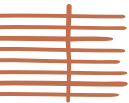




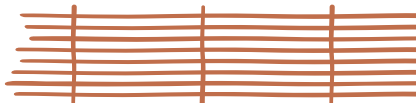
**Cymun Bendigaid** • o dudalen 4  
**Gosber ar Gân** • o dudalen 28  
15-20 Mai 2023

**Holy Eucharist** • from page 4  
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**Cadeirlan  
Deiniol Sant  
ym Mangor**

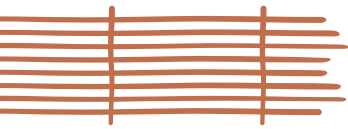
Saint Deiniol's  
Cathedral  
in Bangor



**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

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. Mynnwch gopi heddiw, neu ddilynwch y cod QR i ddarllen arlein.

# About us

Each week, a **From the Lectern** email is sent to subscribers with weekly notices and images from the life of the Cathedral and Ministry Area. If you're not already a subscriber, follow the QR code, or visit **cadeirlan.churchinwales.org.uk/Darllenfa/**

**Buchedd Bangor** is our regular magazine, offering a mixture of devotional material and practical knowledge about our life together. Pick up a copy of today, or follow the QR code to read online.

## Cefnogaeth Support



## Buchedd Bangor



## O'r Ddarllenfa From the Lectern



# Y Cymun Bendigaid

## Cyflwyniad i'r Cymun Bendigaid

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

**M**ae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad. Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfyrio yn eich amser eich hun ar y geiriau sanctaidd sydd ynddo. Fodd bynnag, nid darllen neu arsylwi ydi addoli – ond gweithgaredd, a ninnau'n cymryd rhan, ochr yn ochr â'r rhai sy'n cynnull gyda ni ac, y tu hwnt i hynny, ochr yn ochr â llu'r nef i gyd. Dyrchewfch, felly, eich llygaid; sylwch ar liw, golau, sain, symudiad a harddwch; codwch eich llais; cyfranogwch yn yr hyn a fydd yn eich gweddnewid, o roi iddo'r cyfle.

Yn ystod ein haddoliad, rydyn ni'n dweud ac yn canu gyda'n gilydd y testun **mewn teip trwm**. Mae testun Cymraeg wedi'i argraffu ar y tudalennau chwith, a'r testun Saesneg ar y dde. Mae croeso ichi wneud arwydd o'r Groes pan fydd y geiriau wedi'u marcio ag ✠. Cynigir cyfarwyddiadau eraill (rhuddellau) **mewn teip 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

**A**t this Eucharist we will meet the risen, living Christ in bread and wine, which become for us his Body and his Blood. As we gather, we will prepare ourselves to meet Christ by acknowledging our sins – the ways in which we have grieved God in our lives – and are reminded of God’s forgiveness. We then listen to readings from the Bible, where we find guidance, challenge, comfort and good news from God. As we step towards the altar-table, we offer to God our prayer for all in need. At the heart of our worship today, we will take bread and wine, we will ask for God’s transfiguring blessing upon them, we break the bread, and – as the broken, mended Body of Christ that we ourselves are – we will make our Communion. Our worship ends with the assurance of God’s blessing, sustaining us as we depart. No matter how long ago you last did so, you are welcome to make your Communion with us here today. If you would like to make your Communion for the first time, or to be Baptised, please speak to a member of the Cathedral team. Faith, hope and love are here offered for everybody.

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

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

## Worshipping with us today

**T**his booklet contains everything said during our worship. You are invited to take the booklet away with you, to reflect in your own time on the holy words it contains. However, worship is not primarily something that we read or observe – it is an activity, in which we all participate, alongside those who are gathered with us and, we believe, alongside the whole company of heaven. Be sure, therefore, to look up; to notice colour, light, sound, movement and beauty; to raise up your voice; to take your full part; to be formed and transformed.

During our worship, we say and sing together the text **in bold type**. The Welsh-language text is printed on the left-hand pages, and the English-language text on the right. We may make a sign of the Cross at times when the words are marked with ✠. Other directions (rubrics) are offered **in 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

## Introit | ar ddydd Mercher

Exaudivit de templo sancto suo vocem meam, Alleluia: et clamor  
meus in conspectu ejus introivit in aures ejus, Alleluia, Alleluia.  
Diligam te Domine foritudo mea: Dominus firmamentum meum,  
et refugium meum, et liberator meus. Gloria Patri, et Filio, et  
Spiritu Sancto. Sicut erat in principio, et nunc, et semper, et in  
saecula saeculorum. Amen.

### Cyfieithiad

*Clywodd fy llef o'i deml, Haleliwia, a death fy  
ngwaedd i'w glustiau, Haleliwia, Haleliwia. Caraf  
di, O Sanctaidd Un, fy nghryfder. Y Sanctaidd  
Un yw fy nghraig, fy nghadernid a'm gwaredydd.  
Gogoniant i'r Tad, ac i'r Mab, ac i'r Ysbryd Glân.  
Fel yr oedd yn y dechreuad, mae'n awr, a'n  
fythol y bydd, yn oes oesoedd. Amen.*

Salm 18:6, 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.**

Haleliwia! Atgyfododd Crist.

**Atgyfododd yn wir. Haleliwia!**

"Try llygaid pawb mewn gobraith atat ti, ac fe roi iddynt eu bwyd  
yn ei bryd."

# Order for the Holy Eucharist

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

## Introit | on Wednesday

Exaudivit de templo sancto suo vocem meam, Alleluia: et clamor meus in conspectu ejus introivit in aures ejus, Alleluia, Alleluia. Diligam te Domine fortitudo mea: Dominus firmamentum meum, et refugium meum, et liberator meus. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

### Translation

*From his temple he heard my voice, Alleluia, and my cry to him reached his ears, Alleluia, Alleluia. I love you, O Holy One, my strength. The Holy One is my rock, my fortress, and my deliverer. Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

**Psalm 18:6, 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.**

Alleluia! Christ is risen.

**He is risen indeed. Alleluia!**

“The eyes of all wait upon you, O God, and you give them their food in due season.”

## 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.**

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 I "Lux et origo"

## Kyrie eleison

☩ 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,  
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.**

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 I "Lux et origo"

## Kyrie eleison

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

### Translation

*Lord, have mercy. Christ, have mercy.*

Gweddïwn.

**H**ollalluog a thragwyddol Dduw, yr wyt bob amser yn barotach i wrando na ni i weddïo, ac yn arfer rhoi mwy nag yr ydym yn ei ddeisyf na'i haeddu: tywallt arnom amllder dy drugaredd, gan faddau inni'r pethau y mae ein cydwybod yn eu hofni, a rhoi inni'r pethau daionus hynny nad ydym yn deilwng i'w gofyn, ond trwy haeddiannau a chyfryngdod Iesu Grist ein Gwaredwr Atgyfodedig.

**Amen.**

Eisteddwn

*Gair*

**Salmyddiaeth**

Ŵ Llygaid pawb sy'n disgwyl wrthyt, gennyt cânt eu bwyd mewn pryd.

**R̄ Llygaid pawb sy'n disgwyl wrthyt, gennyt cânt eu bwyd mewn pryd.**

Try llygaid pawb mewn gobaith atat ti, ac fe roi iddynt eu bwyd yn ei bryd.

Y mae dy law yn agored, ac yr wyt yn diwallu popeth byw yn ôl d'ewyllys.

**R̄ Llygaid pawb sy'n disgwyl wrthyt, gennyt cânt eu bwyd mewn pryd.**

Yr wyt yn gyfiawn yn dy ffyrdd ac yn ffyddlon yn dy holl weithredoedd.

Yr wyt yn agos at bawb sy'n galw arnat, at bawb sy'n galw arnat mewn gwirionedd.

**R̄ Llygaid pawb sy'n disgwyl wrthyt, gennyt cânt eu bwyd mewn pryd.**

Gwnei ddymuniad y rhai sy'n dy ofni; gwrendy ar ein cri, a'n gwared ni.

## Collect | on other days

Let us pray.

**A**lmighty and everlasting God, who is always more ready to hear than we to pray, and is wont to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things whereof our conscience is afraid, and giving us those good things which we are not worthy to ask, but through the merits and mediation of Jesus Christ our Risen Saviour.

**Amen.**

We sit



## Word

### Psalmody

**V** My mouth shall speak your praise, O God.

**R** **My mouth shall speak your praise, O God.**

The eyes of all wait upon you, O God, and you give them their food in due season.

You open wide your hand and satisfy the needs of every living creature.

**R** **My mouth shall speak your praise, O God.**

You are righteous in all your ways and loving in all your works.

You are near to those who call upon you, to all who call upon you faithfully.

**R** **My mouth shall speak your praise, O God.**

You fulfil the desire of those who fear you; you hear their cry and help them.

Gofeli ti am bawb sy'n dy garu, ond yr wyt yn distrywio'r holl rai drygionus.

Llefara fy ngenau foliant ti, a bydd pob creadur yn bendithio'th enw sanctaidd byth bythoedd.

**R̄ Llygaid pawb sy'n disgwyl wrthyt, gennyt cânt eu bwyd mewn pryd.**

Salm 145:15-21

## Darlleniad

Darlleniad o Lyfr y Proffwyd Hosea.

**D**ewch: Dychwelwn drachefn at y Sanctaidd Un; fe'n drylliodd, ac fe'n hiachâ; fe'n trawodd, ac fe'n meddyginiaetha. Fe'n hadfywia ar ôl deuddydd, a'n codi ar y trydydd dydd, inni fyw ym mhresenoldeb Duw. Gadewch inni adnabod, ymdrechu i adnabod, y Sanctaidd Un; y mae dyfodiad y Bythol Un mor sicr â'r wawr; daw'r Bywiol Un fel glaw atom, fel glaw gwanwyn sy'n dyfrhau'r ddaear.

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

Hosea 6:1-3

## Codwn ar ein traed

You preserve all those who love you, but you destroy all the wicked.

My mouth shall speak your praise, O God; let all flesh bless your holy Name for ever and ever.

**R My mouth shall speak your praise, O God.**

**Psalm 145:15-21**

## Reading

A reading from the Book of the Prophet Hosea.

**C**ome: Let us return to the Holy One; for the one who has torn us down will heal us; the one who has struck down will bind us up. After two days the Living One will revive us; on the third day the Eternal One will raise us up, that we may live in God's presence. Let us know, let us press on to know the Holy One, whose appearing is as sure as the dawn; God will come to us like the showers, like the spring rains that water the earth.

Hear the word of life to the world.

**Thanks be to God.**

**Hosea 6:1-3**

**We stand**

## Efengyl

Y Haleliwia. R̄ Haleliwia. Y Y mae'r Tad ei hun yn eich caru chwi, am i chwi fy ngharu i a chredu fy mod i wedi dod oddi wrth Dduw. R̄ Haleliwia.

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.**

**B**ryd hynny: Meddai Iesu wrth ei ddisgyblion: "Yn wir, rwy'n dweud wrthyich, beth bynnag a ofynnwch gan y Tad yn fy enw i, bydd ef yn ei roi ichwi. Hyd yn hyn nid ydych wedi gofyn dim yn fy enw i. Gofynnwch, ac fe gewch, ac felly bydd eich llawenydd yn gyflawn. Yr wyf wedi dweud y pethau hyn wrthyich ar ddamhegion. Y mae amser yn dod pan na fyddaf yn siarad wrthyich ar ddamhegion ddim mwy, ond yn llefaru wrthyich yn gwbl eglur am y Tad. Yn y dydd hwnnw, byddwch yn gofyn yn fy enw i. Nid wyf yn dweud wrthyich y byddaf fi'n gweddio ar y Tad drosoch chwi, oherwydd y mae'r Tad ei hun yn eich caru chwi, am i chwi fy ngharu i a chredu fy mod i wedi dod oddi wrth Dduw. Deuthum oddi wrth y Tad, ac yr wyf wedi dod i'r byd; bellach yr wyf yn gadael y byd eto ac yn mynd at y Tad." Meddai ei ddisgyblion ef, "Dyma ti yn awr yn siarad yn gwbl eglur; nid ar ddameg yr wyt yn llefaru mwyach. Yn awr fe wyddom dy fod yn gwybod pob peth, ac nad oes arnat angen i neb dy holi. Dyna pam yr ydym yn credu dy fod wedi dod oddi wrth Dduw." Atebodd Iesu hwy, "A ydych yn credu yn awr? Edrychwch, y mae amser yn dod, yn wir y mae wedi dod, pan gewch eich gwasgaru bob un i'w le ei hun, a'm gadael i ar fy mhen fy hun. Ac eto, nid wyf ar fy mhen fy hun, oherwydd y mae'r Tad gyda mi. Yr wyf wedi dweud hyn wrthyich er mwyn i chwi, ynof fi, gael tangnefedd. Yn y byd fe gewch orthrymder, ond codwch eich calon, yr wyf fi wedi gorchfygu'r byd."

Dyma Efengyl ein Gwardedwr.

**Moliant i ti, O Grist.**

Ioan 16:23-33

Pregeth | yn Eglwys y Groes ar ddydd Iau

## Gospel

℣ Alleluia. ℞ **Alleluia.** ℣ The Father himself loves you, because you have loved me and have believed that I came from God.

℞ **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.**

**A**t that time: Jesus said to his disciples: "Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you. Until now you have not asked for anything in my name. Ask and you will receive, so that your joy may be complete. I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures, but will tell you plainly of the Father. On that day you will ask in my name. I do not say to you that I will ask the Father on your behalf; for the Father himself loves you, because you have loved me and have believed that I came from God. I came from the Father and have come into the world; again, I am leaving the world and am going to the Father." His disciples said, "Yes, now you are speaking plainly, not in any figure of speech! Now we know that you know all things, and do not need to have anyone question you; by this we believe that you came from God." Jesus answered them, "Do you now believe? The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!"

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

John 16:23-33

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 [...].

Y O Dduw, yn dy drugaredd,

**R 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 ...*].

Y O Dduw, yn dy drugaredd,

**R 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.

Y O Dduw, yn dy drugaredd,

**R Gwrando ein gweddi.**

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

**R 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

Confitebor Domino nimis in ore meo: et in medio multorum laudabo eum, qui astitit ad dexteram pauperis, ut salvam faceret a persequentibus animam meam, Alleluia.

*Cyfieithiad*

*Clodforaf fi y Sanctaidd Un â'm genau, a moliannaf ef yng ngŵydd cynulleidfa. Oherwydd saif ef ar ddeheulaw'r tlawd, i'w achub rhag ei gyhuddwyr, Haleliwia.*

**Salm 109:30-31**

## 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.

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.

# 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

Confitebor Domino nimis in ore meo: et in medio multorum laudabo eum, qui astitit ad dexteram pauperis, ut salvam faceret a persequentibus animam meam, Alleluia.

### Translation

*With my mouth I will give great thanks to the Holy One; I will praise him in the midst of the throng. For he stands at the right hand of the needy, to save them from those who would condemn them to death, Alleluia.*

**Psalm 109:30-31**

## 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.

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.

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 I "Lux et origo"

## 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**

Missal "Lux et origo"

### 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:

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

Let us proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

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

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

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

✠ **Amen.**

**We remain standing**

**Lord's Prayer**

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

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

## Tangnefedd

Dy gorff atgyfodedig yn ein plith adwaenir yn nhorriad 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 | 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 I "Lux et origo"

## 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

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

**Felly, boed inni ddathlu'r ŵyl. 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



## 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 | 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 I "Lux et origo"

## 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

✠ 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

## Brawddeg y Cymun | ar ddydd Mercher

Petite, et accipietis: quaerite, et inuenietis: pulsate, et aperietur vobis: omnis enim qui petit, accipit: et qui quaerit, inuenit: pulsanti aperietur, Alleluia.

### Cyfieithiad

*Gofynnwch, ac fe roddir i chwi; ceisiwch, ac fe gewch; curwch, ac fe agorir i chwi. Oherwydd y mae pawb ys'n gofyn yn derbyn, a'r sawl sy'n ceisio yn cael, ac i'r un sy'n curo agorir y drws, Haleliwia.*

**Luc 11:9-10**

## Emyn | yn Eglwys y Groes ar ddydd Iau

### Gweddi Ôl-Gymun

Gweddiwn.

### Codwn ar ein traed

**G**rist 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 egr y pyrth. Trig gyda ni, Gorff Crist, i'n puro a'n gwneuthur yn gyfan; trwy dy Enw Sanctaidd di.

**Amen.**

## Ymadael

Gras a thangnefedd a fo gyda chwi.

**A'th gadw di yng nghariad Crist.**

**B**ydded 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

## Communion sentence | on Wednesday

Petite, et accipietis: quaerite, et invenietis: pulsate, et aperietur vobis: omnis enim qui petit, accipit: et qui quaerit, invenit: pulsanti aperietur, Alleluia.

### Translation

*Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened, Alleluia.*

**Luke 11:9-10**

## Hymn | at Eglwys y Groes on Thursday

### Post-Communion Prayer

Let us pray.

We stand

**R**isen 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.**



## Departing

Grace and peace be with you.

**And keep you in the love of Christ.**

**G**od 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

# Gosber at Gân

## Cyflwyniad i'r Gosber at Gân

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

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

## Addoli gyda ni heddiw

**M**ae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad. Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfyrion yn eich amser eich hun ar y geiriau sanctaidd sydd ynddo. Fodd bynnag, nid darllen neu arsylwi ydi addoli – ond gweithgaredd, a ninnau'n cymryd rhan, ochr yn ochr â'r rhai sy'n cynnull gyda ni ac, y tu hwnt i hynny, ochr yn ochr â llu'r nef i gyd. Dyrchefwch, felly, eich llygaid; sylwch ar liw, golau, sain, symudiad a harddwch; codwch eich llais; cyfranogwch yn yr hyn a fydd yn eich gweddnewid, o roi iddo'r cyfle.

Yn ystod ein haddoliad, rydyn ni'n dweud ac yn canu gyda'n gilydd y testun **mewn teip trwm**. Mae testun Cymraeg wedi'i argraffu ar y tudalennau chwith, a'r testun Saesneg ar y dde. Mae croeso ichi wneud arwydd o'r Groes pan fydd y geiriau wedi'u marcio ag ✠. Cynigir cyfarwyddiadau eraill (rhuddellau) **mewn teip coch**; 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.

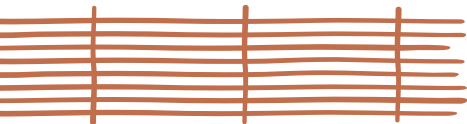
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

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

Ŷ ✠ O Dduw, cofleidia'n hadfyd.  
R̄ O Grist, dy ras yw'n golud.

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

## Deisfyiadau | ar ddyddiau eraill **Preces** | on other days

Ŵ ✕ O lôr, rho i'n gwefus gân.

℞ Aed yn bêr hyd y nef ein mawl.

Ŵ ✕ O Dduw, cofleidia'n hadfyd.

℞ O Grist, dy ras yw'n golud.

Ŵ Gogoniant fo i Dduw Dad, ac i Dduw'r Mab,  
ac i Dduw'r Ysbryd Glân,

℞ Fel yr oedd yn y dechreuad, mae'n awr, a'n fythol y bydd;  
yn oes oesoedd. Amen.

Ŵ Molwch yr lôr.

℞ Addolwn ein Duw.

### Translation

Ŵ ✕ O Lord, open thou our lips. ℞ And our mouth shall shew forth thy praise. Ŵ ✕ O God, make speed to save us. ℞ O Lord, make haste to help us. Ŵ 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. Ŵ Praise ye the Lord. ℞ The Lord's name be praised.

### **Cerddoriaeth | Music | ar ddydd Llun | on Monday**

Herbert Sumsion (1899-1995)

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

Malcolm Archer

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

William Smith (1603-1645)

## Brawddeg **Sentence**

"Try llygaid pawb mewn gobaith atat ti, ac fe roi iddynt eu bwyd yn ei bryd." Haleliwia.

### Translation

"The eyes of all wait upon you, O God, and you give them their food in due season." Alleluia.

## Eisteddwn | We sit

# Gair Word

## Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

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

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

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

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

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

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

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

## Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now and ever shall be; world without end. Amen.

**Salm | Psalm 80:1-7**  
**Cerddoriaeth | Music**  
Joe Cooper

## Eisteddwn | We sit



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

Blessed are all they that fear the Lord: even they that walk in his ways.

Thou shalt eat the labours of thine hands: O well is thee and happy shalt thou be.

Thy wife within the walls of thine house: shall be as the fruitful vine;

Thy children round about thy table: shall be as the olive branches.

Lo thus shall the man be blessed: that feareth the Lord in his heart.

May the Lord bless thee out of Zion: mayest thou see Jerusalem in prosperity all thy life long.

Mayest thou see thy children's children: and upon Israel may there be peace.

### **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 128**  
**Cerddoriaeth | Music**  
George Job Elvey (1816-1893)

### **Eisteddwn | We sit**

## Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

O Lord our Governor, how excellent is thy name in all the world:  
thou that hast set thy glory above the heavens.

Out of the mouth of very babes and sucklings hast thou rebuked  
the strong, because they are thine enemies: that thou mightest  
still the enemy and the avenger.

When I consider thy heavens, even the works of thy fingers: the  
moon and the stars which thou hast ordained,

What is man that thou art mindful of him: or the son of man that  
thou visitest him?

Thou madest him little lower than the angels: and hast crowned  
him with glory and honour.

Thou madest him to have dominion over the works of thy hands:  
and thou hast put all things in subjection under his feet;

All sheep and oxen: yea and all the beasts of the field,

The birds of the air and the fishes of the sea: and whatsoever  
walketh through the paths of the seas.

O Lord our Governor: how excellent is thy name in all the world.

### 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 8**  
**Cerddoriaeth | Music**  
Joseph Corfe (1740-1820)

### Eisteddwn | We sit

Yma y mae yn dechrau unfed adnod ar hugain degfed bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Dywedodd y Sanctaidd Un wrth Moses, “Estyn allan dy law tua’r nefoedd, a bydd tywyllwch dros wlad yr Aifft, tywyllwch y gellir ei deimlo.” Felly estynnodd Moses ei law tua’r nefoedd, a bu tywyllwch dudew trwy holl wlad yr Aifft am dridiau. Ni allai’r bobl weld ei gilydd, ac ni symudodd neb o’i le am dri diwrnod, ond yr oedd gan yr Israeliaid oleuni yn y lle’r oeddent yn byw. Galwodd Pharo am Moses a dweud, “Ewch i addoli’r Bywiol Un; caiff eich plant hefyd fynd gyda chwi, ond rhaid i’ch defaid a’ch gwartheg aros ar ôl.” Ond dywedodd Moses, “Rhaid iti hefyd adael inni gael ebyrth a phoethoffrymau i’w haberthu i’r Bythol Un ein Duw; a rhaid i’n hanifeiliaid hefyd fynd gyda ni; ni adawn yr un carn ar ôl, oherwydd byddwn yn defnyddio rhai ohonynt at wasanaeth y Sanctaidd Un ein Duw, ac ni fyddwn yn gwybod â pha beth yr ydym i’w wasanaethu nes inni gyrraedd yno.” Ond caledodd Duw galon Pharo, a gwrthododd eu rhyddhau. Dywedodd Pharo wrtho, “Dos ymaith oddi wrthyf, a gofala na fyddi’n gweld fy wyneb eto, oherwydd ar y dydd y byddi’n fy ngweld, byddi farw.” Atebodd Moses, “Fel y mynni di; ni welaf dy wyneb byth mwy.”

Yma y terfyn y Llith Gyntaf.

**Translation**

*In those days: The Holy One said to Moses, “Stretch out your hand towards heaven so that there may be darkness over the land of Egypt, a darkness that can be felt.” So Moses stretched out his hand towards heaven, and there was dense darkness in all the land of Egypt for three days. People could not see one another, and for three days they could not move from where they were; but all the Israelites had light where they lived. Then Pharaoh summoned Moses, and said, “Go, worship the Living One. Only your flocks and your herds shall remain behind. Even your children may go with you.” But Moses said, “You must also let us have sacrifices and burnt-offerings to sacrifice to the Eternal One our God. Our livestock also must go with us; not a hoof*

*shall be left behind, for we must choose some of them for the worship of the Holy One our God, and we will not know what to use to worship the Living One until we arrive there." But the Eternal One hardened Pharaoh's heart, and he was unwilling to let them go. Then Pharaoh said to him, "Get away from me! Take care that you do not see my face again, for on the day you see my face you shall die." Moses said, "Just as you say! I will never see your face again."*

**Exodus 10:21-29**

## Llith | ar ddydd Mawrth Lesson | on Tuesday

Yma y mae yn dechrau unfed bennod ar ddeg Llyfr Exodus.

**Y**n y dyddiau hynny: Dywedodd y Sanctaidd Un wrth Moses, "Yr wyf am ddwyn un pla arall ar Pharo ac ar yr Aifft; ar ôl hynny, bydd yn eich gollwng yn rhydd; a phan fydd yn eich rhyddhau, bydd yn eich gyrru oddi yma'n llwyr. Dywed wrth y bobl am i bob gŵr a gwraig ohonynt gymryd benthyg tlysau arian a thlysau aur gan ei gymydog." Gwnaeth y Bywiol Un i'r bobl gael ffafr gan yr Eifftiaid. Yr oedd Moses yn ddyn pwysig iawn yng ngwlad yr Aifft, yng ngolwg gweision Pharo ac yng ngolwg y bobl. Yna dywedodd Moses, "Fel hyn y dywed y Bythol Un: Tua hanner nos, byddaf yn mynd allan trwy ganol yr Eifftiaid, a bydd farw pob cyntafanedig yng ngwlad yr Aifft, o gyntafanedig Pharo, sy'n eistedd ar ei orsedd, hyd gyntafanedig y forwyn sydd wrth y felin, a chyntafanedig pob anifail hefyd. Bydd llefain mawr trwy holl wlad yr Aifft, mwy nag a fu o'r blaen nac a welir eto. Ond ymhlith yr Israeliaid, ni bydd hyd yn oed gi yn ysgyrnygu ei ddannedd ar ddyn nac anifail; trwy hynny fe fyddwch yn gwybod bod y Sanctaidd Un yn gwahaniaethu rhwng yr Aifft ac Israel. Fe ddaw pob un o'rh weision i lawr ataf ac ymgrymu o'm blaen a dweud, 'Dos allan, ti a phawb sy'n dy ganlyn.' Yna fe af finnau allan." Aeth o wŷdd Pharo wedi ei gythruddo. Yr oedd y Bywiol Un wedi dweud wrth Moses, "Ni fydd Pharo'n gwranddo arnoch; felly byddaf yn amlhau fy rhyfeddodau yng ngwlad yr Aifft." Gwnaeth Moses ac Aaron yr holl ryfeddodau hyn yng ngŵydd Pharo, ond caledodd y Bythol Un galon Pharo fel na fynnai ryddhau'r Israeliaid o'i wlad.

Yma y terfyn y Llith Gyntaf.

### Translation

*In those days: The Holy One said to Moses, "I will bring one more plague upon Pharaoh and upon Egypt; afterwards he will let you go from here; indeed, when he lets you go, he will drive you away. Tell the people that every man is to ask his neighbour and every woman is to ask her neighbour for objects of silver and gold." The Living One gave the people favour in the sight of the Egyptians. Moreover, Moses himself was a man of great importance in the land of Egypt, in the sight of Pharaoh's officials, and in the sight of the people. Moses said, "Thus says the Eternal One: About midnight I will go out through Egypt. Every firstborn in the land of Egypt shall die, from the firstborn of Pharaoh who sits on his throne to the firstborn of the female slave who is behind the handmill, and all the firstborn of the livestock. Then there will be a loud cry throughout the whole land of Egypt, such as has never been nor will ever be again. But not a dog shall growl at any of the Israelites – not at people, not at animals – so that you may know that the Holy One makes a distinction between Egypt and Israel. Then all these officials of yours shall come down to me, and bow low to me, saying, 'Leave us, you and all the people who follow you.' After that I will leave." And in hot anger he left Pharaoh. The Living One said to Moses, "Pharaoh will not listen to you, in order that my wonders may be multiplied in the land of Egypt." Moses and Aaron performed all these wonders before Pharaoh; but the Eternal One hardened Pharaoh's heart, and he did not let the people of Israel go out of his land.*

### Exodus 11

Yma y mae yn dechrau deuddegfed bennod Llyfr Exodus.

**Y**n y dyddiau hynny: Dywedodd y Sanctaidd Un wrth Moses ac Aaron yng ngwlad yr Aifft, "Bydd y mis hwn i chwi yn gyntaf o'r misoedd; hwn fydd y mis cyntaf o'ch blwyddyn. Dywedwch wrth holl gynulleidfa Israel fod pob dyn, ar y degfed dydd o'r mis hwn, i gymryd oen ar gyfer ei deulu, un i bob teulu. Os bydd un oen yn ormod i'r teulu, gallant ei rannu â'r cymdogion agosaf, yn ôl eu nifer, a rhannu cost yr oen yn ôl yr hyn y mae pob un yn ei fwyta. Rhaid i bob oen fod yn wryw blwydd heb nam, wedi ei gymryd o blith y defaid neu o blith y geifr. Yr ydych i'w cadw hyd y pedwerydd dydd ar ddeg o'r mis hwn, ac yna bydd pob aelod o gynulleidfa Israel yn eu lladd fin nos. Yna byddant yn cymryd peth o'r gwaed a'i daenu ar ddau bost a chapan drws y tai lle y bwyteir hwy. Y maent i fwyta'r cig y noson honno wedi ei rostio wrth dân, a'i fwyta gyda bara croyw a llysiau chwerw. Peidiwch â bwyta dim ohono'n amrwd nac wedi ei ferwi mewn dŵr, ond wedi ei rostio wrth dân, yn ben, coesau a pherfedd. Peidiwch â gadael dim ohono ar ôl hyd y bore; os bydd peth ohono ar ôl yn y bore, llosgwch ef yn y tân. "Dyma sut yr ydych i'w fwyta: yr ydych i'w fwyta ar frys â'ch gwisg wedi ei thorchu, eich esgidiau am eich traed, a'ch ffon yn eich llaw. Pasg y Bywiol Un ydyw. Y noson honno, byddaf yn tramwyo trwy wlad yr Aifft ac yn lladd pob cyntafanedig sydd ynnddi, yn ddyn ac anifail, a byddaf yn dod â barn ar dduwiau'r Aifft; myfi yw'r Bythol Un. Bydd y gwaed yn arwydd ar y tai y byddwch chwi ynnddynt; pan welaf y gwaed byddaf yn mynd heibio i chwi, ac ni fydd y pla yn eich difetha pan drawaf wlad yr Aifft. "Bydd y dydd hwn yn ddydd i'w gofio i chwi, ac yr ydych i'w gadw yn wyl i'r Sanctaidd Un; cadwch yr wyl yn ddeddf am byth dros y cenedlaethau. Am saith diwrnod yr ydych i fwyta bara croyw; ar y dydd cyntaf bwriwch y surdoes allan o'ch tai, oherwydd bydd pwy bynnag sy'n bwyta bara lefeinllyd o'r dydd cyntaf hyd y seithfed yn cael ei ddiarddel o Israel. Ar y dydd cyntaf ac ar y seithfed, bydd cyfarfod cysegredig; ni wneir dim gwaith yn ystod y dyddiau hynny, heblaw paratoi bwyd i bawb i'w fwyta; dyna'r cyfan. Cadwch hefyd wyl y Bara Croyw, am mai ar y dydd hwn y deuthum â'ch lluoedd allan o wlad yr Aifft; am hynny y mae'r dydd hwn i'w gadw'n ddeddf am byth dros y cenedlaethau. Yr ydych i fwyta bara croyw o hwyrddydd y pedwerydd dydd ar ddeg o'r mis cyntaf hyd yr hwyr ar yr unfed dydd ar hugain. Am saith diwrnod nid ydych i gadw surdoes yn

eich tai, oherwydd bydd pwy bynnag sy'n bwyta bara lefeini'll yn cael ei ddiarddel o gynulleidfa Israel, boed yn estron neu'n frodor. Peidiwch â bwyta dim sydd wedi ei lefeinio, ond ym mha le bynnag yr ydych yn byw, bwytwch fara croyw." Yna galwodd Moses ynghyd holl henuriaid Israel, a dweud wrthynt, "Dewiswch yr ŵyn ar gyfer eich teuluoedd, a lladdwch oen y Pasg. Yna cymerwch dusw o isop a'i drochi yn y gwaed fydd yn y cawg, a thawenwch y gwaed ar gapan a dau bost y drws; nid oes neb ohonoch i fynd allan trwy ddrws ei dŷ hyd y bore. Bydd y Bywiol Un yn tramwyo drwy'r Aifft ac yn taro'r wlad, ond pan wêl y gwaed ar gapan a dau bost y drws, bydd yn mynd heibio iddo, ac ni fydd yn gadael i'r Dinistrydd ddod i mewn i'ch tai i'ch difa. Cadwch y ddefod hon yn ddeddf i chwi a'ch plant am byth. Yr ydych i gadw'r ddefod hon pan ddewch i'r wlad y bydd y Bythol Un yn ei rhoi i chwi yn ôl ei addewid. Pan fydd eich plant yn gofyn i chwi, 'Beth yw'r ddefod hon sydd gennych?' yr ydych i ateb, 'Aberth Pasg y Sanctaidd Un ydyw, oherwydd pan drawodd ef yr Eifftiaid, aeth heibio i dai'r Israeliaid oedd yn yr Aifft a'u harbed.'" Ymgrymodd y bobl mewn addoliad.

Yma y terfyn y Llith Gyntaf.

#### Translation

*In those days: The Holy One said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbour in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. They shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. Do not eat any of it raw or boiled in water, but roasted over the fire, with*

its head, legs, and inner organs. You shall let none of it remain until the morning; anything that remains until the morning you shall burn. This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the Living One. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgements: I am the Eternal One. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt. This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Holy One; throughout your generations you shall observe it as a perpetual ordinance. Seven days you shall eat unleavened bread; on the first day you shall remove leaven from your houses, for whoever eats leavened bread from the first day until the seventh day shall be cut off from Israel. On the first day you shall hold a solemn assembly, and on the seventh day a solemn assembly; no work shall be done on those days; only what everyone must eat, that alone may be prepared by you. You shall observe the festival of unleavened bread, for on this very day I brought your companies out of the land of Egypt: you shall observe this day throughout your generations as a perpetual ordinance. In the first month, from the evening of the fourteenth day until the evening of the twenty-first day, you shall eat unleavened bread. For seven days no leaven shall be found in your houses; for whoever eats what is leavened shall be cut off from the congregation of Israel, whether an alien or a native of the land. You shall eat nothing leavened; in all your settlements you shall eat unleavened bread.



*Then Moses called all the elders of Israel and said to them, "Go, select lambs for your families, and slaughter the passover lamb. Take a bunch of hyssop, dip it in the blood that is in the basin, and touch the lintel and the two doorposts with the blood in the basin. None of you shall go outside the door of your house until morning. For the Living One will pass through to strike down the Egyptians; when he sees the blood on the lintel and on the two doorposts, the Eternal One will pass over that door and will not allow the destroyer to enter your houses to strike you down. You shall observe this rite as a perpetual ordinance for you and your children. When you come to the land that God will give you, as he has promised, you shall keep this observance. And when your children ask you, 'What do you mean by this observance?' you shall say, 'It is the passover sacrifice to the Holy One, for he passed over the houses of the Israelites in Egypt, when he struck down the Egyptians but spared our houses.'" And the people bowed down and worshipped.*

**Exodus 12:1-27**

## 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 Mawrth | on Tuesday**

**Gwasanaeth Hwyl yn A | Evening Service in A,**

Herbert Sumsion (1899-1995)

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

**Gwasanaeth Hwyl Cyntaf | First Evening Service,** David Halls

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

**Gwasanaeth Hwyl yn F | Evening Service in F,**

Harold Darke (1888-1976)

Eisteddwn | We sit

Here begins the thirty-fourth verse of the tenth chapter of the Acts of the Holy Apostles.

**N**ow: Peter began to speak to them: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ – he is the Holy One of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name." While Peter was still speaking, the Holy Spirit fell upon all who heard the word. The circumcised believers who had come with Peter were astounded that the gift of the Holy Spirit had been poured out even on the Gentiles, for they heard them speaking in tongues and extolling God. Then Peter said, "Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have?" So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

Here ends the Second Lesson.

**Actau | Acts 10:34-48**

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

**N**ow: The apostles and the believers who were in Judea heard that the Gentiles had also accepted the word of God. So when Peter went up to Jerusalem, the circumcised believers criticized him, saying, "Why did you go to uncircumcised men and eat with them?" Then Peter began to explain it to them, step by step, saying, "I was in the city of Joppa praying, and in a trance I saw a vision. There was something like a large sheet coming down from heaven, being lowered by its four corners; and it came close to me. As I looked at it closely I saw four-footed animals, beasts of prey, reptiles, and birds of the air. I also heard a voice saying to me, 'Get up, Peter; kill and eat.' But I replied, 'By no means, God; for nothing profane or unclean has ever entered my mouth.' But a second time the voice answered from heaven, 'What God has made clean, you must not call profane.' This happened three times; then everything was pulled up again to heaven. At that very moment three men, sent to me from Caesarea, arrived at the house where we were. The Spirit told me to go with them and not to make a distinction between them and us. These six brothers also accompanied me, and we entered the man's house. He told us how he had seen the angel standing in his house and saying, 'Send to Joppa and bring Simon, who is called Peter; he will give you a message by which you and your entire household will be saved.' And as I began to speak, the Holy Spirit fell upon them just as it had upon us at the beginning. And I remembered the word of the Holy One of God, how he had said, 'John baptized with water, but you will be baptized with the Holy Spirit.' If then God gave them the same gift that he gave us when we believed in Jesus Christ, who was I that I could hinder God?" When they heard this, they were silenced. And they praised God, saying, "Then God has given even to the Gentiles the repentance that leads to life."

Here ends the Second Lesson.

**Actau | Acts 11:1-18**

Here begins the nineteenth verse of the eleventh chapter of the Acts of the Holy Apostles.

**N**ow: Those who were scattered because of the persecution that took place over Stephen travelled as far as Phoenicia, Cyprus, and Antioch, and they spoke the word to no one except Jews. But among them were some men of Cyprus and Cyrene who, on coming to Antioch, spoke to the Hellenists also, proclaiming Jesus Christ. The hand of the Holy One was with them, and a great number became believers and turned to the Living One. News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. When he came and saw the grace of God, he rejoiced, and he exhorted them all to remain faithful to the Eternal One with steadfast devotion; for he was a good man, full of the Holy Spirit and of faith. And a great many people were brought to the Lord. Then Barnabas went to Tarsus to look for Saul, and when he had found him, he brought him to Antioch. So it was that for an entire year they associated with the church and taught a great many people, and it was in Antioch that the disciples were first called 'Christians'. At that time prophets came down from Jerusalem to Antioch. One of them named Agabus stood up and predicted by the Spirit that there would be a severe famine over all the world; and this took place during the reign of Claudius. The disciples determined that according to their ability, each would send relief to the believers living in Judea; this they did, sending it to the elders by Barnabas and Saul.

Here ends the Second Lesson.

**Actau | Acts 11:19-30**

## 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 Mawrth | on Tuesday**

**Gwasanaeth Hwyrrol yn A | Evening Service in A,**

Herbert Sumsion (1899-1995)

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

**Gwasanaeth Hwyrrol Cyntaf | First Evening Service, David Halls**

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

**Gwasanaeth Hwyrrol yn F | Evening Service in F,**

Harold Darke (1888-1976)

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

# Gweddiau Prayers

## Litani Leiaf Lesser Litany

The Lord be with you.  
And with thy spirit.

Let us pray.

### Penliniwn neu eisteddwn | We kneel or sit

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

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

#### Translation

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

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

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

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

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

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

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

## Gweddïau Casgl Collects

**H**ollalluog a thragwyddol Dduw, yr wyt bob amser yn barotach i wrando na ni i weddïo, ac yn arfer rhoi mwy nag yr ydym yn ei ddeisyf na'i haeddu: tywallt arnom amllder dy drugaredd, gan faddau inni'r pethau y mae ein cydwybod yn eu hofni, a rhoi inni'r pethau daionus hynny nad ydym yn deilwng i'w gofyn, ond trwy haeddiannau a chyfryngdod Iesu Grist ein Gwardwr Atgyfodedig. Amen.

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

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

### Translation

*Almighty and everlasting God, who is always more ready to hear than we to pray, and is wont to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things whereof our conscience is afraid, and giving us those good things which we are not worthy to ask, but through the merits and mediation of Jesus Christ our Risen Saviour. Amen.*

**Cerddoriaeth | Music | ar ddydd Llun | on Monday**

Herbert Sumsion (1899-1995)

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

Malcolm Archer

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

William Smith (1603-1645)



## Gweddi Waddol **Foundation Prayer**

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

**Amen.**

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

**Amen.**

**Eisteddwn | We sit**

### **Anthem | ar ddydd Llun | on Monday**

Oculi omnium in te sperant Domine et tu das escam illorum in tempore opportuno. Gloria tibi Domine. Amen.

**Cyfiethiad**

*The eyes of all wait upon you, O God, and you give them their meat in due season. Glory to you, O God. Amen.*

**Translation**

*Y mae llygaid pawb yn dy ddirmygu, O Dduw, ac yn rhoi eu bwyd mewn pryd. Gogoniant i ti, O Dduw. Amen.*

**Geiriau | Words**

Salm | Psalm 145:15

**Cerddoriaeth | Music**

Charles Wood (1866-1926)

## Anthem | ar ddydd Mawrth | on Tuesday

By the waters of Babylon we sat down and wept: when we remembered thee, O Sion. As for our harps, we hanged them up: upon the trees that are therein. For they that led us away captive required of us then a song and melody in our heaviness: sing us one of the songs of Sion. How shall we sing the Lord's song in a strange land.

### **Geiriau | Words**

Salm | Psalm 137:1-4

### **Cerddoriaeth | Music**

Colin Mawby (1936-2019)

## Anthem | ar ddydd Iau | on Thursday

Go down, Moses, way down in Egypt land;  
Tell old Pharaoh, to let my people go.

When Israel was in Egypt's land,  
Let my people go.  
Oppressed so hard they could not stand,  
Let my people go.  
"Thus spake the Lord," bold Moses said,  
Let my people go.  
"If not, I'll smite your first-born dead,"  
Let my people go.

Go down, Moses, way down in Egypt land;  
Tell old Pharaoh, to let my people go.

### **Geiriau | Words**

Cân ysbrydol o 19eg ganrif | 19th century spiritual

### **Cerddoriaeth | Music**

Michael Tippett (1905-1998)

## 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



**G**od, that madest earth and heaven,  
darkness and light;  
who the day for toil hast given,  
for rest the night;  
may thine angel-guards defend us,  
slumber sweet thy mercy send us,  
holy dreams and hopes attend us,  
this livelong night.

Guard us waking, guard us sleeping,  
and, when we die,  
may we in thy mighty keeping  
all peaceful lie:  
when the last dread call shall wake us,  
do not thou our God forsake us,  
but to reign in glory take us  
with thee on high.

#### Geiriau | Words

Reginald Heber (1783-1826)

#### Cerddoriaeth | Music | "Ar Hyd y Nos"

Alaw werin Cymreig | Welsh folk tune



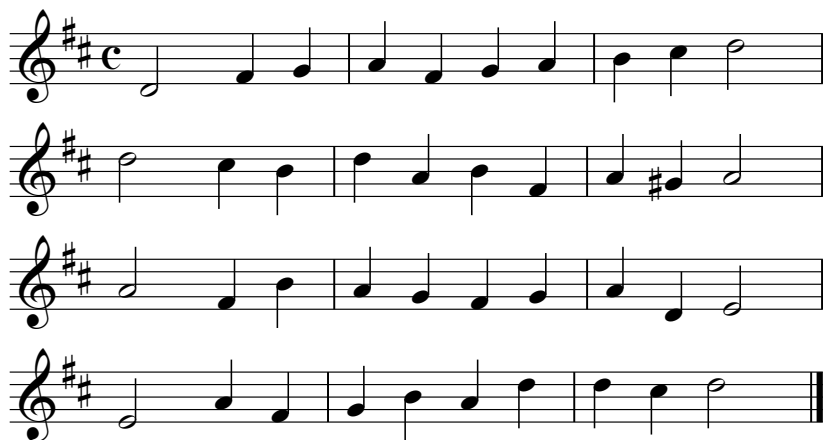
**S**pirit of the Living God,  
fall afresh on me;  
**S**pirit of the Living God,  
fall afresh on me;  
break me, melt me,  
mould me, fill me;  
**S**pirit of the Living God,  
fall afresh on me.

**Geiriau | Words**

Daniel Iverson (1890-1977)

**Cerddoriaeth | Music | "Iverson"**

Daniel Iverson (1890-1977)



**F**illed with the Spirit's power, with one accord  
the infant church confessed its risen Lord.  
O Holy Spirit, in the church today  
no less your power of fellowship display.

Now with the mind of Christ set us on fire,  
that unity may be our great desire.  
Give joy and peace; give faith to hear your call,  
and readiness in each to work for all.

Widen our love, good Spirit, to embrace  
in your strong care all those of every race.  
Like wind and fire with life among us move,  
till we are known as Christ's, and Christians prove.

**Geiriau | Words**

John Raphael Peacey (1896-1971)

**Cerddoriaeth | Music | "Farley Castle"**

Henry Lawes (1596-1662)

## Bendith Blessing

Parhawn ar ein traed | We remain standing

**B**ydded 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.**

Translation

*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.*

## Gollyngiad Dismissal

✠ Duw a fo gyda chwi.

✠ A'th gadw di yng nghariad Crist.

✠ O Dduw, dyro inni dy dangnefedd.

✠ A bywyd tragwyddol. Amen.

Translation

✠ *The Lord be with you.* ✠ *And keep you in the love of Christ.* ✠ *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**

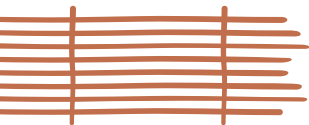
**Méditation, Alexandre Guilmant (1837-1911)**

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

**Offrymddarn yn C leiaf | Voluntary in C minor, Maurice Greene (1696-1755)**

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

**Rhagarweiniad yn C | Prelude in C, Dieterich Buxtehude (c.1637-1707)**



## 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 fanylyn o "Crist yn Ymddangos i'w Ddisgyblion ar ôl yr Atgyfodiad" gan William Blake (1757-1827).

## 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.

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Our cover image is a detail of "Christ Appearing to his Disciples after the Resurrection" by William Blake (1757-1827).