

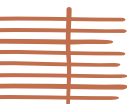


Cymun Bendigaid

17-22 Ebrill 2023 am 12.30pm

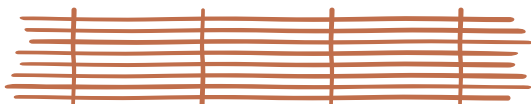
Holy Eucharist

17-22 April 2023 at 12.30pm



**Cadeirlan
Deiniol Sant
ym Mangor**

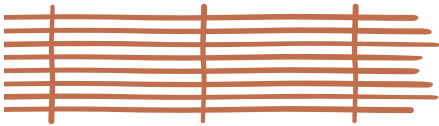
Saint Deiniol's
Cathedral
in Bangor



**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 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 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, 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!

"Gosodais Duw o'm blaen yn wastad."

Edifeirwch

Gan gynnwll 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!

“I have set God always before me.”

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.

Dad hollalluog, a roddaist dy unig Fab i farw dros ein pechodau, ac i atgyfodi drachefn i'n cyflawnhau: dyro inni gredu mor berffaith a chwbl ddiamau yn ei atgyfodiad, fel na cheryddir ein ffydd un amser yn dy olwg 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 Father, who has given your only Son to die for our sins, and to rise again for our justification: grant us so perfectly, and without any doubt, to believe in his resurrection, that in your sight our faith may never be reproved; through the same Jesus Christ our Risen Saviour.

Amen.

We sit

Gair

Salmyddiaeth

Y Rhof fawl yn goron i Dduw.

R̥ Rhof fawl yn goron i Dduw.

Gosodais Duw o'm blaen yn wastad; am y Sanctaidd Un ar fy neheulaw, ni'm symudir.

Am hynny, llawenha fy nghalon a gorfoledda f'ysbryd, a chaiff fy nghnawd fyw'n ddiogel.

R̥ Rhof fawl yn goron i Dduw.

Oherwydd ni fyddi'n gadael fy enaid i Sheol, ac ni chaiff yr un teyrngar i ti weld Pwll Distryw.

Dangosi i mi lwybr bywyd; yn dy bresenoldeb di y mae digonedd o lawenydd, ac yn dy ddeheulaw fwyniant bythol.

R̥ Rhof fawl yn goron i Dduw.

Salm 16:8-11

Word

Psalmody

V In your presence there is fullness of joy.

R **In your presence there is fullness of joy.**

I have set you always before me; because you are at my right hand I shall not fall.

My heart, therefore, is glad and my spirit rejoices; my body also shall rest in hope.

R **In your presence there is fullness of joy.**

What ailed you, O sea, that you fled; O Jordan, that you turned
For you will not abandon me to the grave, nor let your holy one
see the Pit.

You will show me the path of life; in your presence there
is fullness of joy, and in your right hand are pleasures for
evermore.

R **In your presence there is fullness of joy.**

Salm 16:8-11

Darlleniad

Darlleniad o Ddoethineb Solomon.

Oherwydd: Mewn anllygredigaeth y creodd Duw ni, a'n gwneud ar ddelw tragwyddoldeb Duw ei hun. Ond y mae eneidiau'r cyfiawn yn llaw Duw, ac ni ddaw poenedigaeth byth i'w rhan. Yn llygaid y rhai ynfyd, y maent fel pe baent wedi marw; ystyriwyd eu hymadawiad yn drychineb, a'u mynediad oddi wrthym yn ddistryw; ond y maent mewn hedd. Oherwydd er i gosb ddod arnynt yng ngolwg pobl, digoll yw eu gobaith am anfarwoldeb; ac er eu disgyblu ychydig, mawr fydd eu hennill, am fod Duw wedi eu profi a'u cael yn deilwng o Dduw ei hun. Fel aur mewn tawddlestr y profodd hwy, ac fel poethoffrwm yr aberth y derbyniodd hwy. Pan ddaw Duw i ymweld â hwy cyneuant yn wenfflam; fel gwreichion mewn sofr fe redant drwy'r byd. Cânt lywodraethu ar ghenhedloedd a rheoli ar bobloedd, a'r Sanctaidd Un fydd eu benadur am byth. Bydd y rhai sy'n ymddiried yn y Bywiol Un yn deall y gwir, a'r ffyddloniaid yn gweini ar y Bythol Un mewn cariad, oherwydd gras a thrugaredd yw rhan yr etholedigion.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Doethineb 2:23, 3:1-9

Codwn ar ein traed

Efengyl

Y Halelwia. **R** **Halelwia.** **Y** 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 Luc.

Gogoniant i ti, O Grist.

Reading

A reading from the Wisdom of Solomon.

For: God created us for incorruption, and made us in the image of God's own eternity. The souls of the righteous are in the hand of God, and no torment will ever touch them. In the eyes of the foolish they seemed to have died, and their departure was thought to be a disaster, and their going from us to be their destruction; but they are at peace. For though in the sight of others they were punished, their hope is full of immortality. Having been disciplined a little, they will receive great good, because God tested them and found them worthy of God; like gold in the furnace God tried them, and like a sacrificial burnt-offering God accepted them. In the time of their visitation they will shine forth, and will run like sparks through the stubble. They will govern nations and rule over peoples, and the Holy One will reign over them for ever. Those who trust in the Living One will understand truth, and the faithful will abide with the Eternal One in love, because grace and mercy are upon God's holy ones, and Holy One watches over the elect.

Hear the word of life to the world.

Thanks be to God.

Wisdom 2:23, 3:1-9

We stand

Gospel

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

Grace and peace be with you.

And keep you in the love of Christ.

Listen to the Holy Gospel according to ✠ Saint Luke.

Glory to you, O Christ.

Bryd hynny: Yr oedd dau o'r disgyblion ar eu ffordd i bentref, oddeutu un cilomedr ar ddeg o Jerwsalem, o'r enw Emaus. Yr oeddent yn ymddiddan â'i gilydd am yr holl ddigwyddiadau hyn. Yn ystod yr ymddiddan a'r trafod, nesaodd Iesu ei hun atynt a dechrau cerdded gyda hwy, ond rhwystrwyd eu llygaid rhag ei adnabod ef. Meddai wrthynt, "Beth yw'r sylwadau hyn yr ydych yn eu cyfnewid wrth gerdded?" Safasant hwy, a'u digalondid yn eu hwynebau. Atebodd yr un o'r enw Cleopas, "Rhaid mai ti yw'r unig ymwelydd â Jerwsalem nad yw'n gwybod am y pethau sydd wedi digwydd yno y dyddiau diwethaf hyn." "Pa bethau?" meddai wrthynt. Atebasant hwythau, "Y pethau sydd wedi digwydd i Iesu o Nasareth, dyn oedd yn broffwyd nerthol ei weithredoedd a'i eiriau yng ngŵydd Duw a'r holl bobl. Traddododd ein prif offeiriaid ac aelodau ein Cyngor ef i'w ddedfrydu i farwolaeth, ac fe'i croeshoeliasant. Ein gobaith ni oedd mai ef oedd yr un oedd yn mynd i brynu Israel i ryddid, ond at hyn oll, heddiw yw'r trydydd dydd er pan ddigwyddodd y pethau hyn. Er hynny, fe'n syfrdanwyd gan rai gwagedd o'n plith; aethant yn y bore bach at y bedd, a methasant gael ei gorff, ond dychwelsant gan daeru eu bod wedi gweld angylion yn ymddangos, a bod y rheini'n dweud ei fod ef yn fyw. Aeth rhai o'n cwmni allan at y bedd, a'i gael yn union fel y dywedodd y gwagedd, ond ni welsant mohono ef." Meddai Iesu wrthynt, "Mor ddiiddeall ydych, ac mor araf yw eich calonnau i gredu'r cwbl a lefarodd y proffwydi! Onid oedd yn rhaid i'r Meseia ddiodef y pethau hyn, a mynd i mewn i'w ogoniant?" A chan ddechrau gyda Moses a'r holl broffwydi, dehonglodd iddynt y pethau a ysgrifennwyd amdano ef ei hun yn yr holl Ysgrythurau. Wedi iddynt nesáu at y pentref yr oeddent ar eu ffordd iddo, cymerodd ef arno ei fod yn mynd ymhellach. Ond meddent wrtho, gan bwyso arno, "Aros gyda ni, oherwydd y mae hi'n nosi, a'r dydd yn dirwyn i ben." Yna aeth i mewn i aros gyda hwy. Wedi cymryd ei le wrth y bwrdd gyda hwy, cymerodd y bara a bendithio, a'i dorri a'i roi iddynt. Agorwyd eu llygaid hwy, ac adnabuasant ef. A diflannodd ef o'u golwg. Meddent wrth ei gilydd, "Onid oedd ein calonnau ar dân ynom wrth iddo siarad â ni ar y ffordd, pan oedd yn egluro'r Ysgrythurau inni?" Codasant ar unwaith a dychwelyd i Jerwsalem. Cawsant yr un ar ddeg a'u dilynwyd wedi ymgynnull ynghyd ac yn dweud fod Iesu yn wir wedi ei gyfodi, ac wedi ymddangos i Simon. Adroddasant hwythau yr hanes am eu taith, ac fel yr oeddent wedi ei adnabod ef ar doriad y bara.

Dyma Efengyl ein Gwardedwr.

Moliant i ti, O Grist.

At that time: Two of the disciples were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him." Then he said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, "Jesus has risen indeed, and he has appeared to Simon!" Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

This is the Gospel of our Saviour.

Praise to you, O Christ.

Bwriad

Gweddïwn.

Penliniwn neu eisteddwn

Drindod Dragwyddol, dathlwn y Cymun hwn i'th ogoniant,
[*er anrhydedd dy sant, N,*]
ac er budd y byw a'r meirw,
er eu mwyn y bu i Grist farw a chyfodi drachefn.

Bydded ffrwyth ein Cymun yn doreithiog i [...].

Ŵ O Dduw, yn dy drugaredd,

R̄ 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,

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

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, gwneled 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 algyloch 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.

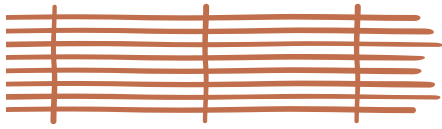
God the Father, by whose glory Christ was raised from the dead, strengthen you to walk with him in his risen life; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always.

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 canonaid 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.

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The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Charity number 1158340

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