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 Four

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

Luke 1. 41-45

When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.'

New Revised Standard Version
Anglicized Edition

Reflection

We have reached the halfway point of Lent. This is known as ‘refreshment’ Sunday. It is a gift to stop Lent being miserable! And it coincides with Mothering Sunday. The origins of this are more to do with the church being seen as the new Jerusalem and how it mothers faith, but it’s not a big leap to celebrate all who mother us in life. We sing praises in honour of all mothers, the church and the Blessed Virgin Mary, who mothered the infant Jesus.

The well-known phrase, “The hand that rocks the cradle is the hand that rules the world” comes from a poem by William Ross Wallace, written in 1865. It expresses that many learn their first prayers at their mother’s knee, are nurtured for life from first food to learning the lessons we all need as we grow. Lives are shaped and who knows how that influence and nurturing play out in who we become.

In Llandaff there is a strong and healthy Sunday school, where children are helped to grow in faith. Imaginative teaching and learning take place here. Whether we first learned of faith from home, children’s groups or later in life, someone will have helped us find our first steps and given us our first spiritual food to nurture and help us grow. We can all be grateful to those who have mothered us, continue to do so, and in turn we may well be mothering others in their faith journey.

The mother we celebrate frequently in churches is Mary, the Mother of Jesus. She is given particular honour in church life, often having churches and chapels named after her – as in the Lady Chapel here in Llandaff. Mary gave her response to God, accepting that she would be the God-bearer for the salvation of the world. It is not surprising that she has become highly favoured, hailed, and proclaimed to be full of grace, for the Lord was with her. Our call is to similarly make our ‘yes’ to God, to bear Christ in the world and proclaim his salvation for all.

On this refreshment Sunday, our pilgrimage is fortified with songs of praise, particularly for all the ways in which we are mothered and in turn mother others. And we give thanks for all the ways the church, and those who are part of it, mothers our faith.

Interview

The Reverend Dr Cass Meurig Thomas

Misha

Cass



Misha



Cass: Diolch. So, you run the Sunday School here in Llandaff Cathedral?

Misha: That's right, I do and I've run it for about 7 years now, seven or eight years. There's – it's not just me, myself, it's 30 of us all together.

Cass: 30?

Misha: I've got 30 leaders.

Cass: 30, leaders? So how many kids have you got in the Sunday School?

Misha: So, we have an amazing, we are blessed with 270 children here in the cathedral.

Cass: Wow.

Misha: Which is just a credit to us, It's just such a vibrant, beautiful place to be.

Cass: Wow. That's amazing. So, tell me about the Sunday school. What do you get up to?

Misha: Right. So we have, because we have so many children, we have different age ranges. So we have our youngest Sunday school children at the age of 3 and they go into church and they have story time with one of our leaders who will tell them a Bible story relating to the week, give them some colouring which they enjoy with their mums and dads and then they can join the rest of the service. And then we have age-appropriate lessons for the remainder of our Sunday school. And during the lesson we follow the liturgy for the week, and then do the bit that the kids love the most, which is the glue, the glitter, the fun bits, the craft and with the aim to send them away with a message.

Cass: Yeah, you must take up like a large amount of space in the cathedral to do this.

Misha: We do, so on a Sunday, if you come here, there is no corner of this cathedral left untouched by children. You'll hear children. You'll see them colouring, screaming, jumping, shouting. It is just full.

Misha: The most joyful bit is watching the children just sponge and soak in all of that information while they're here and actually enjoy being here. It's just a privilege.

Questions

- Who are you grateful to for mothering you in life and faith?
- Who do you ‘mother’, literally or figuratively?
- How important is Mary, the Mother of Jesus, in your faith?
- Mary has a number of titles – Mother of God, God-bearer, Blessed Virgin Mary – what do these say to you about how God’s grace works in human lives? Are some more helpful to you than others?

Notes