



**Cymun Bendigaid** • o dudalen 4  
**Gosber ar Gân** • o dudalen 28  
6-11 Mawrth 2023

**Holy Eucharist** • from page 4  
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6-11 March 2023



Cadeirlan  
Deiniol Sant  
*ym Mangor*

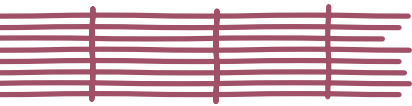
Saint Deiniol's  
Cathedral  
*in Bangor*



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 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 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

Ne derelinquas me, Domine, Domine Deus meus, ne discedas a me: intende in adiutorium meum, Domine virtus salutis meæ. Domine, ne in furore tuo arguas me: neque in ira tua corripias me. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

### Cyfieithiad

*Paid â'm gadael, O Dduw; paid â mynd yn bell oddi wrthyf, O fy Nuw. Brysia i'm cynorthwyo, O Dduw, fy iachawdwriaeth. O Dduw, na cherydda fi yn dy lid, ac na chosba fi yn dy ddig. Gogoniant i'r Tad, ac i'r Mab, ac i'r Ysbryd Glân. Fel yr oedd yn y dechreuad, mae'n awr, a'n fythol y bydd, yn oes oesoedd. Amen.*

Salm 38:21-22; 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.**

“Duw yw fy ngoleuni a'm gwaredigaeth, rhag pwy yr ofnaf?”

# Order for the Holy Eucharist

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

## Introit | on Wednesday

Ne derelinquas me, Domine, Domine Deus meus, ne discedas a me: intende in adiutorium meum, Domine virtus salutis meae. Domine, ne in furore tuo arguas me: neque in ira tua corripias me. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

### Translation

*Do not forsake me, O God; O my God, do not be far from me; make haste to help me, O God, my salvation. O God, do not rebuke me in your anger, or discipline me in your wrath. Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

**Psalm 38:21-22; 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.**

“God is my light and my salvation; whom then shall I fear?”

## 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**

Missa XVIII "Deus Genitor alme"

## Kyrie eleison | ar ddyddiau eraill

☩ Kyrie eleison. **R** Kyrie eleison. ☩ Christe eleison. **R** **Christe  
eleison.** ☩ Kyrie eleison. **R** **Kyrie eleison.**

*Cyfieithiad*

*Arglwydd, trugarha. Crist, trugarha.*



## Pentience

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

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

**Holy God, deliver us.**

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

**Holy God, deliver us.**

Have mercy on us, O God.

**For we have sinned against you.**

Show us, O God, your mercy.

**And grant us your salvation.**

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

**Amen.**

## Kyrie eleison | on Wednesday

Kyrie eleison. Christe eleison. Kyrie eleison.

### Translation

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

### Music

Missa XVIII "Deus Genitor alme"

## Kyrie eleison | on other days

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

### Translation

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

## Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

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

**Amen.**

Eisteddwn

## Gair

### Salmyddiaeth

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

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

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

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

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

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

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

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

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

## Collect | on other days

Let us pray.

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

**Amen.**

We sit



## Word

### Psalmody

**V** God is my light and my salvation.

**R** **God is my light and my salvation.**

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

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

**R** **God is my light and my salvation.**

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

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

**R** **God is my light and my salvation.**

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

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

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

**Salm 27:1-6**

### **Darlleniad**

Darlleniad o Lythyr yr Apostol Paul at y Rhufeiniaid.

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

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

**Rhufeiniaid 7:21 – 8:4**

### **Codwn ar ein traed**

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

## **R** God is my light and my salvation.

Psalm 119:1-8

### Reading

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

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

Hear the word of life to the world.

**Thanks be to God.**

Romans 7:21 – 8:4

We stand

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

Gras a thangnefedd a fo gyda chwi.

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

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Luc.

**Gogoniant i ti, O Grist.**

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

Dyma Efengyl ein Gwardedwr.

**Moliant i ti, O Grist.**

Luc 11:14-26

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

Grace and peace be with you.

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

Listen to the Holy Gospel according to ✠ Saint Luke.

**Glory to you, O Christ.**

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

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

Luke 11:14-26

## Bwriad

Gweddïwn.

### 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 Gwranddo ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

**R̄ Gwranddo 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 Gwranddo 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 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

Ad te, Domine, levavi animam meam: Deus meus, in te confido; non erubescam. Neque irrideant me inimici mei: etenim universi qui sustinent te, non confundentur.

*Cyfieithiad*

*Atat ti, O Dduw, y dyrchafaf fy enaid; O fy Nuw, ynot ti yr wyf yn ymddiried; paid â dwyn cywilydd arnaf, paid â gadael i'm gelynon orfoleddu o'm hachos. Ni ddaw cywilydd i'r rhai sy'n gobeithio ynot ti, ond fe ddaw i'r rhai sy'n llawn brad heb achos.*

**Salm 25:1-3**

## 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.

# 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

Ad te, Domine, levavi animam meam: Deus meus, in te confido; non erubescam. Neque irrideant me inimici mei: etenim universi qui sustinent te, non confundentur.

### Translation

*To you, O God, I lift up my soul. O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me. Do not let those who wait for you be put to shame.*

**Psalms 25:1-3**

## 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.

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

Felly, gyda llu'r angylion a holl gwmpeni'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 XVIII "Deus Genitor alme"

## ar ddyddiau eraill

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

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

Pob moliant a diolch i ti, y gwir a'r bywiol Dduw, Crëwr pob peth, Rhoddwr bywyd. Lluniaist ni ar dy ddelw dy hun, ond yr ydym ni wedi difwyno'r ddelw honno a syrthio'n brin o'th ogoniant. Rhoddwn ddiolch i ti am anfon dy Fab i rannu ein bywyd ni; fe'i hildiaist i farwolaeth fel y 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 drosoch: gwnewch hyn er cof amdanaf. ✠

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

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

### on Wednesday

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

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

Translation as below

**Music**

Missa XVIII "Deus Genitor alme"

### on other days

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**

✠ **Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

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

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

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

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

Gadewch inni gyhoeddi dirgeledd y ffydd:

**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, deunw 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 ewyllys; megis yn y nef, felly ar y ddaear hefyd. Dyro i ni heddiw ein bara beunyddiol a maddau i ni ein dyledion, fel y maddeuwn ninnau i'n dyledwyr. Ac nac arwain ni i brofedigaeth; eithr gwared ni rhag drwg. Canys eiddot ti yw'r deyrnas, a'r gallu, a'r gogoniant, yn oes oesoedd. Amen.

In the same way after supper he took the cup, and when he had given thanks he gave it to them, saying, Drink from this, all of you, for this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins: do this as often as you drink it in remembrance of me. ✠

Let us proclaim the mystery of faith:

**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

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

Cyfieithiad fel isod

**Cerddoriaeth**

Missa XVIII "Deus Genitor alme"

## Torri | ar ddyddiau eraill

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

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

**Oen Duw, sy'n dwyn ymaith bechodau'r byd:  
dyro inni 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 algyrch Bwrdd yr Allor i Gymuno o'r Afrlladen Sagrafennol 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

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

Translation as below

**Music**

Missa XVIII "Deus Genitor alme"

## Breaking | on other days

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

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

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

## Communion

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

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

We 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

Justus Dominus, et justitias dilexit: aequitatem vidit vultus ejus.

Cyfieithiad

*Y mae Duw yn gyfiawn ac yn caru cyfiawnder,  
a'r uniawn sy'n gweld wyneb Duw.*

**Salm 10:7**

## 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

Justus Dominus, et justitias dilexit: aequitatem vidit vultus ejus.

Translation

*God is righteous; God loves righteous deeds; the upright shall behold God's face.*

**Psalm 10:7**

## 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.

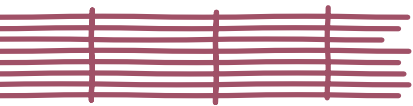
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

Peter Nardone

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

Paul Spicer

## 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

O God let it be thy pleasure to deliver me: make haste O Lord to help me.

Let them be put to shame and confusion that seek after my life: let them be driven backward and put to rebuke that wish me evil.

Let them be brought to their wits' end because of their shame: that say unto me "Fie upon thee, fie upon thee."

Let all those that seek thee be joyful and glad in thee: and let such as love thy salvation say always "God be praised."

As for me I am poor and needy: haste thee unto me O God.

Thou art my helper and my deliverer: O Lord make no long tarrying.

## 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 70**

**Cerddoriaeth | Music**

Tôn II, terfynaid cyntaf | Tone II, first ending

## Eisteddwn | We sit



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

Why boastest thou thyself of mischief: and vauntest thyself against the godly all the day long?

Thy tongue deviseth wickedness, and cutteth like a sharp razor: O thou that workest craftily by deceit.

Thou hast loved unrighteousness more than goodness: and to utter lies more than truth.

Thou hast loved to speak all words that may do hurt: O thou deceitful tongue.

Therefore shall God destroy thee for ever: he shall catch thee and pluck thee out of thy dwelling, and root thee out of the land of the living.

The righteous shall see this and fear: and they shall laugh him to scorn;

“Lo this is the man that took not God for his strength: but trusted in the multitude of his riches, and sought refuge in his wealth.”

As for me I am like a spreading olive tree in the house of God: my trust is in the tender mercy of God for ever and ever.

I will always give thanks unto thee, for this is thy doing: and I will declare thy name among the godly, and tell them of its goodness.

### 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 52**

**Cerddoriaeth | Music**

Tôn VII, seithfed terfyniad | Tone VII, seventh ending

### Eisteddwn | We sit

## Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

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 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.

Cast me not away in the time of age: forsake me not when my strength faileth me.

For mine enemies speak against me: and they that lay wait for my life take counsel together.

"God hath forsaken him: persecute him and take him, for there is none to deliver him."

Go not far from me O God: my God make haste to help 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 71:1-12**

**Cerddoriaeth | Music**

Tôn III, ail derfyniad | Tone III, second ending

### Eisteddwn | We sit

Yma y mae yn dechrau unfed adnod ar ddeg ail bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Wedi i Moses dyfu i fyny, aeth allan at ei bobl ac edrych ar eu beichiau. Gwelodd Eifftiwr yn taro Hebrëwr, un o'i frodyr, ac wedi edrych o'i amgylch a gweld nad oedd neb yno, lladdodd Moses yr Eifftiwr a'i guddio yn y tywod. Pan aeth allan drannoeth a gweld dau Hebrëwr yn ymladd â'i gilydd, gofynnodd i'r un oedd ar fai, "Pam yr wyt yn taro dy gyfaill?" Atebodd yntau, "Pwy a'th benododd di yn bennaeth ac yn farnwr arnom? A wyt am fy lladd i fel y lleddaist yr Eifftiwr?" Daeth ofn ar Moses o sylweddoli fod y peth yn hysbys. Pan glywodd Pharo am hyn, ceisiodd ladd Moses, ond ffodd ef oddi wrtho a mynd i fyw i wlad Midian; ac yno eisteddodd i lawr yn ymyl pydew. Yr oedd gan offeiriad Midian saith o ferched, a daethant i godi dŵr er mwyn llenwi'r cafnau a dyfrhau defaid eu tad. Daeth bugeiliaid heibio a'u gyrru oddi yno, ond cododd Moses ar ei draed a'u cynorthwyo i ddyfrhau eu praidd. Pan ddaeth y merched at Reuel eu tad, gofynnodd, "Sut y daethoch yn ôl mor fuan heddiw?" Dywedasant hwythau, "Eifftiwr a ddaeth i'n hamddiffyn rhag y bugeiliaid, a chodi dŵr i ddyfrhau'r praidd." Yna gofynnodd yntau iddynt, "Ple mae'r dyn? Pam yr ydych wedi ei adael ar ôl? Galwch arno, iddo gael tamaid i'w fwyta." Cytunodd Moses i aros gyda'r gŵr, a rhoddodd yntau ei ferch Seffora yn wraig iddo. Esgorodd hithau ar fab, a galwodd Moses ef yn Gersom, oherwydd dywedodd, "Dieithryn ydwyf mewn gwlad ddieithr." Yn ystod yr amser maith hwn, bu farw brenin yr Aifft. Ond yr oedd pobl Israel yn dal i riddfan oherwydd eu caethiwed, ac yn gweiddi am gymorth, a daeth eu gwaedd o achos eu caethiwed at Dduw. Clywodd Duw eu cwynfan, a chofiodd ei gyfamod ag Abraham, Isaac a Jacob; edrychodd ar bobl Israel ac ystyriodd eu cyflwr.

Yma y terfyn y Llith Gyntaf.

[Translation over the page](#)

Translation

*In those days: After Moses had grown up, he went out to his people and saw their forced labour. He saw an Egyptian beating a Hebrew, one of his kinsfolk. He looked this way and that, and seeing no one he killed the Egyptian and hid him in the sand. When he went out the next day, he saw two Hebrews fighting; and he said to the one who was in the wrong, "Why do you strike your fellow Hebrew?" He answered, "Who made you a ruler and judge over us? Do you mean to kill me as you killed the Egyptian?" Then Moses was afraid and thought, "Surely the thing is known." When Pharaoh heard of it, he sought to kill Moses. But Moses fled from Pharaoh. He settled in the land of Midian, and sat down by a well. The priest of Midian had seven daughters. They came to draw water, and filled the troughs to water their father's flock. But some shepherds came and drove them away. Moses got up and came to their defence and watered their flock. When they returned to their father Reuel, he said, "How is it that you have come back so soon today?" They said, "An Egyptian helped us against the shepherds; he even drew water for us and watered the flock." He said to his daughters, "Where is he? Why did you leave the man? Invite him to break bread." Moses agreed to stay with the man, and he gave Moses his daughter Zipporah in marriage. She bore a son, and he named him Gershom; for he said, "I have been an alien residing in a foreign land." After a long time the king of Egypt died. The Israelites groaned under their slavery, and cried out. Out of the slavery their cry for help rose up to God. God heard their groaning, and God remembered his covenant with Abraham, Isaac, and Jacob. God looked upon the Israelites, and God took notice of them.*

**Exodus 2:11-25**

Yma y mae yn dechrau trydedd bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Yr oedd Moses yn bugeilio defaid ei dad-yng-nghyfraith Jethro, offeiriad Midian, ac wrth iddo arwain y praidd ar hyd cyrion yr anialwch, daeth i Horeb, mynydd Duw. Yno ymddangosodd angel Duw iddo mewn fflam dân o ganol perth. Edrychodd yntau a gweld y berth ar dân ond heb ei difa. Dywedodd Moses, "Yr wyf am droi i edrych ar yr olygfa ryfedd hon, pam nad yw'r berth wedi llosgi." Pan welodd Duw ei fod wedi troi i edrych, galwodd Duw arno o ganol y berth, "Moses, Moses." Atebodd yntau, "Dyma fi." Yna dywedodd Duw, "Paid â dod ddim nes; tyn dy esgidiau oddi am dy draed, oherwydd y mae'r llecyn yr wyt yn sefyll arno yn dir sanctaidd." Dywedodd hefyd, "Duw dy dadau wyf fi, Duw Abraham, Duw Isaac a Duw Jacob." Cuddiodd Moses ei wyneb, oherwydd yr oedd arno ofn edrych ar Dduw. Yna dywedodd Duw, "Yr wyf wedi gweld adfyd fy mhobl yn yr Aifft a chlywed eu gwaedd o achos eu meistri gwaith, a gwn am eu doluriau. Yr wyf wedi dod i'w gwaredu o law'r Eifftiaid, a'u harwain o'r wlad honno i wlad ffrwythlon ac eang, gwlad yn llifeirio o laeth a mêl, cartref y Canaanaid, Hethiaid, Amoriaid, Peresiaid, Hefiaid a Jebusiaid. Yn awr y mae gwaedd pobl Israel wedi dod ataf, ac yr wyf wedi gweld fel y bu'r Eifftiaid yn eu gorthrymu. Tyrd, yr wyf yn dy anfon at Pharo er mwyn iti arwain fy mhobl, yr Israeliad, allan o'r Aifft." Ond gofynnodd Moses i Dduw, "Pwy wyf fi i fynd at Pharo ac arwain pobl Israel allan o'r Aifft?" Dywedodd yntau, "Byddaf fi gyda thi; a dyma fydd yr arwydd mai myfi sydd wedi dy anfon: wedi iti arwain y bobl allan o'r Aifft, byddwch yn addoli Duw ar y mynydd hwn."

Yma y terfyn y Llith Gyntaf.

Translation over the page

### Translation

*In those days: Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of God appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When God saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then God said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."*

**Exodus 3:1-12**

Yma y mae yn dechrau trydedd adnod ar ddeg trydedd bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Dywedodd Moses wrth Dduw, "Os af at bobl Israel a dweud wrthynt, 'Y mae Duw eich hynafiaid wedi fy anfon atoch', beth a ddywedaf wrthynt os gofynnant am ei enw?" Dywedodd Duw wrth Moses, "Ydwyf yr hyn ydwyf. Dywed hyn wrth bobl Israel, 'Ydwyf sydd wedi fy anfon atoch.'" Dywedodd Duw eto wrth Moses, "Dywed hyn wrth bobl Israel, 'Y Sanctiaidd Un, Duw eich tadau, Duw Abraham, Duw Isaac a Duw Jacob sydd wedi fy anfon atoch.' Dyma fydd fy enw am byth, ac fel hyn y cofir amdanaf gan bob cenedlaeth. Dos, a chynnull ynghyd henuriaid Israel, a dywed wrthynt, 'Y mae'r Bywiol Un, Duw eich tadau, Duw Abraham, Isaac a Jacob, wedi ymddangos i mi a dweud: Yr wyf wedi ymweld â chwi ac edrych ar yr hyn a wnaed i chwi yn yr Aifft, ac yr wyf wedi penderfynu eich arwain allan o adfyd yr Aifft i wlad y Canaaneaidd, Hethiaid, Amoriaid, Peresiaid, Hefiaid a Jebusiaid, gwlad yn llifeirio o laeth a mêl.' Bydd henuriaid Israel yn gwrando arnat; dos dithau gyda hwy at frenin yr Aifft a dweud wrtho, 'Y mae'r Bythol Un, Duw'r Hebreaid, wedi ymweld â ni; yn awr gad inni fynd daith dridiau i'r anialwch er mwyn inni aberthu i'r Sanctiaidd Un ein Duw.' Ond yr wyf yn gwybod na fydd brenin yr Aifft yn caniatáu i chwi fynd oni orfodir ef â llaw gadarn. Felly, estynnaf fy llaw a tharo'r Eifftiaid â'r holl ryfeddodau a wnaef yn eu plith; wedi hynny, bydd yn eich gollwng yn rhydd. Gwnaf i'r Eifftiaid edrych yn ffafriol ar y bobl hyn, a phan fyddwch yn ymadael, nid ewch yn waglaw, oherwydd bydd pob gwraig yn gofyn i'w chymdoges neu i unrhyw un yn ei thŷ am dlysau o arian ac o aur, a dillad. Gwisgwch hwy am eich meibion a'ch merched, ac ysbeiliwch yr Aifft."

Yma y terfyn y Llith Gyntaf.

Translation over the page

### Translation

*In those days: Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you', and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Holy One, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name for ever, and this my title for all generations. Go and assemble the elders of Israel, and say to them, 'The Living One, the God of your ancestors, the God of Abraham, of Isaac, and of Jacob, has appeared to me, saying: I have given heed to you and to what has been done to you in Egypt. I declare that I will bring you up out of the misery of Egypt, to the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites, a land flowing with milk and honey.' They will listen to your voice; and you and the elders of Israel shall go to the king of Egypt and say to him, 'The Eternal One, the God of the Hebrews, has met with us; let us now go a three days' journey into the wilderness, so that we may sacrifice to the Holy One our God.' I know, however, that the king of Egypt will not let you go unless compelled by a mighty hand. So I will stretch out my hand and strike Egypt with all my wonders that I will perform in it; after that he will let you go. I will bring this people into such favour with the Egyptians that, when you go, you will not go empty-handed; each woman shall ask her neighbour and any woman living in the neighbour's house for jewellery of silver and of gold, and clothing, and you shall put them on your sons and on your daughters; and so you shall plunder the Egyptians.'*

**Exodus 3:13-22**



## 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 Hwyl yn F | Evening Service in F,**  
George Dyson (1883-1964)  
**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**  
**Gwasanaeth Caeredin | Edinburgh Service,**  
Timothy Byram-Wigfield  
**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**  
**Gwasanaeth Caerloyw | Gloucester Service,**  
Herbert Howells (1892-1983)

Eisteddwn | We sit

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

**N**ow: The high priest asked Stephen, "Are these things so?" And Stephen replied: "Brothers and fathers, listen to me. The God of glory appeared to our ancestor Abraham when he was in Mesopotamia, before he lived in Haran, and said to him, 'Leave your country and your relatives and go to the land that I will show you.' Then he left the country of the Chaldeans and settled in Haran. After his father died, God had him move from there to this country in which you are now living. He did not give him any of it as a heritage, not even a foot's length, but promised to give it to him as his possession and to his descendants after him, even though he had no child. And God spoke in these terms, that his descendants would be resident aliens in a country belonging to others, who would enslave them and maltreat them for four hundred years. 'But I will judge the nation that they serve,' said God, 'and after that they shall come out and worship me in this place.' Then he gave him the covenant of circumcision. And so Abraham became the father of Isaac and circumcised him on the eighth day; and Isaac became the father of Jacob, and Jacob of the twelve patriarchs. The patriarchs, jealous of Joseph, sold him into Egypt; but God was with him, and rescued him from all his afflictions, and enabled him to win favour and to show wisdom when he stood before Pharaoh, king of Egypt, who appointed him ruler over Egypt and over all his household."

Here ends the Second Lesson.

**Actau | Acts 7:1-10**

Here begins the eleventh verse of the seventh chapter of the Acts of the Holy Apostles.

**N**ow: Stephen said, "Now there came a famine throughout Egypt and Canaan, and great suffering, and our ancestors could find no food. But when Jacob heard that there was grain in Egypt, he sent our ancestors there on their first visit. On the second visit Joseph made himself known to his brothers, and Joseph's family became known to Pharaoh. Then Joseph sent and invited his father Jacob and all his relatives to come to him, seventy-five in all; so Jacob went down to Egypt. He himself died there as well as our ancestors, and their bodies were brought back to Shechem and laid in the tomb that Abraham had bought for a sum of silver from the sons of Hamor in Shechem. But as the time drew near for the fulfilment of the promise that God had made to Abraham, our people in Egypt increased and multiplied until another king who had not known Joseph ruled over Egypt. He dealt craftily with our race and forced our ancestors to abandon their infants so that they would die. At this time Moses was born, and he was beautiful before God. For three months he was brought up in his father's house; and when he was abandoned, Pharaoh's daughter adopted him and brought him up as her own son. So Moses was instructed in all the wisdom of the Egyptians and was powerful in his words and deeds."

Here ends the Second Lesson.

**Actau | Acts 7:11-22**

Here begins the twenty-third verse of the seventh chapter of the Acts of the Holy Apostles.

**N**ow: Stephen said, "When Moses was forty years old, it came into his heart to visit his relatives, the Israelites. When he saw one of them being wronged, he defended the oppressed man and avenged him by striking down the Egyptian. He supposed that his kinsfolk would understand that God through him was rescuing them, but they did not understand. The next day he came to some of them as they were quarrelling and tried to reconcile them, saying, 'Men, you are brothers; why do you wrong each other?' But the man who was wronging his neighbour pushed Moses aside, saying, 'Who made you a ruler and a judge over us? Do you want to kill me as you killed the Egyptian yesterday?' When he heard this, Moses fled and became a resident alien in the land of Midian. There he became the father of two sons. Now when forty years had passed, an angel appeared to him in the wilderness of Mount Sinai, in the flame of a burning bush. When Moses saw it, he was amazed at the sight; and as he approached to look, there came the voice of God: 'I am the God of your ancestors, the God of Abraham, Isaac, and Jacob.' Moses began to tremble and did not dare to look. Then God said to him, 'Take off the sandals from your feet, for the place where you are standing is holy ground. I have surely seen the mistreatment of my people who are in Egypt and have heard their groaning, and I have come down to rescue them. Come now, I will send you to Egypt.'"

Here ends the Second Lesson.

**Actau | Acts 7:23-34**

## 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 Hwyrrol yn F | Evening Service in F,**  
George Dyson (1883-1964)  
**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**  
**Gwasanaeth Caeredin | Edinburgh Service,**  
Timothy Byram-Wigfield  
**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**  
**Gwasanaeth Caerloyw | Gloucester Service,**  
Herbert Howells (1892-1983)

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.

**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

**D**ad nefol, sy'n gweld nad oes gennym ddim nerth ohonom ein hunain i'n cynorthwyo ein hunain: cadw ni oddi mewn ac oddi allan, yn enaid a chorff: fel yr amddiffynnir ni rhag pob drygfyd a all ddigwydd i'r corff, a rhag pob meddwl drwg a all ymosod a pheri niwed i'r enaid; trwyddo ef sydd Iesu Grist ein Gwardedwr. 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.

**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.

### Translation

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

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

William Byrd (c.1540-1623)

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

Peter Nardone

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

Paul Spicer

## 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, gobaiha 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**

O taste and see how gracious the Lord is: blest is the man that trusteth in him.

**Geiriau | Words**

Salm | Psalm 34:8

**Cerddoriaeth | Music**

Ralph Vaughan Williams (1872-1958)

### **Anthem | ar ddydd Mawrth | on Tuesday**

By the waters of Babylon we sat down and wept: when we remembered thee, O Sion. As for our harps, we hanged them up: upon the trees that are therein. For they that led us away captive required of us then a song and melody in our heaviness: sing us one of the songs of Sion. How shall we sing the Lord's song in a strange land.

**Geiriau | Words**

Salm | Psalm 137:1-4

**Cerddoriaeth | Music**

Colin Mawby (1936-2019)



## Anthem | ar ddydd Iau | on Thursday

Out of the deep have I called unto thee, O Lord: Lord, hear my voice. O let thine ears consider well: the voice of my complaint. If thou, Lord, wilt be extreme to mark what is done amiss: O Lord, who may abide it? For there is mercy with thee: therefore shalt thou be feared. I look for the Lord; my soul doth wait for him: in his word is my trust. My soul fleeth unto the Lord: before the morning watch, I say, before the morning watch. O Israel, trust in the Lord, for with the Lord there is mercy: and with him is plenteous redemption. And he shall redeem Israel: from all his sins.

### Geiriau | Words

Salm | Psalm 130

### Cerddoriaeth | Music

John Rutter

## 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**lory to thee, my God, this night,  
for all the blessings of the light:  
keep me, O keep me, King of kings,  
beneath thy own almighty wings.

Er mwyn dy annwyl Fab dy hun,  
O maddeu 'meiau mawr bob un,  
fel cyn yr hunwyf b'wyf o hyd,  
mewn hedd â thi, fy hun a'r byd.

Teach me to live, that I may dread  
the grave as little as my bed;  
teach me to die, that so I may  
rise glorious at the awful day.

Gwna i mi orffwys heno o hyd  
yn dawel dan dy adain glyd  
a dod yn wiw at doriad wawr  
i foli'n fwy fy Arglwydd mawr.

Praise God, from whom all blessings flow;  
praise him, all creatures here below;  
praise him above, ye heavenly host:  
praise Father, Son, and Holy Ghost.

Translation

*For the sake of thy own dear Son, O forgive my great faults every one, that before I sleep I will be always, in peace with thee, myself and the world. / Make me rest tonight always quietly under thy cosy wings and come worthily at the break of dawn to praise evermore my great Lord.*

**Geiriau | Words**

Thomas Ken (1637-1711)

**Cyfieithiad | Translation**

o | from "Grawn-Sypiau Canaan" (1829)

**Cerddoriaeth | Music | "Tallis's Canon"**

Thomas Tallis (c.1505-1585)

Emyn | ar ddydd Mawrth **Hymn | on Tuesday**



**C**ome, living God, when least expected,  
when minds are dull and hearts are cold,  
through sharpening word and warm affection  
revealing truths as yet untold.

**Come now, as once you came to Moses  
within the bush alive with flame;  
or to Elijah on the mountain,  
by silence pressing home your claim.**

**So, let our minds be sharp to read you  
in sight or sound or printed page,  
and let us greet you in our neighbours,  
in ardent youth or mellow age.**

**Then we will share his radiant brightness,  
and, blazing through the dread of night,  
illuminate by love and reason,  
for those in darkness, faith's delight.**

**Geiriau | Words**

Alan Gaunt

**Cerddoriaeth | Music | "Spiritus Vitæ"**

Mary Jane Hammond (1878-1964)



**D**uw Abram, molwch ef,  
yr hollalluog Dduw,  
yr Hen Ddihenydd, Brenin nef,  
Duw, cariad yw.  
I'r lôr, anfeidrol Fod,  
boed mawl y nef a'r llawr;  
ymgrymu wnaf, a rhof y clod  
i'r enw mawr.

The God of Abraham praise,  
at whose supreme command  
from earth we rise, and seek the joys  
at his right hand:  
we all on earth forsake  
its wisdom, fame, and power;  
and him our only portion make,  
our shield and tower.

Er bod y cnawd yn wan,  
er gwaethaf grym y byd,  
drwy ras mi ddof i hyfryd fan  
fy nghartref clyd;  
mi nofia'r dyfnder llaith  
â'm trem ar Iesu cu;  
af drwy'r anialwch erchyll maith  
i'r Ganaan fry.

The whole triumphant host  
give thanks to God on high;  
"hail, Father, Son, and Holy Ghost,"  
they ever cry:  
hail, Abraham's God, and mine,  
(I join the heavenly lays)  
all might and majesty are thine,  
and endless praise.

*Translation*

*The God of Abraham, praise him! The almighty God, the Ancient of Days, the King of heaven, God, love he is. To the Lord, immeasurable Being, let there be praise of heaven and earth; I will bow, and I will render praise to the great name. / Although the flesh is weak, despite the force of the world, through grace I will come to a pleasant place my cosy home; I will swim the depth of death with my gaze on dear Jesus; I will go through the horrible vast desert to the Canaan above.*

**Geiriau | Words**

Maimonides (Moses ben Maimon; 1138-1204)

**Efelychiad | Paraphrase**

Thomas Olivers (1725-1799)

**Cyfieithiad | Translation**

Robert Williams (1804-1855)

**Cerddoriaeth | Music | "Leoni"**

Myer Lyon (c.1750-1797)

## 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 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 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**

**Jesus Christus under Heiland, BWV 689**, Johann Sebastian Bach (1685-1750)

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

**Audi, benigne conditor**, Marcel Dupré (1886-1971)

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

**Rhagarweiniad Salm 1.1 | Psalm Prelude 1.1**, Herbert Howells (1892-1983)

# Hysbys



## Clas

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

Mae **Clas** y nos Lun yma 6 Mawrth yn gyfle am sgwrs â Mary Stallard cyn iddi ein gadael i ddod yn Esgob newydd Llandaf. Bydd yr Esgob yn myfyrio ar ei chyfnod yn yr esgobaeth, ei chyfranogiad yng Nghynhadledd Lambeth yr haf diwethaf, ei hymweliad 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

Bu i'n Cyfarfod Cynulleidfaol Dygwyl Ddewi nos lau diwethaf drafod cwblhau'r gwaith cynnal a chadw fu;n digwydd dros fisoedd y gaeaf, y systemau atal tân sydd i'w gosod maes o law, a dodfren newydd ar gyfer Corff yr Eglwys a fydd, fe obeithiwn, yn cyrraedd y Gadeirlan mewn pryd ar gyfer yr Wythnos Fawr.

## 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 fywd i'w ddwyn, siaradwch â Canon Jane Coutts.

Gwneir casgliad yn ystod y Cinio Dewch a Rhannu ar gyfer Apêl Daeargryn Twrci-Syria y DEC, a'i waith bryd i gynnig lloches ac i gyfrannu at yr adfer yn y gwledydd hynny ar ôl y dinistr diweddar.

## Datganiadau Paned

Pob dydd Iau

11.15am am 45 munud

Paned a chacen o 10.45am

## 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.

## 16 Mawrth | Simon Ogdon | Gwrthdenor

Mae Clerc Lleyg y Gadeirlan, Simon Ogdon, yn cyflwyno datganiad sy'n cynnwys rhai o gantatas seciwlar Handel i unawdwy'r.

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

## Dydd Llun | Monday

**12.30pm** Cymun | Eucharist

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

## Dydd Mawrth | Tuesday

**9.00pm** Camau Bach

**12.30pm** Cymun | Eucharist

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

## Dydd Mercher | Wednesday

**12.30pm** Cymun | Eucharist

**8.00pm** Gwylnos | Vigil

## 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

## Dydd Gwener | Friday

**12.30pm** Cymun | Eucharist

## Dydd Sadwrn | Saturday

**12.30pm** Cymun | Eucharist

## 12 Mawth | Trydydd Sul y Grawys | 12 March | The Third Sunday of Lent

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaid ar Gân

Cymun Gwynedd, Cooper; Marwnad y Bardd, Ogdon; Allegro Risoluto, Whitlock

**11.00am** Choral Holy Eucharist

Missa "Je suis déshéritée", Lassus;  
Super flumina Babylonis, Lassus;  
Prelude and Fugue in C minor, BWV 549, Bach

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

Ymatebion | Responses, Spicer;  
Gwasanaeth Hywrol "Collegium Regale" Evening Service, Howells; Like as the Hart, Howells; Sarabande in modo elegiaco, Howells

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## Ein gweddi

**Ein cymuned** Banc Bwyd y Gadeirlan

**Ein hesgobaeth** Y rhai sy'n archwilio galwedigaeth i weinidogaeth ordeiniedig, a'r rhai sy'n gyfrifol am ddirnad eu galwad

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

**A fu farw'n ddiweddar** Brianna Ghey; Pauline Mulhoney; Nicola Bull; Leonie Knapton; Beryl Roberts; Polly Hoskin

**Gŵyl goffa** Laurine Evans (6); Erwyd Edwards, offeiriad (11)

# Notices



## Clas

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

We welcome Mary Stallard to coming Monday's **Clas**, 6 March, as she prepares to leave us to become the new Bishop of Llandaff. She will be reflecting with us 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 last week discussed the completion of the winter months' conservation and maintenance works at the Cathedral, the forthcoming fire prevention and suppression systems to be installed, and the new Nave furniture that will hopefully be introduced into the Cathedral in time for Holy Week.

## 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.

A collection will be taken during the Bring & Share Lunch for the DEC's Turkey-Syria Earthquake Appeal, and its work to assist with the emergency shelter and resoration work in those countries after the recent devastation.

## Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

### 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.

### 16 March | Simon Ogdon | Counter-tenor

Cathedral Lay Clerk Simon Ogdon presents a recital including some of Handel's secular cantatas for solo voice.

## Johannes-Passion

Palm Sunday

6.00pm

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

# This week

## Heddiw | Today

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Gwasanaeth Hywrol "Collegium Regale" Evening Service, Howells; Like as the Hart, Howells; Sarabande in modo elegiaco, Howells

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## Our prayers

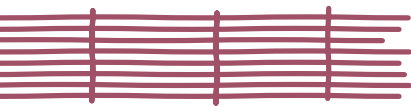
**Our community** The Cathedral Foodbank

**Our diocese** Those exploring a vocation to ordained ministry, and those responsible for the discernment of their call

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

**The recently departed** Brianna Ghey; Pauline Mulhoney; Nicola Bull; Leonie Knapton; Beryl Roberts; Polly Hoskin

**Year's mind** Laurine Evans (6); Erwyd Edwards, priest (11)



## 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 wasanaeth 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.