

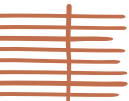


## **Cymun Bendigaid**

12-17 Mehefin 2023

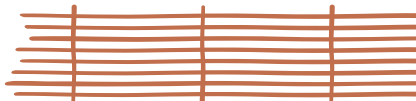
## **Holy Eucharist**

12-17 June 2023



**Cadeirlan  
Deiniol Sant  
ym Mangor**

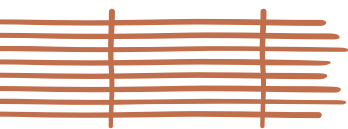
Saint Deiniol's  
Cathedral  
in Bangor



**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

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

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

# About us

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

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

## Cefnogaeth Support



## Buchedd Bangor



## O'r Ddarllenfa From the Lectern



# Y Cymun Bendigaid

## Cyflwyniad i'r Cymun Bendigaid

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

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

Yn ystod ein haddoliad, rydyn ni'n dweud ac yn canu gyda'n gilydd y testun **mewn teip trwm**. Mae testun Cymraeg wedi'i argraffu ar y tudalennau chwith, a'r testun Saesneg ar y dde. Mae croeso ichi wneud arwydd o'r Groes pan fydd y geiriau wedi'u marcio ag ✠. Cynigir cyfarwyddiadau eraill (rhuddellau) **mewn teip coch**; os ydych chi'n ei chael hi'n fwy cyfforddus, eisteddwch yn hytrach na sefyll neu benlinio.

# The Holy Eucharist

## An introduction to the Holy Eucharist

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

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

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

## Worshipping with us today

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

During our worship, we say and sing together the text **in bold type**. The Welsh-language text is printed on the left-hand pages, and the English-language text on the right. We may make a sign of the Cross at times when the words are marked with ✠. Other directions (rubrics) are offered **in red type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

# Trefn ar gyfer y Cymun Bendigaid

Codwn ar ein traed ar ganiad y gloch, a pharhawn ar ein traed tan ddiwedd y  
Weddi Gasgl

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.**

"Rhof i ti offrwm diolch, a galw ar enw'r Sanctaidd Un."

## Edifeirwch

Gan gynnull i ddathlu,

ymparatown 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.**

# Order for the Holy Eucharist



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

Hymn | at Eglwys y Groes on Thursday

## Greeting

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

**Amen.**

Grace and peace be with you.

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

“I will offer you the sacrifice of thanksgiving and call upon your  
holy Name.”

## 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

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

Cyfieithiad

*Arglwydd, trugarha. Crist, trugarha.*

## Gweddi Gasgl | ar ddydd Llun

Gweddiwn.

**O**Dduw hollalluog, a gynysgaeddaist dy sanctaidd Apostol Barnabas â rhagorol roddion yr Ysbryd Glân: na ad inni fod yn amddifad o'th aml ddoniau, nac ychwaith o ras i'w harfer hwynt bob amser i'th anrhydedd di a'th ogoniant; trwy Iesu Grist ein Gwaredwr.

**Amen.**

## Gweddi Gasgl | ar ddyddiau eraill

Gweddiwn.

**F**endigaid Waredwr, a adewaist i ni goffadwriaeth o'th Ddiodefaint mewn Sagrafen ryfeddol, caniatâ inni felly barchu dirgeleddau sanctaidd dy Gorff a'th Waed, fel y canfyddwn yn wastad ynom ein hunain ffrwyth dy brynedigaeth di, sy'n byw ac yn teyrnasu gyda'r Tad a'r Ysbryd Glân, yn un Duw, yn oes oesoedd.

**Amen.**

Eisteddwn



## Kyrie eleison

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

*Translation*

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

## Collect | on Monday

Let us pray.

**G**od Almighty, who endued your holy Apostle Barnabas with singular gifts of the Holy Spirit: leave us not, we beseech you, destitute of your manifold gifts, nor yet of grace to use them always to your honour and glory; through Jesus Christ our Saviour.

**Amen.**

## Collect | on other days

Let us pray.

**B**lessed Saviour, who in a wonderful Sacrament has left us a memorial of your Passion: grant us, we beseech you, so to venerate the sacred mysteries of your Body and Blood, that we may ever perceive within ourselves the fruit of your redemption, who lives and reigns with the Father and the Holy Spirit, one God, world without end.

**Amen.**

We sit

# Gair

## Salmyddiaeth

Y Aberthaf foliant llafar dôn, a galwaf byth ar Enw'r Ion.

**R: Aberthaf foliant llafar dôn, a galwaf byth ar Enw'r Ion.**

Dyrchafaf gwpan iachawdwriaeth, a galw ar enw'r Sanctaidd Un.

Talaf fy addunedau i ti ym mhresenoldeb dy holl bobl.

**R: Aberthaf foliant llafar dôn, a galwaf byth ar Enw'r Ion.**

Rhof i ti offrwm diolch, a galw ar enw'r Sanctaidd Un.

Talaf fy addunedau i ti ym mhresenoldeb dy holl bobl.

**R: Aberthaf foliant llafar dôn, a galwaf byth ar Enw'r Ion.**

Salm 116:13-14, 17-18

## Darlleniad

Darlleniad o Lyfr Exodus.

**Y**n y dyddiau hynny: Dywedodd Moses wrth Aaron, "Dywed wrth holl gynulliad pobl Israel, 'Dewch yn agos at y Sanctaidd Un, oherwydd y mae Duw wedi clywed eich grwgnach.'" A thra oedd Aaron yn siarad â hwy, a hwythau'n edrych tua'r anialwch, ymddangosodd gogoniant y Bythol Un mewn cwmwl. Dywedodd y Bywiol Un wrth Moses, "Yr wyf wedi clywed grwgnach yr Israeliaid; dywed wrthynt, 'Yn y cyfnos cewch fwyta cig, ac yn y bore cewch eich gwala o fara; yna byddwch yn gwybod mai myfi yw'r Sanctaidd Un, eich Duw.'" Yn yr hwyr daeth sofflieir a gorchuddio'r gwerysll, ac yn y bore yr oedd haen o wlith o'i amgylch. Pan gododd y gwllith, yr oedd caenen denau ar hyd wyneb yr anialwch, mor denau â llwydrew ar y ddaear. Gwelodd yr Israeliaid ef, a dweud wrth ei gilydd, "Beth yw hwn?" Oherwydd nid oeddent yn gwybod beth ydoedd. Dywedodd Moses wrthynt, "Hwn yw'r bara a roddodd y Sanctaidd Uni chwi i'w fwyta."

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

Exodus 16:9-15

Codwn ar ein traed

# Word

## Psalmody

℣ I will fulfil my vows to God.

℟ **I will fulfil my vows to God.**

I will lift up the cup of salvation and call upon the Name of God.

I will fulfil my vows to God in the presence of all people.

℟ **I will fulfil my vows to God.**

I will offer you the sacrifice of thanksgiving and call upon your holy Name.

I will fulfil my vows to you in the presence of all your people.

℟ **I will fulfil my vows to God.**

**Psalm 116:11-12, 15-16**

## Reading

A reading from the Book of Exodus.

**I**n those days: Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Holy One, for God has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of God appeared in the cloud. The Living One spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Eternal One, your God.'" In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the Holy One has given you to eat."

Hear the word of life to the world.

**Thanks be to God.**

**Exodus 16:9-15**

## Efengyl

Ŷ Haleliwia. R̄ **Haleliwia.** Ŷ Dyma'r bara a ddisgynnodd o'r nef. Caiff y sawl sy'n bwyta'r bara hwn fyw am byth.

R̄ **Haleliwia.**

Gras a thangnefedd a fo gyda chwi.

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

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Ioan.

**Gogoniant i ti, O Grist.**

**B**ryd hynny: Meddai Iesu at yr Iwdeaid, "Yn wir, yn wir, rwy'n dweud wrthyich, oni fwyteuach gnawd Mab y Dyn ac yfed ei waed, ni bydd gennych fywyd ynoch. Y mae gan y sawl sy'n bwyta fy nghnawd i ac yn yfed fy ngwaed i fywyd tragwyddol, a byddaf fi'n ei atgyfodi yn y dydd olaf. Oherwydd fy nghnawd i yw'r gwir fwyd, a'm gwaed i yw'r wir ddiod. Y mae'r sawl sy'n bwyta fy nghnawd i ac yn yfed fy ngwaed i yn aros ynof fi, a minnau ynddo yntau. Y Tad byw a'm hanfonodd i, ac yr wyf fi'n byw oherwydd y Tad; felly'n union bydd y sawl sy'n fy mwyta i yn byw o'm herwydd innau. Dyma'r bara a ddisgynnodd o'r nef. Nid yw hwn fel y bara a fwytaodd yr hynafiaid; buont hwy farw. Caiff y sawl sy'n bwyta'r bara hwn fyw am byth."

Dyma Efengyl ein Gwardedwr.

**Moliant i ti, O Grist.**

Ioan 3:1-15

Pregeth | yn Eglwys y Groes ar ddydd Iau

## Gospel

℣ Alleluia. ℞ **Alleluia.** ℣ This is the bread that came down from heaven, the one who eats this bread will live for ever.

℞ **Alleluia.**

Grace and peace be with you.

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

Listen to the Holy Gospel according to ✠ Saint John.

**Glory to you, O Christ.**

**A**t that time: Jesus said to the Judeans, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.”

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

John 6:53-58

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,

**R̄ 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,

**R̄ Gwrando ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

**R̄ Gwrando ein gweddi.**

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

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

## Intention

Let us pray.

### We kneel or sit

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

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

✠ God in your mercy,

✠ **Hear our prayer.**

We also bring to this altar-table our prayers

[*for those who are unwell,*

*among them ...;*

*for the recently departed,*

*among them ...;*

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

*among them ...].*

✠ God in your mercy,

✠ **Hear our prayer.**

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

✠ God in your mercy,

✠ **Hear our prayer.**

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

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

# Cymun

## Emyn | yn Eglwys y Groes ar ddydd Iau

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

### Offrwm

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

**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.

Ac yntau'n eistedd wrth y bwrdd gyda'i Apostolion a'i cyflwynodd ei hun i ti, yn rhodd gymeradwy a pherfffaith. A ninnau'n ymgasglu o gwmpas y bwrdd hwn i'n meithrin a'n cynnal gan fwyd sanctaidd, rhannwn yng nghoffadwriaeth ei ddioddefaint a'i farwolaeth ac yng nghyflawnder ei nerth achubol.

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

**Sanctaidd, sanctaidd, sanctaidd Arglwydd,  
Duw gallu a nerth,  
nef a daear sy'n llawn o'th ogoniant.  
Hosanna yn y goruchaf.**

**✠ Bendigedig yw'r hwn sy'n dyfod yn enw'r Arglwydd.  
Hosanna yn y goruchaf.**



# Sacrament

## Hymn | at Eglwys y Groes on Thursday

We stand after the altar-table has been prepared, and remain standing until we make our Communion

### Offertory

We bring to this place the bread that sustains us.

**It will become for us the bread of life.**

We bring to this place the wine that mellows us.

**It will become for us the lifeblood of the world.**

### Eucharistic Prayer

Grace and peace be with you.

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

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

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

Who, seated at table with his Apostles, offered himself to you, the acceptable and perfect gift. As we gather around this table to be nurtured and sustained with holy food, we share in the memorial of his suffering and death and in the fullness of his saving power.

And so with the hosts of angels and all the company of heaven we proclaim the glory of your name and join in their unending hymn of praise:

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**

✠ **Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

Pob moliant a diolch i ti, y gwir a'r bywiol Dduw, Crëwr pob peth, Rhoddwr bywyd. Lluniaist ni ar dy ddelw dy hun, ond yr ydym ni wedi difwyno'r ddelw honno a syrthio'n brin o'th ogoniant. Rhoddwn ddiolch i ti am anfon dy Fab i rannu ein bywyd ni; fe'i hildiaist i farwolaeth fel y câi'r byd ei achub, a'i atgyfodi oddi wrth y meirw fel y bo i ni fyw ynddo ef, ac yntau ynom ninnau.

Sancteiddia â'th Ysbryd y bara hwn a'r gwin hwn, dy roddion inni, fel y bônt i ni yn gorff a gwaed ein Hiachawdwr, Iesu Grist.

Y nos y bradychwyd ef, cymerodd fara ac, wedi rhoi diolch, fe'i torrodd a'i roi i'w ddisgyblion, gan ddweud, Cymerwch, bwytwch; hwn yw fy nghorff a roddir drosoch: gwnewch hyn er cof amdanaf. ✠

Yr un modd ar ôl swper cymerodd y cwpan, ac, wedi rhoi diolch, fe'i rhoddodd iddynt, gan ddweud, Yfwch o hwn bawb, oherwydd hwn yw fy ngwaed o'r cyfamod newydd a dywelltir drosoch a thros lawer er maddeuant pechodau: gwnewch hyn bob tro yr yfwch ef er cof amdanaf. ✠

Gadewch inni gyhoeddi dirgeledd y ffydd:

**Bu farw Crist.**

**Atgyfododd Crist.**

**Daw Crist mewn gogoniant.**

Fel y gorchmynnodd ef inni, O Dad, yr ydym yn cofio Iesu Grist, dy Fab. Gan gyhoeddi ei farwolaeth fuddugoliaethus, a chan ymlawenhau yn ei atgyfodiad, a disgwyl iddo ddod mewn gogoniant, deunw 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.**

## We remain standing

All praise and thanks to you, true and living God, Creator of all things, Giver of life. You formed us in your own image; but we have marred that image and fall short of your glory. We give you thanks that you sent your Son to share our life; you gave him up to death that the world might be saved, and you raised him from the dead that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us, that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread, and when he had given thanks he broke it and gave it to his disciples, saying, Take, eat; this is my body which is given for you: do this in remembrance of me. ✠

In the same way after supper he took the cup, and when he had given thanks he gave it to them, saying, Drink from this, all of you, for this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins: do this as often as you drink it in remembrance of me. ✠

Let us proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

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

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

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

✠ **Amen.**

## We remain standing

## Gweddi'r Arglwydd

Fel y dysgodd ein Hiachawdwr ni, gweddiwn yn hyderus, pob un yn ei iaith ei hun:

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

## Tangnefedd

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

**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

## Lord's Prayer

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

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

## 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

**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

## Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

**A**ninnau'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.**

**B**ydded i gariad Crist Iesu eich dwyn ato'i hun; bydded i'w rym eich cynnal yn ei wasanaeth, a'i orfoledd lenwi'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

## Post-Communion Prayer

Let us pray.

We stand

**B**orn 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.**

**M**ay 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.

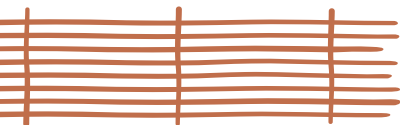
**Amen.**

Let us go forth in peace.

**In the Name of Christ. Amen.**

We remain standing until the priest has departed

# Hysbys



## Pererindod i Rufain

Mae Ysgolheigion y Gân yn gadael Bangor ar bererindod i Rufain y Sul yma ar ôl Gosber ar Gân yn prynhawn, gan ddychwelyd i Fangor ddiwedd yr wythnos. Edrychwn ymlaen at rannu newyddion am eu pererindod ar ein cyfryngau cymdeithasol ac yn rhifynnau'r dyfodol o "O'r Ddarllenfa" a "Buchedd Bangor". Cynahliwch eu pererindod yn eich gweddïau. Yn sgil y bererindod, nid yw Gosber ar Gân yn cael ei offrymu yn y Gadeirlan ar ddydd Llun, dydd Mawrth a dydd lau yr wythnos hon.

## 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 Ambiwlans 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. Dilynir 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.

## Pregethwr gwadd

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

## Cyfarfod Cynulledifaol

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



# Yr wythnos

## 12 Mehefin | Dygwyl Barnabas June | St Barnabas's Day

12.30pm Cymun | Eucharist

*Ni offrymir Gosber ar Gân heno  
Choral Evensong is not offered this  
evening*

### Dydd Mawrth | Tuesday

9.00am Camau Bach

12.30pm Cymun | Eucharist

*Ni offrymir Gosber ar Gân heno  
Choral Evensong is not offered this  
evening*

### Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

### Dydd Iau | Thursday

12.30pm Cymun | Eucharist

2.00pm | Eglwys y Groes Cymun |  
Eucharist

*Ni offrymir Gosber ar Gân heno  
Choral Evensong is not offered this  
evening*

### Dydd Gwener | Friday

12.30pm Cymun | Eucharist

### Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

## 18 Mehefin | Yr Ail Sul wedi'r Drindod

### 18 June | The Second Sunday after Trinity

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Cymun ar Emyrn-Donau Cymreig,  
Cooper; Mi eisteddais dan ei gysgod,  
Bairstow

11.00am Choral Holy Eucharist

Communion Service in F, Darke;  
Blessed city, heavenly Salem, Bairstow

3.30pm Gosber ar Gân | Choral  
Evensong

Ymatebion | Responses, Sumsion;  
Evening Service in A, Stanford;  
The Spirit of the Lord, Elgar

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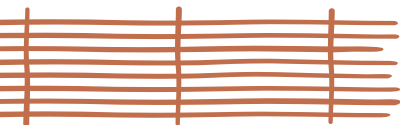
## Ein gweddi

**Yn glâf** Joy Levine, offeiriad; John  
Watkin Jones; David Silcock; Debra  
Cross-Songui; John Parry Jones;  
Shirley Williams Jones

**A fu farw'n ddiweddar** John Evans;  
Kathleen Johns; Dafydd Roberts;  
David Inman; June Martin; Edgar  
Hughes; Jen Conway; Emma  
Williams; Bernardo Pais; Eilir Thomas

**Gŵyl goffa** —

# Notices



## Pilgrimage to Rome

Our Choral Scholars depart Bangor on a pilgrimage to Rome this Sunday, following Choral Evensong, returning to Bangor at the end of the week. We look forward to sharing news of their pilgrimage on our social media and in future editions of "From the Lectern" and "Buchedd Bangor". Please hold their pilgrimage in your prayers. Choral Evensong is not sung at the Cathedral on Monday, Tuesday and Thursday this week.

## Midsummer Foundation Sunday

Sunday 25 June will be our Midsummer 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 Midsummer Foundation Sunday in your diary, and please consider inviting friends to join us for what will be a happy day.

## Visiting preachers

This 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.

## Congregational Meeting

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

# Yr wythnos

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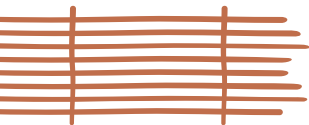
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## Our prayers

**The sick** Joy Levine, offeiriad; John  
Watkin Jones; David Silcock; Debra  
Cross-Songui; John Parry Jones;  
Shirley Williams Jones

**The recently departed** John Evans;  
Kathleen Johns; Dafydd Roberts;  
David Inman; June Martin; Edgar  
Hughes; Jen Conway; Emma  
Williams; Bernardo Pais; Eilir Thomas

**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** hawffraint © Gwasg yr Eglwys yng Nghymru 2004 Mae'r lliθοοdd 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 o'r Swper Olaf gan Paulo Medina.

## 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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The cover image is of the Last Supper by Paulo Medina.