

Cymun Bendigaid

14-19 Mawrth 2022 am 12.30pm

Holy Eucharist

14-19 March 2022 at 12.30pm



Cadeirlan
Deiniol Sant
ym Mangor

Saint Deiniol's
Cathedral
in Bangor



Croeso i Gadeirlan Deiniol Sant ym Mangor.



Rydych chi'n sefyll rwan
Ile safodd Deiniol bron i
fileniwm a hanner yn ôl.

Yma, yn y flwyddyn
525, bu iddo gynnwull o'i
gwmpas gymuned lawn
ffydd, gobaith a chariad,
gan godi o'i chwmpas
ffens gyll-y **bangor**
gwreiddiol—iddi'n gysgod
ac yn noddfa.

Ein gweddi yw y cewch
chwithau, hefyd, eich
cofleidio yma gan yr un
ffydd, gobaith a chariad
a gyhoeddir genpym
huddiw ac sy'n ein
cyfareddu o hyd.

Welcome to Saint Deiniol's Cathedral in Bangor.

You stand now where
Deiniol stood almost a
millennium and a half ago.

Here, in the year 525, he
gathered around him a
community of faith, hope
and love, and raised
around it a hazel fence—
the original **bangor**—for
shelter and sanctuary.

Our prayer is that you,
too, will be embraced
here by the same faith,
hope and love that we
proclaim and live by
today.

Cymun

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechdau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar ddarlleniedau o'r Beibl, gan ganfod yno arweiniad, her, cysur a newydd da gan Dduw. Wrth gamu at fwrrd yr allor, cynigawn i Dduw ein gweddi dros bawb mewn angen. Wrth galon ein haddoliad heddiw, byddwn yn cymryd bara a gwin, byddwn yn gofyn am fendith gweiddnewidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Gymuno. Daw ein haddoliad i ben wrth inni dderbyn bendith Duw, yn gynhaliaeth inni wrth ymadael. Waeth pa mor bell yn ôl y gwnaethoch hynny ddiwethaf, mae croeso i chi Gymuno yma heddiw. Os hoffech chi Gymuno am y tro cyntaf, neu gael eich Bedyddio, siaradwch ag aelod o dîm yr Gadeirlan. Ceir ffydd, gobaid a chariad yma i bawb.

Yn arferol, defnyddir darlleniedau'r Sul blaenorol yn ein dathliadau beunyddiol o'r Cymun. Cawn ein gwahodd i wrando yn ofalus, er mwyn, fel petai, i'r enaid ei glywed. Dyma gyfle i ddod i gnoi cil ar eiriau'r Beibl – i brofi'i flas. Mae'n gyfle i sylwi ar beth sy'n tynnu'n sylw. A yw'n berson? Gair? Delwedd? Ystum? Pam fod hynny wedi neidio i flaen y meddwl? Caniatewch i'r myfyriadau "fod" o'ch mewn, a chludwch hwy gyda chi oddi yma.

Eucharist

At this Eucharist we will meet the risen, living Christ in bread and wine, which become for us his Body and his Blood. As we gather, we will prepare ourselves to meet Christ by acknowledging our sins – the ways in which we have grieved God in our lives – and are reminded of God's forgiveness. We then listen to readings from the Bible, where we find guidance, challenge, comfort and good news from God. As we step towards the altar-table, we offer to God our prayer for all in need. At the heart of our worship today, we will take bread and wine, we will ask for God's transfiguring blessing upon them, we break the bread, and – as the broken, mended Body of Christ that we ourselves are – we will make our Communion. Our worship ends with the assurance of God's blessing, sustaining us as we depart. No matter how long ago you last did so, you are welcome to make your Communion with us here today. If you would like to make your Communion for the first time, or to be Baptised, please speak to a member of the Cathedral team. Faith, hope and love are here offered for everybody.

Our readings at our weekday celebrations of the Eucharist are usually those of the preceding Sunday. We are invited to listen carefully, so that the soul might hear. Here is an opportunity to ruminate on the word of the Bible – to taste it and experience its flavour. It's an opportunity to notice what draws our attention. Is it a person? A word? An image? A gesture? Why has this jumped out at me? Allow your reflections to "be" within you and accompany you from this place.

Addoli gyda ni heddiw

Mae'r llyfrynn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad heddiw. Fe'ch gwahoddir i fynd â'r llyfrynn adref gyda chi, i fyfyrio yn eich amser eich hun ar y geiriau sanctaidd sydd yn ymddygo. Fodd bynnag, nid darllen neu arsylwi ydi addoli – ond gweithgaredd, a ninnau'n cymryd rhan, ochr yn ochr â'r rhai sy'n cynnull gyda ni ac, y tu hwnt i hynny, ochr yn ochr â llu'r nef i gyd. Dyrchefwch, felly, eich llygaid; sylwch ar liw, golau, sain, symudiad a harddwch; codwch eich llais; cyfranogwch yn yr hyn a fydd yn eich gweddnewid, o roi iddo'r cyfle.

Yn ystod ein haddoliad, rydyn ni'n dweud ac yn canu gyda'n gilydd y testun **mewn teip trwm**. Mae testun Cymraeg wedi'i argraffu ar y tudalennau chwith, a'r testun Saesneg ar y dde. Mae croeso ichi wneud arwydd o'r Groes pan fydd y geiriau wedi'u marcio ag ✕. Cynigir cyfarwyddiadau eraill (rhuddellau) **mewn teip gwyrdd**; os ydych chi'n ei chael hi'n fwy cyfforddus, eisteddwch yn hytrach na sefyll neu benlinio.

O'r Ddarllenfa a Buchedd Bangor

Pob wythnos, anfonir ebost **O'r Ddarllenfa** at danysgrifwyr gyda hysbysiadau ynghyd â delweddau wythnosol o fywyd y Gadeirlan a'r Ardal Weinidogaeth. Os nad ydych chi eisoes yn danysgrifiwr, dilynwch y cod QR, neu ewch i **cadeirlan.eglwysyngnghymru.org.uk/Darllenfa/**

Buchedd Bangor yw ein cylchgrawn newydd, gan gynnig cymysgedd o ddefnydd ysbrydol a gwybodaeth ymarferol am ein bywyd ar y cyd. Mynnwch gopi heddiw, neu ddilynwch y cod QR i ddarllen arlein.

Worshipping with us today

This booklet contains everything said during our worship today. You are invited to take the booklet away with you, to reflect in your own time on the holy words it contains. However, worship is not primarily something that we read or observe – it is an activity, in which we all participate, alongside those who are gathered with us and, we believe, alongside the whole company of heaven. Be sure, therefore, to look up; to notice colour, light, sound, movement and beauty; to raise up your voice; to take your full part; to be formed and transformed.

During our worship, we say and sing together the text **in bold type**. The Welsh-language text is printed on the left-hand pages, and the English-language text on the right. We may make a sign of the Cross at times when the words are marked with ✕. Other directions (rubrics) are offered **in green type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

From the Lectern & Buchedd Bangor

Each week, a **From the Lectern** email is sent to subscribers with weekly notices and images from the life of the Cathedral and Ministry Area. If you're not already a subscriber, follow the QR code, or visit **cadeirlan.churchinwales.org.uk/Darllenfa/**

Buchedd Bangor is our new magazine, offering a mixture of devotional material and practical knowledge about our life together. Pick up a copy of today, or follow the QR code to read online.

Cefnogaeth

Caiff y fangre sanctaidd hon llawn ffydd, gobaith a chariad, a phopeth sy'n digwydd yma, ei chynnal gan eich haelioni chi.

1 I roi rhodd ar-lein ar eich ffôn heddiw, sganiwch y cod QR isod.

2 Defnyddiwch ein peiriant rhoi digyswllt yng nghefn Corff yr Eglwys i dapi'ch cerdyn neu'ch ffôn.

3 I sefydlu rhodd Debyd Uniongyrchol misol, gyda'r opsiwn i ychwanegu Cymorth Rhodd, chwiliwch ar-lein am "Eglwys yng Nghymru Rhoi yn Syth" a dewis "Bro Deiniol" o dan "Buddiolwr".

Trwy roi rhodd, byddwch yn ein helpu i barhau â'n gwaith hanfodol.

Support

This holy place of faith, hope and love, and all that takes place here, is sustained by your generosity.

1 To make an online donation on your phone today, scan the QR code below.

2 Use our contactless donation point at the back of the Nave to tap your card or phone.

3 To set up a monthly Direct Debit donation, with the option to add Gift Aid, search online for "Church in Wales Gift Direct" and select "Bro Deiniol" under "Beneficiary".

By making a donation, you'll be helping us to continue our essential work.

Buchedd Bangor



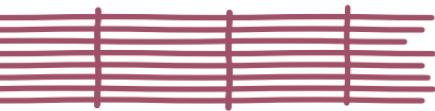
O'r Ddarllenfa From the Lectern



Cefnogaeth Support



Trefn y gwasanaeth



Codwn ar ein traed ar ganiad y gloch, a pharhawn ar ein traed tan ddiwedd y Weddi Gasgl

Introit | ar ddydd Mercher

Reminiscere miserationum tuarum, Domine, et misericordiae tuae, quae a saeculo sunt: ne unquam dominantur nobis inimici nostri: libera nos Deus Israel ex omnibus angustiis nostris. Ad te Domine levavi animam meam: Deus meus in te confido, non erubescam. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Cyfieithiad

O Dduw, cofia dy drugaredd a’th ffyddlondeb, oherwydd y maent eiroed: paid â gadeal i’m gelynion orfoleddu o’m hachos: O Dduw, gwareda Israel o’i holl gyfyngderau. Atat ti, Duw, y dyrchafaf fy enaid: O fy Nuw, ynot ti yr wyf yn ymddiried; paid â dwyn cywilydd arnaf. Gogoniant i’r Tad, ac i’r Mab, ac i’r Ysbryd Glân. Fel yr oedd yn y dechreuad, mae’n awr, a’n fythol y bydd, yn oes oesoedd. Amen.

Salm 25: 6, 2, 22, 1-2

Cyfarchiad

✳ Yn enw'r Tad, a'r Mab, a'r Ysbryd Glân.

Amen.

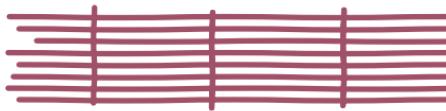
Gras a thangnefedd a fo gyda chwi.

A’th gadw di yng nghariad Crist.

“Os nad yw rhywun gyda mi, yn fy erbyn i y mae, ac os nad yw’n casglu gyda mi, gwasgaru y mae.”

Mae'r offeiriad yn cyflwyno'r Cymun

Order of service



We stand as the bell is rung, and remain standing until after the Collect

Introit | on Wednesday

Reminiscere miserationum tuarum, Domine, et misericordiae tuae, quae a saeculo sunt: ne unquam dominantur nobis inimici nostri: libera nos Deus Israel ex omnibus angustiis nostris. Ad te Domine levavi animam meam: Deus meus in te confido, non erubescam. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Translation

Be mindful of your mercy, O God, and of your steadfast love, for they have been from of old: do not let my enemies exult over me: redeem Israel, O God, out of all its troubles. To you, O God, I lift up my soul: O my God, in you I trust; do not let me be put to shame. Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm 25: 6, 2, 22, 1-2

Greeting

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

Amen.

Grace and peace be with you.

And keep you in the love of Christ.

"Whoever is not with me is against me, and whoever does not gather with me scatters."

The priest introduces the Eucharist

Edifeirwch

Gan gynnll i ddathlu,
ymbaratown gan adnabod ein pechodau.

Rhag ein camweddau a phob drygioni,
rhag oferedd a chenfigen,
rhag casineb a malais.

Dad nefol, gwared ni.

Rhag gafael chwant a chynildeb celwydd,
rhag calon galed,
rhag bopeth a'n estrona.

Dad nefol, gwared ni.

Trugarha wrthym, O Dduw.

Rydym wedi pechu yn dy erbyn.

Dangos i ni, O Dduw, dy drugaredd.

A dyro i ni dy iachawdwriaeth.

Bydded i Dduw Dad faddau i ni a'n gwared oddi wrth ein holl
bechodau, a rhoi inni ras a nerth yr Ysbryd Glân.

Amen.

Kyrie eleison | ar ddydd Mercher

Kyrie eleison. Christe eleison. Kyrie eleison.

Cyfieithiad

Arglwydd trugarha. Crist trugarha. Arglwydd
trugarha.

Cerddoriaeth

Missa XVIII: Deus Genitor alme

Kyrie eleison | ar ddyddiau eraill

Y Kyrie eleison. R Kyrie eleison. Y Christe eleison. R Christe
eleison. Y Kyrie eleison. R Kyrie eleison.

Cyfieithiad

Arglwydd, trugarha. Crist, trugarha.

Pentience

As we gather to celebrate,
we prepare ourselves by acknowledging our sins.

From all evil and wickedness,
from vanity and jealousy,
from hatred and malice.

Holy God, deliver us.

From grasping lust and the subtleties of lying,
from hardness of heart,
from all that divides us.

Holy God, deliver us.

Have mercy on us, O God.

For we have sinned against you.

Show us, O God, your mercy.

And grant us your salvation.

May God our Father pardon and deliver us from all our sins, and
grant us the grace and power of the Holy Spirit.

Amen.

Kyrie eleison | on Wednesday

Kyrie eleison. Christe eleison. Kyrie eleison.

Translation

*Lord have mercy. Christ have mercy. Lord have
mercy.*

Music

Missa XVIII: Deus Genitor alme

Kyrie eleison | on other days

**℣ Kyrie eleison. ℥ Kyrie eleison. ℣ Christe eleison. ℥ Christe
eleison. ℣ Kyrie eleison. ℥ Kyrie eleison.**

Translation

Lord, have mercy. Christ, have mercy.

Gweddi Gasgl

Gweddiwn.

Dad nefol, sy'n gweld nad oes gennym ddim nerth oħonom
ein hunain i'n cynorthwyo ein hunain: cadw ni oddi mewn
ac oddi allan, yn enaid a chorff: fel yr amdiffynnir ni rhag
pob drygfyd a all ddigwydd i'r corff, a rhag pob meddwl drwg
a all ymosod a pheri niwed i'r enaid; trwyddo ef sydd lesu Grist
ein Gwaredwyr.

Amen.

Eisteddwn



Gair

Salmyddiaeth

R Fy iechyd yw Duw, a'm goleuni,
rhag pwy rhaid im' ofni mewn braw?

R **Fy iechyd yw Duw, a'm goleuni,
rhag pwy rhaid im' ofni mewn braw?**

Duw yw fy ngoleuni a'm gwaredigeth, rhag pwy yr ofnaf? Duw
yw cadernid fy mywyd, rhag pwy y dychrynaf?

Pan fydd rhai drwg yn cau amdanaf i'm hysu i'r byw, hwy, fy
ngwrthwynebwyr a'm gelynion, fydd yn baglu ac yn syrthio.

R **Fy iechyd yw Duw, a'm goleuni,
rhag pwy rhaid im' ofni mewn braw?**

Pe bai byddin yn gwrsyllu i'm herbyn, nid ofnai fy nghalon; pe
dôi rhyfel ar fy ngwarthaf, eto, fe fyddwn yn hyderus.

Un peth a ofynnais gan Dduw, dyma'r wyf yn ei geisio: cael byw
yn nhŷ Duw holl ddyddiau fy mywyd, i edrych ar hawddgarwch
Duw ac i ymofyn yn y deml.

R **Fy iechyd yw Duw, a'm goleuni,
rhag pwy rhaid im' ofni mewn braw?**

Collect

Let us pray.

H eavenly Father, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through him who is Jesus Christ our Saviour.

Amen.

We sit



Word

Psalmody

V God is my light and my salvation.

R God is my light and my salvation.

God is my light and my salvation; whom then shall I fear? God is the strength of my life; of whom then shall I be afraid?

When evildoers came upon me to eat up my flesh, it was they, my foes and my adversaries, who stumbled and fell.

R God is my light and my salvation.

Though an army should encamp against me, yet my heart shall not be afraid;

And though war should rise up against me, yet will I put my trust in God.

R God is my light and my salvation.

One thing have I asked of you, O God; one thing I seek: that I may dwell in your house all the days of my life,

To behold your fair beauty, O God, and to seek you in your temple.



Oherwydd fe'm cysgoda yn nydd adfyd, a'm cuddio mewn pabell, a'm codi ar graig.

Ac yn awr, fe gyfyd fy mhen goruwch fy ngelynion o'm hamgylch; ac offrymaf finnau yn y deml aberthau llawn gorfoledd; canaf, canmolaf y Sanctiadd Un.

R^g Fy iechyd yw Duw, a'm goleuni, rhag pwy rhaid im' ofni mewn braw?

Salm 27:1-6

Darlleniad

Darlleniad o Lythyr yr Apostol Paul at y Rhufeiniaid.

Garedigion: Yr wyf yn cael y ddeddf hon ar waith: pan wyf yn ewyllsio gwneud daioni, drygioni sy'n ei gynnig ei hun imi. Y mae'r gwir ddyn sydd ynof yn ymhyfrydu yng Nghyfraith Duw. Ond yr wyf yn canfod cyfraith arall yn fy nghyneddfau corfforol, yn brwydro yn erbyn y Gyfraith y mae fy neall yn ei chydnabod, ac yn fy ngwneud yn garcharor i'r gyfraith sydd yn fy nghyneddfau, sef cyfraith pechod. Y dyn truan ag ydwyf! Pwy a'm gwared i o'r corff hwn a'i farwolaeth? Duw, diolch iddo, trwy lesu Grist Sanct Duw! Dyma, felly, sut y mae hi arnaf: yr wyf fi, y gwir fi, â'm deall yn gwasanaethu Cyfraith Duw, ond â'm cnawd yn gwasanaethu cyfraith pechod. Yn awr, felly, nid yw'r rhai sydd yng Nghrist lesu dan golfern o unrhyw fath. Oherwydd yng Nghrist lesu y mae cyfraith yr Ysbryd, sy'n rhoi bywyd, wedi dy ryddhau o afael cyfraith pechod a marwolaeth. Yr hyn oedd y tu hwnt i allu'r Gyfraith, yn ei gwendid dan gyfyngiadau'r cnawd, y mae Duw wedi ei gyflawni. Wrth anfon ei Fab ei hun, mewn ffurf debyg i'n cnawd pechadurus ni, i ddelio â phechod, y mae wedi collfarnu pechod yn y cnawd. Gwnaeth hyn er mwyn i ofynion cyiawn y Gyfraith gael eu cyflawni ynom ni, sy'n byw, nid ar wastad y cnawd, ond ar wastad yr Ysbryd.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Rhufeiniaid 7:21 – 8:4

Codwn ar ein traed

Rx God is my light and my salvation.

Psalm 27:1-6

Reading

A reading from the Letter of Saint Paul to the Romans.

Dearly beloved: I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin. There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

Hear the word of life to the world.

Thanks be to God.

Romans 7:21 – 8:4

We stand



Efengyl

¶ Mawl i ti O Grist, Brenin gogoniant bythol. ¶ **Mawl i ti O Grist, Brenin gogoniant bythol.** ¶ Wedi i'r cythraul fynd allan, llefarodd y mudan a synnodd y dyrfa. ¶ **Mawl i ti O Grist, Brenin gogoniant bythol.**

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Gwrandewch yr Efengyl Sanctaidd yn ôl ✝ Sant Luc.

Gogoniant i ti, O Grist.

Bryd hynny: Yr oedd Iesu yn bwrw allan gythraul, a hwnnw'n un mud. Ac wedi i'r cythraul fynd allan, llefarodd y mudan. Synnodd y tyrfaoedd, ond meddai rhai ohonynt, "Trwy Beelsebwyl, pennaeth y cythreuliaid, y mae'n bwrw allan gythreuliaid." Yr oedd eraill am ei brofi, a gofynasant am arwydd ganddo o'r nef. Ond yr oedd ef yn deall eu meddyliau hwy, ac meddai wrthynt, "Caiff pob teyrnas a ymrannodd yn ei herbyn ei hun ei difrodi, a'r tai yn cwympo ar ben ei gilydd. Ac os yw Satan yntau wedi ymrannu yn ei erbyn ei hun, sut y saif ei deyrnas? – gan eich bod chwi'n dweud mai trwy Beelsebwyl yr wyf yn bwrw allan gythreuliaid. Ac os trwy Beelsebwyl yr wyf fi'n bwrw allan gythreuliaid, trwy bwy y mae eich disgynblion chwi yn eu bwrw allan? Am hynny hwy fydd yn eich barnu. Ond os trwy fys Duw yr wyf fi'n bwrw allan gythreuliaid, yna y mae teyrnas Dduw wedi cyrraedd atoch. Pan fydd dyn cryf yn ei arfwisg yn gwarchod ei blasty ei hun, bydd ei eiddo yn cael llonydd; ond pan fydd un cryfach nag ef yn ymosod arno ac yn ei drechu, bydd hwnnw'n cymryd yr arfwisg yr oedd ef wedi ymddiried ynddi, ac yn rhannu'r ysbail. Os nad yw rhywun gyda mi, yn fy erbyn i y mae, ac os nad yw'n casglu gyda mi, gwasgaru y mae. "Pan fydd ysbryd aflan yn mynd allan o rywun, bydd yn rhodio trwy fannau sychion gan geisio gorffwysfa, ond heb ei gael. Yna y mae'n dweud, 'Mi ddychwelaf i'm cartref, y lle y deuthum ohono.' Wedi cyrraedd, y mae'n ei gael wedi ei ysgubo a'i osod mewn trefn. Yna y mae'n mynd ac yn cymryd ato saith ysbryd arall mwy drygionus nag ef ei hun; y maent yn mynd i mewn ac yn ymgartrefu yno; ac y mae cyflwr olaf y dyn hwnnw yn waeth na'r cyntaf."

Dyma Efengyl ein Gwaredwyr.

Moliant i ti, O Grist.

Luc 11:14-26

Gospel

℣ Praise to you, O Christ, King of eternal glory. ℣ Praise to you, O Christ, King of eternal glory. **℣ The one who had been mute spoke, and the crowds were amazed. ℣ Praise to you, O Christ, King of eternal glory.**

Grace and peace be with you.

And keep you in the love of Christ.

Listen to the Holy Gospel according to **✠ Saint Luke.**

Glory to you, O Christ.

At that time: Jesus was casting out a demon that was mute; when the demon had gone out, the one who had been mute spoke, and the crowds were amazed. But some of them said, “He casts out demons by Beelzebul, the ruler of the demons.” Others, to test him, kept demanding from him a sign from heaven. But he knew what they were thinking and said to them, “Every kingdom divided against itself becomes a desert, and house falls on house. If Satan also is divided against himself, how will his kingdom stand? – for you say that I cast out the demons by Beelzebul. Now if I cast out the demons by Beelzebul, by whom do your exorcists cast them out? Therefore they will be your judges. But if it is by the finger of God that I cast out the demons, then the kingdom of God has come to you. When a strong man, fully armed, guards his castle, his property is safe. But when one stronger than he attacks him and overpowers him, he takes away his armour in which he trusted and divides his plunder. Whoever is not with me is against me, and whoever does not gather with me scatters. When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting-place, but not finding any, it says, ‘I will return to my house from which I came.’ When it comes, it finds it swept and put in order. Then it goes and brings seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first.”

This is the Gospel of our Saviour.

Praise to you, O Christ.

Luke 11:14-26

Bwriad

Gweddïwn.

Drindod Dragwyddol, dathlwn y Cymun hwn i'th ogoniant,
[er anrhynedd dy sant, N]
ac er budd y byw a'r meirw,
er eu mwyn y bu i Grist farw a chyfodi drachefn.

Bydded ffrwyth ein Cymun yn doreithio i [...].

Y O Dduw, yn dy drugaredd,

R **Gwrando ein gweddi.**

Deuwn hefyd at fwrdd yr allor â'n gweddïau
[dros bawb sy'n glâf,
yn eu mysg ...;
dros diweddar ymadawedig,
yn eu mysg ...;
a thros y rhai y cedwir eu gŵyl goffa'r adeg hon,
yn eu mysg ...].

Y O Dduw, yn dy drugaredd,

R **Gwrando ein gweddi.**

Derbyn, O Dduw, ein hoffrwm o'n hunain, yn gorff ac enaid, y cyfan sy'n annwyl inni, a'r cyfan oll a wnawn ac â'i gynhalïwn y dydd hwn. Deuwn a'i osod ar fwrdd y allor, yma i'w offrymu ar Oen Duw; er mwyn ein meithrin yn Gorff ynot ti, a'n hymdywallt fel dy Waed er mwyn y byd.

Y O Dduw, yn dy drugaredd,

R **Gwrando ein gweddi.**

Y Gyr dy olau, moes dy wir,
a'm harwain i'th breswylfydd,

R **Yna yr âf at allor Duw,
Duw fy hawl a'm gwynfyd.**

We kneel or sit

Intention

Let us pray.

Eternal Trinity, we celebrate this Eucharist to your glory,
[in honour of your saint, *N,*] and for the benefit of all the living and the departed,
for whom Christ died and rose again.

May the fruit of this Eucharist be plentiful for [...].

V God in your mercy,

R **Hear our prayer.**

We also bring to this altar-table our prayers
[for those who are unwell,
among them ...;
for the recently departed,
among them ...;
and for those whose year's mind falls at this time,
among them ...].

V God in your mercy,

R **Hear our prayer.**

Suffer us, O God, to offer you our whole selves, our souls and bodies, all that is dear to us, and all that we are called to do and bear this day. May we lay it in spirit at this altar-table, here to be offered upon the Lamb of God; that we may be conformed to your Body and poured out as your Blood for the world.

V God in your mercy,

R **Hear our prayer.**

V Send out your light and your truth,
to lead me to your dwelling;

R **That I may go to the altar of God,**
to the God of my joy and gladness.

Cymun

Codwn ar ein traed ar ôl paratoi bwrdd yr allor, a pharhawn ar ein traed tan y Cymunwn

Offrwm | ar ddydd Mercher

Meditabor in mandatis tuis, quae dilexi valde: et levabo manus meas ad mandata tua, quae dilexi.

Cyfieithiad

Ymhyrydaf yn dy orchmynion am fy mod yn eu caru. Parchaf dy orchmynion am fy mod yn eu caru, a myfyriaf ar dy ddeddfau.

Salm 119:47-48

Offrwm | pob dydd

Deuwn i'r fangre hon â'r bara sy'n gynhaliaeth.

Fe ddaw inni'n fara'r bywyd.

Deuwn i'r fangre hon â'r gwin sy'n mwyneiddio.

Fe ddaw inni'n waed einioes y byd.

Gweddi Ewcharistaidd

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Dyrchefwch eich calonnau.

Yr ydym yn eu dyrchafu at yr Arglwydd.

Diolchwn i'r Arglwydd ein Duw.

Iawn yw rhoi ein diolch a'n clod.

Iawn yn wir, ein dyletswydd a'n llawenydd bob amser ac ym mhob lle, yw diolch i ti, Dad Sanctaidd, hollalluog a bythfywiol Dduw, trwy Iesu Grist ein Harglwydd.

A brofwyd ym mhob peth, ond na phechodd. Trwy ei ras medrwn drechu pob drygioni a byw mwyach nid i ni ein hunain ond i'r un a fu farw trosom ac a atgyfodwyd.

Felly, gyda llu'r angylion a holl gwmpeini'r nef, cyhoeddwn ogoniant dy enw ac ymuno â hwy yn eu hemyn diderfyn o fawl:

Sacrament

We stand after the altar-table has been prepared, and remain standing until we make our Communion

Offertory | on Wednesday

Meditabor in mandatis tuis, quae dilexi valde: et levabo manus meas ad mandata tua, quae dilexi.

Translation

I find my delight in your commandments, because I love them. I revere your commandments, which I love, and I will meditate on your statutes.

Psalm 119:47-48

Offertory | every day

We bring to this place the bread that sustains us.

It will become for us the bread of life.

We bring to this place the wine that mellows us.

It will become for us the lifeblood of the world.

Eucharistic Prayer

Grace and peace be with you.

And keep you in the love of Christ.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, it is our duty and our joy at all times and in all places to give you thanks, holy Father, all-powerful and everliving God, through Jesus Christ our Lord.

Who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil and to live no longer for ourselves alone but for him who died for us and rose again:

And so with the hosts of angels and all the company of heaven we proclaim the glory of your name and join in their unending hymn of praise:



ar ddydd Mercher

Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth. Pleni sunt caeli et terra gloria tua. Hosanna in excelsis.

✠ Benedictus qui venit in nomine Domini. Hosanna in excelsis.

Cyfieithiad fel isod

Cerddoriaeth

Missa XVIII: Deus Genitor alme

ar ddyddiau eraill

**Sanctaidd, sanctaidd, sanctaidd Arglwydd,
Duw gallu a nerth,
nef a daear sy'n llawn o'th ogoniant.
Hosanna yn y goruchaf.**

✠ **Bendigedig yw'r hwn sy'n dyfod yn enw'r Arglwydd.
Hosanna yn y goruchaf.**

Pob moliant a diolch i ti, y gwir a'r bywiol Dduw, Crëwr pob peth, Rhoddwr bywyd. Lluniaist ni ar dy ddelw dy hun, ond yr ydym ni wedi difwyno'r ddelw honno a syrthio'n brin o'th ogoniant. Rhoddwn ddiolch i ti am anfon dy Fab i rannu ein bywyd ni; fe'i hildiaist i farwolaeth fel y cai'r byd ei achub, a'i atgyfodi oddi wrth y meirw fel y bo i ni fyw ynddo ef, ac yntau ynom ninnau.

Sancteiddia â'th Ysbryd y bara hwn a'r gwin hwn, dy roddion inni, fel y bônt i ni yn gorff a gwaed ein Hiachawdwyr, Iesu Grist.

Y nos y bradychwyd ef, cymerodd fara ac, wedi rhoi diolch, fe'i torrodd a'i roi i'w ddisgyblion, gan ddweud, Cymerwch, bwytewch; hwn yw fy nghorff a roddir drosoch: gwnewch hyn er cof amdanaf. ✠

Yr un modd ar ôl swper cymerodd y cwpan, ac, wedi rhoi diolch, fe'i rhoddodd iddynt, gan ddweud, Yfwch o hwn bawb, oherwydd hwn yw fy ngwaed o'r cyfamod newydd a dywelltir drosoch a thros lawer er maddeuant pechodau: gwnewch hyn bob tro yr yfwch ef er cof amdanaf. ✠

Gadewch inni gyhoeddi dirgeledd y ffydd:

on Wednesday

Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth. Pleni sunt caeli et terra gloria tua. Hosanna in excelsis.

℣ Benedictus qui venit in nomine Domini. Hosanna in excelsis.

[Translation as below](#)

[Music](#)

Missa XVIII: Deus Genitor alme

on other days

**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.**

All praise and thanks to you, true and living God, Creator of all things, Giver of life. You formed us in your own image; but we have marred that image and fall short of your glory. We give you thanks that you sent your Son to share our life; you gave him up to death that the world might be saved, and you raised him from the dead that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us, that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread, and when he had given thanks he broke it and gave it to his disciples, saying, Take, eat; this is my body which is given for you: do this in remembrance of me. ℣

In the same way after supper he took the cup, and when he had given thanks he gave it to them, saying, Drink from this, all of you, for 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. ℣

Let us proclaim the mystery of faith:

Bu farw Crist.

Atgyfododd Crist.

Daw Crist mewn gogoniant.

Fel y gorchynnodd ef inni, O Dad, yr ydym yn cofio lesu Grist, dy Fab. Gan gyhoeddi ei farwolaeth fuddugoliaethus, a chan ymlawenhau yn ei atgyfodiad, a disgwyli iddo ddod mewn gogoniant, deuwn â'r bara hwn a'r cwpan hwn i ti. Derbyn ein haberth o ddiolch a moliant.

Adfer ac adfywia dy holl bobl, adnewydda ni a phawb y gweddïwn trostynt â'th ras a'th ✕ fendith nefol a derbyn ni yn y diwedd gyda'th holl saint i'r llawenydd diderfyn hwnnw a addawyd inni gan dy Fab, ein Harglywydd lesu Grist.

Trwyddo ef, gydag ef, ynddo ef, yn undod yr Ysbryd Glân, eiddot ti, Dad hollalluog, yw pob anrhedd a gogoniant, yn oes oesoedd.

✕ Amen.

Parhawn ar ein traed

Gweddi'r Arglwydd

Fel y dysgodd ein Hiachawdwr ni, gweddïwn yn hyderus:

Ein Tad, yr hwn wyt yn y nefoedd, sancteiddier dy enw, deled dy deyrnas, gwneler dy ewyllys; megis yn y nef, felly ar y ddaear hefyd. Dyro i ni heddiw ein bara beunyddiol a maddau i ni ein dyledion, fel y maddeuwn ninnau i'n dyledwyr. Ac nac arwain ni i brofedigaeth; eithr gwared ni rhag drwg. Canys eiddot ti yw'r deyrnas, a'r gallu, a'r gogoniant, yn oes oesoedd.
Amen.

Tangnreffed

Bydd dy iachád yn ffynnu'n ein calonnau; dy gyfiawnder yn mynd o'n blaenau â'th gorff torredig yn gyflawn mewn tangnreffed.

Tangnreffed y Bythol Dduw a fo gyda chwi bob amser.

A'th gadw di yng nghariad Crist.

Rhannwn arwydd o Dangnreffed.

Christ has died.

Christ is risen.

Christ will come in glory.

As he has commanded us, Father, we remember Jesus Christ, your Son. Proclaiming his victorious death, rejoicing in his resurrection and waiting for him to come in glory we bring to you this bread, this cup. Accept our sacrifice of thanks and praise.

Restore and revive your people, renew us and all for whom we pray with your grace and heavenly ✠ blessing, and at the last receive us with all your saints into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him, in the unity of the Holy Spirit all honour and glory are yours, almighty Father, for ever and ever.

✠ Amen.

We remain standing

Lord's Prayer

As our Saviour taught us, we boldly pray:

O ur Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever.

Amen.

Peace

Your healing springs up in our hearts; your vindication goes before us as your broken body made whole in peace.

The Peace of the Living God be always with you.

And keep you in the love of Christ.

We share a sign of Peace.

Torri | ar ddydd Mercher

Agnus Dei, qui tollis peccata mundi: miserere nobis. Agnus Dei,
qui tollis peccata mundi: miserere nobis. Agnus Dei, qui tollis
peccata mundi: dona nobis pacem.

Cyfieithiad fel isod
Cerddoriaeth
Missa XVIII: Deus Genitor alme

Torri | ar ddyddiau eraill

**Oen Duw, sy'n dwyn ymaith bechodau'r byd:
trugarha wrthym.**

**Oen Duw, sy'n dwyn ymaith bechodau'r byd:
trugarha wrthym.**

**Oen Duw, sy'n dwyn ymaith bechodau'r byd:
dyro inni dangnreffed.**

Cymuno

✠ lesu yw Oen Duw
sy'n dwyn ymaith bechodau'r byd.
Gwyn eu byd y rhai a elwir i'w swper.

**Waredwr, nid wyf yn deilwng i'th dderbyn,
ond dywed y gair a chaf fy iacháu.**

Deuwn i Gymuno o'r Aflladen Sagrafennol yn unig ar hyn o bryd

Brawddeg y Cymun | ar ddydd Mercher

Intellige clamorem meum: intende voci orationis meae, Rex
meus, et Deus meus: quoniam ad te orabo, Domine.

Translation

*Clyw fyngrhi am gymorth, fy Mrenin a'm Duw,
canys arnat y gweddïaf.*

Psalm 5:2

Breaking | on Wednesday

Agnus Dei, qui tollis peccata mundi: miserere nobis. Agnus Dei, qui tollis peccata mundi: miserere nobis. Agnus Dei, qui tollis peccata mundi: dona nobis pacem.

[Translation as below](#)

[Music](#)

Missa XVIII: Deus Genitor alme

Breaking | on other days

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

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

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

Communion

✠ Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.

**Saviour, I am not worthy to receive you,
but only say the word and I shall be healed.**

We make our Communion, receiving the Sacramental Host only for the time being

Communion sentence | on Wednesday

Intellige clamorem meum: intende voci orationis meae, Rex meus, et Deus meus: quoniam ad te orabo, Domine.

[Translation](#)

Listen to the sound of my cry, my King and my God, for to you I pray.

Psalm 5:2

Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

ODduw, dy gynefin yw'r anialwch a'r Groes, a thi a wyddost ein cythreuliaid, ein ffantasiâu a'n hofnau, mannau diffrywyd, unig ein calonnau; aros gyda ni, ac arwain ni trwy gyfiawnder, hedd a chariad i'th ogoniant tragwyddol ac i galon pob gwirionedd; trwyddo ef sydd lesu Grist ein Gwaredwyr.

Amen.



Ymadael

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Rhodded Crist ras i chwi gynyddu mewn sancteiddrwydd, ymwdadu â chwi eich hunain, ac chodi eich croes a'i ddilyn ef; a bendith Duw hollalluog, y Tad, ✠ y Mab, a'r Ysbryd Glân, a fo yn eich plith ac a drigo gyda chwi yn wastad.

Amen.

Awn ymaith mewn tangnefedd.

Yn Enw Crist. Amen.

Parhawn ar ein traed hyd nes i'r offeiriad ymadael

Post-Communion Prayer

Let us pray.

We stand

God, whose touchstone is the desert and the Cross, you know our demons, our fantasies and our fears, the barren, lonely places of our hearts; stay with us, and lead us through justice, peace and love to your eternal glory and into all truth; through him who is Jesus Christ our Saviour.

Amen.

Departing

Grace and peace be with you.

And keep you in the love of Christ.

Christ give you grace to grow in holiness, to deny yourselves, take up your cross and follow him; and the blessing of God almighty, the Father,  the Son, and the Holy Spirit, be among you and remain with you always.

Amen.

Let us go forth in peace.

In the Name of Christ. Amen.

We remain standing until the priest has departed



Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

Rhif elusen 1158340

Diogelu

Mae diogelu plant ac oedolion sydd mewn pergyll yn hanfodol, ac rydym wedi ymrwymo i feithrin amgylchedd lle mae pawb yn gallu addoli a chymryd rhan ym mywyd Cadeirlan Deiniol Sant yn ddiogel. Os oes gennych unrhyw bryderon, codwch nhw ar unwaith gydag aelod o dim y Gadeirlan.

Hygyrchedd

Mae dolen glyw ar waith – gosodwch gymhorthion clyw i'r lleoliad T.

Mae copiâu print bras o'r llyfryn hwn ar gael gan y stiwardiaid.

If you have need of a gluten-free wafer (conforming to the canonical requirement for 20 parts gluten per million), please speak to a steward.

Mae tai bach ym mhnen dwyreiniol y Gadeirlan, trwy'r drws i'r chwith o'r sgrin y Cwir.

Os bydd angen i ni adael y Gadeirlan mewn argyfwng, arhoswch ar eich heistedd a dilynwrch gyfarwyddiadau'r stiwardiaid.

Cynaliadwyedd a chaniatâd

Rydym yn defnyddio papur sydd wedi ei ailgylchu 100% a'i gynhyrchu â charbon deuocsid isel.

Caiff rhai o'n gwasanaethau'n eu ffrydio ar Facebook o gamera ym mhnen dwyreiniol Corff yr Eglwys sy'n wynebu'r dwyrain, ac mae'r recordiad ar gael wedi hynny ar dudalen Facebook y Gadeirlan. Efallai y bydd ffotograffydd swyddogol ar ddyletswydd. Mae eich presenoldeb yn gyfystyr â'ch caniatâd i gael eich cynnwys mewn unrhyw ffilmio, tynnu lluniau, recordio sain neu ddarolledu. Os nad ydych am i ffotograff ohonoch chi neu blentyn yn eich gofal gael ei ddefnyddio gan y Gadeirlan, siaradwch ag aelod o dim y Gadeirlan.

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Mae delwedd y clawr yn fanylyn o baentiad o'r gyfres "Map Paintings" gan Syr Frank Bowling.

The Cathedral & Metropolitical Church of Saint Deiniol in Bangor

Charity number 1158340

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Safeguarding children and adults at risk is vital, and we are committed to fostering an environment where everyone is able to worship and participate in the life of Saint Deiniol's Cathedral in safety. If you have any concerns, please raise them immediately with a member of the Cathedral team.

Accessibility

A hearing loop is in use – please set hearing aids to the T setting.

Large print copies of this booklet are available from the stewards.

Os oes angen waffer heb glwten arnoch (yn cydymffurfio â'r gofyniad canonaidd am 20 rhan o glwten fesul miliwn), rhwch wybod i stiward.

Lavatories are located at the east end of the Cathedral, through the door to the left of the Quire screen.

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The cover image is a detail of a painting from the series "Map Paintings" by Sir Frank Bowling.