



Cymun Bendigaid • o dudalen 4

Gosber ar Gân • o dudalen 28

27 Mawrth – 1 Ebrill 2023

Holy Eucharist • from page 4

Choral Evensong • from page 28

27 March – 1 April 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

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

Liberator meus de gentibus iracundis: ab insurgentibus in me
exaltabis me: a viro iniquo eripies me, Domine. Diligam te
Domine, fortitudo mea: Dominus firmamentum meum,
et refugium meum, et liberator meus.

Cyfieithiad

*Y Duw sy'n darostwng pobloedd odanaf, sy'n
fy ngwaredu rhag fy ngelynion, yn fy nyrchafu
uwchlaw fy ngwrthwynebwyr, ac yn fy arbed
rhag y gorthrymwyr. Caraf di, O Dduw, fy
nghryfder. Duw yw fy nghraig, fy nghadernid a'm
gwaredydd.*

Salm 18:47-48, 1-2

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.

"Anfon dy oleuni a'th wirionedd, bydded iddynt fy arwain."

Order for the Holy Eucharist

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

Introit | on Wednesday

Liberator meus de gentibus iracundis: ab insurgentibus in me exaltabis me: a viro iniquo eripies me, Domine. Diligam te Domine, fortitudo mea: Dominus firmamentum meum, et refugium meum, et liberator meus.

Translation

The God who subdued peoples under me; who delivered me from my enemies; indeed, you exalted me above my adversaries; you delivered me from the violent. I love you, O God, my strength. God is my rock, my fortress, and my deliverer.

Psalm 18:47-48, 1-2

Hymn | at Eglwys y Groes on Thursday

Greeting

✠ In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Grace and peace be with you.

And keep you in the love of Christ.

“Send out your light and your truth, that they may lead me.”

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.

Gweddi Gasgl

Gweddiwn.

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 Gwaredwr.

Amen.

Eisteddwn

Gair

Salmyddiaeth

☩ Ar y delyn fwyn y'th folaf di, fy Nuw.

☩ **Ar y delyn fwyn y'th folaf di, fy Nuw.**

Cymer fy mhlaidd, O Dduw, ac amddiffyn fy achos rhag pobl annheyrngar; gwared fi rhag rai twyllodrus ac anghyfiawn,

Oherwydd ti, O Dduw, yw fy amddiffyn. Pam y gwrthodaist fi? Pam y rhodiaf mewn galar, wedi fy ngorthrymu gan y gelyn?

☩ **Ar y delyn fwyn y'th folaf di, fy Nuw.**

Anfon dy oleuni a'th wirionedd, bydded iddynt fy arwain, bydded iddynt fy nwyn i'th fynydd sanctaidd ac i'th drigfan.

Yna dof at allor Duw, at Dduw fy llawenydd; llawenychaf a'th foliannu â'r delyn, O Dduw, fy Nuw.

☩ **Ar y delyn fwyn y'th folaf di, fy Nuw.**

Salm 43:1-4

Collect

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 On the harp I will give thanks to you, O God.

R **On the harp I will give thanks to you, O God.**

Give judgment for me, O God, and defend my cause against an ungodly people; deliver me from the deceitful and the wicked.

For you are the God of my strength; why have you put me from you, and why do I go so heavily while the enemy oppresses me

R **On the harp I will give thanks to you, O God.**

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling;

That I may go to the altar of God, to the God of my joy and gladness, and on the harp I will give thanks to you, O God, my God.

R **On the harp I will give thanks to you, O God.**

Psalm 43:1-4

Darlleniad

Darlleniad o Ail Lythyr yr Apostol Paul at y Corinthiaid.

Garedigion: Nid ein pregethu ein hunain yr ydym, ond Iesu Grist yn Sanct Duw, a ninnau yn weision i chwi er mwyn Iesu. Oherwydd y Duw a ddywedodd, “Llewyrched goleuni o’r tywyllwch”, a lewyrchodd yn ein calonau i roi i ni oleuni’r wybodaeth am ogoniant Duw yn wyneb Iesu Grist. Ond y mae’r trysor hwn gennym mewn llestri pridd, i ddangos mai eiddo Duw yw’r gallu tra rhagorol, ac nid eiddom ni. Ym mhob peth yr ydym yn cael ein gorthrymu ond nid ein llethu, ein bwrw i ansicrwydd ond nid i anobaith, ein herlid ond nid ein gadael yn amddifad, ein taro i lawr ond nid ein dinistrio. Yr ydym bob amser yn dwyn gyda ni yn ein corff farwolaeth Iesu, er mwyn i fywyd Iesu hefyd gael ei ddwyn i’r amlwg yn ein corff ni. Oherwydd yr ydym ni, a ninnau’n fyw, yn cael ein traddodi yn wastad i farwolaeth er mwyn Iesu, i fywyd Iesu hefyd gael ei ddwyn i’r amlwg yn ein cnawd marwol ni.

Clywch air bywyd i’n byd.

Diolch a fo i Dduw.

2 Corinthiaid 4:5-11

Codwn ar ein traed

Efengyl

☩ Mawl i ti O Grist, Brenin gogoniant bythol. **℟ Mawl i ti O Grist, Brenin gogoniant bythol.** ☩ Os myn neb ddod ar fy ôl i, rhaid iddo godi ei groes a’m canlyn i. **℟ Mawl i ti O Grist, Brenin gogoniant bythol.**

Gras a thangnefedd a fo gyda chwi.

A’th gadw di yng nghariad Crist.

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Mathew.

Gogoniant i ti, O Grist.

Reading

A reading from the Second Epistle of Saint Paul to the Corinthians.

Dearest beloved: We do not proclaim ourselves; we proclaim Jesus Christ as the Holy One of God and ourselves as your slaves for Jesus's sake. For it is the God who said, "Let light shine out of darkness", who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus's sake, so that the life of Jesus may be made visible in our mortal flesh.

Hear the word of life to the world.

Thanks be to God.

2 Corinthians 4:5-11

We stand

Gospel

☩ Praise to you, O Christ, King of eternal glory. **R: Praise to you, O Christ, King of eternal glory.** ☩ If any want to become my followers, let them take up their cross and follow me.
R: Praise to you, O Christ, King of eternal glory.

Grace and peace be with you.

And keep you in the love of Christ.

Listen to the Holy Gospel according to ✠ Saint Matthew.

Glory to you, O Christ.

Bryd hynny: Dechreuodd lesu ddangos i'w ddisgyblion fod yn rhaid iddo fynd i Gaersalem, a dioddef llawer gan yr henuriaid a'r prif offeriaid a'r ysgrifenyddion, a'i ladd, a'r trydydd dydd ei gyfodi. A chymerodd Pedr ef a dechrau ei geryddu gan ddweud, "Na ato Duw. Ni chaiff hyn ddigwydd i ti." Troes yntau, a dywedodd wrth Pedr, "Dos ymaith o'm golwg, Satan; maen tramgwydd ydwyt imi, oherwydd nid ar bethau Duw y mae dy fryd ond ar bethau dynol." Yna dywedodd lesu wrth ei ddisgyblion, "Os myn neb ddod ar fy ôl i, rhaid iddynt ymwadu â hwy eu hunain a chodi eu croes a'm canlyn i. Oherwydd pwy bynnag a fyn gadw eu bywyd, fe'u cyll, ond pwy bynnag a gyll eu bywyd er fy mwyn i, fe'u caiff. Pa elw a gaiff rhywun os ennill yr holl fyd a fforffedu eu bywyd? Neu beth a rydd rhywun yn gyfnewid am eu bywyd? Oherwydd y mae Mab y Dyn ar ddyfod yng ngogoniant ei Dad gyda'i angylion, ac yna fe dâl i bob un yn ôl eu hymddygiad. Yn wir, rwy'n dweud wrthyich, y mae rhai o'r sawl sy'n sefyll yma na phrofant flas marwolaeth nes iddynt weld Mab y Dyn yn dyfod yn ei deyrnas." Ymhen chwe diwrnod dyma lesu'n cymryd Pedr ac lago ac loan ei frawd a mynd â hwy i fynydd uchel o'r neilltu. A gweddnewidiwyd ef yn eu gwydd hwy, a disgleiriodd ei wyneb fel yr haul, ac aeth ei ddillad yn wyn fel y goleuni. A dyma Moses ac Elias yn ymddangos iddynt, yn ymddiddan ag ef. A dywedodd Pedr wrth lesu, "Y mae'n dda ein bod ni yma; os mynni, gwnaf yma dair pabell, un i ti ac un i Moses ac un i Elias." Tra oedd ef yn dal i siarad, dyma gwmwl golau yn cysgodi drostynt, a llais o'r cwmwl yn dweud, "Hwn yw fy Mab, yr Anwylyd; ynddo ef yr wyf yn ymhyfydu; gwrandewch arno." A phan glywodd y disgyblion hyn syrthiasant ar eu hwynebau a chydiodd ofn mawr ynddynt. Daeth lesu atynt a chyffwrdd â hwy gan ddweud, "Codwch, a pheidiwch ag ofni." Ac wedi edrych i fyny ni welsant neb ond lesu'n unig.

Dyma Efengyl ein Gwarddwr.

Moliant i ti, O Grist.

Mathew 16:21 – 17:8

Pregeth | yn Eglwys y Groes ar ddydd Iau

At that time: Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things." Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom." Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "It is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone.

This is the Gospel of our Saviour.

Praise to you, O Christ.

Matthew 16:21 – 17:8

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

Eripe me de inimicis meis, Deus meus: et ab insurgentibus in me libera me, Domine.

Cyfieithiad

*Gwared fi oddi wrth fy ngelynon, O fy Nuw;
amddiffyn fi rhag fy ngwrthwynebwyr.*

Salm 59:1

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'i darostyngodd ei hun ar wedd dynion, gan fod yn ufudd hyd angau, ie, angau ar groes. Fe'i dyrchafwyd oddi ar y ddaear fel y tynnai bawb ato ef ei hun.

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

Eripe me de inimicis meis, Deus meus: et ab insurgentibus in me libera me, Domine.

Translation

Deliver me from my enemies, O my God; protect me from those who rise up against me.

Psalm 59:1

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, bearing the human likeness, humbled himself and in obedience accepted death, even death on a cross. He was lifted up from the earth that he might draw all people to himself.

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

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

✠ **Amen.**

Parhawn ar ein traed

Gweddi'r Arglwydd

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

Ein Tad, yr hwn wyt yn y nefoedd, sancteiddier dy enw, deled dy deyrnas, gwneler dy ewylllys; megis yn y nef, felly ar y ddaear hefyd. Dyro i ni heddiw ein bara beunyddiol a maddau i ni ein dyledion, fel y maddeuwn ninnau i'n dyledwyr. Ac nac arwain ni i brofedigaeth; eithr gwared ni rhag drwg. Canys eiddot ti yw'r deyrnas, a'r gallu, a'r gogoniant, yn oes oesoedd. **Amen.**

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

As he has commanded us, Father, we remember Jesus Christ, your Son. Proclaiming his victorious death, rejoicing in his resurrection and waiting for him to come in glory we bring to you this bread, this cup. Accept our sacrifice of thanks and praise.

Restore and revive your people, renew us and all for whom we pray with your grace and heavenly ✠ blessing, and at the last receive us with all your saints into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him, in the unity of the Holy Spirit all honour and glory are yours, almighty Father, for ever and ever.

✠ **Amen.**

We remain standing

Lord's Prayer

As our Saviour taught us, we boldly pray, each in their own language:

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

Amen.

Tangnefedd

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

Lavabo inter innocentes manus meas, et circumdabo altare tuum, Domine: ut audiam vocem laudis, et enarrem universa mirabilia tua.

Cyfieithiad

*Golchaf fy nwylo am fy mod yn ddiuog,
ac amgylchaf dy allor, O Dduw, a chanu'n
uchel mewn diolchgarwch ac adrodd dy holl
ryfeddodau.*

Salm 26:6-7

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

O Dduw, dy gynefin yw'r anialwch a'r Groes, a thi a wyddost ein cythreuliaid, ein ffantasiâu 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.

Bydded i'r Crist croeshoeliedig eich tynnu ato ef ei hun, sy'n sylfaen ddiogel ffydd, yn gynhaliwr cadarn gobaith ac yn sicrwydd maddeuant pechodau; 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

Lavabo inter innocentes manus meas, et circumdabo altare tuum, Domine: ut audiam vocem laudis, et enarrem universa mirabilia tua.

Translation

I wash my hands in innocence, and go around your altar, O God, singing aloud a song of thanksgiving, and telling all your wondrous deeds.

Psalm 26:6-7

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 crucified draw you to himself, the sure ground of faith, the firm support for hope and the assurance of sins forgiven; 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.

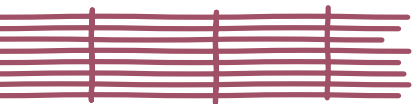
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

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

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

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

Ŵ Molwch yr lôr.
R̄ Addolwn ein Duw.

Translation

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

Cerddoriaeth | Music
Plaengan | Plainsong

Brawddeg *Sentence*

"Anfon dy oleuni a'th wirionedd, bydded iddynt fy arwain."

Translation

"Send out your light and your truth, that they may lead me."

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

Be thou my judge O Lord, for I have walked innocently: and my trust hath been steadfast in the Lord.

Examine me O Lord and prove me: try out my heart and my mind.

For thy loving kindness is ever before mine eyes: and I will walk in thy truth.

I have not sat with wicked-doers: neither will I have fellowship with the deceitful.

I have hated the company of the wicked: and will not sit among the ungodly.

I will wash my hands in innocency O Lord: and so will I go about thine altar,

That I may lift up the voice of thanksgiving: and tell of all thy wondrous works.

Lord I have loved the habitation of thy house: and the place where thine honour dwelleth.

O take not away my soul with the sinners: nor my life with the bloodthirsty,

In whose hands is wickedness: and their right hand is full of bribes.

But as for me I will walk innocently: O deliver me and be merciful unto me.

My foot standeth firm: in the congregations will I praise the Lord.

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 26
Cerddoriaeth | Music
Tôn VI | Tone VI

Eisteddwn | We sit

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

Hear my crying O God: and hearken unto my prayer.

From the ends of the earth will I call up on thee: when my heart is in heaviness.

O set me up upon the rock that is higher than I: for thou hast been my refuge, and a strong tower for me against the enemy.

Let me dwell in thy tabernacle for ever: and let my trust be under the covering of thy wings.

O God thou hast hearkened unto my vows: thou hast heard the desire of those that fear thy name.

Thou shalt grant the king a long life: his years shall endure throughout all generations.

His throne shall abide before God for ever: loving-kindness and faithfulness shall preserve him.

So will I always sing praise unto thy name: while I daily perform my vows.

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 61

Cerddoriaeth | Music

Tôn IV, pedwerydd terfyniad | Tone IV, fourth ending

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

Give judgement for me O God, and defend my cause against the ungodly people: O deliver me from the deceitful and wicked man.

For thou art the God of my strength, why hast thou put me from thee: and why go I so heavily, while the enemy oppresseth me?

O send out thy light and thy truth, that they may lead me: and bring me unto thy holy hill and to thy dwelling,

That I may go unto the altar of God, even unto the God of my joy and gladness: and upon the harp will I give thanks unto thee, O God my God.

Why art thou so full of heaviness O my soul: and why art thou so disquieted within me?

O put thy trust in God: for I will yet give him thanks, who is the help of my countenance, and my God.

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 43

Cerddoriaeth | Music

Tôn III, pedwerydd terfyniad | Tone III, fourth ending

Eisteddwn | We sit

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

Yn y dyddiau hynny: Y rhain oedd y pennau-teuluoedd yn nhylywythau eu tadau. Meibion Reuben, cyntafanedig Israel: Hanoch, Palu, Hesron a Charmi; dyna deuluoedd Reuben. Meibion Simeon: Jemwel, Jamin, Ohad, Jachin, Sohar a Saul, mab i wraig o Ganaan; dyna deuluoedd Simeon. Dyma enwau meibion Lefi yn ôl eu cenedlaethau: Gerson, Cohath a Merari; bu Lefi fyw am gant tri deg a saith o flynyddoedd. Meibion Gerson: Libni a Simeï, yn ôl eu teuluoedd. Meibion Cohath: Amram, Ishar, Hebron ac Ussiel; bu Cohath fyw am gant tri deg a thair o flynyddoedd. Meibion Merari: Mahli a Musi; dyna deuluoedd Lefi yn ôl eu cenedlaethau. Priododd Amram â Jochebed, chwaer ei dad, ac esgorodd hi ar Aaron a Moses; bu Amram fyw am gant tri deg a saith o flynyddoedd. Meibion Ishar: Cora, Neffeg a Sicri. Meibion Ussiel: Misael, Elsaffan a Sithri. Priododd Aaron ag Eliseba, merch i Aminadab a chwaer i Nahason; esgorodd hi ar Nadab, Abihu, Eleasar ac Ithamar. Meibion Cora: Assir, Elcana, ac Abiasaff; dyna deuluoedd y Corahiaid. Priododd Eleasar, mab Aaron, ag un o ferched Putiel, ac esgorodd hi ar Phineas. Y rhain oedd y pennau-teuluoedd yn nhylywyth y Lefiaid, yn ôl eu teuluoedd. Dyma'r Aaron a'r Moses y dywedodd Duw wrthynt, "Dygwch yr Israeliaid allan o wlad yr Aifft, yn ôl eu lluoedd." Dyma hefyd y Moses a'r Aaron a ddywedodd wrth Pharo brenin yr Aifft am ryddhau'r Israeliaid o'r Aifft.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The following are the heads of their ancestral houses: the sons of Reuben, the firstborn of Israel: Hanoch, Pallu, Hezron, and Carmi; these are the families of Reuben. The sons of Simeon: Jemuel, Jamin, Ohad, Jachin, Zohar, and Shaul, the son of a Canaanite woman; these are the families of Simeon. The following are the names of the sons of Levi according to their genealogies: Gershon, Kohath, and Merari, and the length of Levi's life was one hundred and thirty-seven years. The sons of Gershon: Libni and Shimei, by their families.

The sons of Kohath: Amram, Izhar, Hebron, and Uzziel, and the length of Kohath's life was one hundred and thirty-three years. The sons of Merari: Mahli and Mushi. These are the families of the Levites according to their genealogies. Amram married Jochebed his father's sister and she bore him Aaron and Moses, and the length of Amram's life was one hundred and thirty-seven years. The sons of Izhar: Korah, Nepheg, and Zichri. The sons of Uzziel: Mishael, Elzaphan, and Sithri. Aaron married Elisheba, daughter of Amminadab and sister of Nahshon, and she bore him Nadab, Abihu, Eleazar, and Ithamar. The sons of Korah: Assir, Elkanah, and Abiasaph; these are the families of the Korahites. Aaron's son Eleazar married one of the daughters of Putiel, and she bore him Phinehas. These are the heads of the ancestral houses of the Levites by their families. It was this same Aaron and Moses to whom God said, "Bring the Israelites out of the land of Egypt, company by company." It was they who spoke to Pharaoh king of Egypt to bring the Israelites out of Egypt, the same Moses and Aaron.

Genesis 6:14-27

Yma y mae yn dechrau wythfed adnod ar hugain chweched bennod Llyfr Exodus.

Yn y dyddiau hynny: Pan lefarodd Duw wrth Moses yng ngwlad yr Aifft, dywedodd wrtho, “Myfi yw’r Sanctaidd Un; dywed wrth Pharo brenin yr Aifft y cyfan yr wyf yn ei ddweud wrthy.” Ond dywedodd Moses wrth Duw, “Y mae nam ar fy lleferydd; sut, felly, y bydd Pharo yn gwrandu arnaf?” Dywedodd y Bywiol Un wrth Moses, “Edrych, yr wyf yn dy wneud fel Duw i Pharo, a bydd Aaron dy frawd yn broffwyd iti. Yr wyt i fynegi’r cyfan yr wyf yn ei orchymyn i ti, a bydd Aaron dy frawd yn dweud wrth Pharo am ryddhau’r Israeliaid o’i wlad. Byddaf finnau’n caledu calon Pharo; ac er imi amlhau fy arwyddion a’r rhyfeddodau yng ngwlad yr Aifft, ni fydd ef yn gwrandu arnoch. Yna byddaf yn gosod fy llaw ar yr Aifft ac yn rhyddhau fy mhobl Israel yn lluoedd o wlad yr Aifft, trwy weithredoedd nerthol o farn. Bydd yr Eifftiaid yn gwybod mai myfi yw’r Bythol Un pan estynnaf fy llaw yn erbyn yr Aifft a rhyddhau’r Israeliaid o’u plith.” Gwnaeth Moses ac Aaron yn union fel yr oedd Duw wedi gorchymyn iddynt. Pan lefarodd Moses ac Aaron wrth Pharo, yr oedd Moses yn bedwar ugain oed ac Aaron yn dair a phedwar ugain.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: When God spoke to Moses in the land of Egypt, he said to him, “I am the Holy One; tell Pharaoh king of Egypt all that I am speaking to you.” But Moses said in God’s presence, “Since I am a poor speaker, why would Pharaoh listen to me?” The Living One said to Moses, “See, I have made you like God to Pharaoh, and your brother Aaron shall be your prophet. You shall speak all that I command you, and your brother Aaron shall tell Pharaoh to let the Israelites go out of his land. But I will harden Pharaoh’s heart, and I will multiply my signs and wonders in the land of Egypt. When Pharaoh does not listen to you, I will lay my hand upon Egypt and bring my people the Israelites,

company by company, out of the land of Egypt by great acts of judgement. The Egyptians shall know that I am the Eternal One, when I stretch out my hand against Egypt and bring the Israelites out from among them.” Moses and Aaron did so; they did just as God commanded them. Moses was eighty years old and Aaron eighty-three when they spoke to Pharaoh.

Exodus 6:28 – 7:7

Llith | ar ddydd Iau Lesson | on Thursday

Yma y mae yn dechrau wythfed adnod seithfed bennod Llyfr Exodus.

Yn y dyddiau hynny: Dywedodd Duw wrth Moses ac Aaron, “Os bydd Pharo’n dweud wrthyich am wneud rhyfeddod, yr wyt ti, Moses, i ddweud wrth Aaron, ‘Cymer dy wialen a’i thafllu ar lawr o flaen Pharo, ac fe dry’n sarff.’” Felly, aeth Moses ac Aaron at Pharo a gwneud fel yr oedd Duw wedi gorchymyn iddynt. Taflodd Aaron ei wialen o flaen Pharo a’i weision, ac fe drodd yn sarff. Yna anfonodd Pharo am y gwŷr doeth a’r dewiniaid, ac yr oeddent hwythau, swynwyr yr Aifft, hefyd yn medru gwneud hyn trwy eu gallu cyfrin. Taflodd pob un ei wialen, a throdd pob gwialen yn sarff; ond llyncodd gwialen Aaron eu gwaiail hwy. Er hynny, caledodd calon Pharo ac ni wrandawodd arnynt, fel yr oedd Duw wedi dweud. Yna dywedodd Duw wrth Moses, “Y mae calon Pharo wedi caledu, ac y mae’n gwrthod rhyddhau’r bobl. Dos at Pharo yn y bore, wrth iddo fynd tua’r afon; aros amdano ar lan y Neil, a chymer yn dy law y wialen a drodd yn sarff. Dywed wrtho, ‘Y mae’r Sanctaidd Un, Duw’r Hebreaid, wedi fy anfon atat i ddweud, “Gollwng fy mhobl yn rhydd, er mwyn iddynt fy addoli yn yr anialwch”; ond hyd yn hyn nid wyt wedi ufuddhau iddo.’ Fel hyn y dywed y Bywiol Un: Dyma sut y cei wybod mai myfi yw’r Bythol Un: â’r wialen sydd yn fy llaw byddaf yn taro dŵr y Neil, ac fe dry’n waed. Bydd y pysgod ynddi yn marw, a’r afon yn drewi, a bydd yn ffaidd i’r Eifftiaid yfed dŵr ohoni.”

Dyweddod Duw wrth Moses, "Dywed wrth Aaron, 'Cymer dy wialen ac estyn dy law dros ddyfroedd yr Aifft, dros ei ffrydiau a'i hafonydd, dros ei llynnoedd a'i chronfeydd dŵr, er mwyn iddynt droi'n waed.' Bydd gwaed trwy holl wlad yr Aifft, hyd yn oed yn y cawgiau o bren a charreg." Gwnaeth Moses ac Aaron fel yr oedd Duw wedi gorchymyn iddynt. Yng ngŵydd Pharo a'i weision, cododd Aaron y wialen a tharo dŵr y Neil, ac fe droes yr holl ddŵr oedd ynddi yn waed. Bu farw'r pysgod oedd ynddi, ac yr oedd yr afon yn drewi cymaint fel na allai'r Eifftiaid yfed dŵr ohoni; ac yr oedd gwaed trwy holl wlad yr Aifft. Ond yr oedd swynwyr yr Aifft hefyd yn medru gwneud hyn trwy eu gallu cyfrin; felly caledodd calon Pharo, ac ni fynnai wrando ar Moses ac Aaron, fel yr oedd Duw wedi dweud. Troes Pharo a mynd i mewn i'w dŷ, heb ystyried y peth ymhellach. Am nad oeddent yn medru yfed y dŵr o'r Neil, bu'r holl Eifftiaid yn cloddio gerllaw'r afon am ddŵr i'w yfed. Parhaodd hyn am saith diwrnod wedi i Dduw daro'r Neil.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: God said to Moses and Aaron, "When Pharaoh says to you, 'Perform a wonder', then you shall say to Aaron, 'Take your staff and throw it down before Pharaoh, and it will become a snake.'" So Moses and Aaron went to Pharaoh and did as God had commanded; Aaron threw down his staff before Pharaoh and his officials, and it became a snake. Then Pharaoh summoned the wise men and the sorcerers; and they also, the magicians of Egypt, did the same by their secret arts. Each one threw down his staff, and they became snakes; but Aaron's staff swallowed up theirs. Still Pharaoh's heart was hardened, and he would not listen to them, as God had said. Then God said to Moses, "Pharaoh's heart is hardened; he refuses to let the people go. Go to Pharaoh in the morning, as he is going out to the water; stand by at the river bank to meet him, and take in your hand the staff that was turned into a snake. Say to him, 'The Holy One, the God of the Hebrews, sent me to you to say, "Let my people go, so that they may worship me in the wilderness." But until now you have not listened. Thus says the Living One,

"By this you shall know that I am the Eternal One." See, with the staff that is in my hand I will strike the water that is in the Nile, and it shall be turned to blood. The fish in the river shall die, the river itself shall stink, and the Egyptians shall be unable to drink water from the Nile.'" God said to Moses, "Say to Aaron, 'Take your staff and stretch out your hand over the waters of Egypt — over its rivers, its canals, and its ponds, and all its pools of water — so that they may become blood; and there shall be blood throughout the whole land of Egypt, even in vessels of wood and in vessels of stone.'" Moses and Aaron did just as God commanded. In the sight of Pharaoh and of his officials he lifted up the staff and struck the water in the river, and all the water in the river was turned into blood, and the fish in the river died. The river stank so that the Egyptians could not drink its water, and there was blood throughout the whole land of Egypt. But the magicians of Egypt did the same by their secret arts; so Pharaoh's heart remained hardened, and he would not listen to them, as the Lord had said. Pharaoh turned and went into his house, and he did not take even this to heart. And all the Egyptians had to dig along the Nile for water to drink, for they could not drink the water of the river. Seven days passed after God had struck the Nile.

Exodus 7:8-25

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
Trydydd Gwasanaeth Hwylol | Third Evening Service, Philip Moore
Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Hwylol gyda Faux Bourdons Tallis |
Evening Service with Tallis Fauxbourdons, Sarah MacDonald
Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Ail Wasanaeth Hwylol | Second Evening Service, Philip Moore

Eisteddwn | We sit

Here begins the twenty-sixth verse of the eighth chapter of the Acts of the Holy Apostles.

Now: An angel of the Holy One said to Philip, "Get up and go towards the south to the road that goes down from Jerusalem to Gaza." (This is a wilderness road.) So he got up and went. Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship and was returning home; seated in his chariot, he was reading the prophet Isaiah. Then the Spirit said to Philip, "Go over to this chariot and join it." So Philip ran up to it and heard him reading the prophet Isaiah. He asked, "Do you understand what you are reading?" He replied, "How can I, unless someone guides me?" And he invited Philip to get in and sit beside him. Now the passage of the scripture that he was reading was this: "Like a sheep he was led to the slaughter, and like a lamb silent before its shearer, so he does not open his mouth. In his humiliation justice was denied him. Who can describe his generation? For his life is taken away from the earth." The eunuch asked Philip, "About whom, may I ask you, does the prophet say this, about himself or about someone else?" Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about Jesus. As they were going along the road, they came to some water; and the eunuch said, "Look, here is water! What is to prevent me from being baptized?" He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. When they came up out of the water, the Spirit of God snatched Philip away; the eunuch saw him no more, and went on his way rejoicing. But Philip found himself at Azotus, and as he was passing through the region, he proclaimed the good news to all the towns until he came to Caesarea.

Here ends the Second Lesson.

Actau | Acts 8:26-40

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

Now: Saul, still breathing threats and murder against the disciples of God, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, "Saul, Saul, why do you persecute me?" He asked, "Who are you, Sir?" The reply came, "I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do." The men who were travelling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank.

Here ends the Second Lesson.

Actau | Acts 9:1-9

Here begins the tenth verse of the ninth chapter of the Acts of the Holy Apostles.

Now: There was a disciple in Damascus named Ananias. God said to him in a vision, "Ananias." He answered, "Here I am, God." God said to him, "Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight." But Ananias answered, "God, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; and here he has authority from the chief priests to bind all who invoke your name." But God said to him, "Go, for he is an instrument whom I have chosen to bring my name before Gentiles and kings and before the people of Israel; I myself will show him how much he must suffer for the sake of my name." So Ananias went and entered the house. He laid his hands on Saul and said, "Brother Saul, Christ Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit." And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, and after taking some food, he regained his strength.

Here ends the Second Lesson.

Actau | Acts 9:10-19

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
Trydydd Gwasanaeth Hwylol | Third Evening Service, Philip Moore
Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Hwylol gyda Faux Bourdons Tallis |
Evening Service with Tallis Fauxbourdons, Sarah MacDonald
Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Ail Wasanaeth Hwylol | Second Evening Service, Philip Moore

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

O Dduw, a ddatguddiaist fawredd dy unig-anedig Fab ar
y mynydd sanctaidd cyn ei Ddiodefaint: dyro i ni dy
weision gael canfod ei ogoniant a'n nerthu i ddwyn ei
Groes; trwy'r un Iesu Grist ein Gwardwr. Amen.

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

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

Translation

*God, who before the Passion of your only-
begotten Son did reveal his majesty on the holy
mount: grant that we your servants may see his
glory and be strengthened to bear the cross;
through the same Jesus Christ our Saviour.*

Cerddoriaeth | Music
Plaengan | Plainsong

Gweddi 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

Popule meus, quid feci tibi? Aut in quo contristavi te? Responde mihi.

Sanctaidd Duw. Holy God. Sanctaidd a chryf. Holy and strong. Sanctaidd ac anfarwol, trugarha wrthym. Holy and immortal, have mercy on us.

Cyfieithiad

Fy mhobl, beth a wneuthum i chwi? Neu sut rydw i wedi eich tramgwyddo? Ateb fi.

Translation

O my people, what have I done to you? Or how have I offended you? Answer me.

Geiriau | Words

ar gyfer Addoliad y Groes ar ddydd Gwener y Groglith for the Adoration of the Cross on Good Friday

Cerddoriaeth | Music

Tomás Luis de Victoria (c.1548-1611)

Anthem | ar ddyddiau Mawrth ac Iau | on Tuesday and Thursday

It is a thing most wonderful,
almost too wonderful to be,
that God's own Son should come from heaven,
and die to save a child like me.

And yet I know that it is true:
he chose a poor and humble lot,
and wept, and toiled, and mourned, and died,
for love of those who loved him not.

I sometimes think about the Cross,
and shut my eyes, and try to see
the cruel nails and crown of thorns,
and Jesus crucified for me.

But even could I see him die,
I should but see a little part
of that great love, which like a fire,
is always burning in his heart.

And yet I want to love thee, Lord;
O light the flame within my heart,
and I will love thee more and more,
until I see thee as thou art.

Geiriau | Words

William Walsham How (1823-1897)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

John Ireland (1879-1962)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Philip Moore

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



O strength and stay upholding all creation,
who ever dost thyself unmoved abide,
yet day by day the light in due gradation
from hour to hour through all its changes guide;

Grant to life's day a calm unclouded ending,
an eve untouched by shadows of decay,
the brightness of a holy death-bed blending
with dawning glories of the eternal day.

Hear us, O Father, gracious and forgiving,
through Jesus Christ thy co-eternal Word,
who with the Holy Ghost by all things living
now and to endless ages art adored. Amen.

Geiriau | Words

Emrys o Filan | Ambrose of Milan (c.339-397)

Cyfieithiad | Translation

John Ellerton (1826-1893)

Fenton John Anthony Hort (1828-1892)

Cerddoriaeth | Music | "Strength and Stay"

John Bacchus Dykes (1823-1876)



“Will Will you come and follow me if I but call
your name?
Will you go where you don't know
and never be the same?
Will you let my love be shown?
Will you let my name be known?
Will you let my life be grown in you and you in me?”

“Will you leave yourself behind if I but call your name?
Will you care for cruel and kind and never be the same?
Will you risk the hostile stare
should your life attract or scare?
Will you let me answer prayer in you and you in me?”

“Will you let the blinded see if I but call your name?
Will you set the prisoners free and never be the same?
Will you kiss the leper clean, and do such as this unseen,
and admit to what I mean in you and you in me?”

Christ, your summons echoes true
when you but call my name.
Let me turn and follow you and never be the same.
In your company I'll go
where your love and footsteps show,
thus I'll move and live and grow in you and you in me.

Geiriau | Words

John Lamberton Bell

Cerddoriaeth | Music | “Kelvingrove”

Alaw werin Albanaidd | Scottish folk tune



Just as I am, without one plea
but that thy blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come.

Dof fel yr wyf, er ofnau lu,
a gallu y tywyllwch du
yn curo arnaf o bob tu;
'rwy'n dod, Oen Duw, 'rwy'n dod.

Just as I am, thy love unknown
has broken every barrier down;
now to be thine, yea, thine alone,
O Lamb of God, I come.

Dof fel yr wyf, caf brofi'n llawn
dy gariad — O anhraethol ddawn! —
a chanaf mwyach am yr lawn;
'rwy'n dod, Oen Duw, 'rwy'n dod..

Translation

I come as I am, despite a host of fears, and the power of the black darkness beating against me from every side; I am coming, Lamb of God, I am coming. / I come as I am, I may experience fully thy love — O inexpressible gift! — and I will sing evermore of the Ransom; I am coming, Lamb of God, I am coming.

Geiriau | Words

Charlotte Elliott (1789-1871)

Geiriau | Words

Eliza Evans (1852-1920)

Cerddoriaeth | Music | "Saffron Walden"

Arthur Henry Brown (1830-1926)

Bendith Blessing

Parhawn ar ein traed | We remain standing

Bydded i'r Crist croeshoeliedig eich tynnu ato ef ei hun, sy'n sylfaen ddiogel ffydd, yn gynhaliwr cadarn gobaith ac yn sicrwydd maddeuant pechodau; 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 crucified draw you to himself, the sure ground of faith, the firm support for hope and the assurance of sins forgiven; 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

Ebarm dich mein, o Herre Gott, BWV 721, Johann Sebastian Bach (1685-1750)

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

Rhagarweiniad Corâl ar | Chorale Prelude on "Rockingham",

Charles Hubert Hastings Parry (1848-1918)

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

Ich ruf zu dir, Herr Jesu Christ, Johann Pachelbel (1653-1706)

Hysbys



Yr Wythnos Fawr

Safwn ar drothwy yr Wythnos Fawr. Mae ein defodau yn ddifrifol ac o sylwedd, ac yn cynnig cyfoeth o gyfleoedd i ni ymdrochi yn nrama Dioddefaint ac Atgyfodiad Crist, wedi'u gwneud a'u cyflawni er ein hiachawdwriaeth. Gadewch inni rannu newyddion am ein defodau gyda'ch ffrindiau a'ch cymdogion, ac bod yn ffyddlon yn ein presenoldeb yn ystod yr Wythnos Fawr.

Curad newydd

Mae'n bleser gennym rannu'r newyddion bod yr Archesgob a'r Esgob wedi penodi Curad newydd i ymuno â'n tîm gweinidogaeth yn y Gadeirlan a Bro Deiniol. Mae Josie Godfrey ar hyn o bryd yn cwblhau ei hastudiaethau yn Saint Stephen's House yn Rhydychen, a bydd yn cael ei hordeinio yma ar 1 Gorffennaf am 11.00am, cyn dechrau ar ei churadiaeth tair blynedd. Mae'n bleser a hefyd yn gyfrifoldeb cael Curad yn rhan o'n bywyd yma ym Mangor. Gwn y byddwn am groesawu Josie'n gynnes, ac y bidden yn elwa ar ei brwdfrydedd a'i grasusrwydd wrth iddi hithau yn ei thro achub ar y cyfle i dyfu ac aeddfedu yn ei gweinidogaeth ordeiniedig yn ein plith.

Wrth ysgrifennu amdani ei hun,

dywed Josie:

Rwy'n gyffrous iawn i fod yn ymuno ag Ardal Weinidogaeth Bro Deiniol fel Curad.

Cefais fy magu ger High Wycombe, ac yna symudais i Lundain i astudio Cerddoriaeth yn King's College London. Wrth archwilio galwad i ordeiniad, bûm yn gweithio fel cynorthwydd bugeiliol yn Christ Church, Isle of Dogs yn Nwyrain Llundain, ac yna symudais i Rydychen i ddechrau hyfforddi yn Saint Stephen's House. Yn fy amser hamdden rwy'n mwynhau canu clychau, cerdded, a cherddoriaeth - yn enwedig theatr gerdd.

Dw i'n nerfus ac yn gyffrous am ddysgu Cymraeg; mae fy nheulu yn wreiddiol o Abertawe ond, er fy mod wedi treulio llawer o wyliau yno, nid wyf erioed wedi byw yng Nghymru fy hun, felly rwy'n edrych ymlaen at ddychwelyd i "wlad fy nhadau"!

Clochau

Yn ystod y wythnos y Dioddefaint a'r Wythnos Fawr, mae'r croesau a'r cerfluniau defosiynol yn y Gadeirlan wedi'u gorchuddio â chochlau phorffor. Mae'r croesau dal gochl fel bod dadorchuddio'r Groes yn ystod litwrgi Gwener y Groglith am 2.00pm yn foment o'i hadnabod â grym newydd ac ofnadwy. Mae'r cerfluniau dan gochl fel rhan o gwtogi ein defosiynoldeb coeth arferol i ganolbwyntio ar y Dioddefaint a thaith Crist i'r Groes.

Yr wythnos

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

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

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday

9.00pm Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

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

2 Ebrill | Sul y Blodau

2 April | Palm Sunday

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân a Gorymdaith y Palmwydd

Missa brevis Sancti Joannis de Deo, Haydn; Hosanna i Fab Dafydd, Victoria; Ymdeithgan ar "Lift up your heads" gan Handel, Guilmant

11.00am Choral Holy Eucharist with the Procession of Palms

Missa Aedis Christi, Mathias; Hosanna to the Son of David, Weelkes; Valet will ich dir geben, BWV 736, Bach

6.00pm Johannes-Passion

Dioddefaint Sant Ioan | Saint John Passion, Bach

Ein gweddi

Ein cymuned Y gwaith o osod y dodrefn newydd yng Nghorff yr Eglwys

Ein hesgobaeth Ein Hesgob Cynorthwyol

Yn glâf Joy Levine, offeiriad; Trefor Roberts; John Watkin Jones; Sacha Cook; Kathleen; Caitriona Carroll; Giuseppina de Rosa; David Silcock

A fu farw'n ddiweddar William Huw Hughes; Angela Warren; Shirley Egerton; Helen Martinez; Justin Adams

Gŵyl goffa Norman McDermid (29); Saunders Davies, esgob (30); Tommy Jordon (1)

Notices



Holy Week

We stand on the threshold of Holy Week. Our observances are serious and substantial, and offer us a wealth of opportunities to enter into the drama of Christ's Passion and Resurrection, wrought and achieved for our salvation. Please share news of our observances with your friends and neighbours, and be faithful in your attendance during Holy Week.

A new Curate

We are delighted to share the news that the Archbishop and Bishop have appointed a new Curate to join our ministry team at the Cathedral and Bro Deiniol. Josie Godfrey is currently completing her studies at Saint Stephen's House in Oxford, and will be ordained here on 1 July at 11.00am, before beginning her three-year curacy. It is a delight and also a responsibility to have a Curate as part of our life here in Bangor. I know that we will want to welcome Josie warmly, and to benefit from her enthusiasm and grace as she is also allowed time and space to learn and grow into our ordained ministry in our midst.

Writing of herself, Josie says:

I'm very excited to be joining the Bro Deiniol Ministry Area as Assistant Curate.

I grew up near High Wycombe, and then moved to London to

study Music at King's College London. Whilst exploring a call to ordination, I worked as a pastoral assistant at Christ Church, Isle of Dogs in East London, and then moved to Oxford to begin training at St Stephen's House. In my spare time I enjoy bell ringing, walking, and music - particularly musical theatre.

I'm both nervous and excited about learning Welsh; my family are originally from Swansea but, although I have spent many holidays there, I have never lived in Wales myself, so I am looking forward to returning to "the land of my fathers"!

Veils

During Passiontide and Holy Week, the crosses and devotional statues at the Cathedral are veiled in purple. The crosses are veiled so that the unveiling of the Cross during the Good Friday liturgy at 2.00pm is a moment of new and awful encounter for us. The statues are veiled as part of the pairing down of our usual rich devotion to a focus on the Passion and Christ's journey to the Cross.

This week

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

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

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday

9.00pm Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

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

2 Ebrill | Sul y Blodau

2 April | Palm Sunday

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân a Gorymdaith y Palmwydd

Missa brevis Sancti Joannis de Deo, Haydn; Hosanna i Fab Dafydd, Victoria; Ymdeithgan ar "Lift up your heads" gan Handel, Guilman

11.00am Choral Holy Eucharist with the Procession of Palms

Missa Aedis Christi, Mathias; Hosanna to the Son of David, Weelkes; Valet will ich dir geben, BWV 736, Bach

6.00pm Johannes-Passion

Dioddefaint Sant Ioan | Saint John Passion, Bach

Our prayers

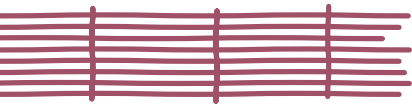
Our community The arrival of our new Nave furniture

Our diocese Those preparing for Ordination this Petertide

The sick Joy Levine, priest; Trefor Roberts; John Watkin Jones; Sacha Cook; Kathleen; Caitriona Carroll; Giuseppina de Rosa; David Silcok

The recently departed William Huw Hughes; Angela Warren; Shirley Egerton; Helen Martinez; Justin Adams

Year's mind Norman McDermid (29); Saunders Davies, bishop (30); Tommy Jordon (1)



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.