



**Cymun Bendigaid** • o dudalen 4  
**Gosber ar Gân** • o dudalen 28  
13-18 Mawrth 2023

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13-18 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

Ego autem in Domino speravi, exultabo et laetabor in tua misericordia, quia respexisti humilitatem meam. In te Domine speravi, non confundar in aeternum, in justitia tua libera me. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

### Cyfieithiad

*Ymddiriedaf fi yn Nuw. Llawenychaf a gorfoleddaf yn dy ffyddlondeb, oherwydd iti edrych ar fy adfyd. Ynot ti, O Dduw, y ceisiais loches, na fydded cywilydd arnaf byth; achub fi yn dy gyfiawnder. 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 31:6-7, 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 sawl y maddeuwyd eu trosedd, ac y cuddiwyd eu pechod."

# Order for the Holy Eucharist

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

## Introit | on Wednesday

Ego autem in Domino speravi, exultabo et laetabor in tua misericordia, quia respexisti humilitatem meam. In te Domine speravi, non confundar in aeternum, in justitia tua libera me. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

### Translation

*I trust in God. I will exult and rejoice in your steadfast love, because you have seen my affliction. In you, O God, I seek refuge; do not let me ever be put to shame; in your righteousness deliver me. 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 31:6-7, 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 whose transgressions are forgiven and whose sin is put away.”

## 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, gollwng dy bobl oddi wrth eu camweddau, fel y gallwn trwy dy ddaioni haelionus fod oll yn rhydd o gadwynau'r pechodau hynny a gyflawnwyd gennym oherwydd ein llesgedd; caniatâ hyn er mwyn yr un sydd lesu Grist ein Gwaredwr.

**Amen.**

Eisteddwn

## Gair

### Salmyddiaeth

Y Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.

**R: Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.**

Gwyn eu byd y sawl y maddeuwyd eu trosedd, ac y cuddiwyd eu pechod.

Gwyn eu byd y sawl nad yw Duw yn cyfrif eu bai yn eu herbyn, ac nad oes dichell yn eu hysbryd.

**R: Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.**

Yna, bu imi gydnabod fy mhechod wrthyt, a pheidio â chuddio fy nrygioni; dywedais, "Yr wyf yn cyffesu fy mhechodau i Dduw"; a bu i tithau faddau euogrwydd fy mhechod.

Am hynny fe weddïa pob un ffyddlon arnat ti yn nydd cyfyngder, a phan ddaw llifeiriant o ddyfroedd mawr, ni fyddant yn cyrraedd ato ef.

**R: Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.**

Salm 32:1-2, 5-6

## Collect | on other days

Let us pray.

**H**eavenly Father, absolve your people from their offences, that through your bountiful goodness we may all be delivered from the chains of those sins which by our frailty we have committed; grant this for the sake of him who is Jesus Christ our Saviour.

**Amen.**

We sit



## Word

### Psalmody

**Y** You forgave me the guilt of my sin.

**R** **You forgave me the guilt of my sin.**

Happy are they whose transgressions are forgiven and whose sin is put away.

Happy are they to whom God imputes no guilt and in whose spirit there is no guile.

**R** **You forgave me the guilt of my sin.**

Though an army should encamp against me, yet my heart shall  
Then I acknowledged my sin to you and did not conceal my  
guilt.

I said, "I will confess my transgressions to God;" then you  
forgave me the guilt of my sin.

**R** **You forgave me the guilt of my sin.**

Psalm 32:1-2, 5-6

## Darlleniad

Darlleniad o Actau'r Apostolion.

**N**awr: Pan glywodd y dyrfa araith Pedr, fe'u dwysbigwyd yn eu calon, a dywedasant wrth Pedr a'r apostolion eraill, "Beth a wnawn ni, gyfeillion?" Meddai Pedr wrthynt, "Edifarhewch, a bedyddier pob un ohonoch yn enw Iesu Grist er maddeuant eich pechodau, ac fe dderbyniwch yr Ysbryd Glân yn rhodd. Oherwydd i chwi y mae'r addewid, ac i'ch plant ac i bawb sydd ymhell, pob un y bydd i'r Arglwydd ein Duw ni ei alw ato." Ac â geiriau eraill lawer y tystiolaethodd ger eu bron, a'u hannog, "Dihangwch rhag y genhedlaeth wyrgam hon." Felly bedyddiwyd y rhai a dderbyniodd ei air, ac ychwanegwyd atynt y diwrnod hwnnw tua thair mil o bersonau. Yr oeddent yn dyfalbarhau yn nysgeidiaeth yr apostolion ac yn y gymdeithas, yn y torri bara ac yn y gweddïau. Yr oedd ofn ar bob enaid; yr oedd rhyfeddodau ac arwyddion lawer yn cael eu gwneud drwy'r apostolion.

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

**Actau 2:37-43**

Codwn ar ein traed

## Reading

A reading from the Acts of the Apostles.

**N**ow: When the crowd heard Peter's address, they were cut to the heart and said to him and to the other apostles, "Brothers, what should we do?" Peter said to them, "Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him." And he testified with many other arguments and exhorted them, saying, "Save yourselves from this corrupt generation." So those who welcomed his message were baptized, and that day about three thousand persons were added. They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles.

Hear the word of life to the world.

**Thanks be to God.**

**Acts 2:37-43**

We stand

## Efengyl

Ŷ Mawl i ti O Grist, Brenin gogoniant bythol. **℟ Mawl i ti O Grist, Brenin gogoniant bythol.** Ŷ Pe bait tithau, y dydd hwn, wedi adnabod ffordd tangnefedd. **℟ 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: Pan ddaeth Iesu yn agos a gweld y ddinas, wylodd drosti gan ddweud, "Pe bait tithau, y dydd hwn, wedi adnabod ffordd tangnefedd – ond na, fe'i cuddiwyd rhag dy lygaid. Oherwydd daw arnat ddyddiau pan fydd dy elynion yn codi clawdd yn dy erbyn, ac yn dy amgylchynu ac yn gwasgu arnat o bob tu. Fe'th ddymchwelant hyd dy seiliau, ti a'th blant o'th fewn; ni adawant faen ar faen ynot ti, oherwydd dy fod heb adnabod yr amser pan ymwelwyd â thi."

Dyma Efengyl ein Gwardedwr.

**Moliant i ti, O Grist.**

Luc 19:41-44

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.** ℣ you, even you, had only recognized on this day the things that make for peace! ℞ **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: As Jesus came near and saw the city of Jerusalem, he wept over it, saying, "If you, even you, had only recognized on this day the things that make for peace! But now they are hidden from your eyes. Indeed, the days will come upon you, when your enemies will set up ramparts around you and surround you, and hem you in on every side. They will crush you to the ground, you and your children within you, and they will not leave within you one stone upon another; because you did not recognize the time of your visitation from God."

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

Luke 19:41-44

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

Domine, fac mecum misericordiam tuam, propter nomen tuum, quia suavis est misericordia tua.

*Cyfieithiad*

*O Dduw, gweithreda drosof er mwyn dy enw;  
oherwydd daioni dy gariad, gwareda fi.*

**Salm 109:21**

## 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

Domine, fac mecum misericordiam tuam, propter nomen tuum, quia suavis est misericordia tua.

Translation

*O God, act on my behalf for your name's sake; because your steadfast love is good, deliver me.*

Psalm 109:21

## 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

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. ✠

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

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

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

Translation as below

#### Music

Missa XVIII "Deus Genitor alme"

### on other days

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

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

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

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

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

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

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, adnewyddu 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

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

Notas mihi fecisti vias vitae: adimplebis me laetitia cum vultu tuo, Domine.

Cyfieithiad

*Dangosi i mi lwybr bywyd; yn dy bresenoldeb di y mae digonedd o lawenydd.*

Salm 16:11

## 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 Gwardwr.

**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

Notas mihi fecisti vias vitae: adimplebis me laetitia cum vultu tuo, Domine.

Translation

*You show me the path of life. In your presence there is fullness of joy.*

Psalm 16:11

## 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.

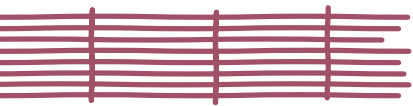
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

Thomas Ebdon (1738-1811)

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

John Reading (c.1645-1692)

## Brawddeg Sentence

"Gwyn eu byd y sawl y maddeuwyd eu trosedd, ac y cuddiwyd eu pechod."

### Translation

"Happy are they whose transgressions are forgiven and whose sin is put away."

## Eisteddwn | We sit

# Gair Word

## Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

Hear the right, consider my cry O Lord: and hearken unto my prayer, that goeth not out of lying lips.

Let judgement for me come forth from thy presence: and let thine eyes look upon the thing that is just.

Thou hast proved and visited my heart in the night-season: if thou try me thou shalt find no wickedness in me; my mouth shall not offend.

As for the doings of men: because of the words of thy lips I have kept me from the ways of the violent.

My feet have held firm in thy paths: and my footsteps have not slipped.

I have called upon thee O God, for thou shalt hear me: incline thine ear to me and hearken unto my words.

Shew thy marvellous loving-kindness: thou that art the saviour of them that put their trust in thee, from such as resist thy right hand.

Keep me as the apple of an eye: hide me under the shadow of thy wings.

## 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 17:1-8**

**Cerddoriaeth | Music**

Tôn II, terfynaid cyntaf | Tone II, first ending

## Eisteddwn | We sit



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

Hear my voice O God in my prayer: preserve my life from fear of the enemy.

Hide me from the gathering together of the wicked: and from the tumult of evil doers,

Who have whet their tongue like a sword: and shoot out their arrows, even bitter words,

That they may privily shoot at him that is blameless: suddenly do they shoot at him where no man seeth them.

They hold fast to their evil purpose: and commune among themselves how they may lay snares, and say "Who shall see us?"

They devise oppression and think out cunning mischief: for the heart and mind of man is very deep.

But God shall shoot at them with a swift arrow: and suddenly shall they be wounded.

Yea by their own words he shall make them fall: in so much that whoso seeth them shall flee from them;

And all men shall fear, and tell what God hath done: for they shall perceive that it is his work.

The righteous shall rejoice in the Lord and put their trust in him: and all they that are true of heart shall be glad.

### 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 64**

**Cerddoriaeth | Music**

Tôn II, terfynaid cyntaf | Tone II, first ending

### Eisteddwn | We sit

## Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

Deliver me from mine enemies O God: defend me from them that rise up against me.

O deliver me from the wicked doers: and save me from the bloodthirsty men.

For lo they lie waiting for my soul: cruel men are gathered againstme, without any offence or fault in me O Lord.

They run and prepare themselves against me without a cause: arise thou therefore to help me, and behold.

Stand up O Lord God of hosts thou God of Israel, to punish all the nations: and be not merciful unto them that devise wickedness in their heart.

In the evening they go to and fro: they howl like a dog and run about through the city.

Behold they boast with their mouth, and taunts are on their lips: for they say "Who is there that heareth us?"

But thou O Lord shalt have them in derision: thou shalt laugh all the nations to scorn.

Unto thee O my Strength will I sing: for thou O God art my refuge.

### 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 59:1-9**

**Cerddoriaeth | Music**

Tôn III, pumed terfyniad | Tone III, fifth ending

### Eisteddwn | We sit

Yma y mae yn dechrau pedwaredd bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Atebodd Moses, “Ni fyddant yn fy nghredu nac yn gwrando arnaf, ond byddant yn dweud, ‘Nid yw Duw wedi ymddangos i ti.’” Dywedodd Duw wrtho, “Beth sydd gennyf yn dy law?” Atebodd yntau, “Gwialen.” Yna dywedodd Duw, “Taf! hi ar lawr.” Pan daflodd hi ar lawr, trodd yn sarff, a chiliodd Moses oddi wrthi. Ond dywedodd Duw wrtho, “Estyn dy law a gafael yn ei chynffon.” Estynnodd yntau ei law a gafael ynddi, a throdd yn wialen yn ei law. “Gwna hyn,” meddai, “er mwyn iddynt gredu bod y Sanctaidd Un, Duw eu tadau, Duw Abraham, Duw Isaac a Duw Jacob wedi ymddangos iti.” Yna dywedodd Duw wrtho, “Rho dy law yn dy fynwes.” Rhoes yntau ei law yn ei fynwes, a phan dynnodd hi allan, yr oedd ei law yn wahanglwyfus ac yn wyn fel yr eira. Yna dywedodd Duw, “Rho hi’n ôl yn dy fynwes.” Rhoes yntau ei law yn ôl yn ei fynwes, a phan dynnodd hi allan, yr oedd mor iach â gweddill ei gorff. “Os na fyddant yn dy gredu nac yn ymateb i’r arwydd cyntaf,” meddai Duw, “hwyrach y byddant yn ymateb i’r ail arwydd. Ond os na fyddant yn ymateb i’r naill arwydd na’r llall, nac yn gwrando arnat, cymer ddŵr o’r Neil a’i dywallt ar y sychdir, a bydd y dŵr a gymeri o’r afon Neil yn troi’n waed ar y tir sych.” Dywedodd Moses wrth Duw, “O fy Nuw, ni fûm erioed yn ŵr huawdl, nac yn y gorffennol nac er pan ddechreuaist lefaru wrth dy was; y mae fy lleferydd yn araf a’m tafod yn drwm.” Yna dywedodd Duw wrtho, “Pwy a roes enau i feidrolyn? Pwy a’i gwna yn fud neu’n fyddar? Pwy a rydd iddo olwg, neu ei wneud yn ddall? Onid myfi, y Bywiol Un? Yn awr, dos, rhof help iti i lefaru, a’th ddysgu beth i’w ddweud.” Ond dywedodd ef, “O fy Nuw, anfon pwy bynnag arall a fynni.” Digiodd y Bythol Un wrth Moses a dywedodd, “Onid Aaron y Lefiad yw dy frawd? Gwn y gall ef siarad yn huawdl; y mae ar ei ffordd i’th gyfarfod, a bydd yn falch o’th weld. Llefara di wrtho a gosod y geiriau yn ei enau, a rhof finnau help i’r ddau ohonoch i lefaru, a’ch dysgu beth i’w wneud. Bydd ef yn llefaru wrth y bobl ar dy ran; bydd ef fel genau iti, a byddi dithau fel Duw iddo yntau. Cymer y wialen hon yn dy law, oherwydd trwyddi hi y byddi’n gwneud yr arwyddion.”

Yma y terfyn y Llith Gyntaf.

Translation over the page

### Translation

*In those days: Moses answered, "But suppose they do not believe me or listen to me, but say, 'God did not appear to you.'" God said to him, "What is that in your hand?" He said, "A staff." And he said, "Throw it on the ground." So he threw the staff on the ground, and it became a snake; and Moses drew back from it. Then God said to Moses, "Reach out your hand, and seize it by the tail" — so he reached out his hand and grasped it, and it became a staff in his hand — "so that they may believe that the Holy One, the God of their ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you." Again, God said to him, "Put your hand inside your cloak." He put his hand into his cloak; and when he took it out, his hand was leprous, as white as snow. Then God said, "Put your hand back into your cloak" — so he put his hand back into his cloak, and when he took it out, it was restored like the rest of his body — "If they will not believe you or heed the first sign, they may believe the second sign. If they will not believe even these two signs or heed you, you shall take some water from the Nile and pour it on the dry ground; and the water that you shall take from the Nile will become blood on the dry ground." But Moses said to God, "O my God, I have never been eloquent, neither in the past nor even now that you have spoken to your servant; but I am slow of speech and slow of tongue." Then the Lord said to him, "Who gives speech to mortals? Who makes them mute or deaf, seeing or blind? Is it not I, the Living One? Now go, and I will be with your mouth and teach you what you are to speak." But he said, "O my God, please send someone else." Then the anger of the Eternal One was kindled against Moses and he said, "What of your brother Aaron the Levite? I know that he can speak fluently; even now he is coming out to meet you, and when he sees you his heart will be glad. You shall speak to him and put the words in his mouth; and I will be with*

*your mouth and with his mouth, and will teach you what you shall do. He indeed shall speak for you to the people; he shall serve as a mouth for you, and you shall serve as God for him. Take in your hand this staff, with which you shall perform the signs."*

**Exodus 4:1-17**

## Llith | ar ddydd Mawrth Lesson | on Tuesday

Yma y mae yn dechrau deunawfed adnod pedwaredd bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Dychwelodd Moses at Jethro ei dad-yng-nghyfraith a dweud wrtho, "Gad imi fynd yn ôl at fy mhobl sydd yn yr Aifft i weld a ydynt yn dal yn fyw." Dywedodd Jethro wrtho, "Rhwydd hynt iti." Yr oedd Duw wedi dweud wrth Moses yn Midian, "Dos yn ôl i'r Aifft, oherwydd y mae pawb oedd yn ceisio dy ladd bellach wedi marw." Felly, cymerodd Moses ei wraig a'i feibion, a'u gosod ar asyn a mynd yn ôl i wlad yr Aifft, â gwialen Duw yn ei law. Dywedodd Duw wrth Moses, "Wedi iti ddychwelyd i'r Aifft, rhaid iti wneud o flaen Pharo yr holl ryfeddodau a roddais yn dy allu; ond byddaf yn caledu ei galon ac ni fydd yn gollwng y bobl yn rhydd. Llefara wrth Pharo, 'Dyma a ddywed y Sanctaidd Un: Israel yw fy mab cyntafanedig, ac yr wyf yn dweud wrthynt am ollwng fy mab yn rhydd er mwyn iddo f'addoli, ond gwrthodaist ei ollwng yn rhydd, felly fe laddaf dy fab cyntafanedig di.'" Mewn llety ar y ffordd, cyfarfu Duw â Moses a cheisio'i ladd. Ond cymerodd Seffora gyllell finiog a thorri blaengroen ei mab a'i fwrw i gyffwrdd â thraed Moses, a dweud, "Yr wyt yn briod imi trwy waed." Yna gadawodd Duw lonydd iddo. Dyna'r adeg y dywedodd hi, "Yr wyt yn briod trwy waed oherwydd yr enwaedu." Dywedodd Duw wrth Aaron, "Dos i'r anialwch i gyfarfod â Moses." Aeth yntau, a chyfarfod ag ef wrth fynydd Duw a'i gusanu. Adroddodd Moses wrth Aaron y cyfan yr oedd Duw wedi ei anfon i'w ddweud, a'r holl arwyddion yr oedd wedi gorchymyn iddo eu gwneud. Yna aeth Moses ac Aaron i gynnwll ynghyd holl henuriaid pobl Israel, a dywedodd Aaron wrthynt y cyfan yr oedd Duw wedi ei ddweud wrth Moses; a gwnaeth yr arwyddion yng ngŵydd y bobl. Credodd y bobl, a phan glywsant fod Duw wedi ymweld â phobl Israel a'i fod wedi edrych ar eu hadfyd, bu iddynt ymgrymu i lawr ac addoli.

Yma y terfyn y Llith Gyntaf.

#### Translation

*In those days: Moses went back to his father-in-law Jethro and said to him, "Please let me go back to my kindred in Egypt and see whether they are still living." And Jethro said to Moses, "Go in peace." God said to Moses in Midian, "Go back to Egypt; for all those who were seeking your life are dead." So Moses took his wife and his sons, put them on a donkey, and went back to the land of Egypt; and Moses carried the staff of God in his hand. And God said to Moses, "When you go back to Egypt, see that you perform before Pharaoh all the wonders that I have put in your power; but I will harden his heart, so that he will not let the people go. Then you shall say to Pharaoh, 'Thus says the Holy One: Israel is my firstborn son. I said to you, "Let my son go that he may worship me." But you refused to let him go; now I will kill your firstborn son.'" On the way, at a place where they spent the night, God met him and tried to kill him. But Zipporah took a flint and cut off her son's foreskin, and touched Moses' feet with it, and said, "Truly you are a bridegroom of blood to me!" So he let him alone. It was then she said, "A bridegroom of blood by circumcision." God said to Aaron, "Go into the wilderness to meet Moses." So he went; and he met him at the mountain of God and kissed him. Moses told Aaron all the words of God with which he had sent him, and all the signs with which he had charged him. Then Moses and Aaron went and assembled all the elders of the Israelites. Aaron spoke all the words that God had spoken to Moses, and performed the signs in the sight of the people. The people believed; and when they heard that God had given heed to the Israelites and that he had seen their misery, they bowed down and worshipped.*

**Exodus 4:18-31**

Yma y mae yn dechrau pumed bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Yna aeth Moses ac Aaron at Pharo a dweud, "Fel hyn y dywed y Sanctaidd Un, Duw Israel: 'Gollwng fy mhobl yn rhydd er mwyn iddynt gadw gŵyl i mi yn yr anialwch.'" Dywedodd Pharo, "Pwy yw Duw? Pam y dylwn i ufuddhau iddo a gollwng Israel yn rhydd? Nid wyf yn adnabod y Bywiol Un, ac felly nid wyf am ollwng Israel yn rhydd." Yna dywedasant, "Y mae Duw'r Hebraeid wedi cyfarfod â ni. Gad inni fynd daith dridiau i'r anialwch i aberthu i'r Fythol Un, ein Duw, rhag iddo ein taro â haint neu â chleddyf." Ond dywedodd brenin yr Aifft wrthynt, "Moses ac Aaron, pam yr ydych yn denu'r bobl oddi wrth eu gwaith? Ewch yn ôl at eich gorchwylion." Dywedodd Pharo hefyd, "Edrychwch, y maent erbyn hyn yn fwy niferus na thrigolion y wlad, ac yr ydych chiwi am atal eu gorchwylion!" Y diwrnod hwnnw, rhoddodd Pharo orchymyn i feistri gwaith y bobl a'u swyddogion, "Peidiwch â rhoi gwellt mwyach i'r bobl i wneud priddfeini; gadewch iddynt fynd a chasglu gwellt iddynt eu hunain. Ond gofalwch eu bod yn cynhyrchu'r un nifer o briddfeini â chynt, a pheidiwch â lleihau'r nifer iddynt. Y maent yn ddiog, a dyna pam y maent yn gweiddi am gael mynd i aberthu i'w Duw. Gwnewch y gwaith yn drymach i'r bobl er mwyn iddynt ddal ati i weithio, a pheidiwch â gwrando ar eu celwydd." Aeth meistri gwaith a swyddogion y bobl allan a dweud wrthynt, "Fel hyn y dywed Pharo: 'Nid wyf am roi gwellt i chwi mwyach, ond rhaid i chwi eich hunain fynd i geisio gwellt ym mha le bynnag y gallwch ei gael; er hynny, ni fydd dim cwtogi ar eich cynnyrch.'" Felly, bu raid i'r bobl grwydro trwy holl wlad yr Aifft a chasglu sofr yn lle gwellt. Yr oedd y meistri gwaith yn pwysu arnynt gan ddweud, "Gorffennwch y gwaith ar gyfer pob dydd, yn union fel yr oeddech pan oedd gennych wellt." Cafodd y swyddogion a benodwyd gan feistri gwaith Pharo i oruchwyllo'r Israeliaid eu curo a'u holi, "Pam na wnaethoch eich dogn o briddfeini heddiw fel cynt?"

Yma y terfyn y Llith Gyntaf.

[Translation over the page](#)

Translation

*In those days: Afterwards Moses and Aaron went to Pharaoh and said, "Thus says the Holy One, the God of Israel, 'Let my people go, so that they may celebrate a festival to me in the wilderness.'" But Pharaoh said, "Who is God, that I should heed him and let Israel go? I do not know the Living One, and I will not let Israel go." Then they said, "The God of the Hebrews has revealed himself to us; let us go a three days' journey into the wilderness to sacrifice to the Eternal One our God, or he will fall upon us with pestilence or sword." But the king of Egypt said to them, "Moses and Aaron, why are you taking the people away from their work? Get to your labours!" Pharaoh continued, "Now they are more numerous than the people of the land and yet you want them to stop working!" That same day Pharaoh commanded the taskmasters of the people, as well as their supervisors, "You shall no longer give the people straw to make bricks, as before; let them go and gather straw for themselves. But you shall require of them the same quantity of bricks as they have made previously; do not diminish it, for they are lazy; that is why they cry, 'Let us go and offer sacrifice to our God.' Let heavier work be laid on them; then they will labour at it and pay no attention to deceptive words." So the taskmasters and the supervisors of the people went out and said to the people, "Thus says Pharaoh, 'I will not give you straw. Go and get straw yourselves, wherever you can find it; but your work will not be lessened in the least.'" So the people scattered throughout the land of Egypt, to gather stubble for straw. The taskmasters were urgent, saying, "Complete your work, the same daily assignment as when you were given straw." And the supervisors of the Israelites, whom Pharaoh's taskmasters had set over them, were beaten, and were asked, "Why did you not finish the required quantity of bricks yesterday and today, as you did before?"*

**Exodus 5:1-14**



# 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,**  
Carolus Andreas (ob.1627)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**  
**Ail Wasanaeth Hwylol | Second Evening Service,**  
Thomas Tomkins (1572-1656)

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**  
**Gwasanaeth Hwylol yn E leiaf | Evening Service in E minor,**  
Daniel Purcell (c.1664-1717)

Eisteddwn | We sit

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

**N**ow: Stephen said, "It was this Moses whom they rejected when they said, 'Who made you a ruler and a judge?' and whom God now sent as both ruler and liberator through the angel who appeared to him in the bush. He led them out, having performed wonders and signs in Egypt, at the Red Sea, and in the wilderness for forty years. This is the Moses who said to the Israelites, 'God will raise up a prophet for you from your own people as he raised me up.' He is the one who was in the congregation in the wilderness with the angel who spoke to him at Mount Sinai, and with our ancestors; and he received living oracles to give to us. Our ancestors were unwilling to obey him; instead, they pushed him aside, and in their hearts they turned back to Egypt, saying to Aaron, 'Make gods for us who will lead the way for us; as for this Moses who led us out from the land of Egypt, we do not know what has happened to him.' At that time they made a calf, offered a sacrifice to the idol, and revelled in the works of their hands. But God turned away from them and handed them over to worship the host of heaven, as it is written in the book of the prophets: 'Did you offer to me slain victims and sacrifices for forty years in the wilderness, O house of Israel? No; you took along the tent of Moloch, and the star of your god Rephan, the images that you made to worship; so I will remove you beyond Babylon.'"

Here ends the Second Lesson.

**Actau | Acts 7:35-43**

Here begins the forty-fourth verse of the seventh chapter of the Acts of the Holy Apostles.

**N**ow: Stephen said “Our ancestors had the tent of testimony in the wilderness, as God directed when he spoke to Moses, ordering him to make it according to the pattern he had seen. Our ancestors in turn brought it in with Joshua when they dispossessed the nations that God drove out before our ancestors. And it was there until the time of David, who found favour with God and asked that he might find a dwelling-place for the house of Jacob. But it was Solomon who built a house for him. Yet the Most High does not dwell in houses made by human hands; as the prophet says, ‘Heaven is my throne, and the earth is my footstool. What kind of house will you build for me, says the Holy One, or what is the place of my rest? Did not my hand make all these things?’ You stiff-necked people, uncircumcised in heart and ears, you are for ever opposing the Holy Spirit, just as your ancestors used to do. Which of the prophets did your ancestors not persecute? They killed those who foretold the coming of the Righteous One, and now you have become his betrayers and murderers. You are the ones that received the law as ordained by angels, and yet you have not kept it.”

Here ends the Second Lesson.

**Actau | Acts 7:44-53**

## Llith | ar ddydd Iau Lesson | on Thursday

Here begins the fifty-fourth verse of the seventh chapter of the Acts of the Holy Apostles.


**N**ow: When the council heard these things, they became enraged and ground their teeth at Stephen. But filled with the Holy Spirit, he gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. "Look," he said, "I see the heavens opened and the Son of Man standing at the right hand of God!" But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, "Christ Jesus, receive my spirit." Then he knelt down and cried out in a loud voice, "God, do not hold this sin against them." When he had said this, he died.

Here ends the Second Lesson.

**Actau | Acts 7:54-60**

### 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,**  
Carolus Andreas (ob.1627)

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

**Ail Wasanaeth Hwyrrol | Second Evening Service,**  
Thomas Tomkins (1572-1656)

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

**Gwasanaeth Hwyrrol yn E leiaf | Evening Service in E minor,**  
Daniel Purcell (c.1664-1717)

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, gollwng dy bobl oddi wrth eu camweddau, fel y gallwn trwy dy ddaioni haelionus fod oll yn rhydd o gadwynau'r pechodau hynny a gyflawnwyd gennym oherwydd ein llesgedd; caniatâ hyn er mwyn yr un sydd lesu 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, absolve your people from their offences, that through your bountiful goodness we may all be delivered from the chains of those sins which by our frailty we have committed; grant this for the sake of 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**  
Thomas Ebdon (1738-1811)

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**  
John Reading (c.1645-1692)

## Gweddi 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**

Lord, for thy tender mercy's sake,  
lay not our sins to our charge,  
but forgive that is past,  
and give us grace to amend our sinful lives.  
To decline from sin and incline to virtue,  
that we may walk in a perfect heart before thee,  
now and evermore.  
Amen.

**Geiriau | Words**

Lidley's Prayers (1566)

**Cerddoriaeth | Music**

Richard Farrant (c.1525-1580)

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

The ways of Zion do mourn, because none come to the solemn feasts: all her gates are desolate: her priests sigh, her virgins are afflicted, and she is in bitterness. For these things I weep; mine eye, mine eye runneth down with water. Her adversaries are the chief, her enemies prosper; for the Lord hath afflicted her for the multitude of her transgressions. See, O Lord, and consider; for I am become vile. Is it nothing to you, all ye that pass by?



Behold, and see if there be any sorrow like my sorrow. The Lord hath trodden under foot all my mighty men in the midst of me: he hath called an assembly against me to crush my young men: the Lord hath trodden under foot the virgin, the daughter of Judah. For these things I weep; mine eye, mine eye runneth down with water, because the comforter that should relieve my soul is far from me. See, O Lord, and consider; for I am become vile.

**Geiriau | Words**

Lamentations 1:4-5, 11-12, 15-16

**Cerddoriaeth | Music**

Michael Wise (1648-1687)

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

Hear my prayer, O God, incline thine ear!  
Thyself from my petition do not hide!  
Take heed to me! Hear how in prayer I mourn to thee!  
Without thee all is dark, I have no guide.

The enemy shouteth, The godless come fast!  
Iniquity, hatred upon me they cast!  
The wicked oppress me, Ah, where shall I fly?  
Perplexed and bewildered, O God, hear my cry!

My heart is sorely pained within my breast,  
my soul with deathly terror is oppressed,  
trembling and fearfulness upon me fall,  
with horror overwhelmed, Lord, hear me call!

O for the wings of a dove!  
Far away would I rove!  
In the wilderness build me a nest,  
and remain there for ever at rest.

**Geiriau | Words**

Salm | Psalm 55:1-7

**Efelychiad | Paraphrase**

William Bartholomew (1793-1867)

**Cerddoriaeth | Music**

Felix Mendelssohn (1809-1847)

## 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



**S**aviour, again to thy dear name we raise  
with one accord our parting hymn of praise.  
Guard thou the lips from sin, the hearts from shame,  
that in this house have called upon thy name.

Grant us thy peace, Lord, through the coming night;  
turn thou for us its darkness into light;  
from harm and danger keep thy children free,  
for dark and light are both alike to thee.

Grant us thy peace throughout our earthly life;  
peace to thy Church from error and from strife;  
peace to our land, the fruit of truth and love;  
peace in each heart, thy Spirit from above:

Thy peace in life, the balm of every pain;  
thy peace in death, the hope to rise again;  
then, when thy voice shall bid our conflict cease,  
call us, O Lord, to thine eternal peace.

**Geiriau | Words**

John Ellerton (1826-1893)

**Cerddoriaeth | Music** | "Eilers"

Edward John Hopkins (1818-1901)



**H**off gennym, Dduw, y tŷ  
lle mae dy enw mawr,  
ac yma profwn ni  
lawenydd mwya'r llawr.

We love the house of prayer,  
wherein thy servants meet;  
and thou, O Lord, art there  
thy chosen flock to greet.

Hoff gennym gân y llawr  
am ei drugaredd ef,  
hiraethwn am yr awr  
cawn chwyddo cân y nef.

Lord Jesus, give us grace  
on earth to love thee more,  
in heaven to see thy face,  
and with thy saints adore.

*Translation*

*We love thy house, God, where thy great name is, and here we experience the greatest joy of the earth. / We love the song of the earth about his mercy, we long for the hour when we may expand the song of heaven.*

**Geiriau | Words**

William Bullock (1797-1874); Henry Williams Baker (1821-1877)

**Cyfieithiad | Translation**

Ap Ceredigion (David Lewis, 1870-1948)

**Cerddoriaeth | Music | "Quam Dilecta"**

Henry Lascelles Jenner (1820-1898)



**P**rayer is the soul's sincere desire,  
uttered or unexpressed;  
the motion of a hidden fire  
that trembles in the breast.

Prayer is the simplest form of speech  
that infant lips can try,  
prayer the sublimest strains that reach  
the Majesty on high.

Prayer is the Christian's vital breath,  
the Christian's native air,  
his watchword at the gates of death:  
he enters heaven with prayer.

Prayer is the contrite sinner's voice,  
returning from his ways;  
while angels in their songs rejoice,  
and cry, "Behold, he prays!"

O thou by whom we come to God,  
the Life, the Truth, the Way,  
the path of prayer thyself hast trod:  
Lord, teach us how to pray!

**Geiriau | Words**

James Montgomery (1771-1854)

**Cerddoriaeth | Music | "Beatitudo"**

John Bacchus Dykes (1823-1876)

## 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**

**Erbarm dich mein, o Herre Gott**, Johann Nicolaus Hanff (1663-1711)

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

**Ach Gott! erhöre mein Seufzen**, Johann Ludwig Krebs (1713-1780)

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

**Sonata VI**, Felix Mendelssohn (1809-1847)

# Hysbys



## Sul y Mamau

Edrychwn mlaen at ein dathliad o Sul y Mamau yr wythnos nesaf Sul sy'n draddodiadol yn cynnig ychydig o hoe o ddefodau mwy difrifddwys y Grawys. Bydd blodau i'w rhannu, a chacen chwiog i'w bwyta.

Er y bydd hi'n rhan o ddefnodau'r Wythnos Fawr yn y Gadeirlan, mae'r Sul nesaf hefyd yn gyfle i ni fel Cadeirlan ddweud ffarwél, dros baned a chacen, wrth ein Hesogb Cynorthwyol, cyn iddi ymadael i fod yn Esgob Llandaf.

## 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, difyrwch, 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 gynnis lloches ac i gyfrannu at yr adfer yn y gwledydd hynny ar ôl y dinistr diweddar.

## Clas

**Clas** yw teitl ein fforwm Zoom. Mae'n cyfarfod nesaf ddydd Llun 20 Mawrth ar yr amser diwygiedig o 10.00am. Y sesiwn hwn fydd ein rhagolwg blynyddol tuag at yr Wythnos Fawr, pan fydd yr Is-Ddeon mewn sgwrs ag aelodau o dîm y Gadeirlan, yn edrych ymlaen ar y defodau o Sul y Blodau hyd Sul y Pasg – rhagflas o litwrgi, cerddoriaeth a defosiwn gweddnewidiol. Ymunwch â ni os gallwch chi. Mae recordiadau o **Clas** hefyd ar gael ar sianel YouTube y Gadeirlan.

ID cyfarfod Zoom yw **857 3402 4520** a'r cod pas yw **606397**, a bydd yr ystafell Zoom ar agor o 6.15pm.

## Datganiadau Paned

Pob dydd Iau

11.15am am 45 munud

Paned a chacen o 10.45am

## 16 Mawrth | Simon Ogdon | Gwrthdenor

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

## 23 Mawrth | Adam Voelcker | Clarinét

Mae'r cerddor lleol ac aelod Cerddorfa Symffoni Prifysgol Bangor, Adam Voelcker, yn ein gwahodd i ymuno ag ef am ddatganiad o weithiau allweddol repertoire y clarinét.

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

## Dydd Llun | Monday

**12.30pm** Cymun | Eucharist

**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

## 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

**19 Mawth | Sul y Mamau | Pedwerydd Sul y Grawys | 19 March | Mothering Sunday | The Fourth Sunday of Lent | Lætare**

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaid ar Gân

Offeren Glyn Rhosyn, Wynn Jones; O Beata Trinitas, Mealor; Benedictus, Reger

**11.00am** Choral Holy Eucharist

A Little Jazz Mass, Chilcott; For the beauty of the earth, Rutter; Toccata in Seven, Rutter

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

Ymatebion | Responses, Reading; Gwasanaeth Hywrol yn G leiaf | Evening Service in G minor, Purcell; Remember not, Lord, our offences, Purcell; Mein junges Leben hat ein End, Sweetinck

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# Ein gweddi

**Ein cymuned** Ysbyty Gwynedd – y claf a'r staff

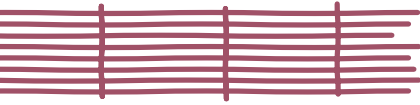
**Ein hesgobaeth** Ardal Weinidogaeth Bro Eifionydd

**Yn glâf** Joy Levine, offeiriad; John Watkin Jones; Giuseppina de Giovanni; Sacha Cook; Kathleen

**A fu farw'n ddiweddar** Beryl Roberts; Polly Hoskin; Frank Griswold, esgob; Anna Matthews, offeiriad; Victoria Gordon; Elliott Tipton

**Gŵyl goffa** Lyn Eyre (17); Betty Hall (18)

# Notices



## Mothering Sunday

We look forward to our celebration of Mothering Sunday next week, a Sunday which traditionally offers a brief respite from the more solemn rituals of Lent. There will be flowers to be distributed, and a Simnel cake to share.

Although she will lead some of our Holy Week observances, next Sunday is also an opportunity for us as a Cathedral community to say farewell to our Assistant Bishop, before she leaves to become Bishop of Llandaff. The Bishop will be our preacher, and presentations will be made over drinks at the end of the service.

## 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.

## Clas

**Clas** is the name of our Cathedral Zoom forum. It meets next on Monday 20 March at the revised time of 10.00am. The session will be our annual look forward to Holy Week, when the Sub-Dean will be in conversation with members of the Cathedral team, looking ahead at the observances to come from Palm Sunday until Easter Day— a preview of liturgy, music and life-changing devotion. Please join us if you can. Recordings of **Clas** are also available on the Cathedral's YouTube channel.

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

## Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

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

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

**23 March | Adam Voelcker | Clarinet**

Local musician and member of Bangor University Symphony Orchestra, Adam Voelcker, invites us to join him for a recital of key works of the clarinet repertoire.

## 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

**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

## Dydd Llun | Monday

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# Our prayers

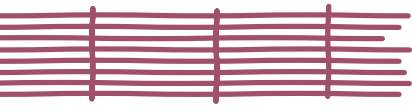
**Our community** Ysbyty Gwynedd – its patients and staff

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

**The sick** Joy Levine, priest; John Watkin Jones; Giuseppina de Giovanni; Sacha Cook; Kathleen

**The recently departed** Beryl Roberts; Polly Hoskin; Frank Griswold, bishop; Anna Matthews, priest; Victoria Gordon; Elliott Tipton

**Year's mind** Lyn Eyre (17); Betty Hall (18)



## 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.