we remember Jesus' command to take this bread, share this wine, as we remember him, all he was and is for us.

We need food for the body and food for the soul, living out Jesus' commands and sharing the banquet of his love in bread and wine.

Interview 1

The Reverend Andy Broadbent

Andy



Andy: Hi, my name is Andy, I'm the associate priest here at Bro Deiniol Ministry Area, so that's Bangor Cathedral and the church down the road in the estate of Maesgeirchen, Eglwys y Groes.

Our session that we've been doing is something called Camau Bach but what we do is we open every Tuesday morning, and we have families and kids, especially young kids, it's aimed at you know, really young kids, babies, and through to very young toddlers, come into the cathedral with their parents, and they enjoy some good old-fashioned hospitality. We have all the toys out, we have the mats out, we have books, we have craft activities, and we welcome them in for some time of play, some time of relaxation, and we also work really closely with the health visiting team, from the local NHS, who will also be in, helping doing the baby checks, doing the weights, talking to the mums and offering advice. So it's a really friendly space where parents can come for a little bit of respite, little bit of relaxation, while the children have an opportunity to play and explore, and while parents can also get some of that brilliant hands-on expertise from the health visiting team.

It's also important spiritually for us to be people of hospitality, people who share the goodness we have through God and people who welcome others in. Obviously, the Bible has loads of hospitality. Jesus shows us the model of hospitality.

We hope that they feed spiritually as well, through just the peace that places like churches and cathedrals have to offer. We have to remember that play, hospitality, food, laughter, fun, family and community all come together at the foot of the cross, and that's what we try to encapsulate through Camau Bach: hospitality, play, fun, and something to eat.

Interview 2

The Reverend Dr Cass Meurig Thomas

Stephanie

Cass



Cass: So can you tell me a bit more about how the parent and toddler group has been good for building a community and that foundation of care?

Stephanie



Steph: Yes. Well, I actually find the the group itself a sanctuary for myself and my family. We've been coming here for a very long time now. We like the fact that you have health visitors. They come in every week, they help you with any issues you need with your children and I find this a safe place for my family too. My children love coming. They've been growing with their friends, the community, people. It's lovely to have.

Cass: Brilliant. And what do you like best about being here at Bangor Cathedral?

Steph: Oh, I love everything. So we like coming to church on Sundays, we like coming back mostly. So every week it's a routine for my family to come in and to see their friends and they have structure, so it's really nice.

Questions

- As you begin your Lent journey, take some time to reflect on your life. Is there anything getting in the way of how you follow the way of Christ? What needs to be 'shriven' in you?
- Where are the times you help those in need?
- Who has fed you when you needed it? How can you say 'thank you'?
- Are there any ways your church could share food together and meet with one another more deeply as well as with Christ?
- How does the Eucharist feed you for Christian living?

Notes