

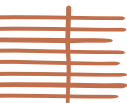


Cymun Bendigaid

10-11 Ebrill 2023 am 12.30pm

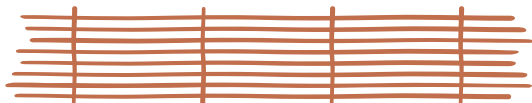
Holy Eucharist

10-11 April 2023 at 12.30pm



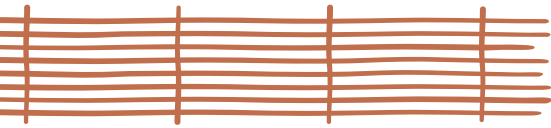
**Cadeirlan
Deiniol Sant
ym Mangor**

Saint Deiniol's
Cathedral
in Bangor



*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 gynnwll 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, gobaieth a chariad, a phopeth sy'n digwydd yma, ei chynnal gan eich haelioni chi.

1 I roi rhodd ar-lein ar eich ffôn heddiw, sganwch 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 ysbyrdol a gwybodaeth ymarferol am ein bywyd ar y cyd. Mynnwch 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 ddarlenniadau 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 gweddnwidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Cymuno. Daw ein haddoliad i ben wrth inni dderbyn bendith Duw, yn gynhafiaeth inni wrth ymadael. Waeth pa mor bell yn ôl y gwnaethoch hynny ddiwethaf, mae croeso i chi Gymuno yma heddiw. Os hoffech chi Gymuno am y tro cyntaf, neu gael eich Bedyddio, siaradwch ag aelod o dîm yr Gadeirlan. Ceir ffydd, gobraith a chariad yma i bawb.

Yn arferol, defnyddir darlenniadau'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 chludwch 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. Dyrchefwch, felly, eich llygaid; sylwch ar liw, golau, sain, symudiad a harddwch; codwch eich llais; cyfranogwch yn yr hyn a fydd yn eich gweddnwid, 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 coch**; 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 red 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

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.

Haleliwia! Atgyfododd Crist.
Atgyfododd yn wir. Haleliwia!

"Cryna, O ddaear, ym mhresenoldeb y Sanctaidd Un, ym
mhresenoldeb Duw Jacob."

Edifeirwch

Gan gynnull i ddathlu,
ymbaratown gan adnabod ein pechodau,

ni sydd angen gras dolurus, iachus Duw i'n gwneud yn gyfan;

ni sydd angen cariad dadlennol, darbwyllol Duw i buro ein
hanghyfiawnder;

ni sydd angen presenoldeb bywiol, gwaredol Duw i drigo ynom
a'n rhyddhau.

Trugarha wrthym, O Dduw.
Rydym wedi pechu yn dy erbyn.

Dangos i ni, O Dduw, dy drugaredd.
A dyro i ni dy iachawdwriaeth.

Order for the Holy Eucharist



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

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.

Alleluia! Christ is risen.

He is risen indeed. Alleluia!

“Tremble, O earth, at the presence of God, at the presence of
the God of Jacob.”

Pentience

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

we who need God’s aching, mending grace to make us whole;

we who need God’s exposing, convicting love to purify our
injustice;

we who need God’s living, liberating presence to dwell in us and
set us free.

Have mercy on us, O God.

For we have sinned against you.

Show us, O God, your mercy.

And grant us your salvation.

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

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

Cyfieithiad

Arglwydd, trugarha. Crist, trugarha.

Gweddi Gasgl

Gweddiwn.

Hollalluog Dduw, a orchfygaist angau trwy dy unig-anedig Fab Iesu Grist, ac agor inni borth y bywyd tragwyddol: cynyddu a chyfnertha ein ffydd, fel y bo i ni ei adnabod ef a grym ei atgyfodiad, a byw byth i'th ogoniant di; trwy'r un Iesu Grist ein Gwaredwr Atgyfodedig.

Amen.

Eisteddwn

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

℣ Kyrie eleison. ℞ **Kyrie eleison.** ℣ Christe eleison. ℞ **Christe eleison.** ℣ Kyrie eleison. ℞ **Kyrie eleison.**

Translation

Lord, have mercy. Christ, have mercy.

Collect

Let us pray.

Almighty God, who through your only-begotten Son Jesus Christ overcame death, and opened unto us the gate of everlasting life: strengthen and increase our faith, that we may know him and the power of his resurrection, and live to your glory for ever; through the same Jesus Christ our Risen Saviour.

Amen.

We sit

Salmyddiaeth

Y Ofna di, ddaear, rhag dy Dduw, Duw Jacob yw o'r nefoedd.

**R̄ Ofna di, ddaear, rhag dy Dduw,
Duw Jacob yw o'r nefoedd.**

Pan ddaeth Israel allan o'r Aifft, tŷ Jacob o blith pobl estron eu hiaith, daeth Jwda yn gysegr i Dduw, ac Israel yn arglwyddiaeth.

Edrychodd y môr a chilio, a throdd yr lорddonen yn ei hôl. Neidiodd y mynyddoedd fel hyrddod, a'r bryniau fel wŷn.

**R̄ Ofna di, ddaear, rhag dy Dduw,
Duw Jacob yw o'r nefoedd.**

Beth sydd arnat, fôr, dy fod yn cilio, a'r lорddonen, dy fod yn troi'n ôl? Pam, fynyddoedd, yr ydych yn neidio fel hyrddod, a chwithau'r bryniau, fel wŷn?

Cryna, O ddaear, ym mhresenoldeb y Sanctaidd Un, ym mhresenoldeb Duw Jacob, sy'n troi'r graig yn llyn dŵr a'r callestr yn ffynhonnau.

**R̄ Ofna di, ddaear, rhag dy Dduw,
Duw Jacob yw o'r nefoedd.**

Salm 114

Word

Psalmody

℣ Tremble, O earth, at the presence of God.

℟ Tremble, O earth, at the presence of God.

When Israel came out of Egypt, the house of Jacob from a people of strange speech,

Judah became God's sanctuary and Israel God's dominion.

The sea beheld it and fled; Jordan turned and went back.

The mountains skipped like rams, and the little hills like young sheep.

℟ Tremble, O earth, at the presence of God.

What ailed you, O sea, that you fled; O Jordan, that you turned back?

You mountains, that you skipped like rams; you little hills, like young sheep?

Tremble, O earth, at the presence of God, at the presence of the God of Jacob,

Who turned the hard rock into a pool of water and flint-stone into a flowing spring.

℟ Tremble, O earth, at the presence of God.

Psalm 114

Darlleniad

Darlleniad o Lythyr Cyntaf Sant Pedr.

Garedigion: Bendigedig fyddo Duw a Thad ein Gwarddwr Iesu Grist! O'i fawr drugaredd, fe barodd ef ein geni ni o'r newydd i obaith bywiol trwy atgyfodiad Iesu Grist oddi wrth y meirw, i etifeddiaeth na ellir na'i difrodi, na'i difwyno, na'i difa. Saif hon ynghadw yn y nefoedd i chwi, chwi sydd trwy ffydd dan warchod gallu Duw hyd nes y daw iachawdwriaeth, yr iachawdwriaeth sydd yn barod i'w datguddio yn yr amser diwethaf. Yn wyneb hyn yr ydych yn gorfoleddu, er eich bod, fe ddichon, yn awr yn profi blinder dros dro dan amrywiol brofedigaethau. Y mae hyn wedi digwydd er mwyn i ddilysrwydd eich ffydd chwi, sy'n fwy gwerthfawr na'r aur sy'n darfod – ac y mae hwnnw'n cael ei brofi trwy dân – gael ei amlygu er mawl a gogoniant ac anrhydedd pan ddatguddir Iesu Grist. Yr ydych yn ei garu ef, er na welsoch mohono; ac am eich bod yn awr yn credu ynddo heb ei weld, yr ydych yn gorfoleddu â llawenydd anhraethadwy a gogoneddus wrth ichwi feddi ffrwyth eich ffydd, sef iachawdwriaeth eich eneidiau.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

1 Pedr 1:3-9

Codwn ar ein traed

Reading

A reading from the First Letter of Saint Peter.

Deary beloved: Blessed be the God and Father of our Saviour Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. In this you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith – being more precious than gold that, though perishable, is tested by fire – may be found to result in praise and glory and honour when Jesus Christ is revealed. Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.

Hear the word of life to the world.

Thanks be to God.

1 Peter 1:3-9

We stand

Efengyl

Ŵ Halelwia. **R; Halelwia.** Ŵ Y maent wedi cymryd Iesu allan o'r bedd, ac ni wyddom lle y maent wedi ei roi i orwedd. **R; Halelwia.**

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: Ar y dydd cyntaf o'r wythnos, yn fore, tra oedd hi eto'n dywyll, dyma Mair Magdalen yn dod at y bedd, ac yn gweld bod y maen wedi ei dynnu oddi wrth y bedd. Rhedodd, felly, nes dod at Simon Pedr a'r disgybl arall, yr un yr oedd Iesu'n ei garu. Ac meddai wrthynt, "Y maent wedi cymryd yr Athro allan o'r bedd, ac ni wyddom lle y maent wedi ei roi i orwedd." Yna cychwynnodd Pedr a'r disgybl arall allan, a mynd at y bedd. Yr oedd y ddau'n cydreded, ond rhedodd y disgybl arall ymlaen yn gynt na Pedr, a chyrraedd y bedd yn gyntaf. Plygodd i edrych, a gwelodd y llieiniau yn gorwedd yno, ond nid aeth i mewn. Yna daeth Simon Pedr ar ei ôl, a mynd i mewn i'r bedd. Gwelodd y llieiniau yn gorwedd yno, a hefyd y cadach oedd wedi bod am ei ben ef; nid oedd hwn yn gorwedd gyda'r llieiniau, ond ar wahân, wedi ei blygu ynghyd. Yna aeth y disgybl arall, y cyntaf i ddod at y bedd, yntau i mewn. Gwelodd, ac fe gredodd. Oherwydd nid oeddent eto wedi deall yr hyn a ddywed yr Ysgrythur, fod yn rhaid iddo atgyfodi oddi wrth y meirw. Yna aeth y disgyblion yn ôl adref.

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

Ioan 20:1-10

Pregeth | yn Eglwys y Groes ar ddydd Iau

Gospel

℣ Alleluia. ℞ **Alleluia.** ℣ They have taken Jesus out of the tomb, and we do not know where they have laid him. ℞ **Alleluia.**

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: Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Teacher out of the tomb, and we do not know where they have laid him." Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

This is the Gospel of our Saviour.

Praise to you, O Christ.

John 20:1-10

Sermon | at Eglwys y Groes on Thursday

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,

R̥ Gwrando 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,

R̥ 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,

R̥ Gwrando ein gweddi.

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

**R̥ 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

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 mwyneddio.

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.

Ef yw'r gwir Oen Pasg a aberthwyd drosom ac a gymerodd ymaith bechod y byd. Trwy ei angau dinistriodd angau, a thrwy ei atgyfodiad fe adferodd i ni fywyd tragwyddol.

Felly, gyda llu'r angyllion a holl gwmpeini'r nef, cyhoeddwn ogoniant dy enw ac ymuno â hwy yn eu hemyn diderfyn o fawl:

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.

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

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.

He is the true Paschal Lamb who was offered for us and has taken away the sin of the world. By his death he destroyed death, and by his Resurrection he has restored to us eternal life.

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:

**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.

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, bwytwch; 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. ✠

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

Adfer ac adfywia dy holl bobl, adnewyddu ni a phawb y gweddïwn 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

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. ✠

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

Gweddî'r Arglwydd

Fel y dysgodd ein Hiachawdwr ni, gweddîwn 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.

Tangnefedd

Dy gorff atgyfodedig yn ein plith adwaenir yn nhorïad y bara; dy glwyfau gogoneddus, o ba le y llifodd gwaed, yn nodau dy gariad; dy eiriau inni o dangnefedd yn gryfach nag angau.

Tangnefedd y Bythol Dduw a fo gyda chwi bob amser.

A'th gadw di yng nghariad Crist.

Rhannwn arwydd o Dangnefedd.

Torri

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.

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.

Peace

Your risen body in our midst, known in the breaking of bread; your glorious wounds, whence blood flowed, the marks of your love; your words to us of peace stronger than death.

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

**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.**

Cymuno

✠ Haleliwia. Crist, ein Pasg, a aberthwyd drosom.

Felly, boed inni ddathlu'r wyl. Haleliwia.

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

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

Grist Atgyfodedig, llawenha dy bobl, oherwydd daeth dy wawr a'i phurdeb nerthol. Grist Atgyfodedig, llawenha dy bobl, oherwydd nid yw dicter yn dinistrio na chroesau yn lladd. Grist Atgyfodedig, llawenha dy bobl, oherwydd gwawria'r gerddi ac egyr y pyrth. Trig gyda ni, Gorff Crist, i'n puro a'n gwneuthur yn gyfan; trwy dy Enw Sanctaidd di.

Amen.

Communion

✠ Alleluia. Christ our passover is sacrificed for us.

Therefore let us keep the feast. Alleluia.

We gather around the altar-table to make our Communion, receiving the Sacramental Host and, if we wish or are able, the Precious Blood

Hymn | at Eglwys y Groes on Thursday

Post-Communion Prayer

Let us pray.

We stand

Risen Christ, your people rejoice, for your dawn has come with its powerful purity. Risen Christ, your people rejoice, for anger does not destroy nor crosses kill. Risen Christ, your people rejoice, for the gardens come alight and the gates open. Dwell with us, Body of Christ, to purify and make us whole; through your Holy Name.

Amen.

Ymadael

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Bydded i Dduw'r Tad, y cyfodwyd Crist oddi wrth y meirw trwy ei ogoniant, eich cryfhau i rodio gydag ef yn ei fywyd atgyfodedig; 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. Haleliwia. Haleliwia.

Yn Enw Crist. Haleliwia. Haleliwia.

Parhawn ar ein traed hyd nes i'r offeiriad ymadael

Departing

Grace and peace be with you.

And keep you in the love of Christ.

God the Father, by whose glory Christ was raised from the dead, strengthen you to walk with him in his risen life; 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. Alleluia. Alleluia.

In the Name of Christ. Alleluia. Alleluia.

We remain standing until the priest has departed



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 ymrwmo 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 copïau 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 Cwîr.

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 ffrydio 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 lliθοeodd 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 Gesimáu a'r Grawys hyd Wythnos y Pasg 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

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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.

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If we need to evacuate the Cathedral in an emergency, please remain seated and follow the directions of the stewards.

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