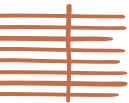




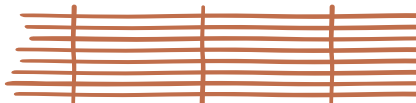
Cymun Bendigaid • o dudalen 4
Gosber ar Gân • o dudalen 28
22-27 Mai 2023

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**Cadeirlan
Deiniol Sant
ym Mangor**

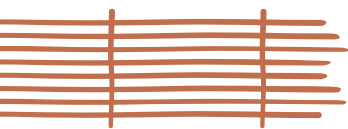
Saint Deiniol's
Cathedral
in Bangor



**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. Mynwch 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

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechodau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar ddarlleniadau o'r Beibl, gan ganfod yno arweiniad, her, cysur a newydd da gan Dduw. Wrth gamu at fwrdd yr allor, cynigiwn i Dduw ein gweddi dros bawb mewn angen. Wrth galon ein haddoliad heddiw, byddwn yn cymryd bara a gwin, byddwn yn gofyn am fendith gweddnewidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Cymuno. Daw ein haddoliad i ben wrth inni dderbyn bendith Duw, yn gynhafiaeth inni wrth ymadael. Waeth pa mor bell yn ôl y gwnaethoch hynny ddiwethaf, mae croeso i chi Gymuno yma heddiw. Os hoffech chi Gymuno am y tro cyntaf, neu gael eich Bedyddio, siaradwch ag aelod o dîm yr Gadeirlan. Ceir ffydd, gobaith a chariad yma i bawb.

Yn arferol, defnyddir darlleniadau'r Sul blaenorol yn ein dathliadau beunyddiol o'r Cymun. Cawn ein gwahodd i wrando yn ofalus, er mwyn, fel petai, i'r enaid ei glywed. Dyma gyfle i ddod i gnoi cil ar eiriau'r Beibl – i brofi'i flas. Mae'n gyfle i sylwi ar beth sy'n tynnu'n sylw. A

yw'n berson? Gair? Delwedd? Ystum? Pam fod hynny wedi neidio i flaen y meddwl? Caniatewch i'r myfyriadau "fod" o'ch mewn, a chlodwch hwy gyda chi oddi yma.

Addoli gyda ni heddiw

Mae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad. Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i 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

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

Introit | ar ddydd Mercher

Exaudi, Domine, vocem meam, qua clamavi ad te, Alleluia. Tibi dixit cor meum: quaesivi vultum tuum, vultum tuum, Domine, requiram. Ne avertas faciem tuam a me, Alleluia, Alleluia. Dominus illuminatio mea et salus mea: quem timebo? Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Cyfieithiad

Gwrando arnaf, O Dduw, pan lefaf, Haleliwia. Dywedodd fy nghalon, "Ceisia ei wyneb"; am hynny ceisiaf dy wyneb, O Dduw. Paid â chuddio dy wyneb oddi wrthyf, Haleliwia, Haleliwia. Duw yw fy ngoleuni a'm gwardigaeth, rhag pwy yr ofnaf? 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 27:7-9, 1

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!

"Codwch eich pennau, O byrth! Ymddyrchefwch, O ddrysau tragwyddol!"

Order for the Holy Eucharist

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

Introit | on Wednesday

Exaudi, Domine, vocem meam, qua clamavi ad te, Alleluia. Tibi dixit cor meum: quaesivi vultum tuum, vultum tuum, Domine, requiram. Ne avertas faciem tuam a me, Alleluia, Alleluia. Dominus illuminatio mea et salus mea: quem timebo? Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Translation

Hear, O God, when I cry aloud, Alleluia. My heart says, "seek his face!" Your face, O God, do I seek. Do not hide your face from me, Alleluia, Alleluia. God is my light and my salvation; whom shall I fear? 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 27:7-9, 1

Hymn | at Eglwys y Groes on Thursday

Greeting

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

Amen.

Grace and peace be with you.

And keep you in the love of Christ.

Alleluia! Christ is risen.

He is risen indeed. Alleluia!

"Lift up your heads, O gates; lift them high, O everlasting doors."

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, darbwyllo! 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.

Gweddî Gasgl

Gweddîwn.

Hollalluog Dduw, erfyniwn arnat ganiatáu, megis yr ydym yn credu i'th uniganedig Fab esgyn i'r nef, felly fod i ninnau ym meddylfryd ein calon ymddyrchafael yno, a thrigo'n wastad gydag ef, sy'n byw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn oes oesoedd.

Amen.

Eisteddwn



Gair

Salmyddiaeth

Ŵ Dyrchwch, byrth, eich pennau'n uchel, ddorau bythol, dyrchwch chwi!

Ŵ Dyrchwch, byrth, eich pennau'n uchel, ddorau bythol, dyrchwch chwi!

Eiddo'r Sanctaidd Un yw'r ddaear a'i llawnder, y byd a'r rhai sy'n byw ynddo;

oherwydd y Bythol Un a'i sylfaenodd ar y moroedd a'i sefydlu ar yr afonydd.

Ŵ Dyrchwch, byrth, eich pennau'n uchel, ddorau bythol, dyrchwch chwi!

Pwy a esgyn i fynydd y Bywiol Un a phwy a saif yn mannau sanctaidd?

Y glân eu dwylo a'r pur o galon, y rhai sydd heb osod eu meddwl ar dwyll a heb dyngu'n gelwyddog.

Fe dderbyniant fendith gan y Sanctaidd Un a chyfiawnder gan Dduw eu hiachawdwriaeth.

Dyma'r genhedlaeth sy'n ei geisio, sy'n ceisio wyneb Duw Jacob.

Ŵ Dyrchwch, byrth, eich pennau'n uchel, ddorau bythol, dyrchwch chwi!

Collect

Let us pray.

O God, the Father of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

We sit

Word

Psalmody

V Lift up your heads, O gates!

R **Lift up your heads, O gates!**

The earth is God's and all that is in it, the world and all who dwell therein.

For it is God who founded it upon the seas and made it firm upon the rivers of the deep.

R **Lift up your heads, O gates!**

"Who can ascend the hill of the Most High, and who can stand in God's holy place?"

"Those who have clean hands and a pure heart, who have not pledged themselves to falsehood, nor sworn by what is a fraud.

They shall receive a blessing from the Holy One and a just reward from the God of their salvation."

Such is the generation of those who seek God, of those who seek your face, O God of Jacob.

R **Lift up your heads, O gates!**

Codwch eich pennau, O byrth! Ymddyrchefwch, O ddrysau tragwyddol! i'r Un sy'n teyrnasu mewn gogoniant ddod i mewn.

Pwy yw'r Un sy'n teyrnasu mewn gogoniant? Y Bythol Un, cryf a chadarn, y Bywiol Un, cadarn mewn rhyfel.

Codwch eich pennau, O byrth! Ymddyrchefwch, O ddrysau tragwyddol! i frenin y gogoniant ddod i mewn.

Pwy yw'r brenin gogoniant hwn? Duw y Lluoedd, y Sanctaidd Un sy'n teyrnasu mewn gogoniant.

R: Dyrcwch, byrth, eich pennau'n uchel, ddorau bythol, dyrcwch chwi!

Salm 24

Darlleniad

Darlleniad o Lythyr yr Apostol Paul at yr Effesiaid.

Garedigion: O'r pryd y clywais am y ffydd sydd gennych yn Iesu, Sanct Duw, ac am eich cariad tuag at yr holl saint, nid wyf fi wedi peidio â diolch amdanoch, gan eich galw i gof yn fy ngweddiâu. A'm gweddi yw, ar i Dduw ein Gwardwr Iesu Grist, Tad y gogoniant, roi i chwi, yn eich adnabyddiaeth ohono ef, yr Ysbryd sy'n rhoi doethineb a datguddiad. Bydded iddo oleuo llygaid eich deall, a'ch dwyn i wybod beth yw'r gobaith sy'n ymhlwg yn ei alwad, beth yw cyfoeth y gogoniant sydd ar gael yn yr etifeddiaeth y mae'n ei rhoi i chwi ymhlith y saint, a beth yw aruthrol fawredd y gallu sydd ganddo o'n plaid ni sy'n credu, y grymuster hwnnw a gyflawnodd yng ngrym ei nerth yng Nghrist pan gyfododd ef oddi wrth y meirw, a'i osod i eistedd ar ei ddeheulaw yn y nefolion leoedd, ymhell uwchlaw pob tywysogaeth ac awdurdod a gallu ac Arglwyddiaeth, a phob teitl a geir, nid yn unig yn yr oes bresennol, ond hefyd yn yr oes sydd i ddod. Darostyngodd Duw, Tad y gogoniant, bob peth dan ei draed ef, a rhoddodd ef yn ben ar bob peth i'r Eglwys; yr Eglwys hon yw ei gorff ef, a chyflawniad yr hwn sy'n cael ei gyflawni ym mhob peth a thrwy bob peth.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Effesiaid 1:15-23

Codwn ar ein traed

Lift up your heads, O gates; lift them high, O everlasting doors, and the One who reigns in glory shall come in.

“Who is this who reigns in glory?” “The Holy One, strong and mighty, the Holy One, mighty in battle.”

Lift up your heads, O gates; lift them high, O everlasting doors, and the One who reigns in glory shall come in.

“Who is this who reigns in glory?” “This is God, the God of Hosts, who reigns in glory.”

R Lift up your heads, O gates!

Psalm 24

Reading

A reading from the Epistle of Saint Paul to the Ephesians.

Deary beloved: I have heard of your faith in Jesus, the Holy One of God, and your love towards all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Saviour Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God, the Father of glory, put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the Church, which is his body, the fullness of him who fills all in all.

Hear the word of life to the world.

Thanks be to God.

Ephesians 1:15-23

We stand

Efengyl

Ŷ Haleliwia. R̄ **Haleliwia.** Ŷ Wrth iddo'u bendithio, fe ymadawodd â hwy ac fe'i dygwyd i fyny i'r nef. R̄ **Haleliwia.**

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.

Bryd hynny: Bryd hynny: Meddai Iesu wrth ei ddisgyblion, "Dyma ystyr fy ngeiriau a leferais wrthy ch pan oeddwn eto gyda chwi: ei bod yn rhaid i bob peth gael ei gyflawni sy'n ysgrifenedig amdanaf yng Nghyfraith Moses a'r proffwydi a'r salmau." Yna agorodd eu meddyliau, iddynt ddeall yr Ysgrythurau. Meddai wrthynt, "Fel hyn y mae'n ysgrifenedig: fod y Meseia i ddiodeff, ac i atgyfodi oddi wrth y meirw ar y trydydd dydd, a bod edifeirwch, yn foddion maddeuant pechodau, i'w gyhoeddi yn ei enw ef i'r holl genhedloedd, gan ddechrau yng Nghaersalem. Chwi yw'r tystion i'r pethau hyn. Ac yn awr yr wyf fi'n anfon arnoch yr hyn a addawodd fy Nhada; chwithau, arhoswch yn y ddinas nes eich gwisgo chwi oddi uchod â nerth." Aeth â hwy allan i gyffiniau Bethania. Yna cododd ei ddwylo a'u bendithio. Wrth iddo'u bendithio, fe ymadawodd â hwy ac fe'i dygwyd i fyny i'r nef. Wedi iddynt ei addoli ar eu gliniau, dychwelsant yn llawen iawn i Gaersalem. Ac yr oeddent yn y deml yn ddi-baid, yn bendithio Duw.

Dyma Efengyl ein Gwardwr.

Moliant i ti, O Grist.

Luc 24:44-53

Pregeth | yn Eglwys y Groes ar ddydd Iau

Gospel

℣ Alleluia. ℞ **Alleluia.** ℣ While he was blessing them, he withdrew from them and was carried up into heaven.

℞ **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.

At that time: Jesus said to his disciples, “These are my words that I spoke to you while I was still with you – that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.” Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshipped him, and returned to Jerusalem with great joy; and they were continually in the temple blessing God.

This is the Gospel of our Saviour.

Praise to you, O Christ.

Luke 24:44-53

Sermon | at Eglwys y Groes on Thursday

Bwriad

Gweddiwn.

Penliniwn neu eisteddwn

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

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

Ŵ O Dduw, yn dy drugaredd,

R̥ Gwrando ein gweddi.

Deuwn hefyd at fwrdd yr allor â'n gweddiâu
[*dros bawb sy'n glâf,*
yn eu mysg ...;
dros diweddar ymadawedig,
yn eu mysg ...;
a thros y rhai y cedwir eu gŵyl goffa'r adeg hon,
yn eu mysg ...].

Ŵ O Dduw, yn dy drugaredd,

R̥ Gwrando ein gweddi.

Derbyn, O Dduw, ein hoffrwm o'n hunain, yn gorff ac enaid, y
cyfan sy'n annwyl inni, a'r cyfan oll a wnawn ac â'i gynhaliwn y
dydd hwn. Deuwn a'i osod ar fwrdd y allor, yma i'w offrymu ar
Oen Duw; er mwyn ein meithrin yn Gorff ynot ti, a'n hymdywallt
fel dy Waed er mwyn y byd.

Ŵ O Dduw, yn dy drugaredd,

R̥ Gwrando ein gweddi.

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

**R̥ Yna yr âf at allor Duw,
Duw fy hawl a'm gwynfyd.**

Intention

Let us pray.

We kneel or sit

Eternal Trinity, we celebrate this Eucharist to your glory,
[*in honour of your saint, N,*]
and for the benefit of all the living and the departed,
for whom Christ died and rose again.

May the fruit of this Eucharist be plentiful for [...].

✠ God in your mercy,

✠ **Hear our prayer.**

We also bring to this altar-table our prayers

[*for those who are unwell,*

among them ...;

for the recently departed,

among them ...;

and for those whose year's mind falls at this time,

among them ...].

✠ God in your mercy,

✠ **Hear our prayer.**

Suffer us, O God, to offer you our whole selves, our souls and bodies, all that is dear to us, and all that we are called to do and bear this day. May we lay it in spirit at this altar-table, here to be offered upon the Lamb of God; that we may be conformed to your Body and poured out as your Blood for the world.

✠ God in your mercy,

✠ **Hear our prayer.**

✠ Send out your light and your truth,
to lead me to your dwelling;

✠ **That I may go to the altar of God,
to the God of my joy and gladness.**

Cymun

Emyn | yn Eglwys y Groes ar ddydd Iau

Codwn ar ein traed ar ôl paratoi bwrdd yr allor, a pharhawn ar ein traed tan y Cymunwn

Offrwm | ar ddydd Mercher

Ascendit Deus in jubilatione, Dominus in voce tubae, Alleluia.

Cyfieithiad

*Esgynnodd Duw gyda bloedd, y Sanctiadd Un
gyda sain utgorn, Haleliwia.*

Salm 47:5

Offrwm | pob dydd

Deuwn i'r fangre hon â'r bara sy'n gynhaliaeth.

Fe ddaw inni'n fara'r bywyd.

Deuwn i'r fangre hon â'r gwin sy'n mwyneiddio.

Fe ddaw inni'n waed einioes y byd.

Gweddi Ewcharistaidd

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Dyrchefwch eich calonnau.

Yr ydym yn eu dyrchafu at yr Arglwydd.

Diolchwn i'r Arglwydd ein Duw.

lawn yw rhoi ein diolch a'n clod.

lawn yn wir, ein dyletswydd a'n llawenydd bob amser ac ym mhob lle, yw diolch i ti, Dad Sanctaidd, hollalluog a bythfywiol Dduw, trwy Iesu Grist ein Harglwydd.

A ymddangosodd, ar ôl ei atgyfodiad, i'w Apostolion, ac esgyn yn eu gwydd i ogoniant i ddarparu lle i ni, fel, yn y lle y mae ef, y byddwn ninnau hefyd.

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

Ascendit Deus in jubilatione, Dominus in voce tubae, Alleluia.

Translation

God has gone up with a shout, the Holy One with the sound of a trumpet, Alleluia.

Psalm 47:5

Offertory | every day

We bring to this place the bread that sustains us.

It will become for us the bread of life.

We bring to this place the wine that mellows us.

It will become for us the lifeblood of the world.

Eucharistic Prayer

Grace and peace be with you.

And keep you in the love of Christ.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, it is our duty and our joy at all times and in all places to give you thanks, holy Father, all-powerful and everliving God, through Jesus Christ our Lord.

Who after his resurrection showed himself to his Apostles and in their sight ascended into glory to prepare a place for us, that where he is, we might be also.

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:

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

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

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

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

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

✠ **Amen.**

We remain standing

Lord's Prayer

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

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

Tangnefedd

Dy gorff 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

Psallite Domino, qui ascendit super coelos coelorum ad orientem. Alleluia.

Translation

Canwch i Dduw, i'r un sy'n marchogaeth yn y nefoedd, y nefoedd a fu erioed.

Salm 68:32-33

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

Rhoddwr Tragwyddol cariad a nerth, anfonodd dy Fab Iesu Grist ni i'r holl fyd i bregethu efengyl ei deyrnas: cadarnhâ ni yn y genhadaeth hon, a chynorthwya ni i fyw y newyddion da a gyhoeddwn; trwy Iesu Grist ein Gwardedwr Atgyfodedig.

Amen.

Ymadael

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Bydded i Grist ein Brenin dyrchafedig dywallt arnoch ei roddion helaeth fel y gallwch ei wasanaethu ef a theyrnasu gydag ef yn ei ogoniant; 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

Psallite Domino, qui ascendit super coelos coelorum ad orientem. Alleluia.

Translation

Sing to God, who rides in the heavens, the ancient heavens. Alleluia.

Psalm 68:32-33

Hymn | at Eglwys y Groes on Thursday

Post-Communion Prayer

Let us pray.

We stand

Eternal Giver of love and power, your Son Jesus Christ has sent us into all the world to preach the gospel of his kingdom: confirm us in this mission, and help us to live the good news we proclaim; through Jesus Christ our Risen Saviour.

Amen.



Departing

Grace and peace be with you.

And keep you in the love of Christ.

Christ our exalted King pour on you his abundant gifts that you may serve him and reign with him in glory; 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

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

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

Addoli gyda ni heddiw

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

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

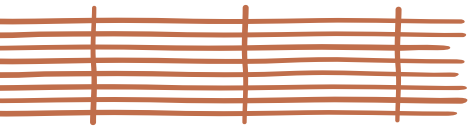
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

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

☩ ✕ O Dduw, cofleidia'n hadfyd.
✕ 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.
✕ Addolwn ein Duw.

Translation

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

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Richard Ayleward (1626-1669)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Peter Nardone

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

John Reading (c.1645-1692)

Brawddeg *Sentence*

"Codwch eich pennau, O byrth! Ymddyrchefwch, O ddrysau tragwyddol!"

Translation

"Lift up your heads, O gates; lift them high, O everlasting doors."

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun **Psalmody** | on Monday

I will love thee, O Lord my strength: the Lord is my rock, my stronghold and my deliverer,

My God and my defence, in I whom I will trust: my buckler, the horn also of my salvation and my refuge.

I will call upon the Lord who is worthy to be praised: so shall I be safe from mine enemies.

The waves of death compassed me: the floods that would swallow me up made me afraid.

The cords of darkness came about me: the snares of death lay in my path.

In my trouble I called upon the Lord: and cried for help unto my God.

From his temple he heard my voice: my cry came before him, it entered even into his ears.

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 18:1-7

Cerddoriaeth | Music

Edgar Day (1891-1983); Henry Stonex (1823-1897)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Mawrth Psalmody | on Tuesday

Let God arise and let his enemies be scattered: let them also that hate him flee before him.

Like as the smoke vanisheth when the wind driveth it away, and like as wax melteth in the fire: so let the ungodly perish at the presence of God.

But let the righteous be glad and rejoice before God: let them also be merry and joyful.

O sing unto God and sing praises unto his name: magnify him that rideth upon the heavens; be glad in the Lord and rejoice before him.

He is a father of the fatherless, and defendeth the cause of the widows: even God in his holy habitation.

He giveth the solitary a home wherein to dwell, and bringeth forth the prisoners into liberty: but the rebellious dwell in a desert land.

O God when thou wentest forth before thy people: when thou wentest through the wilderness,

The earth shook, and the heavens poured forth rain at the presence of God: before the Lord of Sinai, even before God the God of Israel.

Thou didst send a gracious rain O God: and didst refresh the land of thine inheritance when it was weary.

Thy flock found a dwelling therein: thou O God of thy goodness didst make provision for the poor.

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 68:1-10
Cerddoriaeth | Music
Charles Villiers Stanford (1852-1924)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

O Lord thou hast searched me out and known me: thou knowest my down-sitting and mine up-rising, thou understandest my thoughts from afar.

Thou art ever about my path and the places where I rest: and art acquainted with all my ways.

For lo there is not a word in my mouth: but thou Lord knowest it altogether.

Thou hast protected me behind and before: and hast covered me with thine hand.

Such knowledge is too wonderful for me: so excellent that I cannot attain unto it.

Whither shall I go from thy spirit: or whither shall I flee from thy presence?

If I climb up into heaven thou art there: if I make my bed in the grave thou art there also.

If I fly on the wings of the morning: or alight in the uttermost parts of the west,

Even there shall thy hand lead me: and thy right hand shall hold me.

If I say "Surely the darkness shall cover me: and my day be turned to night",

The darkness is no darkness with thee, but the night is as clear as the day: the darkness and the light are both alike.

It is thou that hast made mine inward parts: thou hast fashioned me in my mother's womb.

I will give thanks unto thee, for thou art to be held in awe and wonder: marvellous are thy works, and thou knowest me right well.

My bones were not hid from thee: when I was made in secret,
and woven in the depths of the earth.

Thine eyes did see my body: while it was yet imperfect.

In thy book all the days of my life were written: when as yet
there was none of them.

How dear are thy counsels unto me O Lord: O how great is the
sum of them.

If I count them, they are more in number than the sand: even if
I should count them unto the end, still would I be present with
thee.

O that thou wouldest slay the wicked O God: depart from me ye
blood-thirsty men.

For they speak despitefully against thee: even they that take thy
name in vain.

Do not I hate them O Lord that hate thee: and do not I abhor
those that rise up against thee?

I hate them with a perfect hatred: yea they are become mine
enemies.

Try me O God and know my heart: put me to the proof and
know my thoughts.

Look well if there be any way of wickedness in me: and lead me
in the way of 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 139

Cerddoriaeth | Music

George Robertson Sinclair (1863-1917)

Eisteddwn | We sit

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

Yn y dyddiau hynny: Aeth yr Israeliaid ymaith a gwneud yn union fel yr oedd y Sanctaidd Un wedi gorchymyn i Moses ac Aaron. Ar hanner nos trawodd y Bywiol Unbob cyntafanedig yng ngwlad yr Aifft, o gyntafanedig Pharo ar ei orsedd hyd gyntafanedig y carcharor yn ei gell, a chyntafanedig yr anifeiliaid hefyd. Yn ystod y nos cododd Pharo a'i holl weision a'r holl Eifftiaid, a bu llefain mawr yn yr Aifft, oherwydd nid oedd tŷ heb gorff marw ynddo. Felly galwodd ar Moses ac Aaron yn y nos a dweud, "Codwch, ewch ymaith o fysg fy mhobl, chwi a'r Israeliaid, ac ewch i wasanaethu'r Bythol Un yn ôl eich dymuniad. Cymerwch eich defaid a'ch gwartheg hefyd, yn ôl eich dymuniad, ac ewch; bendithiwch finnau." Yr oedd yr Eifftiaid yn crefu ar y bobl i adael y wlad ar frys, oherwydd yr oeddent yn dweud, "Byddwn i gyd yn farw." Felly, cymerodd y bobl y toes cyn ei lefeinio, gan fod eu llestri tylino ar eu hysgwyddau wedi eu rhwymo gyda'u dillad. Gwnaeth yr Israeliaid yr hyn a ddywedodd Moses wrthynt, a gofyn i'r Eifftiaid am dlysau arian a thlysau aur a dillad; am i'r Sanctaidd Un beri i'r Eifftiaid edrych arnynt â ffafr, gadawsant i'r Israeliaid gael yr hyn yr oeddent yn gofyn amdano. Felly yr ysbeiliwyd yr Eifftiaid.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The Israelites went and did just as the Holy One had commanded Moses and Aaron. At midnight the Living One struck down all the firstborn in the land of Egypt, from the firstborn of Pharaoh who sat on his throne to the firstborn of the prisoner who was in the dungeon, and all the firstborn of the livestock. Pharaoh arose in the night, he and all his officials and all the Egyptians; and there was a loud cry in Egypt, for there was not a house without someone dead. Then he summoned Moses and Aaron in the night, and said, "Rise up, go away from my people, both you and the Israelites! Go, worship the Eternal One, as you said. Take your flocks and your herds, as you said, and be gone. And bring a blessing on me too!" The Egyptians urged the people to hasten their departure from the land, for they said, "We shall all be dead." So the people took their dough before it was leavened, with their kneading-bowls wrapped up in their cloaks on their shoulders. The Israelites had done as Moses told them; they had asked the Egyptians for jewellery of silver and gold, and for clothing, and the Holy One had given the people favour in the sight of the Egyptians, so that they let them have what they asked. And so they plundered the Egyptians.

Exodus 12:28-36

Yma y mae yn dechrau ail adnod ar bymtheg ar hugain deuddegfed bennod Llyfr Exodus.

Yn y dyddiau hynny: Teithiodd yr Israeliaid o Rameses i Succoth; yr oedd tua chwe chan mil o wŷr traed, heblaw gwragedd a phlant. Aeth tyrfa gymysg gyda hwy, ynghyd â llawer iawn o anifeiliaid, yn ddefaid a gwartheg. Yr oedd yn rhaid iddynt bobîr toes yr oeddent wedi ei gario o'r Aifft yn deisennau croyw am nad oedd wedi ei lefeinio, oherwydd cawsant eu gyrru allan o'r Aifft heb gyfle i oedi nac i baratoi bwyd iddynt eu hunain. Bu'r Israeliaid yn byw yn yr Aifft am bedwar cant tri deg o flynyddoedd. Ar ddiwedd y pedwar cant tri deg o flynyddoedd, i'r diwrnod, aeth holl luoedd y Sanctaidd Un allan o wlad yr Aifft. Am i'r Bywiol Un y noson honno gadw gwyliaidwriaeth i'w dwyn allan o'r Aifft, bydd holl blant Israel ar y noson hon yn cadw gwyliaidwriaeth i'r Bythol Un dros y cenedlaethau. Yna dywedodd y Sanctaidd Un wrth Moses ac Aaron, "Dyma ddeddf y Pasg: nid yw'r un estron i fwyta ohono, ond caiff pob caethwas a brynwyd ag arian ei fwyta, os yw wedi ei enwaedu; ni chaiff yr estron na'r gwas cyflog ei fwyta. Rhaid ei fwyta mewn un tŷ; nid ydych i fynd â dim o'r cig allan o'r tŷ, ac nid ydych i dorri'r un asgwrn ohono. Y mae holl gynulleidfa Israel i wneud hyn. Os yw dieithryn sy'n byw gyda thi yn dymuno cadw Pasg i'r Bywiol Un, caiff wneud hynny ar yr amod fod pob gwryw sydd gydag ef yn cael ei enwaedu; fe fydd, felly, fel brodor. Ond ni chaiff yr un gwryw heb ei enwaedu fwyta ohono. Yr un gyfraith fydd i'r brodor ac i'r dieithryn sy'n byw yn eich plith." Gwnaeth yr Israeliaid yn union fel yr oedd y Bythol Un wedi gorchymyn i Moses ac Aaron, ac ar y dydd hwnnw aeth y Sanctaidd Un â lluoedd Israel allan o wlad yr Aifft.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The Israelites journeyed from Rameses to Succoth, about six hundred thousand men on foot, besides children. A mixed crowd also went up with them, and livestock in great numbers, both flocks and herds. They baked unleavened cakes of the dough that they had brought out of Egypt; it was not leavened, because they were driven out of Egypt and could not wait, nor had they prepared any provisions for themselves. The time that the Israelites had lived in Egypt was four hundred and thirty years. At the end of four hundred and thirty years, on that very day, all the companies of the Holy One went out from the land of Egypt. That was for the Living One a night of vigil, to bring them out of the land of Egypt. That same night is a vigil to be kept for the Eternal One by all the Israelites throughout their generations. The Holy One said to Moses and Aaron: This is the ordinance for the passover: no foreigner shall eat of it, but any slave who has been purchased may eat of it after he has been circumcised; no bound or hired servant may eat of it. It shall be eaten in one house; you shall not take any of the animal outside the house, and you shall not break any of its bones. The whole congregation of Israel shall celebrate it. If an alien who resides with you wants to celebrate the passover to the Living One, all his males shall be circumcised; then he may draw near to celebrate it; he shall be regarded as a native of the land. But no uncircumcised person shall eat of it; there shall be one law for the native and for the alien who resides among you. All the Israelites did just as the Eternal One had commanded Moses and Aaron. That very day the Holy One brought the Israelites out of the land of Egypt, company by company.

Exodus 12:37-51

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

Yn y dyddiau hynny: Dywedodd y Sanctaidd Un wrth Moses, “Cysegra i mi bob cyntafanedig; eiddof fi yw’r cyntaf a ddaw o’r groth ymysg yr Israeliaid, yn ddyn ac anifail.” Yna dywedodd Moses wrth y bobl, “Cofiwch y dydd hwn, sef y dydd y daethoch allan o’r Aifft, o dŷ caethiwed, oherwydd â llaw nerthol y daeth y Bywiol Un â chwi oddi yno; hefyd, peidiwch â bwyta bara lefeinllyd. Ar y dydd hwn ym mis Abib yr ewch allan. Pan fydd y Bythol Un wedi dod â thi i wlad y Canaaneaid, Hethiaid, Amoriaid, Hefiaid a Jebusiaid, sef y wlad yr addawodd i’th hynafiaid y byddai’n ei rhoi i ti, gwlad yn llifeirio o laeth a mêl, yr wyt i gadw’r ddefod hon yn ystod y mis hwn. Am saith diwrnod byddi’n bwyta bara croyw, ac ar y seithfed dydd bydd gŵyl i’r Sanctaidd Un. Bara croyw a fwyteir am saith diwrnod, ac ni fydd bara lefeinllyd na surdoes i’w weld yn unman o fewn dy dir. Ar y dydd hwnnw, fe ddywedir wrth dy blentyn, ‘Gwneir hyn oherwydd y peth a wnaeth y Bywiol Un i mi pan ddeuthum allan o’r Aifft.’ Bydd hyn i ti yn arwydd ar dy law a rhwng dy lygaid, i’th atgoffa y dylai cyfraith y Bythol Un fod yn dy enau; oherwydd â llaw nerthol y daeth y Sanctaidd Un â thi allan o’r Aifft. Yr wyt i gadw’r ddeddf hon yn ei hamser penodedig o flwyddyn i flwyddyn. “Pan fydd y Bywiol Un wedi dod â thi i wlad y Canaaneaid a’i rhoi iti, fel y tyngodd i ti ac i’th hynafiaid, yr wyt i neilltuo pob cyntafanedig iddo ef; bydd pob gwryw cyntafanedig o blith dy anifeiliaid yn eiddo i’r Bythol Un. Ond yr wyt i roi oen yn gyfnewid am bob asyn cyntafanedig, ac os nad wyt am ei gyfnewid, yr wyt i dorri ei wddf. Yr wyt hefyd i gyfnewid pob cyntafanedig o blith dy feibion. Yna pan fydd dy blentyn ymhen amser yn gofyn, ‘Beth yw ystyr hyn?’ dywed wrtho, ‘Â llaw nerthol y daeth y Sanctaidd Un â ni o’r Aifft, o dŷ caethiwed; oherwydd pan wrthododd Pharo ein gollwng yn rhydd, lladdodd y Bywiol Un bob cyntafanedig, yn ddyn ac anifail, yng ngwlad yr Aifft. Dyna pam yr wyf yn aberthu i’r Bythol Un bob gwryw cyntafanedig, ond yn cyfnewid pob cyntafanedig o blith fy meibion.’ Bydd hyn yn arwydd ar dy law ac yn rhactalau rhwng dy lygaid; oherwydd â llaw nerthol y daeth y Sanctaidd Un â ni allan o’r Aifft.”

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The Holy One said to Moses: Consecrate to me all the firstborn; whatever is the first to open the womb among the Israelites, of human beings and animals, is mine. Moses said to the people, "Remember this day on which you came out of Egypt, out of the house of slavery, because the Living One brought you out from there by strength of hand; no leavened bread shall be eaten. Today, in the month of Abib, you are going out. When the Eternal One brings you into the land of the Canaanites, the Hittites, the Amorites, the Hivites, and the Jebusites, which he swore to your ancestors to give you, a land flowing with milk and honey, you shall keep this observance in this month. For seven days you shall eat unleavened bread, and on the seventh day there shall be a festival to the Holy One. Unleavened bread shall be eaten for seven days; no leavened bread shall be seen in your possession, and no leaven shall be seen among you in all your territory. You shall tell your child on that day, 'It is because of what the Living One did for me when I came out of Egypt.' It shall serve for you as a sign on your hand and as a reminder on your forehead, so that the teaching of the Eternal One may be on your lips; for with a strong hand the Holy One brought you out of Egypt. You shall keep this ordinance at its proper time from year to year. When the Living One has brought you into the land of the Canaanites, as he swore to you and your ancestors, and has given it to you, you shall set apart to the Lord all that first opens the womb. All the firstborn of your livestock that are males shall be the Eternal One's. But every firstborn donkey you shall redeem with a sheep; if you do not redeem it, you must break its neck. Every firstborn male among your children you shall redeem. When in the future your child asks you, 'What does this mean?' you shall answer, 'By strength of hand the Holy One brought us out of Egypt, from the house of slavery. When Pharaoh stubbornly refused to let us go, the

Living One killed all the firstborn in the land of Egypt, from human firstborn to the firstborn of animals. Therefore I sacrifice to the Eternal One every male that first opens the womb, but every firstborn of my sons I redeem.' It shall serve as a sign on your hand and as an emblem on your forehead that by strength of hand the Holy One brought us out of Egypt."

Exodus 13:1-16

Magnificat

Codwn ar ein traed | We stand



My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. For he hath regarded the lowliness of his handmaiden; for behold, from henceforth, all generations shall call me blessed. For he that is mighty hath magnified me: and holy is his Name. And his mercy is on them that fear him: throughout all generations. He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts. He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the hungry with good things, and the rich he hath sent empty away. He remembering his mercy hath holpen his servant Israel, as he promised to our forefathers, Abraham and his seed for ever. Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday
Gwasanaeth Hwyl yn B fflat | Evening Service in B flat,
Charles Villiers Stanford (1852-1924)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Faux Bourdon | Fauxbourdon Service, Joe Cooper
Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Pedwerydd Gwasanaeth Hwyl | Fourth Evening Service,
Adrian Batten (c.1591-c.1637)

Eisteddwn | We sit

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

Now: About that time King Herod laid violent hands upon some who belonged to the church. He had James, the brother of John, killed with the sword. After he saw that it pleased the Judeans, he proceeded to arrest Peter also. (This was during the festival of Unleavened Bread.) When he had seized him, he put him in prison and handed him over to four squads of soldiers to guard him, intending to bring him out to the people after the Passover. While Peter was kept in prison, the church prayed fervently to God for him. The very night before Herod was going to bring him out, Peter, bound with two chains, was sleeping between two soldiers, while guards in front of the door were keeping watch over the prison. Suddenly an angel of the Holy One appeared and a light shone in the cell. He tapped Peter on the side and woke him, saying, "Get up quickly." And the chains fell off his wrists. The angel said to him, "Fasten your belt and put on your sandals." He did so. Then he said to him, "Wrap your cloak around you and follow me." Peter went out and followed him; he did not realize that what was happening with the angel's help was real; he thought he was seeing a vision. After they had passed the first and the second guard, they came before the iron gate leading into the city. It opened for them of its own accord, and they went outside and walked along a lane, when suddenly the angel left him. Then Peter came to himself and said, "Now I am sure that God has sent his angel and rescued me from the hands of Herod and from all that the Judean people were expecting."

Here ends the Second Lesson.

Actau | Acts 12:1-11

Here begins the twelfth verse of the twelfth chapter of the Acts of the Holy Apostles.

Now: As soon as he realized this, he went to the house of Mary, the mother of John whose other name was Mark, where many had gathered and were praying. When he knocked at the outer gate, a maid named Rhoda came to answer. On recognizing Peter's voice, she was so overjoyed that, instead of opening the gate, she ran in and announced that Peter was standing at the gate. They said to her, "You are out of your mind!" But she insisted that it was so. They said, "It is his angel." Meanwhile, Peter continued knocking; and when they opened the gate, they saw him and were amazed. He motioned to them with his hand to be silent, and described for them how the Holy One had brought him out of the prison. And he added, "Tell this to James and to the believers." Then he left and went to another place. When morning came, there was no small commotion among the soldiers over what had become of Peter. When Herod had searched for him and could not find him, he examined the guards and ordered them to be put to death. Then he went down from Judea to Caesarea and stayed there.

Here ends the Second Lesson.

Actau | Acts 12:12-19

Here begins the twentieth verse of the twelfth chapter of the Acts of the Holy Apostles.

Now: Herod was angry with the people of Tyre and Sidon. So they came to him in a body; and after winning over Blastus, the king's chamberlain, they asked for a reconciliation, because their country depended on the king's country for food. On an appointed day Herod put on his royal robes, took his seat on the platform, and delivered a public address to them. The people kept shouting, "The voice of a god, and not of a mortal!" And immediately, because he had not given the glory to God, an angel of the Holy One struck him down, and he was eaten by worms and died. But the word of God continued to advance and gain adherents.

Here ends the Second Lesson.

Actau | Acts 12:20-24

Nunc dimittis

Codwn ar ein traed | We stand



Lord, now lettest thou thy servant depart in peace according to thy word. For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; to be a light to lighten the Gentiles and to be the glory of thy people Israel. Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Gwasanaeth Hwyl yn B fflat | Evening Service in B flat,
Charles Villiers Stanford (1852-1924)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Gwasanaeth Faux Bourdon | Fauxbourdon Service, Joe Cooper

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Pedwerydd Gwasanaeth Hwyl | Fourth Evening Service,
Adrian Batten (c.1591-c.1637)

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

Credo'r Apostolion **Apostles' Creed**

I believe in God
**the Father Almighty,
Maker of heaven and earth:
and in Jesus Christ his only Son our Lord,
who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;
he descended into hell;
the third day he rose again from the dead,
he ascended into heaven,
and sitteth on the right hand of God the Father Almighty;
from thence he shall come to judge
the quick and the dead.**
I believe in the Holy Ghost;
the holy catholic Church;
the communion of saints;
the forgiveness of sins;
✠ the Resurrection of the body,
and the Life everlasting.
Amen.

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

Gweddïau Prayers

Litani Leiaf Lesser Litany

The Lord be with you.
And with thy spirit.

Let us pray.

Penliniwn neu eisteddwn | We kneel or sit

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

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

Translation

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

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

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

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

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

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

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

Gweddïau Casgl Collects

O Dduw, Dad y gogoniant, dyrchefaist dy unig Fab Iesu Grist â buddugoliaeth fawr i'th deyrnas yn y nefoedd: erfyniwn arnat beidio â'n gadael yn ddigysur, ond anfon dy Ysbryd Glân i'n nerthu ni a'n dyrchafu i'r fan lle'r aeth ein Hiachawdwr Crist o'n blaen, yr hwn sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth. Amen.

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

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

Translation

O God, the Father of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Richard Ayleward (1626-1669)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Peter Nardone

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

John Reading (c.1645-1692)

Gweddï Waddol **Foundation Prayer**

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

Amen.

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

Amen.

Eisteddwn | We sit

Anthem | ar ddydd Llun | on Monday

God is gone up with a merry noise and the Lord with the sound of the trumpet. Thou art gone up on high, thou hast led captivity captive, and received gifts for men. O sing praises unto our God, O sing praises unto our King. Alleluia. God is gone up on high.

Geiriau | Words

Salmu | Psalms 47:5-6, 68:18

Cerddoriaeth | Music

Arthur Hutchings (1906-1989)

Anthem | ar ddydd Mawrth | on Tuesday

God is ascended in jubilee, and the Lord in the sound of the trumpet. Alleluia! Rejoice to God our helper: sing aloud to the God of Jacob.

Geiriau | Words

Edward Taylor (c.1646-1729)

Cerddoriaeth | Music

Kenneth Leighton (1929-1988)

Anthem | ar ddydd Iau | on Thursday

Thy word is a lantern unto my feet: and a light unto my paths. I have sworn, and am stedfastly purposed: to keep thy righteous judgements. I am troubled above measure: quicken me, O Lord, according to thy word. Let the free-will offerings of my mouth please thee, O Lord: and teach me thy judgements. The ungodly have laid a snare for me: but yet I swerved not from thy commandments. Thy testimonies have I claimed as mine heritage for ever: and why? they are the very joy of my heart. Hallelujah.

Geiriau | Words

Salm | Psalm 119:105-108, 110-111

Cerddoriaeth | Music

Henry Purcell (1659-1695)

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.

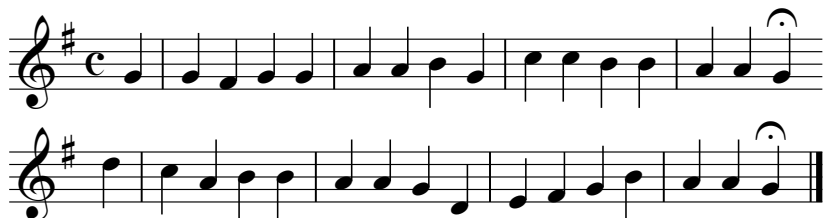
**The ✠ grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Ghost,
be with us all evermore.**

Amen.

Codwn ar ein traed | We stand

Ymadael *Departing*

Eryn | ar ddydd Llun **Hymn** | on Monday



Glory to thee, my God, this night,
for all the blessings of the light:
keep me, O keep me, King of kings,
beneath thy own almighty wings.

Er mwyn dy annwyl Fab dy hun,
O maddeu 'meiau mawr bob un,
fel cyn yr hunwyf b'wyf o hyd,
mewn hedd â thi, fy hun a'r byd.

Teach me to live, that I may dread
the grave as little as my bed;
teach me to die, that so I may
rise glorious at the awful day.

Gwna i mi orffwys heno o hyd
yn dawel dan dy adain glyd
a dod yn wiw at doriad wawr
i foli'n fwy fy Arglwydd mawr.

Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
praise Father, Son, and Holy Ghost.

Translation

For the sake of thy own dear Son, O forgive my great faults every one, that before I sleep I will be always, in peace with thee, myself and the world. / Make me rest tonight always quietly under thy cosy wings and come worthily at the break of dawn to praise evermore my great Lord.

Geiriau | Words

Thomas Ken (1637-1711))

Cyfiethiad | Translation

o | from "Grawn-Sypiau Canaan" (1829)

Cerddoriaeth | Music | "Tallis's Canon"

Thomas Tallis (c.1505-1585)



And can it be that I should gain
an interest in the Saviour's blood?
Died he for me, who caused his pain?
For me, who him to death pursued?
Amazing love! How can it be
that thou, my God, shouldst die for me?
Amazing love! How can it be
that thou, my God, shouldst die for me?

'Tis mystery all: th'Immortal dies!
Who can explore his strange design?
In vain the first-born seraph tries
to sound the depths of love divine.
'Tis mercy all! Let earth adore,
let angel minds enquire no more.
'Tis mercy all! Let earth adore,
let angel minds enquire no more.

He left his Father's throne above —
so free, so infinite his grace —
emptied himself of all but love,
and bled for Adam's helpless race.
'Tis mercy all, immense and free;
for, O my God, it found out me!
'Tis mercy all, immense and free;
for, O my God, it found out me!

No condemnation now I dread;
Jesus, and all in him, is mine!
Alive in him, my living Head,
and clothed in righteousness divine,
bold I approach th'eternal throne,
and claim the crown, through Christ, my own.
Bold I approach th'eternal throne,
and claim the crown, through Christ, my own.

Geiriau | Words

Charles Wesley (1707-1788)

Cerddoriaeth | Music | "Sagina"

o | from 'The Bouquet' (1825)



Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty,
hold me with thy powerful hand:
bread of heaven, bread of heaven,
feed me till I want no more,
feed me till I want no more.

Colofn dân rho'r nos i'm harwain,
a rho golofn niwl y dydd;
dal fi pan fwy'n teithio'r manau
geirwon yn fy ffordd y sydd;
rho im fanna, rho im fanna
fel na bwyf yn llwfwrhau,
fel na bwyf yn llwfwrhau.

Agor y ffynhonnau melys
sydd yn tarddu o'r graig i maes;
'r hyd yr anial mawr canlyned
afon iachawdwriaeth gras;
rho im hynny, rho im hynny:
dim i mi ond dy fwynhau,
dim i mi ond dy fwynhau.

**When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs of praises, songs of praises,
I will ever give to thee,
I will ever give to thee.**

Translation

A pillar of fire give by night to lead me, and give the pillar of fog by day. Hold me when I will be travelling places which are rough along my way: give me manna, so that I shall not faint. / Open the sweet fountains that flow out from the Rock; throughout the great desert following a river of free salvation: give me this, only for me to enjoy thee.

Geiriau | Words

William Williams, Pantycelyn (1717-1791)

Cyfieithiad | Translation

Peter Williams (1721-1796)

Cerddoriaeth | Music | "Cwm Rhondda"

John Hughes (1872-1914)

Bendith Blessing

Parhawn ar ein traed | We remain standing

Bydded i Grist ein Brenin dyrchafedig dywallt arnoch ei roddion helaeth fel y gallwch ei wasanaethu ef a theyrnasu gydag ef yn ei ogoniant; a bendith Duw hollalluog, y Tad, ✠ y Mab, a'r Ysbryd Glân, a fo yn eich plith ac a drigo gyda chwi yn wastad.

Amen.

Translation

Christ our exalted King pour on you his abundant gifts that you may serve him and reign with him in glory; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always. Amen.

Gollyngiad Dismissal

Ŵ Duw a fo gyda chwi.

℞ A'th gadw di yng nghariad Crist.

Ŵ O Dduw, dyro inni dy dangnefedd.

℞ A bywyd tragwyddol. Amen.

Translation

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

℞ *And life everlasting. Amen.*

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Simon Ogdon

Cerddoriaeth | Music | ar ddyddiau eraill | on other days

Edward Woodall Naylor (1867-1934)

Parhawn ar ein traed hyd nes i'r gweinidogion ymadael

We remain standing until the ministers have departed

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

Prière du Christ montant vers son Père (o | from L'Ascension),

Olivier Messiaen (1908-1992)

"Yr wyf wedi amlygu dy enw i'r rhai a roddaist imi... Nid wyf fi mwyach yn y byd, ond y maent hwy yn y byd. Yr wyf fi'n dod atat ti."

"I have made your name known to those whom you gave me... And now I am no longer in the world, but they are in the world, and I am coming to you."

Ioan | John 17:6, 11

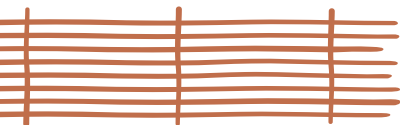
Offrymddarn ar yr organ | Organ voluntary | ar ddydd Mawrth | on Tuesday

Ffanffer | Fanfare, Kenneth Leighton (1929-1988)

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

Balletto del Granduca, SwWC 319, Jan Pieterszoon Sweelinck (1562-1621)

Hysbys



Clas

Nos Lun am 6.30pm ar Zoom

Datblygodd yr eglwys Geltaidd ganoloesol sefydliad nodedig, a elwid y clas – cymuned o glerigion yn cydfyw yn golegol o gylch eglwys, ac yn ymledu i bregethu a dysgu ledled ardal eang. Rydym yn benthyca'r term Clas fel teitl ar gyfer fforwm Zoom gyda'r nos, i roi cyfle inni ddysgu, trafod a myfyrio.

22 Mai | Deon Llandaf

Mae'r Tra Barchedig Richard Peers yn gyfaill i'r Gadeirlan ers iddo ymuno â ni yn bregethwr gwadd ar Ddygwyl Corpus Christi yn 2022, pan oedd yn Is-Ddeon Cadeirlan Christ Church yn Rhydychen. Ers hynny, mae wedi symud i fod yn Ddeon Llandaf.

Byddwn yn siarad ag ef am ei fywyd a'i alwedigaeth, ac am genhadaeth y Gadeirlan y mae bellach yn ei harwain.

ID cyfarfod Zoom yw 857 3402 4520 a'r cod pas yw 606397, a bydd yr ystafell Zoom ar agor o 6.15pm.

Datganiadau Paned

Pob dydd Iau

11.15am am 45 munud

Paned a chacen o 10.45am

25 Mai | Alys Bailey-Wood | Telyn

Yn ffefryn yn ein cyfres o ddatganiadau, y bydd yn ei chofio o berfformiadau'r *Ceremony of Carols* gan Britten, mae Alys yn gyn-fyfyriwr ym Mhrifysgol Bangor.

1 Mehefin | Alice Caldwell | Soprano

Mae Alice yn Ysgolhaig y Gân yng Nhôr y Gadeirlan tra'n astudio Sŵoleg yn y Brifysgol. Bydd Alice yn cyflwyno rhaglen sy'n canolbwyntio ar weithiau gan gyfansoddwyr y Baróc.

8 Mehefin | Harry Sullivan | Organ

Mae Harry wedi bod yn Ysgolhaig yr Organ yn y Gadeirlan am ddwy flynedd. Bydd ei ddatganiad yn cynnwys gweithiau ar gyfer yr organ wedi'u hysbrydoli gan gerddoriaeth cerddorfaol, gan gynnwys *Rhagarweiniad*, *Passacaglia a Ffiwg* gan Healey Willan.

Cyfarfod Cynulleidfaol

Cynhelir ein Cyfarfod Cynulleidfaol nesaf, gyda ffocws ar gyllid y Gadeirlan, nos Iau 6 Gorffennaf am 6.30pm.

Yr wythnos

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral
Evensong

Dydd Mawrth | Tuesday

9.00am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral
Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

11.15am Datganiad | Recital

12.30pm Cymun | Eucharist

2.00pm | **Eglwys y Groes** Cymun |
Eucharist

5.30pm Gosber ar Gân | Choral
Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

28 Mai | Sul y Pentecost May | The Day of Pentecost

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân
Cymun Gwynedd; Cooper; Tyrd,
Ysbryd Glân, Ogdon

11.00am Choral Holy Eucharist

Missa L'houra passa, Viadana;
Loquebantur variis linguis, Tallis

3.30pm Gosber ar Gân | Choral
Evensong

Ymatebion | Responses, Leighton;
Gwasanaeth Hywrol "Collegium
Regale" Evening Service, Tavener;
Come, Holy Ghost, Harvey

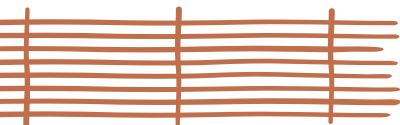
Ein gweddi

Yn glâf Joy Levine, offeiriad; John
Watkin Jones; John Evans; Kathy
Guy; John Osbourne; Amy Jerproni;
Luke Southall; Greg Davies; Colin
Hillman; James Charles; Inez "Daisy"
Rochester; Katherine Guy; Giuseppina
de Giovanni; Maura Barker; Mary
Fagan

A fu farw'n ddiweddar Colin Jones;
Robert Shane Griffiths; Vivian Mary
Barraclough; John Owen; Denise
Thompson; Eleonora Fanfani

Gŵyl goffa —

Notices



Clas

Mondays at 6.30pm on Zoom

The medieval Celtic church developed a distinctive institution, called the clas – a community of clergy living together collegially around a church, and spreading out to preach and teach across a wide area. We've borrowed the term Clas as the title for our evening Zoom forum that provides an opportunity to learn, discourse and reflect.

22 May | The Dean of Llandaff

The Very Revd Richard Peers is a friend of Saint Deiniol's Cathedral, having joined us as our preacher at the Choral Holy Eucharist last Corpus Christi, when he was Sub-Dean of Christ Church Cathedral in Oxford. Since then, he has moved to be Dean of Llandaff. We'll talk to him about his life and vocation, and about the mission of the Cathedral he now leads.

The Zoom meeting ID is 857 3402 4520 and the passcode is 606397, and the Zoom room will be open from 6.15pm.

Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

25 May | Alys Bailey-Wood | Harp

A favourite at our recital series, whom many will remember her from performances of Britten's Ceremony of Carols, Alys is an alumna of Bangor University.

1 June | Alice Caldwell | Soprano

Alice is one of the Cathedral's Choral Scholars and a student of Zoology at the University. Alice will present a programme that focuses on works by composers of the Baroque period.

8 June | Harry Sullivan | Organ

Harry has been the Cathedral's Organ Scholar for the past two years. His recital will consist of orchestrally-inspired works for organ, including Healey Willan's *Introduction, Passacaglia and Fugue*.

Congregational Meeting

Our next Congregational Meeting, with a focus on Cathedral finances, takes place on Thursday 6 July at 6.30pm.

This week

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday

9.00am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

11.15am Datganiad | Recital

12.30pm Cymun | Eucharist

2.00pm | Eglwys y Groes Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

28 Mai | Sul y Pentecost May | The Day of Pentecost

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân
Cymun Gwynedd; Cooper; Tyrd,
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11.00am Choral Holy Eucharist
Missa L'houra passa, Viadana;
Loquebantur variis linguis, Tallis

3.30pm Gosber ar Gân | Choral Evensong

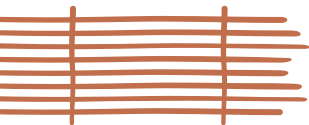
Ymatebion | Responses, Leighton;
Gwasanaeth Hywrol "Collegium
Regale" Evening Service, Tavener;
Come, Holy Ghost, Harvey

Our prayers

The sick Joy Levine, priest; John Watkin Jones; John Evans; Kathy Guy; John Osbourne; Amy Jerproni; Luke Southall; Greg Davies; Colin Hillman; James Charles; Inez "Daisy" Rochester; Katherine Guy; Giuseppina de Giovanni; Maura Barker; Mary Fagan

The recently departed Colin Jones; Robert Shane Griffiths; Vivian Mary Barraclough; John Owen; Denise Thompson; Eleonora Fanfani

Year's mind —



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 ddarllenedu. 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 ein delwedd y clawr yn fanyl yn o ffresgo sy'n darlunio'r Dyrchafael yng Nghapel Scrovegni, Padova gan Giotto di Bondone (c.1267-1337).

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Charity number 1158340

Safeguarding

Safeguarding children and adults at risk is vital, and we are committed to fostering an environment where everyone is able to worship and participate in the life of Saint Deiniol's Cathedral in safety. If you have any concerns, please raise them immediately with a member of the Cathedral team.

Accessibility

A hearing loop is in use – please set hearing aids to the T setting.

Large print copies of this booklet are available from the stewards.

If you have need of a gluten-free wafer (conforming to the canonical requirement for 20 parts gluten per million), please speak to a steward.

Lavatories are located at the east end of the Cathedral, through the door to the left of the Quire screen.

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

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

Some of our services are streamed on Facebook from a camera at the east end of the Nave facing east, and the recording made available thereafter on the Cathedral's Facebook page. An official photographer may be on duty. Your attendance constitutes your consent to be included in any filming, photographing, audio recording or broadcast. If you do not wish a photograph of you or a child in your care to be used by the Cathedral, please speak to a member of the Cathedral team.

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Our cover image is a detail of a fresco depicting the Ascension in the Scrovegni Chapel, Padua by Giotto di Bondone (c.1267-1337).