



Cymun Bendigaid • o dudalen 4

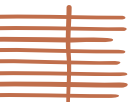
Gosber ar Gân • o dudalen 28

5-9 Mehefin 2023

Holy Eucharist • from page 4

Choral Evensong • from page 28

5-9 June 2023



**Cadeirlan
Deiniol Sant
ym Mangor**

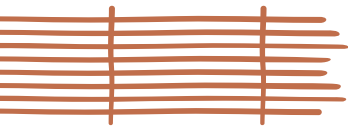
Saint Deiniol's
Cathedral
in Bangor



**Eglwys y
Groes**
Maesgeirchen

*Croeso i
Gadeirlan
Deiniol Sant
ym Mangor.*

*Welcome to
Saint
Deiniol's
Cathedral in
Bangor.*



Rydych chi'n sefyll rwan
lle safodd Deiniol bron i
fileniwm a hanner yn ôl.

Yma, yn y flwyddyn
525, bu iddo gynnull o'i
gwmpas gymuned lawn
ffydd, gobaith a chariad,
gan godi o'i chwmpas
ffens gyll—y **bangor**
gwreiddiol—iddi'n gysgod
ac yn noddfa.

Ein gweddi yw y cewch
chwithau, hefyd, eich
cofleidio yma gan yr un
ffydd, gobaith a chariad
a gyhoeddir gennym
heddiw ac sy'n ein
cyfareddu o hyd.

You stand now where
Deiniol stood almost a
millennium and a half ago.

Here, in the year 525, he
gathered around him a
community of faith, hope
and love, and raised
around it a hazel fence—
the original **bangor**—for
shelter and sanctuary.

Our prayer is that you,
too, will be embraced
here by the same faith,
hope and love that we
proclaim and live by
today.

Cefnogaeth

Caiff y fangre sanctaidd hon llawn ffydd, gobaith a chariad, a phopeth sy'n digwydd yma, ei chynnal gan eich haelioni chi.

1 I roi rhodd ar-lein ar eich ffôn heddiw, sganiwch y cod QR.

2 Defnyddiwch ein peiriant rhoi digyswllt yng nghefn Corff yr Eglwys i dapio'ch cerdyn neu'ch ffôn.

3 Rhowch rodd arian parod yn un o'r basgedi casglu rhoddion yng nghefn Corff yr Eglwys heddiw.

4 I sefydlu rhodd Debyd Uniongyrchol misol, gyda'r opsiwn i ychwanegu Cymorth Rhodd, chwiliwch ar-lein am "Eglwys yng Nghymru Rhoi yn Syth" a dewis "Bro Deiniol" o dan "Buddiolwr".

Trwy roi rhodd, byddwch yn ein helpu i barhau â'n gwaith hanfodol.

Support

This holy place of faith, hope and love, and all that takes place here, is sustained by your generosity.

1 To make an online donation on your phone today, scan the QR code.

2 Use our contactless donation point at the back of the Nave to tap your card or phone.

3 Cash donations can be placed in one of the baskets set out at the back of the Nave.

4 To set up a monthly Direct Debit donation, with the option to add Gift Aid, search online for "Church in Wales Gift Direct" and select "Bro Deiniol" under "Beneficiary".

By making a donation, you'll be helping us to continue our essential work.

Ein cymuned About us

Pob wythnos, anfonir ebost **O'r Ddarllenfa** at danysgrifwyr gyda hysbysiadau ynghyd â delweddau wythnosol o fywyd y Gadeirlan a'r Ardal Weinidogaeth. Os nad ydych chi eisoes yn danysgrifiwr, dilynwch y cod QR, neu ewch i **cadeirlan.eglwysyngnghymru.org.uk/Darllenfa/**

Buchedd Bangor yw ein cylchgrawn rheolaidd, sy'n cynnig cymysgedd o ddefnydd ysbrydol a gwybodaeth ymarferol am ein bywyd ar y cyd. Mynnwch gopi heddiw, neu ddilynwch y cod QR i ddarllen arlein.

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

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

Cefnogaeth Support



Buchedd Bangor



O'r Ddarllenfa From the Lectern



Y Cymun Bendigaid

Cyflwyniad i'r Cymun Bendigaid

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechodau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar 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 gynhaliaeth 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

Benedicta sit sancta Trinitas, atque indivisa Unitas: confitebimur
ei, quia fecit nobiscum misericordiam suam. Domine Dominus
noster: quam admirabile est nomen tuum in universa terra!
Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et
nunc, et semper, et in saecula saeculorum. Amen.

Cyfieithiad

*Bendigedig fyddo'r Drindod Sanctaidd a'r Undod
di-wahan: ni a gyffeswn iddo ef a ddangosodd ei
drugaredd tuag atom. O Sanctaidd Un, ein lôr,
mor ardderchog yw dy enw ar yr holl ddaear!
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.*

Tobit 12:6; Salm 8:1

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.

“Bydded i bopeth byw foliannu'r Sanctaidd Un.”

Order for the Holy Eucharist

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

Introit | on Wednesday

Benedicta sit sancta Trinitas, atque indivisa Unitas: confitebimur ei, quia fecit nobiscum misericordiam suam. Domine Dominus noster: quam admirabile est nomen tuum in universa terra! Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Translation

Blessed be the Holy Trinity and its undivided Unity; we shall ever give him thanks, for he has dealt with us according to his mercy. O Holy One, our Sovereign, how majestic is your name in all the earth! 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.

Tobit 12:6; Psalm 8:1

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.

“Let everything that has breath praise God.”

Edifeirwch

Gan gynnull i ddathlu,
ymbaratown gan adnabod ein pechodau,
gan ymddiried yn naioni ein Tad trugarog,
wedi'n cynnal gan addfwynder Iesu, ein cyfaill,
ac wrth weld ein bywydau o'r newydd yn llewyrch
yr Ysbryd bywiol.

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 XVI

Kyrie eleison

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

Cyfieithiad

Arglwydd, trugarha. Crist, trugarha.

Pentience

As we gather to celebrate,
we prepare ourselves by acknowledging our sins,
trusting in the goodness of our merciful Father,
upheld by the gentleness of our companion Jesus,
seeing our lives anew in the radiance of the life-giving Spirit.

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 XVI

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 a thragwyddol Dduw, a rodhaist ras i ni dy weision, gan gyffesu ac arddel y wir ffydd, i gydnabod gogoniant y Drindod dragwyddol, ac yn nerth y Dwyfol Fawredd i addoli'r Undod: cadw ni'n ddiysgog yn y ffydd hon, a'n hamddiffyn byth rhag pob gwrthwyneb, dydi sy'n byw ac yn teyrnasu, yn un Duw, byth heb ddiwedd.

Amen.

Eisteddwn

Gair

Salmyddiaeth

℣ Haleliwia. Pob perchen chwŷth molianned Ner.

℟ **Pob perchen chwŷth molianned Ner.**

Molwn di, O Dduw, yn dy gysegr, molwn di, O Dduw, yn dy ffurfafen gadarn.

Molwn di, O Dduw, am dy weithredoedd nerthol, molwn di, O Dduw, am dy holl fawredd.

℟ **Pob perchen chwŷth molianned Ner.**

Molwn di, O Dduw, â sain utgorn, molwn di, O Dduw, â nabl a thelyn.

Molwn di, O Dduw, â thympan a dawns, molwn di, O Dduw, â llinynnau a phibau.

℟ **Pob perchen chwŷth molianned Ner.**

Molwn di, O Dduw, â sŵn symbolau, molwn di, O Dduw, â symbolau uchel.

Bydded i bopeth byw foliannu'r Sanctaidd Un.

℟ **Pob perchen chwŷth molianned Ner. Haleliwia.**

Salm 150

Collect

Let us pray.

Almighty and everlasting God, who has given us your servants grace by the confession of a true faith to acknowledge the glory of the eternal Trinity, and in the power of the Divine Majesty to worship the Unity: keep us steadfast in this faith, and evermore defend us in all adversities; who lives and reigns, one God, world without end.

Amen.

We sit



Word

Psalmody

V Alleluia! Let everything that has breath praise God.

R **Let everything that has breath praise God.**

Praise God in the holy temple; praise God in the firmament of power.

Praise God for every mighty act; praise God's excellent greatness.

R **Let everything that has breath praise God.**

Praise God with the blast of the ram's-horn; praise God with lyre and harp.

Praise God with timbrel and dance; praise God with strings and pipe.

R **Let everything that has breath praise God.**

Praise God with resounding cymbals; praise God with loud-clanging cymbals.

Let everything that has breath praise God.

R **Let everything that has breath praise God. Alleluia!**

Psalm 150

Darlleniad o'r Datguddiad i Sant Ioan y Difinydd.

Wele: Ddrws wedi ei agor yn y nef; a dyma'r llais, a glywswn gyntaf yn llefaru wrthyf fel sŵn utgorn, yn dweud, "Tyrd i fyny yma, a dangosaf iti'r pethau y mae'n rhaid iddynt ddigwydd ar ôl hyn." Ar unwaith, yr oeddwn yn yr Ysbryd; ac wele, yr oedd gorsedd wedi ei gosod yn y nef, ac ar yr orsedd un yn eistedd. Yr oedd hwn yn debyg ei olwg i faen iasbis a sardion, ac o amgylch yr orsedd yr oedd enfys debyg i emrallt. O amgylch yr orsedd yr oedd hefyd bedair gorsedd ar hugain, ac ar y rhain bedwar henuriad ar hugain yn eistedd mewn dillad gwyn, ac ar eu pennau goronau aur. O'r orsedd yr oedd fflachiadau mellu a sŵn taranau yn dod allan, ac yn llosgi gerbron yr orsedd yr oedd saith ffagl dân; y rhain yw saith ysbryd Duw. O flaen yr orsedd yr oedd môr megis o wydr, tebyg i risial. Ac yng nghanol yr orsedd ac o'i hamgylch yr oedd pedwar creadur byw yn llawn o lygaid o'r tu blaen a'r tu ôl. Yr oedd y creadur cyntaf yn debyg i lew, a'r ail i lo; yr oedd gan y trydydd wyneb dynol, ac yr oedd y pedwerydd yn debyg i eryr yn hedfan. I'r pedwar creadur byw yr oedd chwe adain yr un, ac yr oeddent yn llawn o lygaid o'u hamgylch ac o'u mewn, a heb orffwys ddydd na nos yr oeddent yn dweud: "Sanct, Sanct, Sanct yw'r Bywiol a'r Bythol Dduw hollalluog, a oedd, ac y mae, ac y sydd i ddod!" Pan fydd y creaduriaid byw yn rhoi gogoniant ac anrhydedd a diolch i'r un sy'n eistedd ar yr orsedd, yr un sy'n byw byth bythoedd, bydd y pedwar henuriad ar hugain yn syrthio o flaen yr un sy'n eistedd ar yr orsedd, gan addoli'r un sy'n byw byth bythoedd, a bwrw eu coronau gerbron yr orsedd a dweud: "Teilwng wyt ti, y Sanctaidd Un, ein Duw, i dderbyn y gogoniant a'r anrhydedd a'r gallu, oherwydd tydi a greodd bob peth, a thrwy dy ewyllys y daethant i fod ac y crewyd hwy."

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Datguddiad 4

Codwn ar ein traed

Reading

A reading from the Revelation to Saint John the Divine.

Behold: There in heaven a door stood open! And the first voice, which I had heard speaking to me like a trumpet, said, "Come up here, and I will show you what must take place after this." At once I was in the spirit, and there in heaven stood a throne, with one seated on the throne! And the one seated there looks like jasper and cornelian, and around the throne is a rainbow that looks like an emerald. Around the throne are twenty-four thrones, and seated on the thrones are twenty-four elders, dressed in white robes, with golden crowns on their heads. Coming from the throne are flashes of lightning, and rumblings and peals of thunder, and in front of the throne burn seven flaming torches, which are the seven spirits of God; and in front of the throne there is something like a sea of glass, like crystal. Around the throne, and on each side of the throne, are four living creatures, full of eyes in front and behind: the first living creature like a lion, the second living creature like an ox, the third living creature with a face like a human face, and the fourth living creature like a flying eagle. And the four living creatures, each of them with six wings, are full of eyes all around and inside. Day and night without ceasing they sing, "Holy, holy, holy, the Living and Eternal God, the Almighty, who was and is and is to come." And whenever the living creatures give glory and honour and thanks to the one who is seated on the throne, who lives for ever and ever, the twenty-four elders fall before the one who is seated on the throne and worship the one who lives for ever and ever; they cast their crowns before the throne, singing, "You are worthy, Holy God, to receive glory and honour and power, for you created all things, and by your will they existed and were created."

Hear the word of life to the world.

Thanks be to God.

Revelation 4

We stand

Y Haleliwia. R̄ **Haleliwia.** Y Gogoniant i'r Tad, ac i'r Mab, ac i'r Ysbryd Glân, y Dduw sydd a'r hwn oedd a'r hwn sydd i ddod.

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.

Bryd hynny: Yr oedd dyn o blith y Phariseaid, o'r enw Nicodemus, aelod o Gyngor yr Iddewon. Daeth hwn at Iesu liw nos a dweud wrtho, "Rabbi, fe wyddom iti ddod atom yn athro oddi wrth Dduw; ni allai neb wneud yr arwyddion hyn yr wyt ti'n eu gwneud oni bai fod Duw gyda hwy." Atebodd Iesu ef: "Yn wir, yn wir, rwy'n dweud wrthy, oni chaiff rhywun eu geni o'r newydd ni allant weld teyrnas Dduw." Meddai Nicodemus wrtho, "Sut y gall neb gael eu geni a hwythau'n hen? A yw'n bosibl, tybed, i rywun fynd i mewn i groth eu mam eilwaith a chael eu geni?" Atebodd Iesu: "Yn wir, yn wir, rwy'n dweud wrthy, oni chaiff rhywun eu geni o ddŵr a'r Ysbryd ni all fynd i mewn i deyrnas Dduw. Yr hyn sydd wedi ei eni o'r cnawd, cnawd yw, a'r hyn sydd wedi ei eni o'r Ysbryd, ysbryd yw. Paid â rhyfeddu imi ddweud wrthy, 'Y mae'n rhaid eich geni chwi o'r newydd.' Y mae'r gwynt yn chwythu lle y myn, ac yr wyt yn clywed ei sŵn, ond ni wyddost o ble y mae'n dod nac i ble y mae'n mynd. Felly y mae gyda phob un sydd wedi eu geni o'r Ysbryd." Dywedodd Nicodemus wrtho, "Sut y gall hyn fod?" Atebodd Iesu ef: "A thithau yn athro Israel, a wyt heb ddeall y pethau hyn? Yn wir, yn wir, rwy'n dweud wrthy mai am yr hyn a wyddom yr ydym yn siarad, ac am yr hyn a welsom yr ydym yn tystiolaethu; ac eto nid ydych yn derbyn ein tystiolaeth. Os nad ydych yn credu ar ôl imi lefaru wrthy am bethau'r ddaear, sut y credwch os llefaraf wrthy am bethau'r nef? Nid oes neb wedi esgyn i'r nef ond yr un a ddisgynnodd o'r nef, Mab y Dyn. Ac fel y dyrchafodd Moses y sarff yn yr anialwch, felly y mae'n rhaid i Fab y Dyn gael ei ddyrchafu, er mwyn i bob un sy'n credu gael bywyd tragwyddol ynddo ef."

Dyma Efengyl ein Gwardwr.

Moliant i ti, O Grist.

Ioan 3:1-15

℣ Alleluia. ℞ **Alleluia.** ℣ Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is, who was, and who is to come. ℞ **Alleluia.**

Grace and peace be with you.

And keep you in the love of Christ.

Listen to the Holy Gospel according to ✠ Saint John.

Glory to you, O Christ.

At that time: There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life."

This is the Gospel of our Saviour.

Praise to you, O Christ.

John 3:1-15

Bwriad

Gweddïwn.

Penliniwn neu eisteddwn

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

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

Ŵ O Dduw, yn dy drugaredd,

℟ **Gwrando ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

℟ **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,

℟ **Gwrando ein gweddi.**

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

℟ **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 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

Benedictus sit Deus Pater, unigenitusque Dei Filius, Sanctus quoque Spiritus, quia fecit nobiscum misericordiam suam.

Cyfieithiad

Bendigedig fyddo Duw Dad, a'r unig-anedig Fab Duw, a'r Ysbryd Glân, am iddo ddangos ei drugaredd tuag atom.

Tobit 12:6

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.

Yr wyt yn datguddio mai'r un yw d'ogoniant, â gogoniant dy Fab a'r Ysbryd Glân: tri pherson cydradd mewn mawredd, a diwahân mewn gogoniant, yn un Arglwydd, un Duw, i'w addoli a'i fawrygu.

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

Benedictus sit Deus Pater, unigenitusque Dei Filius, Sanctus quoque Spiritus, quia fecit nobiscum misericordiam suam.

Translation

Blessed be God the Father, and the only-begotten Son of God, and the Holy Spirit; for he has dealt with us according to his mercy.

Tobit 12:6

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.

You reveal your glory as the glory of your Son and the Holy Spirit: three persons equal in majesty, undivided in splendour, one Lord, one God, ever to be worshipped and adored.

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 XVI

ar ddyddiau eraill

**Sanctaid, sanctaid, sanctaid 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

Missæ XVI

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, adnewyddu 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

Fe'n cysegrir â'th Ysbryd yn un Corff,
fel na fyddwn wasgaredig mwyach, ond yn deulu ar dy lun,
a'r agosatrwydd yn rhodd dy dangnefedd.

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 XVI

Torri | ar ddyddiau eraill

**Oen Duw, sy'n dwyn ymaith bechodau'r byd:
trugarha wrthym.**

**Oen Duw, sy'n dwyn ymaith bechodau'r byd:
trugarha wrthym.**

**Oen Duw, sy'n dwyn ymaith bechodau'r byd:
dyro inni dangnefedd.**

Cymuno

✠ Iesu yw Oen Duw sy'n dwyn ymaith bechodau'r byd.
Gwyn eu byd y rhai a elwir i'w swper.

**Waredwr, nid wyf yn deilwng i'th dderbyn,
ond dywed y gair a chaf fy iacháu.**

Deuwn i gynnull o algyloch Bwrdd yr Allor i Gymuno o'r Afrlladen Sagrafennol ac, os y
dymunwn ac y gallwn, o'r Gwerthfawr Waed

Peace

You consecrate us by your Spirit to make us one Body,
growing from separation into your likeness,
our nearness the gift of your peace.

The Peace of the Living God be always with you.

And keep you in the love of Christ.

We share a sign of Peace.

Breaking | on Wednesday

Agnus Dei, qui tollis peccata mundi: miserere nobis. Agnus Dei,
qui tollis peccata mundi: miserere nobis. Agnus Dei, qui tollis
peccata mundi: dona nobis pacem.

Translation as below

Music

Missa XVI

Breaking | on other days

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
grant us peace.**

Communion

✠ Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.

**Saviour, I am not worthy to receive you,
but only say the word and I shall be healed.**

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

Brawddeg y Cymun | ar ddydd Mercher

Benedicimus Deum caeli, et coram omnibus viventibus confitebimur ei: quia fecit nobiscum misericordiam suam.

Translation

Bendithiwn Dduw y nefoedd, a diolchwn iddo yng ngolwg pawb sy'n byw, oherwydd iddo ddangos ei drugaredd tuag atom.

Tobit 12:6

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

Aninnau'n anedig o'r Ysbryd, yn greadigaeth ar dy ddelw di, ac yn camu feunydd o ogoniant i ogoniant, trig gyda ni, Gorff Crist, i'n meithrin, ein mendio, 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.

Bydded i gariad Crist Iesu eich dwyn ato'i hun; bydded i'w rym eich cynnal yn ei wasanaeth, a'i gariad lonni'ch calon; a bendith Duw hollalluog, y Tad, ✠ y Mab, a'r Ysbryd Glân, a fo yn eich plith ac a drigo gyda chwi yn wastad.

Amen.

Awn ymaith mewn tangnefedd.

Yn Enw Crist. Amen.

Parhawn ar ein traed hyd nes i'r offeiriad ymadael

Communion sentence | on Wednesday

Benedicimus Deum caeli, et coram omnibus viventibus confitebimur ei: quia fecit nobiscum misericordiam suam.

Translation

Bless the God of heaven; in the sight of all who live, we will praise him: because he has shown us his mercy.

Tobit 12:6

Hymn | at Eglwys y Groes on Thursday

Post-Communion Prayer

Let us pray.

We stand

Born of the Spirit, formed into your likeness, and changing daily from glory to glory, dwell with us, Body of Christ, to nourish, mend and make us whole; through your Holy Name.

Amen.

Departing

Grace and peace be with you.

And keep you in the love of Christ.

May the love of Jesus Christ draw you to himself; may his power strengthen you in his service; and may his joy fill your hearts; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always.

Amen.

Let us go forth in peace.

In the Name of Christ. Amen.

We remain standing until the priest has departed

Gosber ar Gân

Cyflwyniad i'r Gosber ar 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 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. 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.

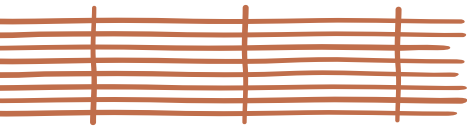
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

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

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

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

Ŵ Molwch yr lôr.
R̄ Addolwn ein Duw.

Translation

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

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Richard Ayleward (1626-1669)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Disraeli Brown (Ben Lamb)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Humphrey Clucas

Brawddeg *Sentence*

"Bydded i bopeth byw foliannu'r Sanctaidd Un."

Translation

"Let everything that has breath praise God."

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

Hear me when I call O God, defender of my right: thou didst free me when I was hard pressed; have mercy upon me and hearken unto my prayer.

O ye sons of men, how long shall my glory be reviled: how long will ye have such pleasure in folly and seek after falsehood?

Know this also, that the Lord hath chosen to himself the man that is godly: when I call upon the Lord he will hear me.

Stand in awe and sin not: commune with your own heart within your chamber and be still.

Offer sacrifices in their appointed seasons: and put your trust in the Lord.

There be many that say "Who will shew us any good?": Lord lift thou up the light of thy countenance upon us.

Thou hast put gladness in my heart: more than men have when their corn and wine increase.

I will lay me down in peace and take my rest: for it is thou Lord only that makest me dwell in safety.

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 4

Cerddoriaeth | Music

Edwin George Monk (1819-1900)

Eisteddwn | We sit

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

I will give thanks unto thee O Lord with my whole heart: I will speak of all thy marvellous works.

I will be glad and rejoice in thee: yea my songs will I make of thy name O thou Most Highest.

When mine enemies are driven back: they shall fall and perish at thy presence.

For thou hast maintained my right and my cause: thou sittest upon thy throne and judgest right.

Thou hast rebuked the nations and destroyed the ungodly: thou hast blotted out their name for ever and ever.

The enemy hath perished, thou hast made his cities a desolation: their memorial is clean gone for ever.

But the Lord sitteth enthroned for ever: he hath prepared his seat for judgement.

For he shall judge the world in righteousness: and minister true judgement unto the peoples.

The Lord also will be a defence for the oppressed: even a refuge in the time of trouble.

And they that heed thy name will put their trust in thee: for thou Lord hast never failed them that seek thee.

O praise the Lord who dwelleth in Zion: tell the peoples what things he hath done.

For when he taketh vengeance for blood he remembereth them: and forgetteth not the cry of the poor.

Have mercy upon me O Lord, consider the trouble which I suffer of them that hate me: thou that liftest me up from the gates of death,

That I may shew all thy praises within the gates of the daughter of Zion: I will rejoice in thy salvation.

The nations are sunk down in the pit that they made: in the same net which they hid privily is their foot taken.

The Lord hath made himself known, he hath executed judgement: the ungodly is trapped in the work of his own hands.

The wicked shall be given over unto death: even all the nations that forget God.

For the needy shall not always be forgotten: the hope of the poor shall not perish for ever.

Up Lord, and let not man have the upper hand: let the nations be judged before thee.

Put them in fear O Lord: that the nations may know themselves to be but men.

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 9
Cerddoriaeth | Music
James Turle (1802-1882)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

The Lord is my shepherd: therefore can I lack nothing.

He shall make me to lie down in green pastures: and lead me forth beside the waters of comfort.

He shall refresh my soul: and bring me forth in the right way for his name's sake.

Yea, though I walk through the darkest valley, I will fear no evil: for thou art with me, thy rod and thy staff comfort me.

Thou shalt prepare a table before me, in the presence of them that trouble me: thou hast anointed my head with oil, and my cup shall be full.

Yea thy loving-kindness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

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 23

Cerddoriaeth | Music

Henry Walford Davies (1869-1942)

Eisteddwn | We sit

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

Yn y dyddiau hynny: Dywedodd y Sanctaidd Un wrth Moses, "Dywed wrth yr Israeliaid am ddychwelyd a gwersyllu o flaen Pihahiroth, rhwng Migdol a'r môr; yr ydych i wersyllu wrth y môr gyferbyn â Baal-seffon. Bydd Pharo'n meddwl bod yr Israeliaid wedi eu dal yn y wlad a'u cau i mewn gan yr anialwch. Yna, byddaf fi'n caledu ei galon, a bydd ef yn eu herlid; felly, fe enillaf ogoniant i mi fy hun ar draul Pharo a'i holl fyddin, a chaiff yr Eifftiaid wybod mai myfi yw'r Bwyiol Un." Gwnaeth yr Israeliaid fel y gorchmynnwyd iddynt. Pan ddywedwyd wrth frenin yr Aifft fod y bobl wedi ffoi, newidiodd agwedd Pharo a'i weision tuag atynt, ac meddent, "Beth yw hyn a wnaethom? Yr ydym wedi rhyddhau'r Israeliaid o'n gwasanaeth!" Felly paratôdd Pharo ei gerbyd ac aeth â'i fyddin gydag ef; cymerodd hefyd chwe chant o gerbydau dethol, a'r holl gerbydau eraill oedd yn yr Aifft, a chapten ar bob un. Caledodd y Bythol Un galon Pharo brenin yr Aifft, ac erlidiodd hwnnw'r Israeliaid wrth iddynt fynd ymaith yn fuddugoliaethus. Aeth yr Eifftiaid ar eu hôl gyda holl feirch Pharo a'i gerbydau, ei farchogion a'i fyddin, a'u goddiweddyd tra oeddent yn gwersyllu wrth y môr gerllaw Pihahiroth, gyferbyn â Baal-seffon. Wrth i Pharo nesáu, edrychodd yr Israeliaid i fyny a gweld yr Eifftiaid yn dod ar eu holau, ac yn eu dychryn gwaeddodd pobl Israel ar y Sanctaidd Un. Dywedasant wrth Moses, "Ai am nad oedd beddau yn yr Aifft y dygaist ni i'r anialwch i farw? Pam y gwnaethost hyn i ni, a dod â ni allan o'r Aifft? Onid oeddem wedi dweud wrthyt yn yr Aifft am adael llonydd inni wasanaethu'r Eifftiaid? Byddai'n well inni eu gwasanaethu hwy na marw yn yr anialwch." Dywedodd Moses wrth y bobl, "Peidiwch ag ofni; byddwch gadarn ac edrychwch ar y waredigaeth y mae'r Bywiol Un yn ei rhoi i chwi heddiw, oherwydd ni fyddwch yn gweld yr Eifftiaid a welsoch heddiw byth mwy. Bydd y Bythol Un yn ymladd drosoch; am hynny, byddwch dawel."

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The Holy One said to Moses: "Tell the Israelites to turn back and camp in front of Pi-hahiroth, between Migdol and the sea, in front of Baal-zephon; you shall camp opposite it, by the sea. Pharaoh will say of the Israelites, 'They are wandering aimlessly in the land; the wilderness has closed in on them.' I will harden Pharaoh's heart, and he will pursue them, so that I will gain glory for myself over Pharaoh and all his army; and the Egyptians shall know that I am the Living One." And they did so. When the king of Egypt was told that the people had fled, the minds of Pharaoh and his officials were changed towards the people, and they said, "What have we done, letting Israel leave our service?" So he had his chariot made ready, and took his army with him; he took six hundred picked chariots and all the other chariots of Egypt with officers over all of them. The Eternal One hardened the heart of Pharaoh king of Egypt and he pursued the Israelites, who were going out boldly. The Egyptians pursued them, all Pharaoh's horses and chariots, his chariot drivers and his army; they overtook them camped by the sea, by Pi-hahiroth, in front of Baal-zephon. As Pharaoh drew near, the Israelites looked back, and there were the Egyptians advancing on them. In great fear the Israelites cried out to the Holy One. They said to Moses, "Was it because there were no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us, bringing us out of Egypt? Is this not the very thing we told you in Egypt, 'Let us alone and let us serve the Egyptians'? For it would have been better for us to serve the Egyptians than to die in the wilderness." But Moses said to the people, "Do not be afraid, stand firm, and see the deliverance that the Living One will accomplish for you today; for the Egyptians whom you see today you shall never see again. The Eternal One will fight for you, and you have only to keep still."

Exodus 14:1-14

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

Yn y dyddiau hynny: Dywedodd y Sanctaidd Un wrth Moses, "Pam yr wyt yn gweiddi arnaf? Dywed wrth yr Israeliaid am fynd ymlaen. Cod dithau dy wialen, ac estyn dy law allan dros y môr i'w rannu, er mwyn i'r Israeliaid fynd trwy ei ganol ar dir sych. Byddaf finnau'n caledu calonau'r Eifftiaid er mwyn iddynt eu dilyn, ac enillaf ogoniant ar draul Pharo a'i holl fyddin, ei gerbydau a'i farchogion. Caiff yr Eifftiaid wybod mai myfi yw'r Bywiol Un pan enillaf ogoniant ar draul Pharo a'i gerbydau a'i farchogion." Symudodd angel Duw, a fu'n mynd o flaen byddin Israel, ac aeth y tu ôl iddynt; a symudodd y golofn niwl a fu o'u blaen, a safodd y tu ôl iddynt, gan aros rhwng byddin yr Aifft a byddin Israel. Yr oedd y cwmwl yn dywyllwch, ond yn goleuo trwy'r nos i'r Israeliaid; ac ni ddaeth y naill ar gyfyl y llall trwy'r nos. Estynnodd Moses ei law dros y môr, a thrwy'r nos gyrrodd y Bythol Un y môr yn ei ôl â gwynt cryf o'r dwyrain. Gwnaeth y môr yn sychdir, a holltwyd y dyfroedd. Aeth yr Israeliaid trwy ganol y môr ar dir sych, ac yr oedd y dyfroedd fel mur ar y naill ochr a'r llall. Erlidiodd yr Eifftiaid hwy, ac aeth holl feirch Pharo, ei gerbydau a'i farchogion, ar eu holau i ganol y môr. Yn ystod gwyladwriaeth y bore, edrychodd y Sanctaidd Un ar fyddin yr Eifftiaid trwy'r golofn dân a'r cwmwl, a daliodd hwy trwy gloi olwynion eu cerbydau a'i gwneud yn anodd iddynt yrru ymlaen. Yna dywedodd yr Eifftiaid, "Gadewch inni ffoi oddi wrth Israel, oherwydd y mae'r Bywiol Un yn ymladd drostynt hwy yn erbyn yr Aifft." Dywedodd y Bythol Un wrth Moses, "Estyn dy law allan dros y môr er mwyn i'r dyfroedd lifo'n ôl dros yr Eifftiaid a'u cerbydau a'u marchogion." Felly estynnodd Moses ei law dros y môr, ac erbyn y bore yr oedd y môr wedi dychwelyd i'w le. Ceisiodd yr Eifftiaid ffoi rhagddo, ond bwriodd y Sanctaidd Un hwy i ganol y môr. Dychwelodd y dyfroedd a gorchuddio'r cerbydau a'r marchogion, a holl fyddin Pharo oedd wedi dilyn yr Israeliaid i'r môr, heb adael yr un ohonynt ar ôl. Ond cerddodd yr Israeliaid trwy ganol y môr ar dir sych, ac yr oedd y dyfroedd fel mur ar y naill ochr a'r llall. Felly achubodd y Bywiol Un Israel o law'r Eifftiaid y diwrnod hwnnw, a gwelsant yr Eifftiaid yn gorwedd yn farw ar lan y môr. Pan welodd Israel y weithred fawr a wnaeth y Bythol Un yn erbyn yr Eifftiaid, daethant i'w ofni ac i ymddiried ynddo ef ac yn ei was Moses.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The Holy One said to Moses, "Why do you cry out to me? Tell the Israelites to go forward. But you lift up your staff, and stretch out your hand over the sea and divide it, that the Israelites may go into the sea on dry ground. Then I will harden the hearts of the Egyptians so that they will go in after them; and so I will gain glory for myself over Pharaoh and all his army, his chariots, and his chariot drivers. And the Egyptians shall know that I am the Living One, when I have gained glory for myself over Pharaoh, his chariots, and his chariot drivers." The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night. Then Moses stretched out his hand over the sea. The Eternal One drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the Holy One in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, "Let us flee from the Israelites, for the Living One is fighting for them against Egypt." Then the Eternal One said to Moses, "Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers." So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Holy One tossed the Egyptians into the sea. The waters returned and covered the chariots and

the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left. Thus the Living One saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the Eternal One did against the Egyptians. So the people feared God and believed in God and in his servant Moses.

Exodus 14:15-31

Llith | ar ddydd Iau Lesson | on Thursday

Yma y mae yn dechrau pymthegfed bennod Llyfr Exodus.

Yn y dyddiau hynny: Canodd Moses a'r Israeliaid y gân hon i'r Sanctaidd Un: "Canaf i'r Bywiol Un am iddo weithredu'n fuddugoliaethus; bwriodd y ceffyl a'i farchog i'r môr. Y Bythol Un yw fy nerth a'm cân, ac ef yw'r un a'm hachubodd; ef yw fy Nuw, ac fe'i gogoneddaf, Duw fy nhad, ac fe'i dyrchafaf. Y mae'r Sanctaidd Un yn rhyfelwr; y Bywiol Un yw ei enw. Taflodd gerbydau Pharo a'i fyddin i'r môr, a boddwyd ei gapteiniaid dethol yn y Môr Coch. Daeth llifogydd i'w gorchuddio, a disgynasant i'r dyfnderoedd fel carreg. Y mae nerth dy ddeheulaw, O Dduw, yn ogoneddus; dy ddeheulaw, O Dduw, a ddryllia'r gelyn. Trwy dy fawrhydi aruchel darostyngaist dy wrthwynebwy; gollyngaist dy ddigofaint, ac fe'u difaodd hwy fel sofr. Trwy chwythiad dy ffroenau casglwyd y dyfroedd ynghyd; safodd y ffrydiau yn bentwr, a cheulodd y dyfnderoedd yng nghanol y môr. Dywedodd y gelyn, 'Byddaf yn erlid ac yn goddiweddyd; rhannaf yr ysbail, a chaf fy nigoni ganddo; tynnaf fy nghleddyf, a'u dinistrio â'm llaw.' Ond pan chwythaist ti â'th anadl, gorchuddiodd y môr hwy, nes iddynt suddo fel plwm i'r dyfroedd mawrion. Pwy ymhlith y duwiau sy'n debyg i ti, O Dduw? Pwy sydd fel tydi, yn ogoneddus ei sancteiddrwydd, yn teilyngu parch a mawl, ac yn gwneud rhyfeddodau? Pan estynnaist dy ddeheulaw, llyncodd y ddaear hwy. "Yn dy drugaredd, arweini'r bobl a waredaist, a thrwy dy nerth eu tywys i'th drigfan sanctaidd. Fe glyw y bobloedd, a dychryn, a daw gwewyr ar drigolion Philistia. Bydd penaethiaid Edom yn brawychu, ac arweinwyr Moab yn arswydo, a holl drigolion Canaan yn toddi. Daw ofn a braw arnynt; oherwydd

mawredd dy fraich byddant mor llonydd â charreg, nes i'th bobl di, O Dduw, fynd heibio, nes i'r bobl a brynaist ti fynd heibio. Fe'u dygi i mewn a'u plannu ar y mynydd sy'n eiddo i ti, y man, O Dduw, a wnei yn drigfan i ti dy hun, y cysegr, O Dduw, a godi â'th ddwylo. Bydd y Bythol Un yn teyrnasu byth bythoedd."

Yma y terfyn y Llith Gyntaf.

Translation

In those days: Moses and the Israelites sang this song to the Holy One: "I will sing to the Living One, for he has triumphed gloriously; horse and rider he has thrown into the sea. The Eternal One is my strength and my might, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him. The Holy One is a warrior; the Living One is his name. Pharaoh's chariots and his army he cast into the sea; his picked officers were sunk in the Red Sea. The floods covered them; they went down into the depths like a stone. Your right hand, O God, glorious in power – your right hand, O God, shattered the enemy. In the greatness of your majesty you overthrew your adversaries; you sent out your fury, it consumed them like stubble. At the blast of your nostrils the waters piled up, the floods stood up in a heap; the deeps congealed in the heart of the sea. The enemy said, 'I will pursue, I will overtake, I will divide the spoil, my desire shall have its fill of them. I will draw my sword, my hand shall destroy them.' You blew with your wind, the sea covered them; they sank like lead in the mighty waters. Who is like you, O God, among the gods? Who is like you, majestic in holiness, awesome in splendour, doing wonders? You stretched out your right hand, the earth swallowed them. In your steadfast love you led the people whom you redeemed; you guided them by your strength to your holy abode. The peoples heard, they trembled; pangs seized the inhabitants of Philistia. Then the chiefs of Edom were dismayed; trembling seized the leaders of Moab; all the inhabitants of Canaan melted away. Terror and dread fell upon them;

by the might of your arm, they became still as a stone until your people, O God, passed by, until the people whom you acquired passed by. You brought them in and planted them on the mountain of your own possession, the place, O God, that you made your abode, the sanctuary, O God, that your hands have established. The Eternal One will reign for ever and ever.”

Exodus 15:1-18

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 Faux Bourdon | Fauxbourdon Service,
William Byrd (c.1540-1623)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Hwyrrol yn D | Evening Service in D,
Herbert Sumsion (1899-1995)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Gwasanaeth Hwyrrol “Collegium Regale” Evening Service,
Herbert Howells (1892-1983)

Eisteddwn | We sit

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

Now: Paul and his companions set sail from Paphos and came to Perga in Pamphylia. John, however, left them and returned to Jerusalem; but they went on from Perga and came to Antioch in Pisidia. And on the sabbath day they went into the synagogue and sat down. After the reading of the law and the prophets, the officials of the synagogue sent them a message, saying, "Brothers, if you have any word of exhortation for the people, give it." So Paul stood up and with a gesture began to speak: "You Israelites, and others who fear God, listen. The God of this people Israel chose our ancestors and made the people great during their stay in the land of Egypt, and with uplifted arm he led them out of it. For about forty years he put up with them in the wilderness. After he had destroyed seven nations in the land of Canaan, he gave them their land as an inheritance for about four hundred and fifty years. After that he gave them judges until the time of the prophet Samuel. Then they asked for a king; and God gave them Saul son of Kish, a man of the tribe of Benjamin, who reigned for forty years. When he had removed him, he made David their king. In his testimony about him he said, 'I have found David, son of Jesse, to be a man after my heart, who will carry out all my wishes.' Of this man's posterity God has brought to Israel a Saviour, Jesus, as he promised; before his coming John had already proclaimed a baptism of repentance to all the people of Israel. And as John was finishing his work, he said, 'What do you suppose that I am? I am not he. No, but one is coming after me; I am not worthy to untie the thong of the sandals on his feet.'"

Here ends the Second Lesson.

Actau | Acts 13:13-25

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

Now: Paul said: "My brothers, you descendants of Abraham's family, and others who fear God, to us the message of this salvation has been sent. Because the residents of Jerusalem and their leaders did not recognize him or understand the words of the prophets that are read every sabbath, they fulfilled those words by condemning him. Even though they found no cause for a sentence of death, they asked Pilate to have him killed. When they had carried out everything that was written about him, they took him down from the tree and laid him in a tomb. But God raised him from the dead; and for many days he appeared to those who came up with him from Galilee to Jerusalem, and they are now his witnesses to the people. And we bring you the good news that what God promised to our ancestors he has fulfilled for us, their children, by raising Jesus; as also it is written in the second psalm, 'You are my Son; today I have begotten you.' As to his raising him from the dead, no more to return to corruption, he has spoken in this way, 'I will give you the holy promises made to David.' Therefore he has also said in another psalm, 'You will not let your Holy One experience corruption.' For David, after he had served the purpose of God in his own generation, died, was laid beside his ancestors, and experienced corruption; but he whom God raised up experienced no corruption. Let it be known to you therefore, my brothers, that through this man forgiveness of sins is proclaimed to you; by this Jesus everyone who believes is set free from all those sins from which you could not be freed by the law of Moses. Beware, therefore, that what the prophets said does not happen to you: 'Look, you scoffers! Be amazed and perish, for in your days I am doing a work, a work that you will never believe, even if someone tells you.'"

Here ends the Second Lesson.

Actau | Acts 13:26-41

Here begins the forty-second verse of the thirteenth chapter of the Acts of the Holy Apostles.

Now: As Paul and Barnabas were going out, the people urged them to speak about these things again the next sabbath. When the meeting of the synagogue broke up, many Jews and devout converts to Judaism followed Paul and Barnabas, who spoke to them and urged them to continue in the grace of God. The next sabbath almost the whole city gathered to hear the word of the Holy One. But when the Judeans saw the crowds, they were filled with jealousy; and blaspheming, they contradicted what was spoken by Paul. Then both Paul and Barnabas spoke out boldly, saying, "It was necessary that the word of God should be spoken first to you. Since you reject it and judge yourselves to be unworthy of eternal life, we are now turning to the Gentiles. For so the Living One has commanded us, saying, 'I have set you to be a light for the Gentiles, so that you may bring salvation to the ends of the earth.'" When the Gentiles heard this, they were glad and praised the word of the Eternal One; and as many as had been destined for eternal life became believers. Thus the word of the Holy One spread throughout the region. But the Judeans incited the devout women of high standing and the leading men of the city, and stirred up persecution against Paul and Barnabas, and drove them out of their region. So they shook the dust off their feet in protest against them, and went to Iconium. And the disciples were filled with joy and with the Holy Spirit.

Here ends the Second Lesson.

Actau | Acts 13:42-52

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 Faux Bourdon | Fauxbourdon Service,
William Byrd (c.1540-1623)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Gwasanaeth Hwyrrol yn D | Evening Service in D,
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Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Gwasanaeth Hwyrrol "Collegium Regale" Evening Service,
Herbert Howells (1892-1983)

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.

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

Hollalluog a thragwyddol Dduw, a rodhaist ras i ni dy weision, gan gyffesu ac arddel y wir ffydd, i gydnabod gogoniant y Drindod dragwyddol, ac yn nerth y Dwyfol Fawredd i addoli'r Undod: cadw ni'n ddiysgog yn y ffydd hon, a'n hamddiffyn byth rhag pob gwrthwyneb, dydi sy'n byw ac yn teyrnasu, yn un Duw, byth heb ddiwedd. 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

Almighty and everlasting God, who has given us your servants grace by the confession of a true faith to acknowledge the glory of the eternal Trinity, and in the power of the Divine Majesty to worship the Unity: keep us steadfast in this faith, and evermore defend us in all adversities; who lives and reigns, one God, world without end. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday
Richard Ayleward (1626-1669)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Disraeli Brown (Ben Lamb)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Humphrey Clucas

Gweddi Waddol **Foundation Prayer**

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

Amen.

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

Amen.

Eisteddwn | We sit

Anthem | ar ddydd Llun | on Monday

Blessed angel spirits offer praise undying, ever crying:
Holy, holy, holy, Lord God of Sabaoth.
Saints and martyrs praise thy name, Trinity life-giving,
earthborn sorrow leaving before thy throne.

Ever crying: Holy, holy, holy, Lord God of Sabaoth.
Father omnipotent, mighty in glory,
Christ thy son our saviour, who died that we might live,
Holy Spirit, mystic dove dwelling with us evermore;
we praise thee, blessed Trinity.

With the angels' sacred hymn all thy might proclaiming,
with the mystic cherubim in songs of praise we join.
Holy, holy, holy, join we all in songs of praise for ever:
Hallelujah, Lord God of Sabaoth.

Geiriau | Words

Litwrgi Sant Ioan Aurenau | Liturgy of Saint John Chrysostom

Cyfieithiad | Translation

William Gurney Rothery (1858-1930)

Cerddoriaeth | Music

Pyotr Illyich Tchaikovsky (1840-1893)

Anthem | ar ddydd Mawrth | on Tuesday

Laudamus te. Benedicimus te. Adoramus te. Glorificamus te.

Cyfieithiad

*Moliannwn di, bendithiwn di, addolwn di,
gogoneddwn di.*

Translation

*We praise you, we bless you, we worship you, we
glorify you.*

Geiriau | Words

Gloria in excelsis Deo

Cerddoriaeth | Music

Antonio Vivaldi (1678-1741)

Anthem | ar ddydd Iau | on Thursday

God omnipotent reigneth, clad in apparel bright;
Sovran King he remaineth, girded about with might;
by him the world alone immutably was grounded;
in heav'n hath he his throne, from everlasting founded.

Ocean billow and breaker uplift the voice of pride;
but their mightier Maker governeth wind and tide.
His laws and sure decree of holiness are telling,
which evermore shall be sole inmate of his dwelling.
Amen.

Geiriau | Words

Salm | Psalm 93

Geiriau | Words

George Ratcliffe Woodward (1848-1934)

Cerddoriaeth | Music

Charles Wood (1866-1926)

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
cwbhlhau ynot ti, y gogoneddwn dy Enw sanctaidd, a chael o'r
diwedd, gan dy drugaredd, lawnder bywyd; trwy Iesu Grist ein
Gwardwr.

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



Saviour, again to thy dear name we raise
with one accord our parting hymn of praise.
Guard thou the lips from sin, the hearts from shame,
that in this house have called upon thy name.



Grant us thy peace, Lord, through the coming night;
turn thou for us its darkness into light;
from harm and danger keep thy children free,
for dark and light are both alike to thee.

Grant us thy peace throughout our earthly life;
peace to thy Church from error and from strife;
peace to our land, the fruit of truth and love;
peace in each heart, thy Spirit from above:

Thy peace in life, the balm of every pain;
thy peace in death, the hope to rise again;
then, when thy voice shall bid our conflict cease,
call us, O Lord, to thine eternal peace.

Geiriau | Words

John Ellerton (1826-1893)

Cerddoriaeth | Music | "Ellers"

Edward John Hopkins (1818-1901)

Eryn | ar ddydd Mawrth Hymn | on Tuesday



Through the night of doubt and sorrow
onward goes the pilgrim band,
singing songs of expectation,
marching to the promised land.
Clear before us through the darkness
gleams and burns the guiding light;
pilgrim clasps the hand of pilgrim,
stepping fearless through the night.

**One the light of God's own presence
o'er his ransomed people shed,
chasing far the gloom and terror,
brightening all the path we tread:
one the object of our journey,
one the faith which never tires,
one the earnest looking forward,
one the hope our God inspires:**

**One the strain that lips of thousands
lift as from the heart of one;
one the conflict, one the peril,
one the march in God begun:
one the gladness of rejoicing
on the far eternal shore,
where the one almighty Father
reigns in love for evermore.**

Geiriau | Words

Bernhard Severin Ingemann (1789-1862)

Cyfieithiad | Translation

Sabine Baring-Gould (1834-1924)

Cerddoriaeth | Music | "Rustington"

Charles Hubert Hastings Parry (1848-1918)



Sing the gospel of salvation,
tell it out to all the earth;
to the ones so long excluded,
speak of hope and human worth.
All the darkness of injustice
cannot dim salvation's light,
for the outcast and exploited
count as worthy in God's sight.

Christ, the one eternal Shepherd,
calls creation to rejoice,
and the victims of oppression
thrill to hear salvation's voice.
All who recognize the Saviour
take their place within the fold,
there, in perfect truth and freedom,
life's eternal joys to hold.

See, the host that none can number
gathers in from every side,
once the victims of injustice,
now redeemed and glorified.
Fear and weeping here are ended,
hunger and oppression cease.

Now the Lamb becomes the Shepherd! Now begins the reign of peace!

Geiriau | Words

Michael Forster

Cerddoriaeth | Music | "Abbot's Leigh"

Cyril Vincent Taylor (1907-1991)

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**

∴ Duw a fo gyda chwi. **R** A'th gadw di yng nghariad Crist.

∴ O Dduw, dyro inni dy dangnefedd.

R A bywyd tragwyddol. Amen.

Translation

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

***R** 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

Trivium, Arvo Pärt

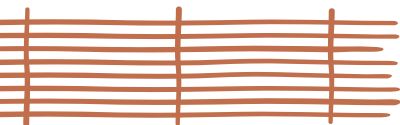
Offrymddarn ar yr organ | Organ voluntary | ar ddydd Mawrth | on Tuesday

Postliwd | Postlude, Justin Heinrich Knecht (1752-1817)

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

Tocata | Toccata, Théodore Dubois (1837-1924)

Hysbys



Sul Gwaddol Ganol Haf

Dydd Sul 25 Mehefin fydd ein Sul Gwaddol Ganol Haf yn y Gadeirlan. Bydd yn gyfle i ddathlu ein bywyd ar y cyd, i nodi diwedd ein blwyddyn gorawl wrth i ni ffarwelio â rhai o'n Coryddion ac Ysgolheigion y Gân, i godi arian ar gyfer Ambiwylans Ioan Sant Cymru yn ystod eu penwythnos codi arian cenedlaethol, ac i lansio urdd Cyd-Bererinion Cadeirlan Deiniol Sant fel cymuned o'r rhai o bell ac agos sydd am gefnogi bywyd, cerddoriaeth a thystiolaethu'r Gadeirlan.

Yn ogystal â'n Cymun Bendigaid rheolaidd ar fore Sul, cynhelir cinio bwffe yng Ngardd y Deondy, dan ofal yr Is-Ddeon, a gwahoddir pawb yn gynnes iawn i'w fynychu.

Am 2.00pm, bydd Harry Sullivan, Ysgolhaig yr Organ, yn canu'r organ yn ei ddatganiad olaf cyn iddo ymadael â'r Gadeirlan. 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.

Gyda'r hwyr, am 6.00pm, bydd ein Cyngerdd Dewch i Ganu Ganol Haf yn gyfle i leisiau ychwanegol ymuno â Chôr y Gadeirlan i ganu *Gloria Vivaldi*, a *Rejoice in the Lamb* gan Britten. Dylai cantorion sydd am ymuno â'r Côr ymuno â'r ymarfer yn y Gadeirlan am 3.00pm; darperir sgorau o'r gerddoriaeth, gyda

ffi canu'n £10. Mae mynediad i'r Cyngerdd Dewch i Ganu Ganol Haf yn £5, gyda phlant am ddim. Dilyniir y cyngerdd gan Dderbyniad Gwin i gantorion a'r gynulleidfa yng Ngardd y Deondy.

Gwnewch nodyn o'n Sul Gwaddol Ganol Haf yn eich dyddiadur, ac ymestymwch y gwahoddiad i ffrindiau a chymdogion i ymuno â ni am ddiwrnod hapus.

John Evans, RIP

Cynhelir angladd John Evans yn y Gadeirlan ddydd lau 8 Mehefin am hanner dydd. Cynhaliwn John, Jennifer a'r teulu yn ein gweddïau.

Clas

Nos Lun am 6.30pm ar Zoom
5 June | Canon David Morris

Mae'n Canon Secundus yn ymuno â ni i fyfyrio ar gadw Sul y Galw, ac i rannu ei brofiad ei hun o brofi galwedigaeth a'i her i ni fyfyrio ar ein galwad ninnau hefyd.

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

Archddiaconiaid Newydd

Estynnwn ein llongyfarchiadau gwresog i'r Canon Robert Townsend a'r Parchg David Parry ar eu penodi yn Archddiaconiaid Meirionnydd a Bangor, ac edrychwn ymlaen at eu Gosod yn y Gadeirlan maes o law.

Pregethwyr gwadd

Y Sul nesaf byddwn yn croesawu dau bregethwr gwadd i'r Gadeirlan – y Parchg Llywelyn Moules-Jones, cyn Gurad yn y Gadeirlan ac sydd bellach yn Arweinydd Ardal Weinidogaeth Bro Dwynwen, am 9.15am, a'r Canon Jeremy Davies, Canon Emeritws Cadeirlan Caersallog, am 11.00.

Datganiadau Paned

Sylwch fod datganiad olaf y tymor, a drefnwyd ar gyfer 8 Mehefin, wedi'i ohirio oherwydd yr angladd ar y diwrnod hwnnw, ac wedi'i ymgorffori yn ein rhaglen Sul Gwaddol Ganol Haf.

Cyfarfod Cynulleidfaol

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

Yr wythnos

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Rose;
Gwasanaeth Hywrol yn F | Evening Service in F, Wood; I saw the Lord, Stainer

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

6.30pm | Zoom Clas

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

12.00pm Angladd | Funeral | John Evans, RIP

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

11 Mehefin | Dygwyl Corpus Christi

11 June | The Feast of Corpus Christi

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân â Gorymdaith Corpus Christi

Missa brevis yn C; Gounod;
Henffych well, wir gorff, Saint-Saëns

11.00am Choral Holy Eucharist with Corpus Christi Procession

Messe "Cum Jubilo", Duruflé;
O Sacrum Convivium, Messiaen;
Ave verum corpus, Byrd

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Clucas;
Ail Wasanaeth Hywrol | Second Evening Service, Leighton;
Tantum ergo, Sévérac

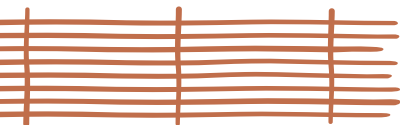
Ein gweddi

Yn glâf Joy Levine, offeiriad; John Watkin Jones; James Charles; Inez "Daisy" Rochester; Katherine Guy; Giuseppina de Giovanni; Maura Barker; Mary Fagan; David Silcock

A fu farw'n ddiweddar John Evans; Kathleen Johns; Dafydd Roberts; David Inman

Gŵyl goffa Mervyn Price-Roberts, offeiriad (8)

Notices



Midsummer Foundation Sunday

Sunday 25 June will be our Mid-Summer Foundation Sunday at the Cathedral. It will be an opportunity to celebrate our Cathedral life, to mark the end of our choral year as we say farewell to some of our Choristers and Choral Scholars, to raise money for St John Ambulance Cymru during their national fundraising weekend, and to launch the Pilgrim-Friends of Saint Deiniol's Cathedral as a community of those far and wide who wish to support the life, music and witness of the Cathedral.

In addition to our regular Sunday morning Eucharists, a buffet lunch will be held in the Deanery Garden, hosted by the Sub-Dean, to which all are invited.

At 2.00pm, Harry Sullivan, our Organ Scholar, will give his final organ recital at the Cathedral. The recital will focus on orchestrally-inspired works for organ, including Healey Willan's *Introduction, Passacaglia and Fugue*.

In the evening, at 6.00pm, our Midsummer Come & Sing Concert will be an opportunity for additional voices to join our Cathedral Choir to sing Vivaldi's *Gloria* and Britten's *Rejoice in the Lamb*. Singers wanting to join the chorus should join the rehearsal in the Cathedral at 3.00pm; scores of the music will be provided, with a singer's fee of £10. Admission to the Midsummer Come & Sing Concert is £5, with children for free.

The concert will be followed by a Drinks Reception for singers and the audience in the Deanery Garden.

Please make a note of our Mid-Summer Foundation Sunday in your diary, and please consider inviting friends to join us for what will be a happy day.

John Evans, RIP

John Evans's funeral will take place in the Cathedral on Thursday 8 June at 12 noon. We continue to hold John, Jennifer and the family in our prayers.

Clas

Mondays at 6.30pm on Zoom
5 June | Canon David Morris

Our Canon Secundus joins us to reflect on our observance across the diocese of Vocations Sunday – and to share his experience of vocation and call and his challenge to us to reflect on our own, too.

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

New Archdeacons

We offer our warmest congratulations to Canon Robert Townsend and the Revd David Parry on their appointments at Archdeacons of Meirionnydd and Bangor respectively, and look forward to their Installation at the Cathedral in due course.

Visiting preachers

Next Sunday we welcome two visiting preachers to the Cathedral – the Revd Llywelyn Moules-Jones, a former Curate at the Cathedral and now Ministry Area Leader of Bro Dwynwen, at 9.15am, and Canon Jeremy Davies, Canon Emeritus of Salisbury Cathedral, at 11.00am.

Coffee-Break Recitals

Please note that the final recital of the season, scheduled for 8 June, has been postponed due to the funeral on that day, and has been incorporated into our Midsummer Foundation Sunday programme.

Congregational Meeting

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

This week

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Rose;
Gwasanaeth Hywrol yn F | Evening Service in F, Wood; I saw the Lord, Stainer

Dydd Llun | Monday

12.30pm Cymun | Eucharist

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6.30pm | Zoom Clas

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Ave verum corpus, Byrd

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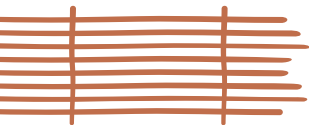
Ymatebion | Responses, Clucas;
Ail Wasanaeth Hywrol | Second Evening Service, Leighton;
Tantum ergo, Sévérac

Our prayers

The sick Joy Levine, offeiriad; John Watkin Jones; James Charles; Inez "Daisy" Rochester; Katherine Guy; Giuseppina de Giovanni; Maura Barker; Mary Fagan; David Silcock

The recently departed John Evans; Kathleen Johns; Dafydd Roberts; David Inman

Year's mind Mervyn Price-Roberts, priest (8)



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 Cwîr.

Os bydd angen i ni adael y Gadeirlan mewn argyfwng, arhoswch ar eich heistedd a dilynwch gyfarwyddiadau'r stiwardiaid.

Cynaliadwyedd a chaniatâd

Rydym yn defnyddio papur sydd wedi ei ailgylchu 100% a'i gynhyrchu â charbon deuocsid isel.

Caiff rhai o'n gwasanaethau'n eu ffrydio ar Facebook o gamera ym mhen dwyreiniol Corff yr Eglwys sy'n wynebu'r dwyrain, ac mae'r recordiad ar gael wedi hynny ar dudalen Facebook y Gadeirlan. Efallai y bydd ffotograffydd swyddogol ar ddyletswydd. Mae eich presenoldeb yn gyfystyr â'ch caniatâd i gael eich cynnwys mewn unrhyw ffilmio, tynnu lluniau, recordio sain neu 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 delwedd y clawr ar gyfer archebion gwasanaeth yr wythnos hon yn fersiynau cyfoes o eicon Andrei Rublev o'r Drindod o'r 15fed ganrif. Mae'r fersiwn hon gan Julia Stankova.

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Charity number 1158340

Safeguarding

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

Accessibility

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

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

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

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

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

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

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

Material in this order of service is reproduced under the CLL 280874. **An Order for the Holy Eucharist 2004**, material from which is included in this service is copyright © Church in Wales Publications 2004. The Lessons and Welsh-language psalmody are based on **The New Revised Standard Version of the Bible** and **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**. The Welsh-language psalmody refrain is from Nicander, **Y Psallwyr** (1850); the English-language psalmody is that of **The Saint Helena Breviary** (2019).

The cover images for this week's orders of service are contemporary versions of Andrei Rublev's 15th century icon of the Trinity. This version is by Julia Stankova.