



Cymun Bendigaid • o dudalen 4

Gosber ar Gân • o dudalen 28

20-26 Mawrth 2023

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20-26 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 Support

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.

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

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechodau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar ddarlleniadau o'r Beibl, gan ganfod yno arweiniad, her, cysur a newydd da gan Dduw. Wrth gamu at fwrdd yr allor, cynigiwn i Dduw ein gweddi dros bawb mewn angen. Wrth galon ein haddoliad heddiw, byddwn yn cymryd bara a gwin, byddwn yn gofyn am fendith gweddnewidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Cymuno. Daw ein haddoliad i ben wrth inni dderbyn bendith Duw, yn gynhaliath 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

Mae'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. 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

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

Our readings at our weekday celebrations of the Eucharist are usually those of the preceding Sunday. We are invited to listen carefully, so that the soul might hear. Here is an opportunity to ruminate on the word of the Bible – to taste

it and experience its flavour. It’s an opportunity to notice what draws our attention. Is it a person? A word? An image? A gesture? Why has this jumped out at me? Allow your reflections to “be” within you and accompany you from this place.

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 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

Dum sanctificatus fuero in vobis, congregabo vos de universis
terris: et effundam super vos aquam mundam, et mundabimini
ab omnibus inquinamentis vestris: et dabo vobis spiritum novum.
Benedicam Dominum in omni tempore: semper laus eius in
ore meo. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in
principio, et nunc, et semper, et in saecula saeculorum. Amen.

Cyfieithiad

*Amlygaf sancteiddrwydd fy enw mawr, byddaf
yn eich casglu o'r holl wledydd. Taenellaf ddŵr
glân drosoch i'ch glanhau; a byddwch yn lân
o'ch holl aflendid. Bydd ysbryd newydd ynoch.
Bendithiaf Duw bob amser; bydd ei foliant yn
wastad yn fy ngenau. 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.*

Eseciel 36:23-26; Salm 34:1

Eryn | yn Eglwys y Groes ar ddydd Iau

Cyfarchiad

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

Amen.

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

“Bydded llwyddiant i'r rhai sy'n dy garu, bydded heddwch o
fewn dy furiau, a diogelwch o fewn dy geirydd.”

Order for the Holy Eucharist

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

Introit | on Wednesday

Dum sanctificatus fuero in vobis, congregabo vos de universis terris: et effundam super vos aquam mundam, et mundabimini ab omnibus inquinamentis vestris: et dabo vobis spiritum novum. Benedicam Dominum in omni tempore: semper laus eius in ore meo. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Translation

I will sanctify my great name, I will gather you from all the countries. I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses. A new spirit I will put within you. I will bless God at all times; his praise shall continually be in my mouth. 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.

Ezekiel 36:23-26; Psalm 34:1

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.

“May they prosper who love you. Peace be within your walls and quietness within your towers.”

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 ddydd Llun

Gweddïwn.

ODduw, a ddewisaist Joseff i fod yn briod i'r Forwyn Fair ac yn Warcheidwad dy unig-anedig Fab: caniatâ i ni yn nheulu dy Eglwys sanctaidd fod wedi ein huno'n wastadol i'th Fab, lesu Grist ein Gwardedwr.

Amen.

Gweddï Gasgl | ar ddydd Sadwrn

Gweddïwn.

ODduw, erfyniwn arnat dywallt dy ras yn ein calonnau, fel, megis y bu i ni wybod am ymgnawdoliad dy Fab trwy genadwri angel, fod inni trwy ei groes a'i ddiodefaint gael ein dwyn i ogoniant ei atgyfodiad; trwy'r un lesu Grist ein Gwardedwr.

Amen.

Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

Dad nefol, edrych ar dy deulu yr Eglwys, fel y gallwn ni, o'n hadfywio a'n nerthu trwy dy ras, ddyfalbarhau yn ffordd yr iachawdwriaeth, a chael ynot ti ein llawenydd a'n tangnefedd; trwyddo ef sydd lesu Grist ein Gwardedwr.

Amen.

Eisteddwn



Gair

Salmyddiaeth

Y "Awn, awn, i dŷ ein Duw yn dyrfa lawn;"
pan glywaf hyn rwy'n llawen iawn.

R "Awn, awn, i dŷ ein Duw yn dyrfa lawn;"
pan glywaf hyn rwy'n llawen iawn.

Yr oeddwn yn llawen pan ddywedasant wrthyf, "Gadewch inni fynd i dŷ Duw."

Collect | on Monday

Let us pray.

Almighty God, who chose Joseph to be the husband of the Virgin Mary and the Guardian of your Son Jesus: grant that in the family of your holy Church we may ever be united with the same your Son Jesus Christ our Saviour.

Amen.

Collect | on Saturday

Let us pray.

We beseech you, O God, pour your grace into our hearts; that, as we have known the incarnation of your Son Jesus Christ by the message of an angel, so by his cross and passion we may be brought to the glory of his resurrection; through the same Jesus Christ our Saviour.

Amen.

Collect | on other days

Let us pray.

Heavenly Father, look upon your family the Church, that refreshed and strengthened by your grace, we may persevere in the way of salvation, and find in you our joy and our peace; through him who is Jesus Christ our Saviour.

Amen.

We sit



Word

Psalmody

V Let us go to the house of God.

R Let us go to the house of God.

I was glad when they said to me, "Let us go to the house of God."



Y mae ein traed bellach yn sefyll o fewn dy byrth, O Jerwsalem.

Adeiladwyd Jerwsalem yn ddinas lle'r unir y bobl â'i gilydd.

Yno yr esgyn y llwythau, llwythau Duw, fel y gorchmynnwyd i Israel, i roi diolch i enw'r Sanctaidd Un.

Yno y gosodwyd gorseddfeinciau barn, gorseddfeinciau tŷ Dafydd.

**R̄ “Awn, awn, i dŷ ein Duw yn dyrfa lawn;”
pan glywaf hyn rwy'n llawen iawn.**

Gweddïwch am heddwch i Jerwsalem, “Bydded llwyddiant i'r rhai sy'n dy garu,

Bydded heddwch o fewn dy furiau, a diogelwch o fewn dy geirydd.”

Er mwyn fy nghydnabod a'm cyfeillion, dywedaf, “Bydded heddwch i ti.”

Er mwyn tŷ yr Sanctaidd Un ein Duw, ceisiaf ddaioni i ti.

**R̄ “Awn, awn, i dŷ ein Duw yn dyrfa lawn;”
pan glywaf hyn rwy'n llawen iawn.**

Salm 122

Darlleniad

Darlleniad o'r Datguddiad i Sant Ioan y Difinydd.

Wele: Daeth un o'r saith angel oedd â'r saith ffiol ganddynt yn llawn o'r saith bla diwethaf, a siaradodd â mi. “Tyrd,” meddai, “dangosaf iti briod yr Oen.” Ac aeth â mi ymaith yn yr Ysbryd i fynydd mawr ac uchel, a dangosodd imi'r ddinas sanctaidd, Jerwsalem, yn disgyn o'r nef oddi wrth Dduw, a gogoniant Duw ganddi. Yr oedd ei llewyrch fel llewyrch gem dra gwerthfawr, fel maen iasbis, yn disgleirio fel grisial. Yr oedd iddi fur mawr ac uchel a deuddeg porth, ac wrth y pyrth ddeuddeg angel, ac enwau deuddeg llwyth plant Israel yn ysgrifenedig ar y pyrth. Yr oedd tri phorth o du'r dwyrain, tri o du'r gogledd, tri o du'r de, a thri o du'r gorllewin. I fur y ddinas yr oedd deuddeg carreg sylfaen, ac arnynt enwau deuddeg apostol yr Oen.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Datguddiad 21:9-14

Now our feet are standing within your gates, O Jerusalem.

Jerusalem is built as a city that is at unity with itself;

To which the tribes go up, the tribes of the Holy One, the assembly of Israel, to praise the Name of God.

For there are the thrones of judgment, the thrones of the house of David.

℟ Let us go to the house of God.

Pray for the peace of Jerusalem: "May they prosper who love you.

Peace be within your walls and quietness within your towers.

For my kindred and companions' sake, I pray for your prosperity.

Because of the house of the Holy One our God, I will seek to do you good."

℟ Let us go to the house of God.

Psalm 122

Reading

A reading from the Revelation to Saint John the Divine.

Behold: One of the seven angels who had the seven bowls full of the seven last plagues came and said to me, "Come, I will show you the bride, the wife of the Lamb." And in the spirit he carried me away to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God. It has the glory of God and a radiance like a very rare jewel, like jasper, clear as crystal. It has a great, high wall with twelve gates, and at the gates twelve angels, and on the gates are inscribed the names of the twelve tribes of the Israelites; on the east three gates, on the north three gates, on the south three gates, and on the west three gates. And the wall of the city has twelve foundations, and on them are the twelve names of the twelve apostles of the Lamb.

Hear the word of life to the world.

Thanks be to God.

Revelation 21:9-14

Efengyl

Y Mawl i ti O Grist, Brenin gogoniant bythol. **R Mawl i ti O Grist, Brenin gogoniant bythol.** Y Hwn yn wir yw'r Proffwyd sy'n dod i'r byd. **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 Ioan.
Gogoniant i ti, O Grist.

Bryd hynny: Aeth Iesu ymaith ar draws Môr Galilea (hynny yw, Môr Tiberias). Ac yr oedd tyrfa fawr yn ei ganlyn, oherwydd yr oeddent wedi gweld yr arwyddion yr oedd wedi eu gwneud ar y cleifion. Aeth Iesu i fyny'r mynydd ac eistedd yno gyda'i ddisgyblion. Yr oedd y Pasg, gŵyl yr Iddewon, yn ymyl. Yna cododd Iesu ei lygaid a gwelodd fod tyrfa fawr yn dod tuag ato, ac meddai wrth Philip, "Ble y gallwn brynu bara i'r rhain gael bwyta?" Dweud hyn yr oedd i roi prawf arno, oherwydd gwyddai ef ei hun beth yr oedd yn mynd i'w wneud. Atebodd Philip ef, "Ni byddai bara gwerth dau gant o ddarnau arian yn ddigon i roi tamaid bach i bob un ohonynt." A dyma un o'i ddisgyblion, Andreas, brawd Simon Pedr, yn dweud wrtho, "Y mae bachgen yma a phum torth haidd a dau bysgodyn ganddo, ond beth yw hynny rhwng cynifer?" Dywedodd Iesu, "Gwnewch i'r bobl eistedd i lawr." Yr oedd llawer o laswellt yn y lle, ac eisteddodd y dynion i lawr, rhyw bum mil ohonynt. Yna cymerodd Iesu y torthau, ac wedi diolch fe'u rhannodd i'r rhai oedd yn eistedd. Gwnaeth yr un peth hefyd â'r pysgod, gan roi i bob un faint a fynnai. A phan oeddent wedi cael digon, meddai wrth ei ddisgyblion, "Casglwch y tameidiau sy'n weddill, rhag i ddim fynd yn wastraff." Fe'u casglasant, felly, a llenwi deuddeg basged â'r tameidiau yr oedd y bwytywyr wedi eu gadael yn weddill o'r pum torth haidd. Pan welodd y bobl yr arwydd hwn yr oedd Iesu wedi ei wneud, dywedasant, "Hwn yn wir yw'r Proffwyd sy'n dod i'r byd." Yna synhwyrodd Iesu eu bod am ddod a'i gipio ymaith i'w wneud yn frenin, a chiliodd i'r mynydd eto ar ei ben ei hun.

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

Ioan 6:1-15

Gospel

☩ Praise to you, O Christ, King of eternal glory. ☩ **Praise to you, O Christ, King of eternal glory.** ☩ This is indeed the prophet who is to come into the world. ☩ **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 John.

Glory to you, O Christ.

At that time: Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

This is the Gospel of our Saviour.

Praise to you, O Christ.

John 6:1-15

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

Benedicite gentes Dominum Deum nostrum et obaudite vocem laudis ejus; qui posuit animam meam ad vitam et non dedit commoveri pedes meos. Benedictus Dominus qui non amovit deprecationem meam et misericordiam suam a me.

Cyfieithiad

Bendithiwch ein Duw, O bobloedd, a seiniwch ei fawl yn glywadwy. Ef a roes le i ni ymysg y byw, ac ni adawodd i'n troed lithro. Bendigedig fyddo Duw am na throdd fy ngweddi oddi wrtho, na'i ffyddlondeb oddi wrthyf.

Salm 66:8-9, 20

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

Benedicite gentes Dominum Deum nostrum et obaudite vocem laudis ejus; qui posuit animam meam ad vitam et non dedit commoveri pedes meos. Benedictus Dominus qui non amovit deprecationem meam et misericordiam suam a me.

Translation

Bless our God, O peoples, let the sound of his praise be heard, who has kept us among the living, and has not let our feet slip. Blessed be God, because he has not rejected my prayer or removed his steadfast love from me.

Psalm 66:8-9, 20

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, deugn â'r bara hwn a'r cwpan hwn i ti. Derbyn ein haberth o ddiolch a moliant.

Adfer ac adfywia dy holl bobl, adnewydd ni a phawb y gweddiwn trostynt â'th ras a'th ✠ fendith nefol a derbyn ni yn y diwedd gyda'th holl saint i'r llawenydd diderfyn hwnnw a addawyd inni gan dy Fab, ein Harglwydd Iesu Grist.

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

✠ **Amen.**

Parhawn ar ein traed

Gweddi'r Arglwydd

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

Ein Tad, yr hwn wyt yn y nefoedd, sancteiddier dy enw, deled dy deyrnas, gwneler dy 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:

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

Amen.

Tangnefedd

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

Lutum fecit ex sputo Dominus, et linivit oculos meos: et abii, et lavi, et vidi, et credidi Deo.

Cyfieithiad

*Y dyn a elwir Iesu a wnaeth glai ac iro fy llygaid.
Ac wedi imi fynd yno ac ymolchi, cefais fy
ngolwg.*

John 9:11

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddî Ôl-Gymun

Gweddîwn.

Codwn ar ein traed

ODduw, 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.

Rhodded 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

Lutum fecit ex sputo Dominus, et linivit oculos meos: et abii, et lavi, et vidi, et credidi Deo.

Translation

The man called Jesus made mud, and spread it on my eyes. Then I went and washed and received my sight.

Joan 9:11

Hymn | at Eglwys y Groes on Thursday

Post-Communion Prayer

Let us pray.

We stand

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

Amen.



Departing

Grace and peace be with you.

And keep you in the love of Christ.

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

Amen.

Let us go forth in peace.

In the Name of Christ. Amen.

We remain standing until the priest has departed

Gosber at Gân

Cyflwyniad i'r Gosber at Gân

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

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

Addoli gyda ni heddiw

Mae'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.

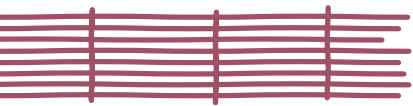
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

Disraeli Brown (Ben Lamb)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Thomas Ebdon (1738-1811)

Brawddeg **Sentence**

"Bydded llwyddiant i'r rhai sy'n dy garu, bydded heddwch o fewn dy furiau, a diogelwch o fewn dy geirydd."

Translation

"May they prosper who love you. Peace be within your walls and quietness within your towers."

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

Blessèd is the man that hath not walked in the counsel of the ungodly, nor followed the way of sinners: and hath not sat in the seat of the scornful;

But his delight is in the law of the Lord: and on his law doth he ponder day and night.

He shall be like a tree planted by the waterside: that will bring forth its fruit in due season.

Its leaf also shall not wither: and look, whatsoever he doeth, it shall prosper.

As for the ungodly it is not so with them: but they are like the chaff, which the wind scattereth away from the face of the earth.

Therefore the ungodly shall not be able to stand when they are judged: nor sinners in the assembly of the righteous.

For the Lord preserveth the way of the righteous: but the way of the ungodly shall perish.

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 1

Cerddoriaeth | Music

Tôn I, terfynaid cyntaf | Tone I, first ending

Eisteddwn | We sit

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

Hear O thou Shepherd of Israel, thou that leadest Joseph like a flock: shew thyself, thou that sittest between the cherubim.

Before Ephraim, Benjamin and Manasseh: stir up thy strength and come and help us.

Restore us again O God: shew the light of thy countenance, and we shall be saved.

O Lord God of hosts: how long wilt thou set thy face against thy people that prayeth?

Thou hast fed them with the bread of tears: and given them plenteousness of tears to drink.

Thou hast made us the derision of our neighbours: and our enemies laugh us to scorn.

Restore us again O God of hosts: shew the light of thy countenance, and we shall be saved.

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 80:1-7

Cerddoriaeth | Music

Tôn IV, pedwerydd terfyniad | Tone IV, fourth ending

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

O Lord God to whom vengeance belongeth: thou God to whom vengeance belongeth shew thyself.

Arise thou judge of the world: and recompense the proud after their deserving.

Lord how long shall the ungodly: how long shall the ungodly shout in triumph?

All the wicked doers pour forth arrogant words: and make such proud boasting.

They smite down thy people O Lord: and evil entreat thine heritage.

They murder the widow and the stranger that dwelleth in the land: and put the fatherless to death;

And they say "The Lord doth not see: neither doth the God of Jacob regard it."

Take heed ye dull of heart among the people: O ye fools when will ye understand?

He that planted the ear, doth he not hear: or he that made the eye, doth he not see?

He that admonisheth the nations, doth he not reprove: he that teacheth man, hath he no knowledge?

The Lord knoweth the thoughts of man: he knoweth that they are but vain.

Blessèd is the man whom thou instructest O Lord: whom thou teachest in thy law,

That thou mayest give him a respite from days of adversity: until a pit be digged up for the ungodly.

For the Lord will not cast off his people: neither will he forsake his inheritance;

But righteousness shall return unto the place of judgement: and all such as are true in heart shall follow it.

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 94:1-15

Cerddoriaeth | Music

Tôn IV, pumed terfyniad | Tone IV, fifth ending

Eisteddwn | We sit

Llith | ar ddydd Llun Lesson | on Monday

Yma y mae yn dechrau ail adnod ar hugain hanner canfed
bennod Llyfr Exodus.

Yn y dyddiau hynny: Arhosodd Joseff a theulu ei dad yn yr Aifft. Bu Joseff fyw am gant a deg o flynyddoedd, a gwelodd blant Effraim hyd y drydedd genhedlaeth. Ar liniau Joseff hefyd y maethwyd plant Machir fab Manasse. Yna dywedodd Joseff wrth ei frodyr, "Yr wyf yn marw; ond y mae Duw yn sicr o ymweld â chwi a'ch dwyn i fyny o'r wlad hon i'r wlad a addawodd trwy lw i Abraham, Isaac a Jacob." A gwnaeth Joseff i feibion Israel dyngu llw. Dywedodd, "Y mae Duw yn sicr o ymweld â chwi; ewch chwithau â'm hesgyrn i fyny oddi yma." Bu Joseff farw yn gant a deg oed, ac wedi iddynt ei eneinio, rhoesant ef mewn arch yn yr Aifft.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: Joseph remained in Egypt, he and his father's household; and Joseph lived for one hundred and ten years. Joseph saw Ephraim's children of the third generation; the children of Machir son of Manasseh were also born on Joseph's knees. Then Joseph said to his brothers, "I am about to die; but God will surely come to you, and bring you up out of this land to the land that he swore to Abraham, to Isaac, and to Jacob." So Joseph made the Israelites swear, saying, "When God comes to you, you shall carry up my bones from here." And Joseph died, being one hundred and ten years old; he was embalmed and placed in a coffin in Egypt.

Genesis 50:22-26

Yma y mae yn dechrau pymthegfed adnod pumed bennod Llyfr Exodus.

Yn y dyddiau hynny: Daeth swyddogion yr Israeliaid â'u cwyn at Pharo, a dweud, "Pam yr wyt yn trin dy weision fel hyn? Nid oes dim gwellt yn cael ei roi i'th weision, ac eto maent yn dweud wrthym am wneud priddfeini! Y mae dy weision yn cael eu curo, ond ar dy bobl di y mae'r bai." Dywedodd yntau, "Am eich bod mor ddiog yr ydych yn dweud, 'Gad inni fynd i aberthu i Dduw.' Yn awr, ewch ymlaen â'ch gwaith; ac er na roddir gwellt i chwi mwyach, bydd raid i chwi gynhyrchu'r un nifer o briddfeini â chynt." Pan ddywedwyd nad oeddent i leihau'r nifer o briddfeini oedd i'w cynhyrchu mewn diwrnod, gwelodd swyddogion yr Israeliaid eu bod mewn helynt. Wedi iddynt ymadael â Pharo, daeth Moses ac Aaron i'w cyfarfod, a dywedodd y swyddogion wrthynt, "Boed i Dduw edrych arnoch a'ch barnu, am ichwi ein gwneud yn ffiائد yng ngolwg Pharo a'i weision, a rhoi cleddyf iddynt i'n lladd." Aeth Moses yn ôl at Duw a dweud, "O Dduw, pam yr wyt wedi peri'r fath helynt i'r bobl hyn? A pham yr anfoneist fi? Oherwydd er pan ddeuthum at Pharo a llefaru yn dy enw, y mae wedi gwneud drwg i'r bobl hyn, ac nid wyt ti wedi gwneud dim o gwbl i achub eu cam."

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The Israelite supervisors came to Pharaoh and cried, "Why do you treat your servants like this? No straw is given to your servants, yet they say to us, 'Make bricks!' Look how your servants are beaten! You are unjust to your own people." He said, "You are lazy, lazy; that is why you say, 'Let us go and sacrifice to God.' Go now, and work; for no straw shall be given you, but you shall still deliver the same number of bricks." The Israelite supervisors saw that they were in trouble when they were told, "You shall not lessen your daily number of bricks." As they left Pharaoh, they came upon Moses and Aaron who were waiting to meet them. They said to them, "God look upon you and judge! You have brought us into bad odour

with Pharaoh and his officials, and have put a sword in their hand to kill us.” Then Moses turned again to God and said, “O God, why have you mistreated this people? Why did you ever send me? Since I first came to Pharaoh to speak in your name, he has mistreated this people, and you have done nothing at all to deliver your people.”

Exodus 5:15-23

Llith | ar ddydd Iau Lesson | on Thursday

Yma y mae yn dechrau chweched bennod Llyfr Exodus.

Yn y dyddiau hynny: Yna dywedodd Duw wrth Moses, “Cei weld yn awr beth a wnaif i Pharo; â llaw nerthol bydd yn gollwng y bobl yn rhydd, a’u gyrru ymaith o’i wlad.” Dywedodd Duw hefyd wrth Moses, “Myfi yw’r Sanctaidd Un. Ymddangosais i Abraham, Isaac a Jacob fel Duw Hollalluog, ac nid oeddent yn fy adnabod wrth fy enw. Hefyd, gwneuthum gyfamod â hwy i roi iddynt wlad Canaan, lle buont yn byw fel estroniaid; a phan glywais riddfan yr Israeliaid oedd dan orthrwm yr Eifftiaid, cofiais fy nghyfamod. Felly, dywed wrth yr Israeliaid, ‘Myfi yw’r Bywiol Un, ac fe’ch rhyddhaf o orthrwm yr Eifftiaid a’ch gwaredu o’ch caethiwed, a’ch achub â braich estynedig ac â gweithredoedd nerthol o farn. Fe’ch cymeraf yn bobl i mi, a byddaf finnau yn Dduw i chwi; a chewch wybod mai myfi yw’r Bythol Un eich Duw, a’ch rhyddhaodd o orthrwm yr Eifftiaid. Fe’ch dygaf i’r wlad yr addewais ei rhoi i Abraham, Isaac a Jacob, ac fe’i rhoddaf yn eiddo i chwi. Myfi yw’r Sanctaidd Un.” Mynegodd Moses hyn wrth bobl Israel, ond nid oeddent hwy’n barod i wrando arno oherwydd eu digalondid a’u caethiwed caled. Yna dywedodd Duw wrth Moses, “Dos i ddweud wrth Pharo brenin yr Aifft am ryddhau’r Israeliaid o’i wlad.” Ond dywedodd Moses wrth Duw, “Nid yw pobl Israel wedi gwrandao arnaf; sut, felly, y bydd Pharo yn gwrandao arnaf, a minnau â nam ar fy lleferydd?” Llefarrowd Duw wrth Moses ac Aaron, a rhoi gorchymyn iddynt ynglŷn â phobl Israel a Pharo brenin yr Aifft, er mwyn rhyddhau’r Israeliaid o wlad yr Aifft.

Yma y terfyn y Llith Gyntaf.

Translation over the page

Translation

In those days: God said to Moses, "Now you shall see what I will do to Pharaoh: Indeed, by a mighty hand he will let them go; by a mighty hand he will drive them out of his land." God also spoke to Moses and said to him: "I am the Holy One. I appeared to Abraham, Isaac, and Jacob as God Almighty, but by my name I did not make myself known to them. I also established my covenant with them, to give them the land of Canaan, the land in which they resided as aliens. I have also heard the groaning of the Israelites, whom the Egyptians are holding as slaves, and I have remembered my covenant. Say therefore to the Israelites, 'I am the Living One, and I will free you from the burdens of the Egyptians and deliver you from slavery to them. I will redeem you with an outstretched arm and with mighty acts of judgement. I will take you as my people, and I will be your God. You shall know that I am the Eternal One your God, who has freed you from the burdens of the Egyptians. I will bring you into the land that I swore to give to Abraham, Isaac, and Jacob; I will give it to you for a possession. I am the Holy One.'" Moses told this to the Israelites; but they would not listen to Moses, because of their broken spirit and their cruel slavery. Then God spoke to Moses, "Go and tell Pharaoh king of Egypt to let the Israelites go out of his land." But Moses spoke to God, "The Israelites have not listened to me; how then shall Pharaoh listen to me, poor speaker that I am?" Thus God spoke to Moses and Aaron, and gave them orders regarding the Israelites and Pharaoh king of Egypt, charging them to free the Israelites from the land of Egypt.

Exodus 6:1-13

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 E-flat | Evening Service in E-flat,
Herbert Brewer (1865-1298)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Faux Bourdon | Fauxbourdon Service,
Sarah MacDonald

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Ail Wasanaeth Hwyl | Second Evening Service,
William Byrd (c.1540-1623)

Eisteddwn | We sit

Here begins the thirteenth verse of the second chapter of the Gospel according to Saint Matthew.

At that time: An angel of God appeared to Joseph in a dream and said, "Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him." Then Joseph got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod. This was to fulfil what had been spoken by God through the prophet, "Out of Egypt I have called my son." When Herod saw that he had been tricked by the wise men, he was infuriated, and he sent and killed all the children in and around Bethlehem who were two years old or under, according to the time that he had learned from the wise men. Then was fulfilled what had been spoken through the prophet Jeremiah: "A voice was heard in Ramah, wailing and loud lamentation, Rachel weeping for her children; she refused to be consoled, because they are no more." When Herod died, an angel of God suddenly appeared in a dream to Joseph in Egypt and said, "Get up, take the child and his mother, and go to the land of Israel, for those who were seeking the child's life are dead." Then Joseph got up, took the child and his mother, and went to the land of Israel. But when he heard that Archelaus was ruling over Judea in place of his father Herod, he was afraid to go there. And after being warned in a dream, he went away to the district of Galilee. There he made his home in a town called Nazareth, so that what had been spoken through the prophets might be fulfilled, "He will be called a Nazorean."

Here ends the Second Lesson.

Mathew | Matthew 2:13-23

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

Now: Saul approved of their killing Stephen. That day a severe persecution began against the church in Jerusalem, and all except the apostles were scattered throughout the countryside of Judea and Samaria. Devout men buried Stephen and made loud lamentation over him. But Saul was ravaging the church by entering house after house; dragging off both men and women, he committed them to prison. Now those who were scattered went from place to place, proclaiming the word. Philip went down to the city of Samaria and proclaimed the Messiah to them. The crowds with one accord listened eagerly to what was said by Philip, hearing and seeing the signs that he did, for unclean spirits, crying with loud shrieks, came out of many who were possessed; and many others who were paralysed or lame were cured. So there was great joy in that city. Now a certain man named Simon had previously practised magic in the city and amazed the people of Samaria, saying that he was someone great. All of them, from the least to the greatest, listened to him eagerly, saying, "This man is the power of God that is called Great." And they listened eagerly to him because for a long time he had amazed them with his magic. But when they believed Philip, who was proclaiming the good news about the kingdom of God and the name of Jesus Christ, they were baptized, both men and women. Even Simon himself believed. After being baptized, he stayed constantly with Philip and was amazed when he saw the signs and great miracles that took place.

Here ends the Second Lesson.

Actau | Acts 8:1-13

Here begins the fourteenth verse of the eighth chapter of the Acts of the Holy Apostles.

Now: When the apostles at Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them. The two went down and prayed for them that they might receive the Holy Spirit (for as yet the Spirit had not come upon any of them; they had only been baptized in the name of Jesus). Then Peter and John laid their hands on them, and they received the Holy Spirit. Now when Simon saw that the Spirit was given through the laying on of the apostles' hands, he offered them money, saying, "Give me also this power so that anyone on whom I lay my hands may receive the Holy Spirit." But Peter said to him, "May your silver perish with you, because you thought you could obtain God's gift with money! You have no part or share in this, for your heart is not right before God. Repent therefore of this wickedness of yours, and pray to God that, if possible, the intent of your heart may be forgiven you. For I see that you are in the gall of bitterness and the chains of wickedness." Simon answered, "Pray for me to God, that nothing of what you have said may happen to me." Now after Peter and John had testified and spoken the word of God, they returned to Jerusalem, proclaiming the good news to many villages of the Samaritans.

Here ends the Second Lesson.

Actau | Acts 8:14-25

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 E-flat | Evening Service in E-flat,
Herbert Brewer (1865-1298)**

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Faux Bourdon | Fauxbourdon Service,
Sarah MacDonald**

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Ail Wasanaeth Hwyrrol | Second Evening Service,
William Byrd (c.1540-1623)**

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

Credo'r Apostolion **Apostles' Creed**

I believe in God

the Father Almighty,

Maker of heaven and earth:

and in Jesus Christ his only Son our Lord,

who was conceived by the Holy Ghost,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, dead, and buried;

he descended into hell;

the third day he rose again from the dead,

he ascended into heaven,

and sitteth on the right hand of God the Father Almighty;

from thence he shall come to judge

the quick and the dead.

I believe in the Holy Ghost;

the holy catholic Church;

the communion of saints;

the forgiveness of sins;

✠ the Resurrection of the body,

and the Life everlasting.

Amen.

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

Gweddïau Prayers

Litani Leiaf Lesser Litany

The Lord be with you.
And with thy spirit.

Let us pray.

Penliniwn neu eisteddwn | We kneel or sit

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

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

Translation

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, in earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

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

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

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

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

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

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

Gweddïau Casgl Collects

ar ddydd Llun | on Monday

ODduw, a ddewisaist Joseff i fod yn briod i'r Forwyn Fair ac yn Warcheidwad dy unig-anedig Fab: caniatâ i ni yn nheulu dy Eglwys sanctaidd fod wedi ein huno'n wastadol i'th Fab, Iesu Grist ein Gwardwr. Amen.

ar ddyddiau eraill | on other days

Dad nefol, edrych ar dy deulu yr Eglwys, fel y gallwn ni, o'n hadfywio a'n nerthu trwy dy ras, ddyfalbarhau yn ffordd yr iachawdwriaeth, a chael ynot ti ein llawenydd a'n tangnefedd; trwyddo ef sydd Iesu Grist ein Gwardwr. Amen.

pob dydd | every day

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

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

Translation over the page

Translation

Almighty God, who chose Joseph to be the husband of the Virgin Mary and the Guardian of your Son Jesus: grant that in the family of your holy Church we may ever be united with the same your Son Jesus Christ our Saviour. / Heavenly Father, look upon your family the Church, that refreshed and strengthened by your grace, we may persevere in the way of salvation, and find in you our joy and our peace; 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

Disraeli Brown (Ben Lamb)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Thomas Ebdon (1738-1811)

Gweddï Waddol **Foundation Prayer**

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

Amen.

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

Amen.

Eisteddwn | We sit

Anthem | ar ddydd Llun | on Monday

Joseph was an old man,
and an old man was he,
when he married Mary
in the land of Galilee.

And as they were walking
through an orchard so good,
where were cherries and berries
as red as any blood.

O then bespoke Mary,
with words both meek and mild,
“Pluck me one cherry, Joseph,
for I am with child.”

“Go to the tree then, Mary,
and it shall bow to thee;
and you shall gather cherries
by one, by two, by three.”

Then bowed down the highest tree,
unto our Lady’s hand;
“See,” Mary cried, “see, Joseph,
I have cherries at command.”

“O eat your cherries, Mary,
O eat your cherries now,
O eat your cherries, Mary,
That grow upon the bough.”

Then Mary plucked a cherry,
as red as any blood;
then Mary she went homewards
all with her heavy load..

Geiriau a cherddoriaeth | Words and music
Carol werin Seisnig | English folk carol

Anthem | ar ddydd Mawrth | on Tuesday

Wash me thoroughly from my wickedness: and cleanse me from my sin.

Geiriau | Words

Salm | Psalm 51:2

Cerddoriaeth | Music

George Frideric Handel (1685-1759)

Anthem | ar ddydd Iau | on Thursday

Lord, let me know mine end, and the number of my days: that I may be certified how long I have to live. Behold, thou hast made my days as it were a span long: and mine age is even as nothing in respect of thee; and verily every man living is altogether vanity. For man walketh in a vain shadow, and disquieteth himself in vain: he heapeth up riches, and cannot tell who shall gather them. And now, Lord, what is my hope: truly my hope is even in thee. Hear my prayer, O Lord, and with thine ears consider my calling: hold not thy peace at my tears. O spare me a little, that I may recover my strength: before I go hence, and be no more seen.

Geiriau | Words

Salm | Psalm 39:5-8, 13, 15

Cerddoriaeth | Music

Maurice Greene (1696-1755)

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



The day thou gavest, Lord, is ended,
the darkness falls at thy behest;
to thee our morning hymns ascended,
thy praise shall sanctify our rest.

Diolchwn fod dy Eglwys effro
i'r ddaear ddu yn llusern dlos;
trwy'r cread maith mae hon yn gwyllo
heb orffwys byth na dydd na nos.

Dros bob rhyw ynys a chyfandir,
yn gyson megis gwawr y dydd,
ei chân o fawl i ti a glywir,
ac nid oes baid ar weddi'r ffydd.

The sun that bids us rest is waking
our brethren 'neath the western sky,
and hour by hour fresh lips are making
thy wondrous doings heard on high.

**So be it, Lord: thy throne shall never,
like earth's proud empires, pass away;
thy kingdom stands, and grows for ever,
till all thy creatures own thy sway.**

Translation

*We thank thee that thy Church unsleeping, while
earth rolls onward into light, through all the
world her watch is keeping, and rests not now
by day or night. / As o'er each continent and
island the dawn leads on another day, the voice
of prayer is never silent, nor dies the strain of
praise away.*

Geiriau | Words

John Ellerton (1826-1893)

Cyfieithiad | Translation

R. D. Roberts (1912-1993)

Cerddoriaeth | Music | "St Clement"

Clement Scholefield (1839-1904)



“Forgive our sins as we forgive”,
you taught us, Lord, to pray;
but you alone can grant us grace
to live the words we say.

How can your pardon reach and bless
the unforgiving heart
that broods on wrongs, and will not let
old bitterness depart?

In blazing light your cross reveals
the truth we dimly knew:
what trivial debts are owed to us,
how great our debt to you!

Lord, cleanse the depths within our souls,
and bid resentment cease.
Then, bound to all in bonds of love,
our lives will spread your peace.

Geiriau | Words

Rosamond Eleanor Herklots (1905-1987)

Cerddoriaeth | Music | “Stracathro”

Charles Hutcheson (1792-1860)



Jesu, grant me this, I pray,
ever in thy heart to stay;
let me evermore abide
hidden in thy wounded side.

If the world or Satan lay
tempting snares about my way,
I am safe when I abide
in thy heart and wounded side.

If the flesh, more dangerous still,
tempt my soul to deeds of ill,
naught I fear when I abide
in thy heart and wounded side.

Death will come one day to me;
Jesu, cast me not from thee:
dying let me still abide
in thy heart and wounded side.

Geiriau | Words

Henry Williams Baker (1821-1877)

Cerddoriaeth | Music | "Song 13"

Orlando Gibbons (1583-1625)

Bendith Blessing

Parhawn ar ein traed | We remain standing

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

Amen.

Translation

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

Gollyngiad | ar ddydd Llun **Dismissal** | on Monday

Ŷ Duw a fo gyda chwi.

℞ A'th gadw di yng nghariad Crist.

Ŷ Bendithiwn yr Iôr.

℞ Diolch a fo i Dduw.

Translation

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

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

Gollyngiad | on dyddiau eraill **Dismissal** | on other days

Ŷ Duw a fo gyda chwi.

℞ A'th gadw di yng nghariad Crist.

Ŷ O Dduw, dyro inni dy dangnefedd.

℞ A bywyd tragwyddol. Amen.

Translation

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

℞ *And life everlasting. Amen.*

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Simon Ogdon

Cerddoriaeth | Music | ar ddyddiau eraill | on other days

Edward Woodall Naylor (1867-1934)

Parhawn ar ein traed hyd nes i'r gweinidogion ymadael

We remain standing until the ministers have departed

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

Jesu, meine freude, KrebsWV 110, Johann Ludwig Krebs (1713-1780)

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

Warum betrübst du dich, mein Herz, Johann Gottfried Walther (1684-1748)

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

Corâl ac Amrywiad | Chorale and Variation: Herzlich tut mich verlangen,

Felix Mendelssohn (1809-1847)

Hysbys



“Celebration” Sul y Pasg

Braf oedd croesawu cydweithwyr o BBC Radio Wales i'r Gadeirlan yr wythnos ddiwethaf, i recordio'r Côr, a fydd yn canu fel rhan o raglen “Celebration” Dydd y Pasg ar Radio Wales, dan arweiniad Archesgob Cymru. Gwrandewch am 7.30am ar Ddydd y Pasg – cyn dod draw i'r Gadeirlan!

Sul y Mamau

Mae'n dathliad o Sul y Mamau 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 ddefodau'r Wythnos Fawr yn y Gadeirlan, mae'r Sul hwn 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. Rhoddir rhodd o hydrangea, jasmin a llwyn gwins Japaneaidd i'r Esgob Cynorthwyol i'w plannu yng ngardd Llys Esgob ar Lawnt y Gadeirlan yn 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, difyrrwch, croeso a charedigrwydd. Gwahoddir pawb; ac os hoffech awgrymiadau am fwyd 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.

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

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.

30 Mawrth | Sebastian Wyss | Ffidil

Mae'r ffidler o Firmingham yn galw heibio'r Gadeirlan i'n diddanu ag gelfgarwch a'i fedr.

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, Reading; Evening Service in G Minor, Purcell; Remember not, Lord, our offences, Purcell; Mein junges Leben hat ein End, Sweelinck

Dydd Llun | Dygwyl Joseff Monday | Saint Joseph's Day

10.00am | Zoom Clas

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 Sadwrn | Dygwyl y Cyfarchiad Saturday | The Festival of the Annunciation

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

26 Mawrth | Sul y Gwreichion 26 March | Passion Sunday

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Offeren Fer, Palestrina; O Brynwr mawr y byd, Goss; Contemplation, How

11.00am Choral Holy Eucharist

Missa Brevis, Berkeley; Litani | A Litany, Walton; Rhagarweiniad yn C leiaf | Prelude in C minor, Mendelssohn

12.15pm Cinio Dewch a Rhannu | Bring & Share Lunch

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Ebdon; Evening Service in B minor, Noble; Christus factus est, Bruckner; Elegie, Peeters

Ein gweddi

Ein cymuned Banc Bwyd y Gadeirlan

Ein hesgobaeth Ardal Weinidogaeth Bro Dwyfan

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

A fu farw'n ddiweddar Frank Griswold, esgob; Anna Matthews, offeiriad; Victoria Gordon; Elliott Tipton; William Huw Hughes; Angela Warren

Gŵyl goffa Gwyndaf Booth (23)

Notices



Easter Day's "Celebration"

It was good to welcome colleagues from BBC Radio Wales to the Cathedral this past week, to record the Choir, who will be singing as part of the Easter Day "Celebration" programme on Radio Wales, led by the Archbishop of Wales. Tune in at 7.30am on Easter Day – before heading over to the Cathedral!

Mothering Sunday

Our celebration of Mothering Sunday offers a brief respite from the more solemn rituals of Lent. There are flowers to be distributed, and a Simnel cake to share.

Although she will lead some of our Holy Week observances, this 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 is our preacher, and presentations will be made over drinks at the end of the service. On behalf of the Cathedral family, a gift of an hydrangea, jasmine and a Japanese quince shrub is made to the Assistant Bishop to be planted in the garden at Llys Esgob on the Cathedral Green in Llandaff.

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 restoration 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

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.

30 March | Sebastian Wyss | Violin

Birmingham-based violinist Sebastian drops in to the Cathedral to dazzle us with his virtuosity and skill.

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, Reading; Evening Service in G Minor, Purcell; Remember not, Lord, our offences, Purcell; Mein junges Leben hat ein End, Sweelinck

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Our prayers

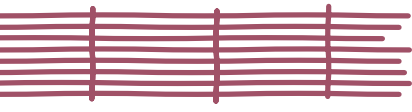
Our community The Cathedral Foodbank

Our diocese The Ministry Area of Bro Dwyfan

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

The recently departed Frank Griswold, bishop; Anna Matthews, priest; Victoria Gordon; Elliott Tipton; William Huw Hughes; Angela Warren

Year's mind Gwyndaf Booth (23)



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.

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