



Cymun Bendigaid

16-21 Ionawr 2023 am 12.30pm

19 Ionawr am 2pm yn Eglwys y Groes

Gosber ar Gân

16, 17 a 19 Ionawr 2023 am 5.30pm

Holy Eucharist

16-21 January 2023 at 12.30pm

19 January at 2pm at Eglwys y Groes

Choral Evensong

16, 17 & 19 January 2023 at 5.30pm



Cadeirlan
Deiniol Sant
ym Mangor

Saint Deiniol's
Cathedral
in Bangor



Eglwys y
Groes
Maesgeirchen

*Croeso i
Gadeirlan
Deiniol Sant
ym Mangor.*

*Welcome to
Saint
Deiniol's
Cathedral in
Bangor.*



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

Yma, yn y flwyddyn
525, bu iddo gynnull 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 gennym
heddiw ac sy'n ein
cyfareddu o hyd.

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.

Addoli gyda ni heddiw

Mae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad heddiw. Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfyrion yn eich amser eich hun ar y geiriau sanctaidd sydd ynddo. 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 llur' 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 coch**; os ydych chi'n ei chael hi'n fwy cyfforddus, eisteddwch yn hytrach na sefyll neu benlinio.

Buchedd Bangor

Mynnwch hefyd gopi o'n cylchgrawn, **Buchedd Bangor**, neu ei ddarllen o'r cod QR isod.



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 red type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

Buchedd Bangor

Please also pick up a copy of our magazine, **Buchedd Bangor**, or read it at the QR code below.

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 pechodau – 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 ddarlleniadau o'r Beibl, gan ganfod yno arweiniad, her, cysur a newydd da gan Dduw. Wrth gamu at fwrdd yr allor, cynigiwn i Dduw ein gweddi dros bawb mewn angen. Wrth galon ein haddoliad heddiw, byddwn yn cymryd bara a gwin, byddwn yn gofyn am fendith gweddnewidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Cymuno. 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, gobaith a chariad yma i bawb.

Yn arferol, defnyddir darlleniadau'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 chlundwch 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.

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, sganwch y cod QR isod.

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

3 Rhowch rodd arian parod yn un o'r basgedi casglu rhoddion yng nghefn Corff yr Eglwys heddiw.

4 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 Cash donations can be placed in one of the baskets set out at the back of the Nave.

4 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.

Trefn ar gyfer Cymun Bendigaid



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

Introit | ar ddydd Mercher

In excelso throno vidi sedere virum, quem adorat multitudo Angelorum, psallentes in unum: Ecce cuius imperii nomen est in aeternum. Jubilate Deo, omnis terra: servite Domino in laetitia. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Cyfieithiad

Gwelais ddyn yn eistedd ar orsedd uchel, yr hwn yr oedd lliaws o angylion yn ei addoli, yn llafarganu yn unsain: Wele, enw yr hwn y mae ei frenhiniaeth am byth. Bloeddiwch mewn gorfoledd i Dduw, yr holl ddaear. Addolwch y Sanctaidd Un mewn llawenydd. 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.

Datguddiad 4:2; Salm 100:1-2

Eryn | yn Eglwys y Groes ar ddydd Iau

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.

“Daeth llais o'r nefoedd: 'Ti yw fy Mab, yr Anwylyd; ynot ti yr wyf yn ymhyfrydu.'”

Order for Holy Eucharist



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

Introit | on Wednesday

In excelso throno vidi sedere virum, quem adorat multitudo Angelorum, psallentes in unum: Ecce cujus imperii nomen est in aeternum. Jubilate Deo, omnis terra: servite Domino in laetitia. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Translation

I saw a man sitting on a high throne, whom a multitude of angels adored, chanting in unison: Behold, the name of the one whose kingdom is forever. Make a joyful noise to God, all the earth. Worship the Holy One with gladness. 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.

Revelation 4:2; Psalm 100:1-2

Hymn | at Eglwys y Groes on Thursday

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.

“A voice came from heaven, ‘You are my Son, the Beloved; with you I am well pleased.’”



Edifeirwch

Gan gynnull i ddathlu,
ymbaratown gan adnabod ein pechodau,

ni sydd yn dy goflaid, O Dduw gyda ni,
ond sy'n methu cyd-fyw â'n gilydd;
ni sy'n moli dy gariad diderfyn, O Dduw gyda ni,
ond sy'n syllu'n ddirugaredd ar friw ac anghyfiawnder;
ni sy'n hiraethu am dy fy ddyfod i'n calonnau, O Dduw gyda ni,
ond yn amddifadu'n dyheu, ddaw'n llugoer at y rhodd.

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 VI "Kyrie Rex Genitor"

Kyrie eleison | ar ddyddiau eraill

℣ Kyrie eleison. **℞** **Kyrie eleison.** **℣** Christe eleison. **℞** **Christe
eleison.** **℣** Kyrie eleison. **℞** **Kyrie eleison.**

Cyfieithiad

Arglwydd, trugarha. Crist, trugarha.

Pentience

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

we who are embraced by you, God with us,
but who struggle to accept one another;
we who praise your boundless love, God with us,
but stare coldly at hurt and injustice;
we who long for you to be born in our hearts, God with us,
but whose desire falls short of the gift.

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 VI “Kyrie Rex Genitor”

Kyrie eleison | on other days

∿ Kyrie eleison. **R** Kyrie eleison. ∿ Christe eleison. **R** Christe eleison. ∿ Kyrie eleison. **R** Kyrie eleison.

Translation

Lord, have mercy. Christ, have mercy.

Gweddï Gasgl

Gweddïwn.

Dad tragwyddol, a ddatguddiaist ym medydd Iesu ei fod yn Fab i ti, gan ei eneinio â'r Ysbryd Glân: caniatâ i ni a anwyd drachefn o ddŵr a'r Ysbryd, lawenhau'n ein galwedigaeth yn blant i ti; trwy'r un Iesu Grist ein Gwardwr.
Amen.

Eisteddwn

Gair

Salmyddiaeth

Y Mi heddiw a'th genhedlais di, fy Mab wyt ti'n oes oesoedd.

**R̄ Mi heddiw a'th genhedlais di,
fy Mab wyt ti'n oes oesoedd.**

Pam y mae'r cenhedloedd yn terfysgu a'r bobloedd yn cynllwyn yn ofer?

Y mae brenhinoedd y ddaear yn barod, a'r llywodraethwyr yn ymgynghori â'i gilydd yn erbyn Duw a'r eneinog:

**R̄ Mi heddiw a'th genhedlais di,
fy Mab wyt ti'n oes oesoedd.**

Fe chwardd yr un sy'n eistedd yn y nefoedd; y mae Duw yn eu gwatwar.

Yna llefara wrthynt a'u dychryn o lid a dicter: "Yr wyf fi wedi gosod fy mrenin ar Seion, fy mynydd sanctaidd."

**R̄ Mi heddiw a'th genhedlais di,
fy Mab wyt ti'n oes oesoedd.**

Adroddaf am ddatganiad Duw. Dywedodd wrthyf, "Fy mab wyt ti, myfi a'th genhedlodd di heddiw;

Gofyn, a rhoddaf iti'r cenhedloedd yn etifeddiaeth, ac eithafoedd daear yn eiddo iti."

Collect

Let us pray.

Eternal Father, who at the baptism of Jesus revealed him to be your Son, anointing him with the Holy Spirit: grant that we who are born again by water and the Spirit may rejoice to be called your children; through the same Jesus Christ our Saviour.

Amen.

We sit

Word

Psalmody

Y Why are the nations in an uproar?

R **Why are the nations in an uproar?**

Why are the nations in an uproar; why do the peoples mutter empty threats?

Why do the mighty of the earth rise up in revolt and the rulers plot together, against God and against God's Anointed?

R **Why are the nations in an uproar?**

"Let us break their yoke," they say; "let us cast off their bonds from us."

You whose throne is in heaven are laughing; you have them in derision.

R **Why are the nations in an uproar?**

Then you speak to them in your wrath, and your rage fills them with terror.

"I myself have set my monarch upon my holy hill of Zion."

R **Why are the nations in an uproar?**

R Mi heddiw a'th genhedlais di, fy Mab wyt ti'n oes oesoedd.

Salm 2:1-8

Darlleniad

Darlleniad o'r Lyfr y Proffwyd Eseia.

Dyma'r hyn a ddywed y Sanctaidd Un: "Dyma fy ngwas, yr wyf yn ei gynnal, f'etholedig, yr wyf yn ymhyfrydu ynddo. Rhoddais fy ysbryd ynddo, i gyhoeddi barn i'r cenedloedd. Ni fydd yn gweiddi nac yn codi ei lais, na pheri ei glywed yn yr heol. Ni fydd yn dryllio corsen ysig, nac yn diffodd llin yn mygu; bydd yn cyhoeddi barn gywir. Ni fydd yn diffodd, ac ni chaiff ei ddryllio, nes iddo osod barn ar y ddaear; y mae'r ynysoedd yn disgwyl am ei gyfraith." Fel hyn y dywed Duw, a greodd y nefoedd a'i thaenu allan, a luniodd y ddaear a'i chynnyrch, a roddodd anadl i'r bobl sydd arni, ac ysbryd i'r rhai sy'n rhodio ynddi: "Myfi yw'r Sanctaidd Un; gelwais di mewn cyfiawnder, a gafael yn dy law; lluniais di a'th osod yn gyfarnod pobl, yn oleuni cenedloedd; i agor llygaid y deillion, i arwain caethion allan o'r carchar, a'r rhai sy'n byw mewn tywyllwch o'u cell."

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Eseia 42:1-7

Codwn ar ein traed

Let me announce the decree of God, who has said to me, "You are my Son; this day have I begotten you.

Ask of me, and I will give you the nations for your inheritance and the ends of the earth for your possession."

R Why are the nations in an uproar?

Psalm 2:1-8

Reading

A reading from the Book of the Prophet Isaiah.

Thus says the Holy One: Here is my servant, whom I uphold, my chosen, in whom my soul delights; I have put my spirit upon him; he will bring forth justice to the nations. He will not cry or lift up his voice, or make it heard in the street; a bruised reed he will not break, and a dimly burning wick he will not quench; he will faithfully bring forth justice. He will not grow faint or be crushed until he has established justice in the earth; and the coastlands wait for his teaching. Thus says God, who created the heavens and stretched them out, who spread out the earth and what comes from it, who gives breath to the people upon it and spirit to those who walk in it: I am the Holy One, I have called you in righteousness, I have taken you by the hand and kept you; I have given you as a covenant to the people, a light to the nations, to open the eyes that are blind, to bring out the prisoners from the dungeon, from the prison those who sit in darkness.

Hear the word of life to the world.

Thanks be to God.

Isaiah 42:1-7

We stand

Efengyl

Y Haleliwia. R̄ Haleliwia. Y Â dŵr y bedyddiais i chwi, ond â'r Ysbryd Glân y bydd ef yn eich bedyddio. R̄ Haleliwia.

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Marc.

Gogoniant i ti, O Grist.

Bryd hynny: Ymddangosodd Ioan Fedyddiwr yn yr anialwch, yn cyhoeddi bedydd edifeirwch yn foddion maddeuant pechodau. Ac yr oedd holl wlad Jwdea, a holl drigolion Jerwsalem, yn mynd allan ato, ac yn cael eu bedyddio ganddo yn afon lорddonen, gan gyffesu eu pechodau. Yr oedd Ioan wedi ei wisgo mewn dillad o flew camel a gwregys o groen am ei ganol, a locustiaid a mêl gwyllt oedd ei fwyd. A dyma'i genadwri: "Y mae un cryfach na mi yn dod ar f'ôl i. Nid wyf fi'n deilwng i blygu a datod carrai ei sandalau ef. Â dŵr y bedyddiais i chwi, ond â'r Ysbryd Glân y bydd ef yn eich bedyddio." Yn y dyddiau hynny daeth Iesu o Nasareth Galilea, a bedyddiwyd ef yn afon lорddonen gan Ioan. Ac yna, wrth iddo godi allan o'r dŵr, gwelodd y nefoedd yn rhwygo'n agored a'r Ysbryd fel colomen yn disgyn arno. A daeth llais o'r nefoedd: "Ti yw fy Mab, yr Anwylyd; ynot ti yr wyf yn ymhyfrydu."

Dyma Efengyl ein Gwardwr.

Moliant i ti, O Grist.

Marc 1:1-11

Pregeth | yn Eglwys y Groes ar ddydd Iau

Gospel

℣ Alleluia. ℞ **Alleluia.** ℣ I have baptized you with water; but he will baptize you with the Holy Spirit. ℞ **Alleluia.**

Grace and peace be with you.

And keep you in the love of Christ.

Listen to the Holy Gospel according to ✠ Saint Mark.

Glory to you, O Christ.

At that time: As it is written in the prophet Isaiah, "See, I am sending my messenger ahead of you, who will prepare your way; the voice of one crying out in the wilderness: 'Prepare the way of the Lord, make his paths straight'", John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit." In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

This is the Gospel of our Saviour.

Praise to you, O Christ.

Mark 1:1-11

Sermon | at Eglwys y Groes on Thursday

Bwriad

Gweddiwn.

Penliniwn neu eisteddwn

Drindod Dragwyddol, dathlwn y Cymun hwn i'th ogoniant,
[er anrhydedd 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 doreithiog i [...].

Y O Dduw, yn dy drugaredd,

R: Gwrando ein gweddi.

Deuwn hefyd at fwrdd yr allor â'n gweddiâu
[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 gynhaliwn 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.**

Intention

Let us pray.

We kneel or sit

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 [...].

✠ God in your mercy,

✠ **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 ...].

✠ God in your mercy,

✠ **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.

✠ God in your mercy,

✠ **Hear our prayer.**

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

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

Cymun

Emyn | yn Eglwys y Groes ar ddydd Iau

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

Offrwm | ar ddydd Mercher

Jubilate Deo, omnis terra: servite Domino in laetitia. Intrate in conspectu eius in exultatione, quia Dominus ipse est Deus.

Cyfieithiad

Bloeddiwch mewn gorfoledd i Dduw, yr holl ddaear. Addolwch y Sanctaidd Un mewn llawenydd, dewch o'i flaen â chân. Gwybyddwch mai'r Sanctaidd Un sydd Dduw.

Salm 100:1-3

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.

lawn yw rhoi ein diolch a'n clod.

lawn 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.

Oherwydd trwy arweiniad seren datgelaist ef i'r byd ar ffurf ddynol, fel, wrth ei ddilyn ef, y dygir ni allan o dywyllwch i'w oleuni ardderchog.

Sacrament

Hymn | at Eglwys y Groes on Thursday

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

Offertory | on Wednesday

Jubilate Deo, omnis terra: servite Domino in laetitia. Intrate in conspectu eius in exultatione, quia Dominus ipse est Deus.

Translation

*Make a joyful noise to God, all the earth.
Worship the Holy One with gladness; come into
his presence with singing. Know that the Holy
One is God.*

Psalm 100:1-3

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.

Because by the leading of a star you have revealed him to the world in human form, that in following him we are brought out of darkness into his marvellous light.

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

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 VI "Kyrie Rex Genitor"

ar ddyddiau eraill

**Sanctaid, sanctaid, sanctaid 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 câi'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 Hiachawdwr, 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, bwyteu; hwn yw fy nghorff a roddir drosoc: 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 drosoc a thros lawer er maddeuant pechodau: gwnewch hyn bob tro yr yfwch ef er cof amdanaf. ✠

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:

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 VI “Kyrie Rex Genitor”

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. ✠

Gadewch inni gyhoeddi dirgeledd y ffydd:

Bu farw Crist.

Atgyfododd Crist.

Daw Crist mewn gogoniant.

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

Adfer ac adfywia dy holl bobl, adnewydd ni a phawb y gweddiwn 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 Harglwydd Iesu Grist.

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

✠ **Amen.**

Parhawn ar ein traed

Gweddi'r Arglwydd

Fel y dysgodd ein Hiachawdwr ni, gweddiwn yn hyderus, pob un yn ei iaith ei hun:

Ein Tad, yr hwn wyt yn y nefoedd, sancteiddier dy enw, deled dy deyrnas, gwneler dy ewylllys; 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.**

Let us proclaim the mystery of faith:

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, each in their own language:

Our 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.

Tangnefedd

Yn dy eni di, O Dduw, aileniir y byd; dy gorff toredig yn gyflawn yn adnewyddiad dy greadigaeth.

Tangnefedd y Bythol Dduw a fo gyda chwi bob amser.

A'th gadw di yng nghariad Crist.

Rhannwn arwydd o Dangnefedd.

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 VI "Kyrie Rex Genitor"

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 dangnefedd.**

Cymuno

✠ Iesu 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 gynnull o algyloch Bwrdd yr Allor i Gymuno o'r Afrlladen Sagrafennol ac, os y dymunwn ac y gallwn, o'r Gwerthfawr Waed

Peace

In your birth, O God, the world is reborn; your broken body made whole in your renewal of all creation.

The Peace of the Living God be always with you.

And keep you in the love of Christ.

We share a sign of Peace.

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 VI “Kyrie Rex Genitor”

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 gather around the altar-table to make our Communion, receiving the Sacramental Host and, if we wish or are able, the Precious Blood

Brawddeg y Cymun | ar ddydd Mercher

Fili, quid fecisti nobis sic? Ego et pater tuus dolentes quaerebamus te. Et ait ad illos: Et quid est quod me quaerebatis? Nesciebatis quia in his quae Patris mei sunt, oportet me esse?

Cyfieithiad

“Fy mhlentyn, pam y gwnaethost hyn inni? Dyma dy dad a minnau yn llawn pryder wedi bod yn chwilio amdanat.” Meddai ef wrthynt, “Pam y buoch yn chwilio amdanaf? Onid oeddech yn gwybod mai yn nhŷ fy Nhad y mae’n rhaid i mi fod?”

Luc 2:48-49

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddî Ôl-Gymun

Gweddîwn.

Codwn ar ein traed

Duw ein Tad, daeth dy Air i’n plith ym Mhlentyn Sanctaidd Bethlehem: bydded i oleuni ffydd oleuo ein calonnau a disgleirio yn ein geiriau a’n gweithredoedd; trwyddo ef sy’n Grist y Gwardedwr.

Amen.

Ymadael

Gras a thangnefedd a fo gyda chwi.

A’th gadw di yng nghariad Crist.

Bydded i Grist, a gasglodd yn un bopeth daearol a nefol, trwy gymryd ein cnawd ni, eich llenwi â’i lawenydd a’i dangnefedd; 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

Communion sentence | on Wednesday

Fili, quid fecisti nobis sic? Ego et pater tuus dolentes quaerebamus te. Et ait ad illos: Et quid est quod me quaerebatis? Nesciebatis quia in his quae Patris mei sunt, oportet me esse?

Translation

“Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety.” He said to them, “Why were you searching for me? Did you not know that I must be in my Father’s house?”

Luke 2:48-49

Hymn | at Eglwys y Groes on Thursday

Post-Communion Prayer

Let us pray.

We stand

God our Father, whose Word has come among us in the Holy Child of Bethlehem: may the light of faith illumine our hearts and shine in our words and deeds; through him who is Christ the Saviour.

Amen.



Departing

Grace and peace be with you.

And keep you in the love of Christ.

Christ, who by taking our flesh, gathered into one all things earthly and heavenly, fill you with his joy and peace; 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

Yn y Gosber

Mae i oedfa'r Gosber ar Gân wreiddiau dwfn. Mae'n waddol o fuchedd gweddi y mynachlogydd Benedictaidd, lle roedd treigl oriau'r dydd yn esgor ar weddi ar y cyd. Daw'r ffurf a ddefnyddiwn heddiw o Lyfr Gweddi Gyffredin yr unfed ganrif ar bymtheg, lle cyfunwyd dau o'r oedfaon mynachaid hynafol i ffurfio oedfa i'w hoffrymu'n blwyfol ar drefyn dydd, ac mewn cadeirlannau ar gân.

Yn ein Gosber, byddwn yn gwrando ar lithoedd o'r Hen Destament a'r Newydd, ac yn canu'r ddwy gân hwyrol o'r Efengyl yn ôl Sant Luc – y *Magnificat* (cân am ein hyder yn addewid oesol Duw) a'r *Nunc dimittis* (cân am ein cyflawniad yng ngholeuni oesol Crist). Mae gweddi ar gân ac ar goedd, a sain yr anthem, yn ein dwyn, galon a meddwl, tuag at Dduw.

Mae trefn ar gyfer Gosber ar Gân yn dechrau ar dudalen 30.

At Evensong

The service of Choral Evensong has deep roots. It is an inheritance from the prayer life of Benedictine monasteries, where the turning of the hours of the day was marked by communal prayer. The service we know today is from the sixteenth-century Book of Common Prayer, in which two of the ancient monastic observances were combined to form a service to mark the end of the day – and “in quires and places where they sing,” to do so chorally.

At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God's enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung and spoken prayer, and the music of an anthem, draw us heart and mind to God.

The order for Choral Evensong begins on page 30.

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, sganwch y cod QR isod.

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

3 Rhowch rodd arian parod yn un o'r basgedi casglu rhoddion yng nghefn Corff yr Eglwys heddiw.

4 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.

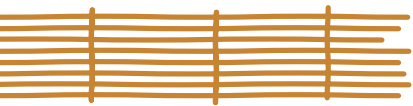
2 Use our contactless donation point at the back of the Nave to tap your card or phone.

3 Cash donations can be placed in one of the baskets set out at the back of the Nave.

4 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.

Trefn ar gyfer Gosber ar Gân *Order for Choral Evensong*



Codwn ar ein traed ar ganiad y gloch | We stand as the bell is rung



Cynnull *Gathering*

Deisyfiadau *Preces*

Ŵ ✕ O lôr, rho i'n gwefus gân.
R̄ Aed yn bêr hyd y nef ein mawl.

Ŵ ✕ O Dduw, cofleidia'n hadfyd.
R̄ O Grist, dy ras yw'n golud.

Ŵ Gogoniant fo i Dduw Dad, ac i Dduw'r Mab,
ac i Dduw'r Ysbryd Glân,
R̄ Fel yr oedd yn y dechreuad, mae'n awr, a'n fythol y bydd;
yn oes oesoedd. Amen.

Ŵ Molwch yr lôr.
R̄ Addolwn ein Duw.

Translation

Ŵ ✕ O Lord, open thou our lips. R̄ And our mouth shall shew forth thy praise. Ŵ ✕ O God, make speed to save us. R̄ O Lord, make haste to help us. Ŵ Glory be to the Father, and to the Son, and to the Holy Ghost. R̄ As it was in the beginning, is now, and ever shall be, world without end. Amen. Ŵ Praise ye the Lord. R̄ The Lord's name be praised.

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Plaengan | Plainsong

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Malcolm Archer

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Humphrey Clucas

Brawddeg *Sentence*

"Daeth llais o'r nefoedd: 'Ti yw fy Mab, yr Anwylyd; ynot ti yr wyf yn ymhyfrydu.'"

Translation

"A voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'"

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

In thee O Lord have I put my trust: let me never be put to confusion.

Deliver me and set me free according to thy righteousness: incline thine ear unto me and save me.

Be thou my rock and my refuge, that thou mayest preserve me: for thou art my strong rock and my castle.

Deliver me O my God out of the hand of the ungodly: out of the hand of the unrighteous and cruel man.

For thou O Lord God art the thing that I long for: thou art my hope even from my youth.

Through thee have I been holden up ever since I was born: thou art he that took me out of my mother's womb; my praise shall be always of thee.

I am become a cause of wonder unto many: but thou art my refuge and my strength.

O let my mouth be filled with thy praise: and with thy glory and honour all the day long.

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 71:1-8
Cerddoriaeth | Music
John Robinson (1682-1762)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Mawrth **Psalmody** | on Tuesday

My song shall be always of thy loving-kindness O Lord: with my mouth will I ever be shewing thy faithfulness, from one generation to another.

For thy loving kindness shall be set up for ever: thy faithfulness shall be stablished firm as the heavens.

Thou hast said "I have made a covenant with my chosen: I have sworn unto David my servant;

Thy seed will I stablish for ever: and set up thy throne from one generation to another."

O Lord the very heavens shall praise thy wondrous works: and thy faithfulness in the assembly of the holy ones.

For who is he among the clouds that can be compared unto the Lord: and who is he among the gods that is like unto the Lord,

A God greatly to be feared in the council of the holy ones: a great God, to be had in reverence above all that are round about him?

O Lord God of hosts, who is strong as thou art: thou Lord whose faithfulness is on every side?

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost;

as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 89:1-8
Cerddoriaeth | Music
Gerald Finzi (1901-1956)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

Praise ye the Lord. I will give thanks unto the Lord with my whole heart: in the company of the upright and among the congregation.

The works of the Lord are great: sought out by all them that have I pleasure therein.

His work is worthy to be praised and had in honour: and his righteousness endureth for ever.

He hath made his marvellous works to be had in remembrance: the Lord is gracious and merciful.

He hath given food unto them that fear him: he shall ever be mindful of his covenant.

He hath shewed his people the power of his works: for he gave them the heritage of the nations.

The works of his hands are faithful and just: all his commandments are true.

They stand fast for ever and ever: and are done in truth and equity.

He sent redemption unto his people, he commanded his covenant for ever: holy is his name and to be held in awe.

The fear of the Lord is the beginning of wisdom; a good understanding have all they that do thereafter: his praise endureth for ever.

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 111
Cerddoriaeth | Music
Edmund Chipp (1823-1886)

Eisteddwn | We sit

Yma y mae yn dechrau seithfed bennod Llyfr y Proffwyd Micha.

Gair y Sanctaidd Un a ddaeth at Micha o Moreseth: Gwae fi! Yr wyf fel gweddillion ffrwythau haf, ac fel lloffion cynhaeaf gwin; nid oes grawnwin i'w bwyta, na'r ffigys cynnar a flysiaf. Darfu am y ffyddlon o'r tir, ac nid oes neb uniawn ar ôl; y maent i gyd yn llechu i ladd, a phawb yn hela'i gilydd â rhwyd. Y mae eu dwylo'n fedrus mewn drygioni, y swyddog yn codi tâl a'r barnwr yn derbyn gwobr, a'r uchelwr yn mynegi ei ddymuniad llygredig. Y maent yn gwneud i'w cymwynas droi fel mieri, a'u huniondeb fel drain. Daeth y dydd y gwylwyd amdano, dydd cosb; ac yn awr y bydd yn ddriswch iddynt. Peidiwch â rhoi hyder mewn cymydog, nac ymddiried mewn cyfaill; gwylia ar dy enau rhag gwaraig dy fynwes. Oherwydd y mae'r mab yn amharchu ei dad, y ferch yn gwrthryfela yn erbyn ei mam, y ferch-yng-nghyfraith yn erbyn ei mam-yng-nghyfraith; a gelynyon rhywun yw ei dylwyth ei hun. Ond edrychaf fi at Duw, disgwyliaf wrth Dduw fy iachawdwriaeth; gwrendy fy Nuw arnaf. Paid â llawenychu yn f'erbyn, fy ngelyn; er imi syrthio, fe godaf. Er fy mod yn trigo mewn tywyllwch, bydd y Sanctaidd Un yn oleuni i mi. Dygaf ddi y Bywiol Un — oherwydd pechais yn ei erbyn — nes iddo ddadlau f'achos a rhoi dedfryd o'm plaid, nes iddo fy nwyn allan i oleuni, ac imi weld ei gyfiawnder. Yna fe wêl fy ngelyn a chywilyddio — yr un a ddywedodd wrthyf, "Ble mae'r Bythol Un dy Dduw?" Yna bydd fy llygaid yn gloddesta arno, pan sethrir ef fel baw ar yr heolydd.

Yma y terfyn y Llith Gyntaf.

Translation over the page

Translation

The word of the Holy One that came to Micah of Moresheth: Woe is me! For I have become like one who, after the summer fruit has been gathered, after the vintage has been gleaned, finds no cluster to eat; there is no first-ripe fig for which I hunger. The faithful have disappeared from the land, and there is no one left who is upright; they all lie in wait for blood, and they hunt each other with nets. Their hands are skilled to do evil; the official and the judge ask for a bribe, and the powerful dictate what they desire; thus they pervert justice. The best of them is like a brier, the most upright of them a thorn hedge. The day of their sentinels, of their punishment, has come; now their confusion is at hand. Put no trust in a friend, have no confidence in a loved one; guard the doors of your mouth from her who lies in your embrace; for the son treats the father with contempt, the daughter rises up against her mother, the daughter-in-law against her mother-in-law; your enemies are members of your own household. But as for me, I will look to God, I will wait for the God of my salvation; my God will hear me. Do not rejoice over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the Holy One will be a light to me. I must bear the indignation of the Living One, because I have sinned against him, until he takes my side and executes judgement for me. He will bring me out to the light; I shall see his vindication. Then my enemy will see, and shame will cover her who said to me, "Where is the Eternal One your God?" My eyes will see her downfall; now she will be trodden down like the mire of the streets.

Micha | Micah 7:1-10

Yma y mae yn dechrau unfed adnod ar ddeg seithfed bennod Llyfr y Proffwyd Micha.

Gair y Sanctaidd Un a ddaeth at Micha o Moreseth: Bydd yn ddydd adeiladu dy furiau, yn ddydd ehangu terfynau, yn ddydd pan ddônt atat o Asyria hyd yr Aifft, ac o'r Aifft hyd afon Ewffrates, o fôr i fôr, ac o fynydd i fynydd. Ond bydd y ddaear yn ddiffaith, oherwydd ei thrigolion; dyma ffrwyth eu gweithredoedd. Bugeilia dy bobl â'th ffon, y ddiadell sy'n etifeddiaeth iti, sy'n trigo ar wahân mewn coedwig yng nghanol Carmel; porant Basan a Gilead fel yn y dyddiau gynt. Fel yn y dyddiau pan ddaethost allan o'r Aifft, fe ddangosaf iddynt ryfeddodau. Fe wêl y cenedloedd, a chywilyddio er eu holl rym; rhônt eu dwylo ar eu genau a bydd eu clustiau'n fyddar; llyfant y llwch fel neidr, fel ymlusgiaid y ddaear; dônt yn grynedig allan o'u llochesau, a throi mewn dychryn at y Sanctaidd Un ein Duw, ac ofnant di. Pwy sydd Dduw fel ti, yn maddau camwedd, ac yn mynd heibio i drosedd gweddill ei etifeddiaeth? Nid yw'n dal ei ddig am byth, ond ymhyfryda mewn trugaredd. Bydd yn tosturio wrthym eto, ac yn golchi ein camweddau, ac yn taflu ein holl bechodau i eigion y môr. Byddi'n ffyddlon i Jacob ac yn deyrngar i Abraham, fel y tyngaist i'n tadau yn y dyddiau gynt.

Yma y terfyn y Llith Gyntaf.

Translation

The word of the Holy One that came to Micah of Moresheth: A day for the building of your walls! In that day the boundary shall be far extended. In that day they will come to you from Assyria to Egypt, and from Egypt to the River, from sea to sea and from mountain to mountain. But the earth will be desolate because of its inhabitants, for the fruit of their doings. Shepherd your people with your staff, the flock that belongs to you, which lives alone in a forest in the midst of a garden land; let them feed in Bashan and Gilead as in the days of old. As in the days when you came out of the land of Egypt, show us marvellous things. The nations shall see and be ashamed of all their might; they shall lay their hands on their mouths; their ears shall be deaf; they shall lick dust like a snake, like the crawling

things of the earth; they shall come trembling out of their fortresses; they shall turn in dread to the Holy One our God, and they shall stand in fear of you. Who is a God like you, pardoning iniquity and passing over the transgression of the remnant of your possession? He does not retain his anger for ever, because he delights in showing clemency. He will again have compassion upon us; he will tread our iniquities under foot. You will cast all our sins into the depths of the sea. You will show faithfulness to Jacob and unswerving loyalty to Abraham, as you have sworn to our ancestors from the days of old.

Micha | Micah 7:11-20

Llith | ar ddydd Iau Lesson | on Thursday

Yma y mae yn dechrau Llyfr y Proffwyd Habacuc.

Yr oracl a dderbyniodd Habacuc y proffwyd mewn gweledigaeth: Am ba hyd, O Dduw, y gwaeddaf am gymorth, a thithau heb wrando, ac y llefaf arnat, "Trais!" a thithau heb waredu? Pam y peri imi edrych ar ddrygioni, a gwneud imi weld trallod? Anrhaith a thrais sydd o'm blaen, cynnen a therfysg yn codi. Am hynny, â'r gyfraith yn ddi-rym, ac nid yw cyfiawnder byth yn llwyddo; yn wir y mae'r drygionus yn amgylchu'r cyfiawn, a daw cyfiawnder allan yn wyrgam. "Edrychwch ymysg y cenedloedd, a sylwch; rhyfeddwch, a byddwch wedi'ch syfrdanu; oherwydd yn eich dyddiau chwi yr wyf yn gwneud gwaith na choeliech, pe dywedid wrthyhch. Oherwydd wele, yr wyf yn codi'r Caldeaid, y genedl greulon a gwyllt, sy'n ymdaith ledled y ddaear i feddiannu cartrefi nad ydynt yn eiddo iddynt. Arswydus ac ofnadwy ydynt, yn dilyn eu rheolau a'u hawdurdod eu hunain. Y mae eu meirch yn gyflymach na'r llewpard, yn ddycnach na bleiddiaid yr hwyr, ac yn ysu am fynd. Daw ei farchogion o bell, yn ehedeg fel fwltur yn brysio at ysglyfaeth. Dônt i gyd i dreisio, a bydd dychryn o'u blaen; casglant gaethion rif y tywod; gwawdiant frenhinoedd a dirmygant arweinwyr; dirmygant bob amddiffynfa, a gosod gwarchae i'w meddiannu. Yna rhuthrant heibio fel gwynt — dynion euog, a wnaeth dduw o'u nerth."

Yma y terfyn y Llith Gyntaf.

Translation

The oracle that the prophet Habakkuk saw: O God, how long shall I cry for help, and you will not listen? Or cry to you "Violence!" and you will not save? Why do you make me see wrongdoing and look at trouble? Destruction and violence are before me; strife and contention arise. So the law becomes slack and justice never prevails. The wicked surround the righteous — therefore judgement comes forth perverted. Look at the nations, and see! Be astonished! Be astounded! For a work is being done in your days that you would not believe if you were told. For I am rousing the Chaldeans, that fierce and impetuous nation, who march through the breadth of the earth to seize dwellings not their own. Dread and fearsome are they; their justice and dignity proceed from themselves. Their horses are swifter than leopards, more menacing than wolves at dusk; their horses charge. Their horsemen come from far away; they fly like an eagle swift to devour. They all come for violence, with faces pressing forward; they gather captives like sand. At kings they scoff, and of rulers they make sport. They laugh at every fortress, and heap up earth to take it. Then they sweep by like the wind; they transgress and become guilty; their own might is their god!

Habacuc | Habakkuk 1:1-11

Magnificat | ar ddydd Mawrth | on Tuesday

Codwn ar ein traed | We stand



Fy enaid a fawrha yr Arglwydd, a'm hysbryd a lawenychodd yn Nuw fy lawchawdwr. Canys efe a edrychodd ar ostyngyddrwydd ei wasanaethyddes. Oblegid wele, o hyn allan, yr holl genedlaethau a'm geilw yn wynfydedig. Canys yr hwn sydd alluog a wnaeth i mi fawredd, a sanctaidd yw ei enw ef. A'i drugaredd sydd yn oes oesoedd ar y rhai a'i hofna ef. Efe a ddangosodd nerth â'i fraich: efe a wasgarodd y rhai balch eu calon. Efe a dynnodd i lawr y cedyrn o'u heisteddfâu, ac a ddyrchafodd y rhai isel radd. Efe a lanwodd y rhai newynog â phethau da, ac a anfonodd ymaith y rhai goludog mewn eisiau. Efe a gynorthwyodd ei was Israel, gan gofio ei drugaredd. Fel y dywedodd wrth ein tadau, Abraham a'i had, yn dragywydd. Gogoniant i'r Tad, ac i'r Mab, ac i'r Ysbryd Glân. Megis yr oedd yn y dechrau, y mae'n awr hon, ac y bydd yn wastad: yn oes oesoedd. Amen.

Translation as below
Cerddoriaeth | Music
Joe Cooper

Eisteddwn | We sit

Magnificat | ar ddyddiau eraill | on other days

Codwn ar ein traed | We stand



My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. For he hath regarded the lowliness of his handmaiden; for behold, from henceforth, all generations shall call me blessed. For he that is mighty hath magnified me: and holy is his Name. And his mercy is on them that fear him: throughout all generations. He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts. He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the hungry with good things, and the rich he hath sent empty away. He remembering his mercy hath holpen his servant Israel, as he promised to our forefathers, Abraham and his seed for ever. Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now, and ever shall be,

world without end. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday
Gwasanaeth Hwyrrol yn A | Evening Service in A,
Herbert Sumsion (1899-1995)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Gwasanaeth Hwyrrol yn C | Evening Service in C,
Charles Villiers Stanford (1852-1924)

Eisteddwn | We sit

Llith | ar ddydd Llun Lesson | on Monday

Here begins the twenty-first chapter of the Revelation to Saint John the Divine.

Behold: I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away." And the one who was seated on the throne said, "See, I am making all things new." Also he said, "Write this, for these words are trustworthy and true." Then he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give water as a gift from the spring of the water of life. Those who conquer will inherit these things, and I will be their God and they will be my children. But as for the cowardly, the faithless, the polluted, the murderers, the fornicators, the sorcerers, the idolaters, and all liars, their place will be in the lake that burns with fire and sulphur, which is the second death."

Datguddiad | Revelation 21:1-8

Here begins the ninth verse of the twenty-first chapter of the Revelation to Saint John the Divine.

Behold: One of the seven angels who had the seven bowls full of the seven last plagues came and said to me, "Come, I will show you the bride, the wife of the Lamb." And in the spirit he carried me away to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God. It has the glory of God and a radiance like a very rare jewel, like jasper, clear as crystal. It has a great, high wall with twelve gates, and at the gates twelve angels, and on the gates are inscribed the names of the twelve tribes of the Israelites; on the east three gates, on the north three gates, on the south three gates, and on the west three gates. And the wall of the city has twelve foundations, and on them are the twelve names of the twelve apostles of the Lamb. The angel who talked to me had a measuring rod of gold to measure the city and its gates and walls. The city lies foursquare, its length the same as its width; and he measured the city with his rod, fifteen hundred miles; its length and width and height are equal. He also measured its wall, one hundred and forty-four cubits by human measurement, which the angel was using. The wall is built of jasper, while the city is pure gold, clear as glass. The foundations of the wall of the city are adorned with every jewel; the first was jasper, the second sapphire, the third agate, the fourth emerald, the fifth onyx, the sixth cornelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh jacinth, the twelfth amethyst. And the twelve gates are twelve pearls, each of the gates is a single pearl, and the street of the city is pure gold, transparent as glass. I saw no temple in the city, for its temple is God the Almighty and the Lamb. And the city has no need of sun or moon to shine on it, for the glory of God is its light, and its lamp is the Lamb. The nations will walk by its light, and the kings of the earth will bring their glory into it. Its gates will never be shut by day — and there will be no night there. People will bring into it the glory and the honour of the nations. But nothing unclean will enter it, nor anyone who practises abomination or falsehood, but only those who are written in the Lamb's book of life.

Here ends the Second Lesson.

Here begins the twenty-second chapter of the Revelation to Saint John the Divine.


Behold: The angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations. Nothing accursed will be found there any more. But the throne of God and of the Lamb will be in it, and his servants will worship him; they will see his face, and his name will be on their foreheads. And there will be no more night; they need no light of lamp or sun, for God will be their light, and they will reign for ever and ever. And he said to me, "These words are trustworthy and true, for the Holy One, the God of the spirits of the prophets, has sent his angel to show his servants what must soon take place. See, I am coming soon! Blessed is the one who keeps the words of the prophecy of this book." I, John, am the one who heard and saw these things. And when I heard and saw them, I fell down to worship at the feet of the angel who showed them to me; but he said to me, "You must not do that! I am a fellow-servant with you and your comrades the prophets, and with those who keep the words of this book. Worship God!" And he said to me, "Do not seal up the words of the prophecy of this book, for the time is near. Let the evildoer still do evil, and the filthy still be filthy, and the righteous still do right, and the holy still be holy."

Here ends the Second Lesson.

Datguddiad | Revelation 22:1-11

Nunc dimittis | ar ddydd Mawrth | on Tuesday

Codwn ar ein traed | We stand

 Yr awr hon, Arglwydd, y gollyngi dy was mewn tangnefedd, ar ôl dy air. Canys fy llygaid a welodd dy iachawdwriaeth; yr hon a baratoaist gerbron wyneb yr holl bobl. I fod yn oleuni i oleuo'r Cenhedloedd, ac yn ogoniant i'th bobl Israel. Gogoniant i'r Tad, ac i'r Mab, ac i'r Ysbryd Glân. Megis yr oedd yn y dechrau, y mae'n awr hon, ac y bydd yn wastad: yn oes oesoedd. Amen.

Translation as below


Cerddoriaeth | Music

Joe Cooper

Parhawn ar ein traed, a throi i wynebu'r Dwyrain | We stand, turning to face East

Nunc dimittis | ar ddyddiau eraill | on other days

Codwn ar ein traed | We stand

 Lord, now lettest thou thy servant depart in peace according to thy word. For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; to be a light to lighten the Gentiles and to be the glory of thy people Israel. Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Gwasanaeth Hwyrrol yn A | Evening Service in A,

Herbert Sumsion (1899-1995)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Gwasanaeth Hwyrrol yn C | Evening Service in C,

Charles Villiers Stanford (1852-1924)

Parhawn ar ein traed, a throi i wynebu'r Dwyrain | We stand, turning to face East

Credo'r Apostolion **Apostles' Creed**

I believe in God
**the Father Almighty,
Maker of heaven and earth:
and in Jesus Christ his only Son our Lord,
who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;
he descended into hell;
the third day he rose again from the dead,
he ascended into heaven,
and sitteth on the right hand of God the Father Almighty;
from thence he shall come to judge
the quick and the dead.**
I believe in the Holy Ghost;
the holy catholic Church;
the communion of saints;
the forgiveness of sins;
✠ the Resurrection of the body,
and the Life everlasting.
Amen.

Parhawn ar ein traed, gan droi o'r Dwyrain | We stand, turning from the East

Gweddïau Prayers

Litani Leiaf Lesser Litany

The Lord be with you.
And with thy spirit.

Let us pray.

Penliniwn neu eisteddwn | We kneel or sit

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

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. Amen.

Translation

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, in 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. Amen.

O Lord, shew thy mercy upon us;
And grant us thy salvation.

O Lord, save the King;
And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness;
And make thy chosen people joyful.

O Lord, save thy people;
And bless thine inheritance.

Give peace in our time, O Lord;
Because there is none other that fighteth for us,
but only thou, O God.

O God, make clean our hearts within us;
And take not thy Holy Spirit from us.

Gweddïau Casgl Collects

Dad tragwyddol, a ddatguddiaist ym medydd Iesu ei fod yn Fab i ti, gan ei eneinio â'r Ysbryd Glân: caniatâ i ni a anwyd drachefn o ddŵr a'r Ysbryd, lawenhau'n ein galwedigaeth yn blant i ti; trwy'r un Iesu Grist ein Gwarddwr. Amen.

O God, from whom all holy desires, all good counsels, and all just works do proceed; give unto thy servants that peace which the world cannot give; that our hearts may be set to obey thy commandments, and also that by thee, we, being defended from the fear of our enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

Translation

Eternal Father, who at the baptism of Jesus revealed him to be your Son, anointing him with the Holy Spirit: grant that we who are born again by water and the Spirit may rejoice to be called your children; through the same Jesus Christ our Saviour. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday
Plaengan | Plainsong

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Malcolm Archer

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Humphrey Clucas

Deiniol, dad a tharddiad, a godaist fangor fawr yn gysgod a noddfa, a'th godwyd â'th fagl i fugeilio Gwynedd Maelgwn gynt; cwyd i'r uchelfannau weddïau aelwyd d'olynydd yn y fangre hon, fel y cyfyd gwawrddydd ffydd, gobaiha a chariad yn ein calonnau'n fythol.

Amen.

ODeiniol, our forebear and founder, who raised a great bangor for shelter and sanctuary, and who was raised with your crozier to shepherd Maelgwn's Gwynedd in those ancient days: raise to the heavenly courts the prayers of your successor's household in this sacred place, that our hearts may awaken to faith, hope and love eternally.

Amen.

Eisteddwn | We sit

Anthem | ar ddydd Llun | on Monday

Brightest and best of the sons of the morning,
dawn on our darkness and lend us thine aid;
star of the East, the horizon adorning,
guide where our infant Redeemer is laid.

Cold on his cradle the dew-drops are shining,
low lies his head with the beasts of the stall;
angels adore him in slumber reclining,
Maker and Monarch and Saviour of all.

Say, shall we yield him, in costly devotion,
odours of Edom and offerings divine?
Gems of the mountain and pearls of the ocean,
myrrh from the forest or gold from the mine?

Vainly we offer each ample oblation,
vainly with gifts would his favour secure;
richer by far is the heart's adoration,
dearer to God are the prayers of the poor.

Geiriau | Words

Reginald Heber (1783-1826)

Cerddoriaeth | Music

Malcolm Archer

Anthem | ar ddydd Mawrth | on Tuesday

Disgwylia o'r mynyddoedd draw, lle'r daw i'th gymorth ewyllysgar. Yr Arglwydd rhydd i'm gymorth cref, hwn a wnaeth nef a daear. Dy droed i lithro ef nis gâd, a'th geidwad fydd heb huno.

Translation

I lift up my eyes to the hills — from where will my help come? My help comes from God, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber.

Geiriau | Words

Salm | Psalm 121:1-3

Cerddoriaeth | Music

Felix Mendelssohn (1809-1847)

Anthem | ar ddydd Iau | on Thursday

Beati quorum via integra est, qui ambulant in lege Domini.

Cyfiethiad

Gwyn eu byd y rhai perffaith eu ffordd, y rhai sy'n rhodio yng nghyfraith Duw.

Translation

Happy are those whose way is blameless, who walk in the law of God.

Geiriau | Words

Salm | Psalm 119:1

Cerddoriaeth | Music

Charles Villiers Stanford (1852-1924)

Gweddïau Prayers

Penliniwn neu eisteddwn | We kneel or sit

Ceir gweddïau | Prayers are said

Ar derfyn y gweddïau | The prayers conclude

Rhagflaena ni, O Dduw, â'th ragorol ras, a hyrwydda ni â'th barhaus gymorth, fel, yn ein holl weithredoedd o'u cychwyn i'w cwblhau ynot ti, y gogoneddwn dy Enw sanctaidd, a chael o'r diwedd, gan dy drugaredd, lawnder bywyd; trwy Iesu Grist ein Gwaredwr.

Amen.

Translation

Go before us, O God, with thy most gracious favour, and further us with thy continual help; that in all our works, begun, continued, and ended in thee, we may glorify thy holy Name, and finally by thy mercy obtain the fullness of life; through Jesus Christ our Saviour. Amen.

**The ✠ grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Ghost,
be with us all evermore.
Amen.**

Codwn ar ein traed | We stand

Ymadael *Departing*

Emyn | ar ddydd Llun **Hymn** | on Monday



God, that madest earth and heaven,
darkness and light;
who the day for toil hast given,
for rest the night;
may thine angel-guards defend us,
slumber sweet thy mercy send us,
holy dreams and hopes attend us,
this livelong night.

Guard us waking, guard us sleeping,
and, when we die,
may we in thy mighty keeping
all peaceful lie:
when the last dread call shall wake us,
do not thou our God forsake us,
but to reign in glory take us
with thee on high.

Geiriau | Words

Reginald Heber (1783-1826)

Cerddoriaeth | Music | "Ar Hyd y Nos"

Alaw werin Cymreig | Welsh folk tune



Jerusalem the golden,
with milk and honey blest,
beneath thy contemplation
sink heart and voice opprest.
I know not, O I know not
what joys await us there,
what radiancy of glory,
what bliss beyond compare.

Neuaddau heirdd dy Seion
yw Jiwbili fy nghân;
mor wych dy dorf angylion,
dy lu merthyron glân!
Dy D'wysog fyth sydd ynot,
dy lewyrch sy'n ddi-dawl;
porfeydd dy nefol seintiau
sy lwys gan nefol wawl.

Mae gorsedd Dafydd ynot,
ac ynot fyth mewn hedd
mae llais y gorfoleddwyr
yn seinio yn dy wledd;
a'r rhai, o dan eu Capten,
a drechodd bob rhyw gur,
byth yn y nef a wisgant
eu gynau gwynion pur.

**O sweet and blessed country,
the home of God's elect!
O sweet and blessed country
that eager hearts expect!
Jesu, in mercy bring us
to that dear land of rest;
who art, with God the Father
and Spirit, ever blest.**

Translation

The beautiful halls of thy Sion are the Jubilee of my song; how brilliant is thy throng of angels, thy host of holy martyrs! Thy Prince shall forever be in thee, thy radiance is unceasing; the pastures of your heavenly saints are pretty with a heavenly gleam. / The throne of David is in thee, and in thee forever in peace is the voice of those rejoicing sounding in thy land; and those, under their Captain, who overcame every kind of hurt, forever in heaven they wear their pure white robes.

Geiriau | Words

Bernard o Glwni | Bernard of Cluny (fl.1110-1150)

Cyfieithiad | Translation

John Mason Neale (1818-1866)

Nicander (Morris Williams, 1809-1874)

Cerddoriaeth | Music | "Ewing"

Alexander Ewing (1830-1895)



Christ the Way of life possess me,
lift my heart to love and praise;
guide and keep, sustain and bless me,
all my days.

Well of life, for ever flowing,
make my barren soul and bare
like a watered garden growing,
fresh and fair.

May the Tree of life in splendour
from its leafy boughs impart
grace divine and healing tender,
strength of heart.

Path of life before me shining,
let me come when earth is past,
sorrow, self and sin resigning,
home at last.

Geiriau | Words

Timothy Dudley-Smith

Cerddoriaeth | Music | "East Street"

Peter Moger

Bendith Blessing

Parhawn ar ein traed | We remain standing

Bydded i Grist, a gasglodd yn un bopeth daearol a nefol, trwy gymryd ein cnawd ni, eich llenwi â'i lawenydd a'i dangnefedd; 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.

Translation

Christ, who by taking our flesh, gathered into one all things earthly and heavenly, fill you with his joy and peace; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always. Amen.

Gollyngiad Dismissal

Ŵ Duw a fo gyda chwi.

℞ A'th gadw di yng nghariad Crist.

Ŵ O Dduw, dyro inni dy dangnefedd.

℞ A bywyd tragwyddol. Amen.

Translation

Ŵ The Lord be with you. ℞ And keep you in the love of Christ. Ŵ O Lord, grant us your peace. ℞ And life everlasting. Amen.

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Simon Ogdon

Cerddoriaeth | Music | ar ddydaiau eraill | on other days

Edward Woodall Naylor (1867-1934)

Parhawn ar ein traed hyd nes i'r gweinidogion ymadael

We remain standing until the ministers have departed

Offrymddarn ar yr organ | Organ voluntary | ar ddydd Llun | on Monday

Les Mages, Olivier Messiaen (1908-1992)

Offrymddarn ar yr organ | Organ voluntary | ar ddydd Mawrth | on Tuesday

Rhagarweiniad yn C | Prelude in C, Jules Massenet (1842-1912)

Offrymddarn ar yr organ | Organ voluntary | ar ddydd Iau | on Thursday

Noël: "Ah! ma voisine, es-tu fâchée", Claude Balbastre (1724-1799)



Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

Rhif elusen 1158340

Diogelu

Mae diogelu plant ac oedolion sydd mewn perygl 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 dîm 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.

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

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

Os bydd angen i ni adael y Gadeirlan mewn argyfwng, arhoswch ar eich heistedd a dilynwch 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 ffurfio ar Facebook o gamera ym mhen 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 ddarllenedu. Os nad ydych am i ffotograff ohonoch chi neu blentyn yn eich gofal gael ei ddefnyddio gan y Gadeirlan, siaradwch ag aelod o dîm y Gadeirlan.

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. Mae'r gwasanaeth hwn yn cynnwys rhannau o'r **Drefn ar gyfer y Cymun Bendigaid 2004** hawlfraint © Gwasg yr Eglwys yng Nghymru 2004 Mae'r lliθοedd a'r salmyddiaeth Gymraeg yn seiliedig ar **The New Revised Standard Version of the Bible ac Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**. Daw cytgan y salmyddiaeth Gymraeg o Nicander, **Y Psallwyr** (1850) a'r salmyddiaeth Saesneg o **The Saint Helena Breviary** (2019).

Mae delwedd y clawr yn fanyl yn o ffenestr liwiedig yn darlunio Bedydd Crist yng Nghadeirlan Chartres.

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Charity number 1158340

Safeguarding

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.

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.

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

If we need to evacuate the Cathedral in an emergency, please remain seated and follow the directions of the stewards.

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

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The cover image is a detail of a stained glass window depicting the Baptism of Christ at Chartres Cathedral.