



**Cymun Bendigaid** • o dudalen 4

**Gosber ar Gân** • o dudalen 28

27 Chwefror – 4 Mawrth 2023

**Holy Eucharist** • from page 4

**Choral Evensong** • from page 28

27 February – 4 March 2023



Cadeirlan  
Deiniol Sant  
*ym Mangor*

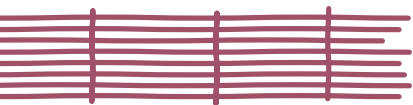
Saint Deiniol's  
Cathedral  
*in Bangor*



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.

# 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.

**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.

**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.

# Ein cymuned About us

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 rheolaidd, sy'n cynnig cymysgedd o ddefnydd ysbrydol a gwybodaeth ymarferol am ein bywyd ar y cyd. Mynwch gopi heddiw, neu ddilynwch y cod QR i ddarllen arlein.

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 regular 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 Support



## Buchedd Bangor



## O'r Ddarllenfa From the Lectern



# Y Cymun Bendigaid

## Cyflwyniad i'r Cymun Bendigaid

**Y**n 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 gynhafiaeth 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 chlodwch hwy gyda chi oddi yma.

## Addoli gyda ni heddiw

**M**ae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad. Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfyrio 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 llu'r nef i gyd. Dyrchewfch, 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.

# The Holy Eucharist

## An introduction to the Holy Eucharist

**A**t 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.

## Worshipping with us today

**T**his booklet contains everything said during our worship. 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.

# Trefn ar gyfer y Cymun Bendigaid

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

## Introit | ar ddydd Mercher

Statuit ei Dominus testamentum pacis et principem fecit eum  
ut sit illi sacerdotii dignitas in aeternum. Misericordias Domini  
in aeternum cantabo. Memento Domine David, et omnis  
mansuetudinis ejus. Gloria Patri, et Filio, et Spiritui Sancto. Sicut  
erat in principio, et nunc, et semper, et in saecula saeculorum.  
Amen.

### Cyfieithiad

*Am hynny sefydlwyd cyfamod hedd ag ef, i'w  
osod yn ben ar y cysegr ac ar ei bobl, fel mai'r  
eiddo ef a'i ddisgynyddion fyddai braint yr  
offeiriadaeth yn oes oesoedd. O Dduw, cofia am  
Ddafydd yn ei holl dreialon. 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.*

Sirach | Ecclesiasticus 45:24; Salm 132:1

## Emyn | 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.**

"Gwyn eu byd y rhai sy'n cadw dy farnedigaethau, ac yn dy  
geisio di â'u holl galon."

# Order for the Holy Eucharist

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

## Introit | on Wednesday

Statuit ei Dominus testamentum pacis et principem fecit eum ut sit illi sacerdotii dignitas in aeternum. Misericordias Domini in aeternum cantabo. Memento Domine David, et omnis mansuetudinis ejus. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

### Translation

*Therefore a covenant of friendship was established with him, that he should be leader of the sanctuary and of his people, that he and his descendants should have the dignity of the priesthood forever. O God, remember in David's favour all the hardships he endured. 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.*

Sirach | Ecclesiasticus 45:24; Psalm 132:1

## 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.**

“Happy are they who observe your decrees and seek you with all their hearts.”

## Edifeirwch

Gan gynnull 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**

**Offeren Glyn Rhosyn**, Meirion Wynn Jones

## 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,

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

**Mass of Glyn Rhosyn**, Meirion Wynn Jones

## 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 | ar ddydd Mercher

**H**ollalluog Dduw, a elwaist dy was Dewi, yn dy gariad at dy bobl, i fod yn oruchwyliwr ffyddlon a doeth ar dy ddirgeleddau: yn drugarog caniatâ fod i ni, gan ddilyn purdeb ei fuchedd a'i sêl dros holl Efengyl Crist, dderbyn gydag ef dy wobr nefol; trwy Iesu Grist ein Gwaredwr.

**Amen.**

## Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

**D**ad nefol, erfyniwn arnat ganiatáu i'th bobl ras i wrthsefyll temtasiynau'r byd, y cnawd, a'r diafol, ac â phur galon a meddwl dy ddilyn di, yr unig Dduw; trwyddo ef sy'n Grist ein Gwaredwr.

**Amen.**

## Eisteddwn

## Gair

### Salmyddiaeth

**Y** Molaf di âg uniawn galon,  
pan y dysgwy'th farnau cyfion.

**R** Molaf di âg uniawn galon,  
**pan y dysgwy'th farnau cyfion.**

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

Gwyn eu byd y rhai sy'n cadw dy farnedigaethau, ac yn dy geisio di â'u holl galon.

**R** Molaf di âg uniawn galon,  
**pan y dysgwy'th farnau cyfion.**

Y rhai nad ydynt wedi gwneud unrhyw ddrwg, ond sy'n rhodio yn dy ffyrdd di.

Yr wyt ti wedi gwneud dy ofynion yn ddeddfau i'w cadw'n ddyfal.

## Collect | on Wednesday

**A**lmighty God, who in love towards your people called your servant David to be a faithful and wise steward of your mysteries: mercifully grant that, following his purity of life and zeal for the whole Gospel of Christ, we may with him receive your heavenly reward; through Jesus Christ our Saviour.  
**Amen.**

## Collect | on other days

Let us pray.

**H**eavenly Father, we beseech you, grant your people grace to withstand the temptations of the world, the flesh, and the devil, and with pure hearts and minds to follow you, the only God; through him who is Christ our Saviour.  
**Amen.**

We sit



## Word

### Psalmody

**V** I will thank you with an unfeigned heart.

**R** **I will thank you with an unfeigned heart.**

Happy are they whose way is blameless, who walk in your law,  
O God!

Happy are they who observe your decrees and seek you with all  
their hearts!

**R** **I will thank you with an unfeigned heart.**

Who never do any wrong, but always walk in your ways.

You laid down your commandments, that we should fully keep  
them.

## **R̄ Molaf di âg uniawn galon, pan y dysgwyr'th farnau cyfion.**

O na allwn gerdded yn unionsyth a chadw dy ddeddfau!

Yna ni'm cywilyddir os cadwaf fy llygaid ar dy holl orchmynion.

## **R̄ Molaf di âg uniawn galon, pan y dysgwyr'th farnau cyfion.**

Fe'th glodforaf di â chalon gywir wrth imi ddysgu am dy farnau cyfiawn.

Fe gadwaf dy ddeddfau; paid â'm gadael yn llwyr.

## **R̄ Molaf di âg uniawn galon, pan y dysgwyr'th farnau cyfion.**

Salm 119:1-8

### **Darlleniad**

Darlleniad o Lythyr Cyffredinol Sant Iago.

**G**aredigion: Gwyn eu byd y sawl sy'n dal eu tir mewn temtasiwn, oherwydd ar ôl iddynt fynd trwy'r prawf cânt, yn goron, y bywyd a addawodd Sanct Duw i'r rhai sy'n caru'r Santaidd Un. Ni ddylai neb sy'n cael eu temtio ddweud, "Oddi wrth Dduw y daw fy nhemtasiwn"; oherwydd ni ellir temtio Duw gan ddygioni, ac nid yw Duw ei hun yn temtio neb. Yn wir, pan yw rhywun yn cael eu temtio, eu chwant eu hunain sydd yn eu tynnu ar gyfeiliorn ac yn eu hudo. Yna, y mae chwant yn beichiogi ac yn esgor ar bechod, ac y mae pechod, ar ôl cyrraedd ei lawn dwf, yn cenedlu marwolaeth. Peidiwch â chymryd eich camarwain, fy nghyfeillion annwyl. Oddi uchod y daw pob rhoi da a phob rhodd berffaith. Disgyn y maent oddi wrth Dad goleuadau'r nef; ac iddo ef ni pherthyn na chyfnawid na chysgod troadau'r rhod. O'i fwriad ei hun y cenedlodd ef ni trwy air y gwirionedd, er mwyn inni fod yn fath o flaenffrwyth o'i greaduriaid. Ystyriwch, fy nghyfeillion annwyl. Rhaid i bob un fod yn gyflym i wrando, ond yn araf i lefaru, ac yn araf i ddigio, oherwydd nid yw dicter dynol yn hyrwyddo cyfiawnder Duw. Ymaith gan hynny â phob aflendid, ac ymaith â'r drygioni sydd ar gynnydd, a derbyniwch yn wylaidd y gair hwnnw a blannwyd ynoch, ac sy'n abl i achub eich eneidiau.

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

Iago 1:12-21

## **R** I will thank you with an unfeigned heart.

Oh, that my ways were made so direct that I might keep your statutes!

Then I should not be put to shame, when I regard all your commandments.

## **R** I will thank you with an unfeigned heart.

I will thank you with an unfeigned heart, when I have learned your righteous judgments.

I will keep your statutes; do not utterly forsake me.

## **R** I will thank you with an unfeigned heart.

Psalm 119:1-8

### Reading

A reading from the Epistle General of Saint James.

**D**earely beloved: Blessed is anyone who endures temptation. Such a one has stood the test and will receive the crown of life that the Holy One has promised to God's beloved. No one, when tempted, should say, "I am being tempted by God"; for God cannot be tempted by evil and tempts no one. But one is tempted by one's own desire, being lured and enticed by it; then, when that desire has conceived, it gives birth to sin, and that sin, when it is fully grown, gives birth to death. Do not be deceived, my beloved. Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

Hear the word of life to the world.

**Thanks be to God.**

James 1:12-21

## Efengyl

Y Mawl i ti O Grist, Brenin gogoniant bythol. **R̄ Mawl i ti O Grist, Brenin gogoniant bythol.** Y Nid ar fara yn unig y bydd rhywun fyw, ond ar bob gair sy'n dod allan o enau Duw.  
**R̄ 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 Mathew.  
**Gogoniant i ti, O Grist.**

**B**ryd hynny: Arweiniwyd Iesu i'r anialwch gan yr Ysbryd, i gael ei demtio gan y diafol. Wedi iddo ymptydio am ddeugain dydd a deugain nos daeth arno eisiau bwyd. A daeth y temtiwr a dweud wrtho, "Os Mab Duw wyt ti, dywed wrth y cerrig hyn am droi'n fara." Ond atebodd Iesu, "Y mae'n ysgrifenedig: 'Nid ar fara yn unig y bydd rhywun fyw, ond ar bob gair sy'n dod allan o enau Duw.'" Yna cymerodd y diafol ef i'r ddinas sanctaidd, a'i osod ar dwr uchaf y deml, a dweud wrtho, "Os Mab Duw wyt ti, bwrw dy hun i lawr; oherwydd y mae'n ysgrifenedig: 'Rhydd orchymyn i'w angylion amdanat; byddant yn dy godi ar eu dwylo rhag iti daro dy droed yn erbyn carreg.'" Dywedodd Iesu, "Y mae'n ysgrifenedig drachefn: 'Paid â gosod Sanctaidd Un, dy Dduw ar brawf.'" Unwaith eto cymerodd y diafol ef i fynydd uchel iawn, a dangos iddo holl deyrnasoedd y byd a'u gogoniant, a dweud wrtho, "Y rhain i gyd a roddaf i ti, os syrthi i lawr a'm haddoli i." Yna dywedodd Iesu, "Dos ymaith, Satan; oherwydd y mae'n ysgrifenedig: 'Y Sanctaidd Un, dy Dduw a addoli, a'r Sanctaidd Un yn unig a wasanaethi.'" Yna gadawodd y diafol ef, a daeth angylion a gweini arno.

Dyma Efengyl ein Gwardwr.  
**Moliant i ti, O Grist.**

Mathew 4:1-11

Pregeth | yn Eglwys y Groes ar ddydd Iau

## Gospel

∴ Praise to you, O Christ, King of eternal glory. **℟: Praise to you, O Christ, King of eternal glory.** ∴ One does not live by bread alone, but by every word that comes from the mouth of God. **℟: 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 Matthew.

**Glory to you, O Christ.**

**A**t that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you', and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Holy One, your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Holy One, your God, and serve God alone.'" Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

Matthew 4:1-11

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 [...].

Ŵ O Dduw, yn dy drugaredd,

**R̄ 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 ...].*

Ŵ O Dduw, yn dy drugaredd,

**R̄ 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.

Ŵ O Dduw, yn dy drugaredd,

**R̄ Gwrando ein gweddi.**

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

**R̄ 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

Inveni David servum meum, oleo sancto meo unxi eum. Manus enim mea auxiliabitur ei et brachium meum confortabit eum.

*Cyfieithiad*

*Cefais Ddafydd, fy ngwas, a'i eneinio â'm holew sanctaidd; bydd fy llaw yn gadarn gydag ef, a'm braich yn ei gryfhau.*

**Salm 89:20-21**

## 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.

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.

# 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

Inveni David servum meum, oleo sancto meo unxi eum. Manus enim mea auxiliabitur ei et brachium meum confortabit eum.

Translation

*I have found my servant David; with my holy oil I have anointed him; my hand shall always remain with him; my arm also shall strengthen him.*

Psalm 89:20-21

## 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.

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

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.

**Cerddoriaeth**

**Offeren Glyn Rhosyn**, Meirion Wynn Jones

## 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 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, bwytechw; 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. ✠

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

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.

Translation as below

**Music**

**Mass of Glyn Rhosyn**, Meirion Wynn Jones

### 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:

**E**in 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:

**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.**

## Tangnefedd

Dy gorff drylliedig, llwch ein llwch a chnawd ein cnawd, dan glwyfau dy gariad tangnefeddus, ddaw'n gyflawn inni mewn tangnefedd.

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

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.

**Cerddoriaeth**

**Offeren Glyn Rhosyn**, Meirion Wyn Jones

## 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.**

## Cyfuno

✠ 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 algyrch Bwrdd yr Allor i Gymuno o'r Afrlladen Sagrafenol ac, os y dymunwn ac y gallwn, o'r Gwerthfawr Waed



## Peace

Your broken body, earth of our earth and flesh of our flesh, marked by your fierce love, is made whole for us 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.

## Breaking | on Wednesday

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.

Translation as below

**Music**

**Mass of Glyn Rhosyn**, Meirion Wynn Jones

## 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

Fidelis servus et prudens, quem constituit Dominus super familiam suam: ut det illis in tempore tritici mensuram.

Cyfieithiad

*Goruchwyliwr ffyddlon a chall a osodir gan ei feistr dros ei weision, i roi eu dogn bwyd iddynt yn ei bryd.*

Luc 12:42

## Emyn | yn Eglwys y Groes ar ddydd Iau

### Gweddi Ôl-Gymun

Gweddiwn.

#### Codwn ar ein traed

**O**Dduw, dy gynefin yw'r anialwch a'r Groes, a thi a wyddost ein cythreuliaid, ein ffantasiau a'n hofnau, manau diffrwyth, 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 sy'n Grist ein Gwarddwr.

**Amen.**

## Ymadael

Gras a thangnefedd a fo gyda chwi.

**A'th gadw di yng nghariad Crist.**

**R**hodded Crist ras i chwi gynyddu mewn sancteiddrwydd, ymwadu â chwi eich hunain, codi 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

## Communion sentence | on Wednesday

Fidelis servus et prudens, quem constituit Dominus super familiam suam: ut det illis in tempore tritici mensuram.

Translation

*A faithful and prudent manager whom his master will put in charge of his slaves, to give them their allowance of food at the proper time.*

**Luke 12:42**

## Hymn | at Eglwys y Groes on Thursday

### Post-Communion Prayer

Let us pray.

We stand

**G**od, 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 Christ our Saviour

**Amen.**



## Departing

Grace and peace be with you.

**And keep you in the love of Christ.**

**C**hrist 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

# Gosber at Gân

## Cyflwyniad i'r Gosber at Gân

**M**ae 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

## Addoli gyda ni heddiw

**M**ae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad. 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 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.

# Choral Evensong

## An introduction to Choral 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.

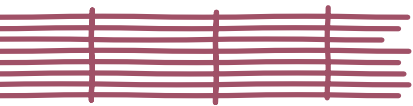
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

## Worshipping with us today

This booklet contains everything said during our worship. 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.

# 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*

- Y ✕ O lôr, rho i'n gwefus gân.  
R̄ Aed yn bêr hyd y nef ein mawl.
- Y ✕ O Dduw, cofleidia'n hadfyd.  
R̄ O Grist, dy ras yw'n golud.

### ar ddydd Llun | on Monday

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



## ar dyddiau eraill | on other days

Ŷ Gogoniant fo i Dduw Dad, ac i Dduw'r Mab,  
ac i Dduw'r Ysbryd Glân,

℞ Fel yr oedd yn y dechreuad, mae'n awr, a'n fythol y bydd;  
yn oes oesoedd. Amen.

Ŷ Molwch yr Iôr.

℞ Addolwn ein Duw.

### Translation

Ŷ ✠ O Lord, open thou our lips. ℞ And our mouth shall shew forth thy praise. Ŷ ✠ O God, make speed to save us. ℞ O Lord, make haste to help us. Ŷ 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. Ŷ Praise ye the Lord. ℞ The Lord's name be praised.

**Cerddoriaeth | Music | ar ddydd Llun | on Monday**

William Byrd (c.1540-1623)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**

Malcolm Archer

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**

Humphrey Clucas

## Brawddeg Sentence

"Gwyn eu byd y rhai sy'n cadw dy farnedigaethau, ac yn dy geisio di â'u holl galon."

### Translation

"Happy are they who observe your decrees and seek you with all their hearts!"

Eisteddwn | We sit

# Gair Word

## Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

How long wilt thou utterly forget me O Lord: how long wilt thou hide thy face from me?

How long shall I suffer anguish in my soul, and daily be so grieved in my heart: how long shall mine enemies triumph over me?

Consider and hear me O Lord my God: lighten mine eyes that I sleep not in death;

Lest mine enemy should say "I have prevailed against him": lest, if I be cast down, they that trouble me should rejoice at it.

But my trust is in thy mercy: may my heart be joyful in thy salvation.

I will sing to the Lord, because he hath dealt so lovingly with me: yea I will praise the name of the Lord Most Highest.

## 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 13**

**Cerddoriaeth | Music**

Tôn III, pedwarydd terfyniad | Tone III, fourth ending

## Eisteddwn | We sit



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

Unto thee do I cry O Lord my Rock; be not deaf to my prayer:  
lest, if thou answer not, I become like them that go down into  
the grave.

Hear the voice of my humble petitions when I cry unto thee:  
when I hold up my hands towards thy holy sanctuary.

The Lord's name be praised: for he hath heard the voice of my  
humble petitions.

The Lord is my strength and my shield; my heart hath trusted in  
him and I am helped: therefore my heart danceth for joy, and in  
my song will I praise him.

The Lord is the strength of his people: and he is a sure refuge  
for his anointed king.

O save thy people, and give thy blessing unto thine inheritance:  
be thou their shepherd and carry them 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 28:1-2, 7-10**

**Cerddoriaeth | Music**

Tôn IV, pedwarydd terfyniad | Tone IV, fourth ending

### Eisteddwn | We sit

## Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

My soul truly is still and waiteth upon God: for of him cometh I cry unto the Lord with my voice: even unto the Lord do I make my supplication.

I pour out my complaint before him: and tell him of my trouble.

When my spirit fainteth, thou knowest my path: in the way wherein I walk have they privily laid a snare for me.

I look to my right hand and see: but there is no man that knoweth me.

I have no place to flee unto: and no man taketh thought for me.

I cry unto thee O Lord and say: "Thou art my refuge, and my portion in the land of the living."

Give heed unto my cry: for I am brought very low.

O deliver me from my persecutors: for they are too strong for me.

Bring me out of prison: that I may give thanks unto thy name.

When thou shewest me thy loving-kindness: the righteous shall come about me.

## 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 142**  
**Cerddoriaeth | Music**  
Tôn VI | Tone VI

## Llith | ar ddydd Llun Lesson | on Monday

Yma y mae yn dechrau wythfed adnod pennod gyntaf Llyfr Exodus.

**Y**n y dyddiau hynny: Daeth brenin newydd i deyrnasu ar yr Aifft, un nad oedd yn gwybod am Joseff. Dywedodd ef wrth ei bobl, “Edrychwch, y mae pobl Israel yn fwy niferus ac yn gryfach na ni. Rhaid inni fod yn ddoeth wrth eu trin, rhag iddynt gynyddu, a phe deuai rhyfel, iddynt ymuno â’n gelynon i ymladd yn ein herbyn, a dianc o’r wlad.” Felly, gosodwyd meistri gwaith i oruchwyllo’r bobl ac i’w llethu â beichiau trymion. Hwyl fu’n adeiladu Pithom a Rameses, dinasoedd ar gyfer ystordai Pharo. Ond po fwyaf y caent eu gorthrymu, mwyaf yn y byd yr oeddent yn amlhau ac yn cynyddu; a daeth yr Eifftiaid i’w hofni. Am hynny, gorfodwyd i’r Israeliad weithio dan ormes, a gwnaeth yr Eifftiaid eu bywyd yn chwerw trwy eu gosod i lafurio’n galed â chlai a phriddfeini, a gwneud pob math o waith yn y meysydd. Yr oedd y cwbl yn cael ei wneud dan ormes. Yna dywedodd brenin yr Aifft wrth Siffra a Pua, dwy fydwaig yr Hebreaid, “Pan fyddwch yn gweini ar wragedd yr Hebreaid, sylwch ar y plentyn a enir: os mab fydd, lladdwch ef; os merch, gadewch iddi fyw.” Ond yr oedd y bydwagedd yn parchu Duw; ac ni wnaethant yr hyn a orchynnodd brenin yr Aifft, ond gadawsant i’r bechgyn fyw. Galwodd brenin yr Aifft y bydwagedd ato a gofyn, “Pam y gwnaethoch hyn, a gadael i’r bechgyn fyw?” Dywedasant hwythau wrth Pharo, “Nid yw gwagedd yr Hebreaid yn debyg i wragedd yr Eifftiaid, oherwydd y maent hwy yn fywiog ac yn esgor cyn i’r fydwaig gyrraedd.” Am hynny bu Duw yn dda wrth y bydwagedd; a chynyddodd y bobl a dod yn rymus iawn. Am fod y bydwagedd yn parchu Duw, cawsant hwy eu hunain deuluoedd. Yna rhoddodd Pharo orchymyn i’r holl bobl a dweud, “Taflwch i’r Neil bob mab a enir i’r Hebreaid, ond gadewch i bob merch gael byw.”

Yma y terfyn y Llith Gyntaf.

Translation over the page

### Translation

*In those days: A new king arose over Egypt, who did not know Joseph. He said to his people, "Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." Therefore they set taskmasters over them to oppress them with forced labour. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labour. They were ruthless in all the tasks that they imposed on them. The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, "When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live." But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, "Why have you done this, and allowed the boys to live?" The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them." So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, "Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live."*

**Exodus 1:8-22**

Yma y mae yn dechrau trydedd adnod pedwaredd bennod ar bymtheg Llyfr y Proffwyd Malachi.

**Y**n y dyddiau hynny: Aeth Moses i fyny at fynydd Duw, a galwodd y Sanctaidd Un arno o'r mynydd a dweud, "Fel hyn y dywedi wrth dylwyth Jacob ac wrth bobl Israel: 'Fe welsoch yr hyn a wneuthum i'r Eifftiaid, ac fel y codais chwi ar adenydd eryrod a'ch cludo ataf fy hun. Yn awr, os gwrandewch yn ofalus arnaf a chadw fy nghyfamod, byddwch yn eiddo arbennig i mi ymhlith yr holl bobloedd, oherwydd eiddof fi'r ddaear i gyd. Byddwch hefyd yn deyrnas o offeiriaid i mi, ac yn genedl sanctaidd.' Dyma'r geiriau yr wyt i'w llefaru wrth bobl Israel."

Yma y terfyn y Llith Gyntaf.

**Translation**

*In those days: Moses went up to God; the Holy One called to him from the mountain, saying, "Thus you shall say to the house of Jacob, and tell the Israelites: You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, but you shall be for me a priestly kingdom and a holy nation. These are the words that you shall speak to the Israelites."*

**Exodus 19:3-6**

Yma y mae yn dechrau ail bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Priododd gŵr o dylwyth Lefi ag un o ferched Lefi. Beichiogodd hithau ac esgor ar fab, a phan welodd ei fod yn dlws, fe'i cuddiodd am dri mis. Ond gan na allai ei guddio'n hwy, cymerodd gawell wedi ei wneud o lafrwyn a'i ddwbio â chlai a phyg; rhoddodd y plentyn ynddo a'i osod ymysg yr hesg ar lan y Neil. Yr oedd chwaer y plentyn yn sefyll nid nepell oddi wrtho er mwyn cael gwybod beth a ddigwyddai iddo. Daeth merch Pharo i ymdrochi yn yr afon tra oedd ei morynion yn cerdded ar y lan, a phan welodd y cawell yng nghanol yr hesg, anfonodd un ohonynt i'w nôl. Wedi iddi ei agor, fe welodd y plentyn, ac yr oedd y bachgen yn wylo. Tosturiodd hithau wrtho a dweud, "Un o blant yr Hebreaid yw hwn." Yna gofynnodd chwaer y plentyn i ferch Pharo, "A gaf fi fynd i chwilio am famaeth o blith gwragedd yr Hebreaid, iddi fagu'r plentyn iti?" Atebodd merch Pharo, "Dos." Felly aeth y ferch ymaith a galw mam y plentyn. Dywedodd merch Pharo wrth honno, "Cymer y plentyn hwn a'i fagu imi, ac fe roddaf finnau dâl iti." Felly cymerodd y wraig y plentyn a'i fagu. Wedi i'r plentyn dyfu i fyny, aeth ag ef yn ôl at ferch Pharo. Mabwysiadodd hithau ef a'i enwi'n Moses, oherwydd iddi ddweud, "Tynnais ef allan o'r dŵr."

Yma y terfyn y Llith Gyntaf.

*Translation*

*In those days: A man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him.*

*"This must be one of the Hebrews' children," she said. Then his sister said to Pharaoh's daughter, "Shall I go and get you a nurse from the Hebrew women to nurse the child for you?" Pharaoh's daughter said to her, "Yes." So the girl went and called the child's mother. Pharaoh's daughter said to her, "Take this child and nurse it for me, and I will give you your wages." So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, "because", she said, "I drew him out of the water."*

**Exodus 2:1-10**

## Magnificat

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 Faux Bourdon | Fauxbourdon Service,  
Thomas Morley (1557-1602)**

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday  
Gwasanaeth Dewi Sant | St David's Service, Simon Lole**

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday  
Gwasanaeth Hwyrrol yn E | Evening Service in E,  
Herbert Murrill (1909-1952)**

Eisteddwn | We sit

Here begins the thirty-third verse of the fifth chapter of the Acts of the Holy Apostles.

**N**ow: When the high priest and those with him heard what the apostles were saying, they were enraged and wanted to kill them. But a Pharisee in the council named Gamaliel, a teacher of the law, respected by all the people, stood up and ordered the men to be put outside for a short time. Then he said to them, "Fellow-Israelites, consider carefully what you propose to do to these men. For some time ago Theudas rose up, claiming to be somebody, and a number of men, about four hundred, joined him; but he was killed, and all who followed him were dispersed and disappeared. After him Judas the Galilean rose up at the time of the census and got people to follow him; he also perished, and all who followed him were scattered. So in the present case, I tell you, keep away from these men and let them alone; because if this plan or this undertaking is of human origin, it will fail; but if it is of God, you will not be able to overthrow them — in that case you may even be found fighting against God!" They were convinced by him, and when they had called in the apostles, they had them flogged. Then they ordered them not to speak in the name of Jesus, and let them go. As they left the council, they rejoiced that they were considered worthy to suffer dishonour for the sake of the name. And every day in the temple and at home they did not cease to teach and proclaim Jesus as the Messiah.

Here ends the Second Lesson.

**Actau | Acts 5:33-42**



Here begins the sixth verse of the fifth chapter of the Revelation to Saint John the Divine.

**B**ehold: I saw between the throne and the four living creatures and among the elders a Lamb standing as if it had been slaughtered, having seven horns and seven eyes, which are the seven spirits of God sent out into all the earth. He went and took the scroll from the right hand of the one who was seated on the throne. When he had taken the scroll, the four living creatures and the twenty-four elders fell before the Lamb, each holding a harp and golden bowls full of incense, which are the prayers of the saints. They sing a new song: "You are worthy to take the scroll and to open its seals, for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation; you have made them to be a kingdom and priests serving our God, and they will reign on earth."

Here ends the Second Lesson.

**Datguddiad | Revelation 5:6-10**

Here begins the sixth chapter of the Acts of the Holy Apostles.

**N**ow: During those days, when the disciples were increasing in number, the Hellenists complained against the Hebrews because their widows were being neglected in the daily distribution of food. And the twelve called together the whole community of the disciples and said, "It is not right that we should neglect the word of God in order to wait at tables. Therefore, friends, select from among yourselves seven men of good standing, full of the Spirit and of wisdom, whom we may appoint to this task, while we, for our part, will devote ourselves to prayer and to serving the word." What they said pleased the whole community, and they chose Stephen, a man full of faith and the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus, a proselyte of Antioch. They had these men stand before the apostles, who prayed and laid their hands on them. The word of God continued to spread; the number of the disciples increased greatly in Jerusalem, and a great many of the priests became obedient to the faith. Stephen, full of grace and power, did great wonders and signs among the people. Then some of those who belonged to the synagogue of the Freedmen (as it was called), Cyrenians, Alexandrians, and others of those from Cilicia and Asia, stood up and argued with Stephen. But they could not withstand the wisdom and the Spirit with which he spoke. Then they secretly instigated some men to say, "We have heard him speak blasphemous words against Moses and God." They stirred up the people as well as the elders and the scribes; then they suddenly confronted him, seized him, and brought him before the council. They set up false witnesses who said, "This man never stops saying things against this holy place and the law; for we have heard him say that this Jesus of Nazareth will destroy this place and will change the customs that Moses handed on to us." And all who sat in the council looked intently at him, and they saw that his face was like the face of an angel.

Here ends the Second Lesson.

**Actau | Acts 6**

## Nunc dimittis

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 Faux Bourdon | Fauxbourdon Service,  
Thomas Morley (1557-1602)**

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday  
Gwasanaeth Dewi Sant | St David's Service, Simon Lole  
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Gwasanaeth Hwyrrol yn E | Evening Service in E,  
Herbert Murrill (1909-1952)**

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

## Credu'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.

**E**in 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

### ar ddydd Mawrth | on Tuesday

**H**ollalluog Dduw, a elwaist dy was Dewi, yn dy gariad at dy bobl, i fod yn oruchwylwr ffyddlon a doeth ar dy ddirgeleddau: yn drugarog caniatâ fod i ni, gan ddilyn purdeb ei fuchedd a'i sêl dros holl Efengyl Crist, dderbyn gydag ef dy wobr nefol; trwy Iesu Grist ein Gwardwr. Amen.

### ar ddyddiau eraill | on other days

**D**ad nefol, erfyniwn arnat ganiatáu i'th bobl ras i wrthsefyll temtasiynau'r byd, y cnawd, a'r diafol, ac â phur galon a meddwl dy ddilyn di, yr unig Dduw; trwyddo ef sy'n Grist ein Gwardwr. Amen.

### pob dydd | every day

**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.

**L**ighten 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.

Translaition over the page

Translation

*Almighty God, who in love towards your people called your servant David to be a faithful and wise steward of your mysteries: mercifully grant that, following his purity of life and zeal for the whole Gospel of Christ, we may with him receive your heavenly reward; through Jesus Christ our Saviour. Amen. / Heavenly Father, we beseech you, grant your people grace to withstand the temptations of the world, the flesh, and the devil, and with pure hearts and minds to follow you, the only God; through him who is Christ our Saviour. Amen.*

**Cerddoriaeth | Music | ar ddydd Llun | on Monday**

William Byrd (c.1540-1623)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**

Malcolm Archer

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**

Humphrey Clucas

## Gweddï Waddol **Foundation Prayer**

**D**einiol, 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, gobaith a chariad yn ein calonnau'n fythol.

**Amen.**

**O**Deiniol, 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

Turn thy face from my sins, and put out all my misdeeds. Make me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence, and take not thy Holy Spirit from me.

### Geiriau | Words

Salm | Psalm 51:9-11

### Cerddoriaeth | Music

Thomas Attwood (1765-1838)

## Anthem | ar ddydd Mawrth | on Tuesday

O Ddewi sanctaidd, gelwi'n gwlad yn gyson  
ar hyd canrifoedd maith i'r dyddiau fydd,  
O oes i oes gwrandawn, er pob ymryson,  
Dy eiriau di: "Bydd lawen, cadw'r Ffydd."

Crist oedd dy graig a sail dy holl athrawiaeth,  
ei gariad ef roes angerdd yn dy gri,  
ei ras oedd rym a'i serch oedd wres dy bregeth,  
ei lendid ef dywynnodd ynot ti.

Yn blentyn bach, dewisaist Iesu'n unig,  
a'i ysgafn iau yn gu iti a gaed;  
O'i bledig ef roedd popeth iti'n golled  
ond dwyn y groes a dilyn ôl ei draed.

Moes di dy law i'n tywys a'n hachlesu,  
rho dros ein hannwyl wlad dy gymorth di,  
dwg ni at Dduw yn ufudd i gyffesu  
Iesu yn Ben a Brenin fyth i ni.  
Amen, Amen.

### Translation

*O Great Saint David, still we hear thee call  
us, / unto a life that knows no fear of death;  
/ yea, down the ages, will thy words enthral  
us, / strong happy words: "Be joyful, keep the  
faith." // Christ was the centre rock of all thy  
teaching, / God's holy will – the splendour of its  
theme. / His grace informed, his love inflamed  
thy preaching; / Christ's sway on earth, the  
substance of thy dream. // In early childhood,  
choosing Jesus only, / thy fervour showed his  
yoke was light and sweet! / And thus for thee,*

*life's journey was not lonely, / the path made  
plain by prints of wounded feet. // On Cambria's  
land stretch out thy hands in blessing; / for our  
dear land thy help we now implore. / Lead us to  
God, with humble hearts confessing / Jesus, as  
Lord and King for evermore. / Amen, Amen.*

**Geiriau | Words**

Francis Mostyn (1860-1939)

**Cyfieithiad | Translation**

Thomas Gwynn Jones (1871-1945)

**Cerddoriaeth | Music**

Meirion Wynn Jones

## **Anthem | ar ddydd Iau | on Thursday**

O for a closer walk with God,  
A calm and heavenly frame;  
A light to shine upon the road  
That leads me to the Lamb!

Return, O holy dove, return,  
Sweet messenger of rest;  
I hate the sins that made thee mourn,  
And drove thee from my breast.

So shall my walk be close with God,  
Calm and serene my frame;  
So purer light shall mark the road  
That leads me to the Lamb.

**Geiriau | Words**

William Cowper (1731-1800)

**Cerddoriaeth | Music**

Charles Villers 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



**G**od, 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



**W**e praise thy name, all-holy Lord,  
for him, the beacon-light  
that shone beside our western sea  
through mists of ancient night;  
who sent to Ireland's fainting Church  
new tidings of thy word:  
for David, prince of Cambrian saints,  
we praise thee, holy Lord.

For all the saintly band whose prayers  
still gird our land about,  
of whom, lest we disdain their praise,  
the voiceless stones cry out;  
our hills and vales on every hand  
their names and deeds record:  
for these, thy ancient hero host,  
we praise thee, holy Lord.

Grant us but half their burning zeal,  
but half their iron faith,  
but half their charity of heart,  
and fortitude to death;  
that we with them and all thy saints  
may in thy truth accord,  
and ever in thy holy Church  
may praise thee, holy Lord.

**Geiriau | Words**

Ebenezer Newell (1853-1916)

**Cerddoriaeth | Music** | "Llangloffan"

o | from "Hymnau a Thonau" (1865)



**A** mighty fortress is our God,  
a bulwark never failing;  
our helper he, amid the flood  
of mortal ills prevailing.  
For still our ancient foe  
doth seek to work us woe;  
his craft and power are great,  
and armed with cruel hate,  
on earth is not his equal.

Gwan lewyrch ddaw o allu dyn,  
mewn trallod blin mae'n diffodd:  
ond drosom mae'r addasaf Un,  
a Duw ei hun a'i trefnodd.  
Pwy yw? medd calon drist;  
ei enw yw Iesu Grist,  
Tywysog lluoedd nef,  
ac nid oes neb ond ef  
a lwydda yn yr ymgyrch.

And though this world, with devils filled,  
should threaten to undo us,  
we will not fear, for God hath willed  
his truth to triumph through us.  
The prince of darkness grim,  
we tremble not for him;  
his rage we can endure,  
for lo, his doom is sure;  
one little word shall fell him.

Y Gair er gwaethaf uffern gref  
un funud nid yw'n oedi;  
ond llwyddo wna amcanion nef,  
bys Duw sydd yn mynegi.  
Ein bywyd rhown yn rhwydd,  
a gwraig a phlant o'n gŵydd;  
yn hir ni chaem hwynt mwy;  
o'u cael ni elwant hwy;  
ond dinas Duw a erys.

*Translation*

*A weak gleam comes from man's ability, in wearying trouble it dies out: but for us is the most suitable One, and God himself has ordained him. "Who is he?" says the sad heart; his name is Jesus Christ, the Prince of the hosts of heaven, and there is no-one but he who will succeed in the campaign. / The Word despite strong hell for one minute does not delay; but succeed will heaven's intention, the finger of God declares it. Our life let us render freely, and wife and children from our presence; we cannot have them much longer; from their having them they will not profit; but the city of God shall remain.*

**Geiriau | Words**

Martin Luther (1483-1546)

**Cyfieithiad | Translation**

Frederic Henry Hedge (1805-1890)

Lewis Edwards (1809-1887)

**Cerddoriaeth | Music | "Ein' feste Burg"**

Martin Luther (1483-1546)

## Bendith Blessing

Parhawn ar ein traed | We remain standing

**R**hodded Crist ras i chwi gynyddu mewn sancteiddrwydd, ymwadu 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.**

### Translation

*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.*

## Gollyngiad | ar ddydd Mawrth **Dismissal** | on Tuesday

Ŷ Duw a fo gyda chwi.

℞ A'th gadw di yng nghariad Crist.

Ŷ Bendithiwn yr Iôr.

℞ Diolch a fo i Dduw.

Translation

Ŷ *The Lord be with you.* ℞ *And with thy spirit.*

Ŷ *Let us bless the Lord.* ℞ *Thanks be to God.*

## Gollyngiad | ar ddyddiau eraill **Dismissal** | on other days

Ŷ Duw a fo gyda chwi.

℞ A'th gadw di yng nghariad Crist.

Ŷ O Dduw, dyro inni dy dangnefedd.

℞ A bywyd tragwyddol. Amen.

Translation

Ŷ *The Lord be with you.* ℞ *And keep you in the love of Christ.* Ŷ *O Lord, grant us your peace.*

℞ *And life everlasting. Amen.*

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**

Simon Ogdon

**Cerddoriaeth | Music | ar ddyddiau 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**

**Durch Adams fall ist ganz verderbt, LV 17**, Friedrich Wilhelm Zachow (1663-1712)

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

**Rhagarweiniad ar | Prelude on "Rhosymedre",**

Ralph Vaughan Williams (1872-1958)

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

**O Mensch, bewein dein Sunde gross, BWV 622,**

Johann Sebastian Bach (1685-1750)

# Hysbys



## Cymanfa Gŵyl Ddewi

Byddwn yn dathlu gŵyl ein nawddsant cenedlaethol gyda Chymanfa yn y Gadeirlan nos Fercher yma am 6pm. Bu ein gwasanaethau Naw Llith a Charol yng ngolau cannyll yn ystod yr Adfent a'r Nadolig yn achlysuron hynod boblogaidd a theimladwy. Gwnewch bob ymdrech i nodi'r diwrnod pwysig hwn drwy addoliad yn y Gadeirlan.

## Clas

**Clas** yw teitl ein fforwm Zoom sy'n ymgynnull ambell ddydd Llun am 6.30pm.

Mae **Clas** y nos Lun yma'n gyfle i gwrdd ag Alex Mills. Yn enedigol o Sir Benfro, mae Alex yn gyfansoddwr cerddoriaeth siambr, cerddorfaol a chorawl, yn ogystal â dwy opera ddiweddar, Dear Marie Stopes a Leonardo. Rydym wrth ein bodd bod Alex wedi derbyn comisiwn i gyfansoddi gosodiad Cymraeg o *Saith Air y Groes*, i'w berfformio yn y Gadeirlan ar Ddydd Gwener y Grogolith 2023. Cawn sgwrs ag Alex am ei gefndir, ei gyfansoddiadau blaenorol, a hynt a helynt ei gyfansoddi ar ein cyfer ni.

Cyn i ni ffarwelio â Mary Stallard, wrth iddi ein gadael i ddod yn Esgob newydd Llandaf, mae'n ymuno â ni yn **Clas** ar 6 Mawrth i fyfyrion ar ei chyfnod yn yr esgobaeth, ei chyfranogiad yng Nghynhadledd Lambeth yr haf diwethaf, ei

hymwelid Cymundeb Anglicanaidd diweddar â Ghana, a phopeth sydd nawr o'i blaen.

ID cyfarfod Zoom yw **857 3402**

**4520** a'r cod pas yw **606397**, a bydd yr ystafell Zoom ar agor o 6.15pm.

## Cyfarfod Cynulleidfaol

Cynhelir ein Cyfarfod Cynulleidfaol Dygwyl Ddewi nos Iau am 6.30pm, yn dilyn y Gosber ar Gân am 5.30pm.

## Cinio Dewch i Rannu

Cynhelir ein Cinio Dewch a Rhannu nesaf am 12.15pm, yn dilyn y Choral Holy Eucharist, ar Sul y Dioddefaint 26 Mawrth. Mae'n Cinio Dewch i Rannu yn gyfle am sgwrs, difyrrwch, croeso a charedigrwydd. Gwahoddir pawb; ac os hoffech awgrymiadau am fwyd i'w ddwyn, siaradwch â Canon Jane Coutts.

## Datganiadau Paned

Pob dydd Iau

11.15am am 45 munud

Paned a chacen o 10.45am

## 2 Mawrth | Ella Leonard | Obo

Mae Ella Leonard, myfyriwr ym Mhrifysgol Bangor, yn ymweld â'r Gadeirlan i gyflwyno gweithiau allweddol o repertoire yr obo.

## 9 Mawrth | Simon Lawford | Organ

Mae Organydd yr Eglwys Ffrangeg yn Llundain yn cymryd seibiant o'r metropolis i roi organ y Gadeirlan ar prawf.

## Johannes-Passion

Sul y Blodau

6.00pm

Am ragor o wybodaeth am y *Johannes-Passion* a gweddill arlwy'r Wythnos Fawr, gweler **Buchedd Bangor**.



# Yr wythnos

## Heddiw | Today

**3.30pm** Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Tomkins; Ail Wasanaeth Hwyr | Second Evening Service, Gibbons; Hear my prayer, O Lord, Purcell; O Welt, ich muss dich lassen, Karg-Elert

## Dydd Llun | Monday

**5.30pm** Gosber ar Gân | Choral Evensong

**6.30pm** | Zoom Clas

## Dydd Mawrth | Tuesday

**9.00pm** Camau Bach

**12.30pm** Cymun | Eucharist

**5.30pm** Gosber ar Gân | Choral Evensong

## 1 Mawrth | Dygwyl Ddewi | 1 March | St David's Day

**12.30pm** Cymun | Eucharist

**6.00pm** Cymanfa Gŵyl Ddewi | St David's Day Carol Service

## Dydd Iau | Thursday

**11.15am** Datganiad | Recital

**12.30pm** Cymun | Eucharist

**2.00pm** | Eglwys y Groes Cymun | Eucharist

**5.30pm** Gosber ar Gân | Choral Evensong

**6.30pm** Cyfarfod Cynulliedifaol | Congregational Meeting

## Dydd Gwener | Friday

**12.30pm** Cymun | Eucharist

## Dydd Sadwrn | Saturday

**12.30pm** Cymun | Eucharist

## 5 Mawrth | Ail Sul y Grawys | 5 March | The Second Sunday of Lent

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaid ar Gân

Cymun y Cymry ii, Harper; In manus tuas, Tallis; Schmucke dich, o liebe Seele, BWV 654, Bach

**11.00am** Choral Holy Eucharist

Mass of the Quiet Hour, Oldroyd; I know my soul has power, Purcell; Mein Jesu, der du mich, Brahms

**3.30pm** Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Clucas; Gwasanaeth Hwyr | yn D leiaf | Evening Service in D minor, Walmisley; God so loved the world, Stainer; Attende Domine, Demessieux

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# Ein gweddi

**Ein cymuned** y Brifysgol, ei staff a'i myfyrwyr

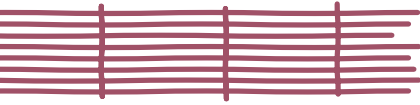
**Ein hesgobaeth** Ardal Weinidogaeth Bro Tysilio

**Yn glâf** Joy Levine, offeiriad; John Watkin Jones; Giuseppina de Giovanni; Domenico de Rosa; Jimmy Carter; Judith Adams; Ellis Talbot; Sue Kenyon; Gebre

**A fu farw'n ddiweddar** Andrew McKenzie; Brianna Ghey; Pauline Mulhoney; Nicola Bull; Leonie Knapton

**Gŵyl goffa** Joan Mary Cruxton (2)

# Notices



## Saint David's Day Carol Service

We will be marking the festival of our national patron saint with a Carol Service at the Cathedral this Wednesday at 6pm. Our candlelit services during Advent and Christmastide proved hugely popular and very moving occasions. Please make every effort to mark this important day in worship at the Cathedral.

## Clas

**Clas** is the name of our Cathedral Zoom forum, meeting on occasional Mondays at 6.30pm.

This coming Monday's **Clas** is an opportunity to meet the composer, Alex Mills. Alex is a composer of chamber, orchestral and choral music, and of two recent operas, *Dear Marie Stopes* and *Leonardo*. We're delighted that Alex has accepted a commission to compose *Saith Air y Groes*, a setting of the Seven Last Words from the Cross, to be performed at the Cathedral on Good Friday 2023. We'll speak to Alex about his background, his previous compositions, and his approach to his composition for the Cathedral.

Before we say farewell to Mary Stallard, as she leaves us to become the new Bishop of Llandaff, she joins us at **Clas** on 6 March to reflect on her time in the diocese, her participation in the Lambeth Conference last summer, her recent

Anglican Communion visit to Ghana, and all that lies ahead.

The Zoom meeting ID is **857 3402 4520** and the passcode is **606397**, and the Zoom room will be open from 6.15pm.

## Congregational Meeting

Our Davidstide Congregational Meeting takes place on Thursday evening at 6.30pm, following Choral Evensong at 5.30pm.

## Bring & Share Lunch

Our next Bring & Share Lunch will take place at 12.15pm, following the Choral Holy Eucharist, on Passion Sunday 26 March. Our Bring & Share Lunches are an opportunity for conversation, conviviality, welcome and kindness. All are invited; and if you would like suggestions about food to bring, please speak to Canon Jane Coutts.

## Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

### 2 March | Ella Leonard | Oboe

Bangor University student Ella Leonard pays a visit to the Cathedral to introduce us to some key pieces of the oboe repertoire.

### 9 March | Simon Lawford | Organ

The Organist of the French Church in London takes a break from the metropolis to put the Cathedral organ through its paces.

## Johannes-Passion

Palm Sunday

6.00pm

For more information about the *Johannes-Passion* and the rest of glorious Holy Week programme, see the current **Buchedd Bangor**.

# This week

## Heddiw | Today

**3.30pm** Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Tomkins; Ail Wasanaeth Hwyrrol | Second Evening Service, Gibbons; Hear my prayer, O Lord, Purcell; O Welt, ich muss dich lassen, Karg-Elert

## Dydd Llun | Monday

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**3.30pm** Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Clucas; Gwasanaeth Hwyrrol yn D leiaf | Evening Service in D minor, Walmisley; God so loved the world, Stainer; Attende Domine, Demessieux

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## Our prayers

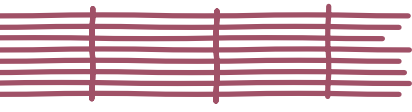
**Our community** The University, its staff and students

**Our diocese** The Ministry Area of Bro Tysilio

**The sick** Joy Levine, priest; John Watkin Jones; Giuseppina de Giovanni; Domenico de Rosa; Jimmy Carter; Judith Adams; Ellis Talbot; Sue Kenyon; Gebre

**The recently departed** Andrew McKenzie; Brianna Ghey; Pauline Mulhoney; Nicola Bull; Leonie Knapton

**Year's mind** Joan Mary Cruyton (2)



## 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 ddarlledu. 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 ystod tymor of Gesimâu a'r Grawys yn ffotograffau gan y ffotograffydd lleol ac un o gyfeillion y Gadeirlan, Dave Custance.

## 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.

Some of our services are streamed on Facebook from a camera at the east end of the Nave facing east, and the recording made available thereafter on the Cathedral's Facebook page. An official photographer may be on duty. Your attendance constitutes your consent to be included in any filming, photographing, audio recording or broadcast. If you do not wish a photograph of you or a child in your care to be used by the Cathedral, please speak to a member of the Cathedral team.

Material in this order of service is reproduced under the CLL 280874. **An Order for the Holy Eucharist 2004**, material from which is included in this service is copyright © Church in Wales Publications 2004. The Lessons and Welsh-language psalmody are based on **The New Revised Standard Version of the Bible** and **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**. The Welsh-language psalmody refrain is from Nicander, **Y Psallwyr** (1850); the English-language psalmody is that of **The Saint Helena Breviary** (2019).

Our cover images during Gesimatide and Lent are photographs taken by the local photographer and friend of the Cathedral, Dave Custance.