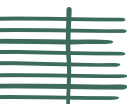




Cymun Bendigaid
19-24 Mehefin 2023
Holy Eucharist
19-24 June 2023



**Cadeirlan
Deiniol Sant
ym Mangor**

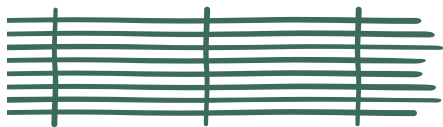
Saint Deiniol's
Cathedral
in Bangor



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

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

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

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

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

Cefnogaeth Support

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

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

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

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

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

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

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

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

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

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

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

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

Ein cymuned About us

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

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

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

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

Cefnogaeth Support



Buchedd Bangor



O'r Ddarllenfa From the Lectern



Y Cymun Bendigaid

Cyflwyniad i'r Cymun Bendigaid

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechodau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar ddarlenniadau o'r Beibl, gan ganfod yno arweiniad, her, cysur a newydd da gan Dduw. Wrth gamu at fwrdd yr allor, cynigiwn i Dduw ein gweddi dros bawb mewn angen. Wrth galon ein haddoliad heddiw, byddwn yn cymryd bara a gwin, byddwn yn gofyn am fendith gweddnwidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Cymuno. Daw ein haddoliad i ben wrth inni dderbyn bendith Duw, yn 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 darlenniadau'r Sul blaenorol yn ein dathliadau beunyddiol o'r Cymun. Cawn ein gwahodd i wrando yn ofalus, er mwyn, fel petai, i'r enaid ei glywed. Dyma gyfle i ddod i gnoi cil ar eiriau'r Beibl – i brofi'i flas. Mae'n gyfle i sylwi ar beth sy'n tynnu'n sylw. A

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

Addoli gyda ni heddiw

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

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

The Holy Eucharist

An introduction to the Holy Eucharist

At this Eucharist we will meet the risen, living Christ in bread and wine, which become for us his Body and his Blood. As we gather, we will prepare ourselves to meet Christ by acknowledging our sins – the ways in which we have grieved God in our lives – and are reminded of God’s forgiveness. We then listen to readings from the Bible, where we find guidance, challenge, comfort and good news from God. As we step towards the altar-table, we offer to God our prayer for all in need. At the heart of our worship today, we will take bread and wine, we will ask for God’s transfiguring blessing upon them, we break the bread, and – as the broken, mended Body of Christ that we ourselves are – we will make our Communion. Our worship ends with the assurance of God’s blessing, sustaining us as we depart. No matter how long ago you last did so, you are welcome to make your Communion with us here today. If you would like to make your Communion for the first time, or to be Baptised, please speak to a member of the Cathedral team. Faith, hope and love are here offered for everybody.

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

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

Worshipping with us today

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

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

Trefn ar gyfer y Cymun Bendigaid

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

Introit | ar ddydd Mercher

Cogitationes cordis ejus in generatione et generationem: ut
eruat a morte animas eorum, et alat eos in fame. Exsultate, justi,
in Domino; rectos decet collaudatio. Gloria Patri, et Filio, et
Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in
saecula saeculorum. Amen.

Cyfieithiad

*Ei gynlluniau dros yr holl genedlaethau, i'w
gwaredu rhag marwolaeth a'u cadw'n fyw yng
nghanol newyn. Llawnhewch yn y Sanctaidd
Un, chwi rai cyfiawn; i'r rhai uniawn gweddus
yw moliant. Gogoniant i'r Tad, ac i'r Mab, ac i'r
Ysbryd Glân. Fel yr oedd yn y dechreuad, mae'n
awr, a'n fythol y bydd, yn oes oesoedd. Amen.*

Salm 33:11, 19, 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.

"Dewch, addolwn ac ymgrymwn, plygwn ein gliniau gerbron y
Sanctaidd Un a'n gwnaeth."

Order for the Holy Eucharist

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

Introit | on Wednesday

Cogitationes cordis ejus in generatione et generationem: ut eruat a morte animas eorum, et alat eos in fame. Exsultate, justi, in Domino; rectos decet collaudatio. Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Translation

The thoughts of his heart to all generations, to deliver their soul from death, and to keep them alive in famine. Rejoice in the Holy One, O you righteous. Praise befits the upright. Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm 33:11, 19, 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.

“Come, let us bow down and bend the knee, and kneel before
God, our Maker.”

Edifeirwch

Gan gynnull i ddathlu,
ymbaratow'n 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 | ar ddyddiau eraill

∩ 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 | on other days

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

Translation

Lord, have mercy. Christ, have mercy.

Gweddï Gasgl | ar ddydd Sadwrn

Gweddïwn.

Hollalluog Dduw, y ganwyd dy was loan Fedyddiwr yn rhyfeddol yn dy ragluniaeth, a'i anfon i baratoi ffordd dy Fab Iesu Grist ein Gwaredwr trwy bregethu edifeirwch: gwna inni ganlyn ei athrawiaeth a'i fuchedd sanctaidd fel y bo inni wir edifarhau yn ôl ei bregethu, a dilyn ei esiampl trwy ddweud y gwir yn gyson, ceryddu drygioni'n eofn, a dioddef yn amyneddgar er mwyn y gwirionedd; trwy Iesu Grist ein Gwaredwr.

Amen.

Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

Hollalluog a thrugarog Dduw, y daw o'th rodd di yn unig fod dy bobl ffyddlon yn dy wasanaethu'n gywir ac yn ganmoladwy: caniatâ inni allu dy wasanaethu mor ffyddlon yn y bywyd hwn fel na chollwn yn y diwedd fwynhad dy nefol addewidion; trwy haeddiant Iesu Grist ein Gwaredwr.

Amen.

Eisteddwn



Gair

Salmyddiaeth

Ŵ Dewch, canwn i Dduw Ner gerddoriaeth beraidd iawn.

Ŵ Dewch, canwn i Dduw Ner gerddoriaeth beraidd iawn.

Dewch, addolwn ac ymgrymwn, plygwn ein gliniau gerbron y Sanctaidd Un a'n gwnaeth.

Myfi yw eich Duw, a chwithau'n bobl i mi a defaid fy mhorfa; heddiw cewch wybod fy ngrym, os y gwrandawn ar fy llais.

Ŵ Dewch, canwn i Dduw Ner gerddoriaeth beraidd iawn.

Collect | on Saturday

Let us pray.

Almighty God, by whose providence your servant John the Baptist was wonderfully born, and sent to prepare the way of your Son our Saviour, by preaching repentance: make us so to follow his doctrine and holy life, that we may truly repent according to his preaching; and after his example constantly speak the truth, boldly rebuke vice, and patiently suffer for the truth's sake; through Jesus Christ our Saviour.

Amen.

Collect | on other days

Let us pray.

Almighty and merciful God, of whose only gift it comes that your faithful people do unto you true and laudable service: grant, we beseech you, that we may so faithfully serve you in this life, that we fail not finally to attain your heavenly promises; through the merits of Jesus Christ our Saviour.

Amen.

We sit



Word

Psalmody

V Come, let us kneel before God, our Maker.

R **Come, let us kneel before God, our Maker.**

Come, let us bow down and bend the knee, and kneel before God, our Maker,

For you are our God, and we are the people of your pasture and the sheep of your hand. Oh, that today we would hearken to your voice!

R **Come, let us kneel before God, our Maker.**



Peidiwch â chaledu'ch calonnau, fel yn Meriba, fel ar ddiwrnod
Massa yn yr anialwch,

pan fu i'ch hynafiaid fy herio a'm profi, er iddynt weld fy
ngwaith.

R̄ Dewch, canwn i Dduw Ner gerddoriaeth beraidd iawn.

Am ddeugain mlynedd y ffieiddiais y genhedlaeth honno, a
dweud, "Pobl â'u calonnau'n cyfeiliorni ydynt, ac nid ydynt yn
gwybod fy ffyrdd."

Felly tyngais yn fy nig na chaent ddyfod i'm gorffwysfa.

R̄ Dewch, canwn i Dduw Ner gerddoriaeth beraidd iawn.

Salm 95:6-11

Darlleniad

Darlleniad o Lythyr yr Apostol Paul at yr Hebreaid.

Garedigion: Nid ydych chi wedi dod at ddim y gellir ei
gyffwrdd, at dân sydd yn llosgi, at gaddug a thywyllwch
a thymestl, at floedd utgorn, a llef yn rhoi gorchymyn nes
i'r rhai a'i clywodd ymbil am i'r llefaru beidio, am na allent oddef
y gorchymyn: "Os bydd anifail, hyd yn oed, yn cyffwrdd â'r
mynydd, rhaid ei labyddio." A chan mor ofnadwy oedd yr olygfa,
dywedodd Moses, "Y mae arnaf arswyd a chryndod." Ond at
Fynydd Seion yr ydych chi wedi dod, ac i ddinas y Duw byw,
y Gaersalem nefol; ac at fyrddiynau o angylion yn cadw gwyl, a
chynulleidfa y rhai cyntafanedig sydd â'u henwau'n ysgrifenedig
yn y nefoedd; ac at Dduw, Barnwr pawb, ac at ysbrydoedd y
rhai cyfiawn sydd wedi eu perffeithio, ac at Iesu, cyfryngwr
y cyfamod newydd, ac at waed y taenellu, sydd yn llefaru'n
gryfach na gwaed Abel. Gwylwch beidio â gwrthod yr un sydd
yn llefaru, oherwydd os na ddihangodd y rhai a wrthododd yr un
oedd yn eu rhybuddio ar y ddaear, mwy o lawer ni bydd dianc
i ni os byddwn yn troi oddi wrth yr un sy'n ein rhybuddio o'r
nefoedd.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Hebreaid 12:18-25

Codwn ar ein traed

Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me;

R **Come, let us kneel before God, our Maker.**

They put me to the test, though they had seen my works.

Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways."

R **Come, let us kneel before God, our Maker.**

Psalm 95:6-11

Reading

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

Dearly beloved: You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven!

Hear the word of life to the world.

Thanks be to God.

Hebrews 12:18-25

We stand

Efengyl

Ŵ Haleliwia. **R̄ Haleliwia.** Ŵ Dos allan i'r ffyrdd ac i'r cloddiau, a myn ganddynt hwy ddod i mewn, fel y llenwir fy nhŷ.

R̄ Haleliwia.

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Luc.

Gogoniant i ti, O Grist.

Bryd hynny: Meddai un o'i gyd-westeion wrth Iesu, "Gwyn ei fyd pwy bynnag a gaiff gyfran yn y wledd yn nheyrnas Dduw." Ond meddai ef wrtho, "Yr oedd dyn yn trefnu gwledd fawr. Gwahoddodd lawer o bobl, ac anfonodd ei was ar awr y wledd i ddweud wrth y gwahoddedigion, 'Dewch, y mae popeth yn barod yn awr.' Ond dechreuodd pawb ymesgusodi yn unfryd. Meddai'r cyntaf wrtho, 'Rwyf wedi prynu cae, ac y mae'n rhaid imi fynd allan i gael golwg arno; a wnei di fy esgusodi, os gweli di'n dda?' Meddai un arall, 'Rwyf wedi prynu pum pâr o ychen, ac rwyf ar fy ffordd i roi prawf arnynt; a wnei di fy esgusodi, os gweli di'n dda?' Ac meddai un arall, 'Rwyf newydd briodi, ac am hynny ni allaf ddod.' Aeth y gwas at ei feistr a rhoi gwybod iddo. Yna digiodd meistr y ty, ac meddai wrth ei was, 'Dos allan ar unwaith i heolydd a strydoedd cefn y dref, a thyrd â'r tlodion a'r anafusion a'r deillion a'r cloffion i mewn yma.' Pan ddywedodd y gwas, 'Meistr, y mae dy orchymyn wedi ei gyflawni, ond y mae lle o hyd', meddai ei feistr wrtho, 'Dos allan i'r ffyrdd ac i'r cloddiau, a myn ganddynt hwy ddod i mewn, fel y llenwir fy nhŷ; oherwydd rwy'n dweud wrthyhych na chaiff dim un o'r rheini oedd wedi eu gwahodd brofi fy ngwledd.'"

Dyma Efengyl ein Gwaredwr.

Moliant i ti, O Grist.

Luc 14:15-24

Pregeth | yn Eglwys y Groes ar ddydd Iau

Gospel

∇ Alleluia. R: **Alleluia.** ∇ Go out into the roads and lanes, and compel people to come in, so that my house may be filled.

R: **Alleluia.**

Grace and peace be with you.

And keep you in the love of Christ.

Listen to the Holy Gospel according to ✠ Saint Luke.

Glory to you, O Christ.

At that time: One of the dinner guests said to Jesus, "Blessed is anyone who will eat bread in the kingdom of God!" Then Jesus said to him, "Someone gave a great dinner and invited many. At the time for the dinner he sent his slave to say to those who had been invited, 'Come; for everything is ready now.' But they all alike began to make excuses. The first said to him, 'I have bought a piece of land, and I must go out and see it; please accept my apologies.' Another said, 'I have bought five yoke of oxen, and I am going to try them out; please accept my apologies.' Another said, 'I have just been married, and therefore I cannot come.' So the slave returned and reported this to his master. Then the owner of the house became angry and said to his slave, 'Go out at once into the streets and lanes of the town and bring in the poor, the crippled, the blind, and the lame.' And the slave said, 'Sir, what you ordered has been done, and there is still room.' Then the master said to the slave, 'Go out into the roads and lanes, and compel people to come in, so that my house may be filled. For I tell you, none of those who were invited will taste my dinner.'"

This is the Gospel of our Saviour.

Praise to you, O Christ.

Luke 14:15-24

Sermon | at Eglwys y Groes on Thursday

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,

R̥ 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,

R̥ Gwrando ein gweddi.

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

Ŵ O Dduw, yn dy drugaredd,

R̥ Gwrando ein gweddi.

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

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

Intention

Let us pray.

We kneel or sit

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

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

✠ God in your mercy,

✠ **Hear our prayer.**

We also bring to this altar-table our prayers
[*for those who are unwell,
among them ...;
for the recently departed,
among them ...;
and for those whose year's mind falls at this time,
among them ...*].

✠ God in your mercy,

✠ **Hear our prayer.**

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

✠ God in your mercy,

✠ **Hear our prayer.**

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

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

Cymun

Emyn | yn Eglwys y Groes ar ddydd Iau

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

Offrwm | ar ddydd Mercher

Improperium expectavit cor meum et miseriam et sustinui qui simul mecum contristaretur et non fuit; consolantem me quæsivi et non inveni.

Cyfieithiad

Y mae gwarth wedi torri fy nghalon, ac yr wyf mewn anobaith; disgwyliais am dosturi, ond heb ei gael, ac am rai i'm cysuro, ond nis cefais.

Salm 69:20

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.

Gan mai ef yw ein harchoffeiriad mawr, a'n rhyddhaodd o'n pechodau ac a'n gwnaeth yn offeiriadaeth frenhinol yn dy wasanaethu di, ein Duw a'n Tad.

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

Improperium expectavit cor meum et miseriam et sustinui qui simul mecum contristaretur et non fuit; consolantem me quæsivi et non inveni.

Translation

Insults have broken my heart, so that I am in despair. I looked for pity, but there was none; and for comforters, but I found none.

Psalm 69:20

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.

For he is our great high priest who has freed us from our sins and has made us a royal priesthood serving you, our God and Father.

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.**

Parhawn ar ein traed

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. ✠

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

Missa 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.**

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. ✠

Gadewch inni gyhoeddi dirgeledd y ffydd:

Bu farw Crist.

Atgyfododd Crist.

Daw Crist mewn gogoniant.

Fel y gorchmynnodd ef inni, O Dad, yr ydym yn cofio Iesu Grist, dy Fab. Gan gyhoeddi ei farwolaeth fuddugoliaethus, a chan ymlawenhau yn ei atgyfodiad, a disgwyl iddo ddod mewn gogoniant, deuwn â'r bara hwn a'r cwpan hwn i ti. Derbyn ein haberth o ddiolch a moliant.

Adfer ac adfywia dy holl bobl, adnewyddu ni a phawb y 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 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.**

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

**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.**

Сумно

✠ 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 algyrch 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

**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

Unus militum lancea latus ejus aperuit, et continuo exivit sanguis et aqua.

Translation

Fe drywanodd un o'r milwyr ei ystlys ef â phicell, ac ar unwaith dyma waed a dŵr yn llifo allan.

Ioan 19:34

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 lesu 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

Communion sentence | on Wednesday

Unus militum lancea latus ejus aperuit, et continuo exivit sanguis et aqua.

Translation

One of the soldiers pierced his side with a spear, and at once blood and water came out.

John 19:34

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 gwranddo 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 fyfyrto 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.

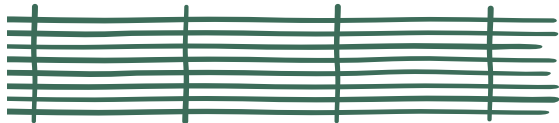
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

Y ✕ O lôr, rho i'n gwefus gân.

R̄ Aed yn bêr hyd y nef ein mawl.

Y ✕ O Dduw, cofleidia'n hadfyd.

R̄ O Grist, dy ras yw'n golud.

Y 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.

Y Molwch yr lôr.

R̄ Addolwn ein Duw.

Translation

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

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Herbert Sumsion (1899-1995)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Harold Darke (1888-1976)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Paul Spicer

Brawddeg Sentence

"Dewch, addolwn ac ymgrymwn, plygwn ein gliniau gerbron y Sanctaidd Un a'n gwnaeth."

Translation

"Come, let us bow down and bend the knee, and kneel before God, our Maker."

Eisteddwn | We sit



Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

O clap your hands together all ye peoples: O cry aloud unto God with shouts of joy.

For the Lord Most High is to be feared: he is a great King over all the earth.

He hath subdued the peoples under us: and the nations under our feet.

He hath chosen out an heritage for us: even the goodly portion of Jacob whom he loved.

God is gone up with a shout of triumph: and the Lord with the sound of trumpets.

O sing praises, sing praises unto our God: O sing praises, sing praises unto our King.

For God is the King of all the earth: think upon his mighty acts and praise him with a song.

God reigneth over the nations: God sitteth upon his holy seat.

The princes of the peoples are joined unto the people of the God of Abraham: for the mighty upon earth are become the servants of the Lord, and he is very high exalted.

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 47
Cerddoriaeth | Music
John Davy (1763-1824)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Mawrth Psalmody | on Tuesday

The Lord, even the most mighty God, hath spoken: and called the world, from the rising up of the sun unto the going down thereof.

Out of Zion, perfect in her beauty: hath God shone forth in glory.

Our God shall come and shall not keep silence: there shall go before him a consuming fire, and a mighty tempest shall be stirred up round about him.

He shall call to the heaven above: and to the earth beneath, that he may judge his people.

“Gather my faithful together unto me: those that have made a covenant with me with sacrifice.”

And the heaven shall declare his righteousness: even that God himself is judge.

“Hear O my people and I will speak: I will testify against thee O Israel; for I am God even thy God.

I will not reprove thee because of thy sacrifices or for thy burnt-offerings: for these are always before me.

I will take no bullock out of thine house: nor he goat out of thy folds,

For all the beasts of the forest are mine: and so are the cattle upon a thousand hills.

I know all the birds of the air: and the beasts of the field are in my sight.

If I be hungry I will not tell thee: for the whole world is mine and all that is therein.

Thinkest thou that I will eat the flesh of bulls: or drink the blood of goats?



Offer unto God the sacrifice of thanksgiving: and pay thy vows unto the Most Highest,

And call upon me in the time of trouble: so will I deliver thee, and thou shalt praise me.”

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 50:1-15
Cerddoriaeth | Music
Gerald Finzi (1901-1956)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

My soul truly is still and waiteth upon God: for of him cometh my salvation.

He verily is my rock and my salvation: he is my defence, so that I shall not greatly fall.

How long will ye set upon a man to kill him, all of you together: as if ye were a tottering wall or a broken fence?

All their device is to put him down from his high estate: their delight is in lies; they bless with their mouth but curse with their heart.

Nevertheless my soul be still and wait upon God: for of him cometh my hope.

He verily is my rock and my salvation: he is my defence, so that I shall not fall.

In God is my deliverance and my glory: the rock of my might, and in God is my trust.

O put your trust in him alway ye people: pour out your hearts before him, for God is our refuge.

For men of low estate are but a breath, and men of high estate a deceit: when they are weighed in the balance, they are all of them together nothing.

O trust not in oppression, put not vain hopes in robbery: if riches increase, set not your heart upon them.

One thing hath God spoken: yea two things have I heard him say;

That power belongeth unto God; and that thou Lord art merciful: for thou rewardest every man according to his work.

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 62
Cerddoriaeth | Music
John Jones (1728-1796)

Eisteddwn | We sit

Llith | ar ddydd Llun Lesson | on Monday

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

Yn y dyddiau hynny: Pan aeth meirch Pharo a'i gerbydau a'i farchogion i mewn i'r môr, gwnaeth y Sanctaidd Un i ddyfroedd y môr ddychwelyd drostynt; ond cerddodd yr Israeliaid trwy ganol y môr ar dir sych. Yna cymerodd Miriam y broffwydes, chwaer Aaron, dympan yn ei llaw, ac aeth yr holl wragedd allan ar ei hôl a dawnsio gyda thympanau. Canodd Miriam gân iddynt: "Canwch i'r Bywiol Un am iddo weithredu'n fuddugoliaethus; bwriodd y ceffyl a'i farchog i'r môr." Yna arweiniodd Moses yr Israeliaid oddi wrth y Môr Coch, ac aethant ymaith i anialwch Sur; buont yn teithio'r anialwch am dridiau heb gael dŵr. Pan ddaethant i Mara, ni allent yfed y dŵr yno am ei fod yn chwerw; dyna pam y galwyd y lle yn Mara. Dechreuodd y bobl rwgnach yn erbyn Moses, a gofyn, "Beth ydym i'w yfed?" Galwodd yntau ar y Bythol Un, a dangosodd y Sanctaidd Un iddo bren; pan daflodd Moses y pren i'r dŵr, trodd y dŵr yn felys. Yno y sefydlodd y Bywiol Un ddeddf a chyfraith, ac yno hefyd y profodd hwy, a dweud, "Os gwrandewi'n astud ar lais y Bythol Un dy Dduw, a gwneud yr hyn sy'n iawn yn ei olwg, gan wrando ar ei orchmynion a chadw ei holl ddeddfau, ni rof arnat yr un o'r clefydau a rois ar yr Eifftiaid; oherwydd



myfi yw'r Sanctaidd Un, sy'n dy iacháu." Yna daethant i Elim, lle'r oedd deuddeg ffynnon ddŵr, a deg a thrigain o balmwydd; a buont yn gwerysllu yno wrth y dŵr.

Yma y terfyn y Llith Gyntaf.

Translation

In those days: When the horses of Pharaoh with his chariots and his chariot drivers went into the sea, the Holy One brought back the waters of the sea upon them; but the Israelites walked through the sea on dry ground. Then the prophet Miriam, Aaron's sister, took a tambourine in her hand; and all the women went out after her with tambourines and with dancing. And Miriam sang to them: "Sing to the Living One, for he has triumphed gloriously; horse and rider he has thrown into the sea." Then Moses ordered Israel to set out from the Red Sea, and they went into the wilderness of Shur. They went for three days in the wilderness and found no water. When they came to Marah, they could not drink the water of Marah because it was bitter. That is why it was called Marah. And the people complained against Moses, saying, "What shall we drink?" He cried out to the Eternal One; and the Holy One showed him a piece of wood; he threw it into the water, and the water became sweet. There the Living One made for them a statute and an ordinance and there he put them to the test. He said, "If you will listen carefully to the voice of the Eternal One your God, and do what is right in his sight, and give heed to his commandments and keep all his statutes, I will not bring upon you any of the diseases that I brought upon the Egyptians; for I am the Holy One who heals you." Then they came to Elim, where there were twelve springs of water and seventy palm trees; and they camped there by the water.

Exodus 15:19-27

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

Yn y dyddiau hynny: Aeth holl gynulliad pobl Israel ymaith o Elim, ac ar y pymthegfed dydd o'r ail fis wedi iddynt adael gwlad yr Aifft, daethant i anialwch Sin, sydd rhwng Elim a Sinai. Dechreuodd holl gynulliad pobl Israel rwnach yn erbyn Moses ac Aaron yn yr anialwch, a dweud wrthynt, "O na fyddai'r Sanctaidd Un wedi gadael inni farw yng ngwlad yr Aifft, lle'r oeddem yn cael eistedd wrth y crochanau cig a bwyta ein gwala o fwyd; ond yr ydych chi wedi ein harwain allan yma i'r anialwch er mwyn lladd y dyrfa hon i gyd â newyn." Dywedodd y Bywiol Un wrth Moses, "Byddaf yn glawio arnoch fara o'r nefoedd, a bydd y bobl yn mynd allan a chasglu bob dydd ddogrn diwrnod, er mwyn i mi eu profi a gweld a ydynt am ddilyn fy nghyfraith ai peidio. Ond ar y chweched dydd y maent i baratoi dwywaith cymaint ag y byddent yn ei gasglu ar ddiwrnod arall." Yna dywedodd Moses ac Aaron wrth yr holl Israeliaid, "Yn yr hwyr cewch wybod mai'r Bythol Un a'ch arweiniodd allan o wlad yr Aifft, ac yn y bore cewch weld ei ogoniant, oherwydd y mae wedi clywed eich grwgnach yn ei erbyn. Pwy ydym ni, eich bod yn grwgnach yn ein herbyn?" Dywedodd Moses hefyd, "Fe rydd y Sanctaidd Un i chiw gig i'w fwyta yn yr hwyr, a'ch gwala o fara yn y bore, oherwydd y mae wedi clywed eich grwgnach yn ei erbyn. Felly, pwy ydym ni? Nid yn ein herbyn ni y mae eich grwgnach, ond yn erbyn y Bywiol Un." Dywedodd Moses wrth Aaron, "Dywed wrth holl gynulliad pobl Israel, 'Dewch yn agos at y Sanctaidd Un, oherwydd y mae ef wedi clywed eich grwgnach.'" A thra oedd Aaron yn siarad â hwy, a hwythau'n edrych tua'r anialwch, ymddangosodd gogoniant y Bywiol Un mewn cwmwl. Dywedodd y Bythol 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.'"

Yma y terfyn y Llith Gyntaf.

Translation

In those days: The whole congregation of the Israelites set out from Elim; and Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. The whole congregation of the Israelites

complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Holy One in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger." Then the Living One said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days." So Moses and Aaron said to all the Israelites, "In the evening you shall know that it was the Eternal One who brought you out of the land of Egypt, and in the morning you shall see the glory of the Holy One, because he has heard your complaining against the Living One. For what are we, that you complain against us?" And Moses said, "When the Eternal One gives you meat to eat in the evening and your fill of bread in the morning, because the Holy One has heard the complaining that you utter against him – what are we? Your complaining is not against us but against the Living One." Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Eternal One, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Holy One 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.'"

Exodus 16:1-12

Yma y mae yn dechrau pymthegfed bennod Llyfr Exodus.

Yn y dyddiau hynny: Yn yr hwyr daeth sofflieir a gorchuddio'r gwersyll, ac yn y bore yr oedd haen o wllith 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 Un i chwi i'w fwyta. Dyma a orchmynnodd y Bywiol Un: 'Y mae pob un i gasglu ohono gymaint ag a all ei fwyta; cymerwch omer yr un ar gyfer pawb sydd yn eich pabell.'" Gwnaeth yr Israeliaid hyn; yr oedd rhai'n casglu llawer, eraill ychydig, ac wedi iddynt ei fesur wrth yr omer, nid oedd gormod gan y sawl a gasglodd lawer, na phrinder gan y sawl a gasglodd ychydig. Yr oedd pob un yn casglu cymaint ag a allai ei fwyta. Dywedodd Moses wrthynt, "Peidied neb â chadw dim ohono'n weddill hyd drannoeth." Ond ni wrandawsant arno, a chadwodd rhai beth ohono'n weddill hyd drannoeth; magodd bryfed, a dechreuodd ddrewi, ac yr oedd Moses yn ddig wrthynt. Casglasant bob bore gymaint ag a allent ei fwyta, ond pan boethai'r haul, fe doddai. Ar y chweched dydd casglasant ddwywaith cymaint o fara, dau omer yr un, a daeth holl swyddogion y cynulliad at Moses i fynegi hyn iddo. Dywedodd yntau wrthynt, "Dyma a orchmynnodd y Bythol Un: 'Bydd yfory yn ddydd o orffwys, ac yn Saboth wedi ei gysegru i'r Sanctaidd Un.' Felly pobwch yr hyn y bydd ei angen arnoch, a berwi'r hyn y bydd arnoch ei eisiau; yna rhowch o'r neilltu bopeth sydd yn weddill, a chadwch ef hyd y bore." Fe'i cadwasant hyd y bore, fel yr oedd Moses wedi gorchymyn, ac ni ddrewodd na magu pryfed. Yna dywedodd Moses, "Bwytwch ef heddiw, oherwydd y mae'r dydd hwn yn Saboth i'r Bythol Un; ni chewch mohono yn y maes heddiw. Am chwe diwrnod y casglwch ef, ond ar y seithfed dydd, sef y Saboth, ni bydd dim ohono ar gael."

Yma y terfyn y Llith Gyntaf.

Translation

In those days: 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. This is what the Living One has commanded: 'Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.'" The Israelites did so, some gathering more, some less. But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed. And Moses said to them, "Let no one leave any of it over until morning." But they did not listen to Moses; some left part of it until morning, and it bred worms and became foul. And Moses was angry with them. Morning by morning they gathered it, as much as each needed; but when the sun grew hot, it melted. On the sixth day they gathered twice as much food, two omers apiece. When all the leaders of the congregation came and told Moses, he said to them, "This is what the Eternal One has commanded: 'Tomorrow is a day of solemn rest, a holy sabbath to the Holy One; bake what you want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning.'" So they put it aside until morning, as Moses commanded them; and it did not become foul, and there were no worms in it. Moses said, "Eat it today, for today is a sabbath to the Living One; today you will not find it in the field. For six days you shall gather it; but on the seventh day, which is a sabbath, there will be none."

Exodus 16:13-26

Magnificat

Codwn ar ein traed | We stand



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

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Gwasanaeth Hwyl yn G | Evening Service in G,

Herbert Sumsion (1899-1995)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Gwasanaeth Hwyl "Collegium Magdalenae Oxoniense"

Evening Service, Jonathan White

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Gwasanaeth Caerloyw | Gloucester Service,

Herbert Howells (1892-1983)

Eisteddwn | We sit



Llith | ar ddydd Llun Lesson | on Monday

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

Now: The same thing occurred in Iconium, where Paul and Barnabas went into the Jewish synagogue and spoke in such a way that a great number of both Jews and Greeks became believers. But the unbelieving Judeans stirred up the Gentiles and poisoned their minds against the brothers. So they remained for a long time, speaking boldly for the Holy One, who testified to the word of his grace by granting signs and wonders to be done through them. But the residents of the city were divided; some sided with the Judeans, and some with the apostles. And when an attempt was made by both Gentiles and Judeans, with their rulers, to maltreat them and to stone them, the apostles learned of it and fled to Lystra and Derbe, cities of Lycaonia, and to the surrounding country; and there they continued proclaiming the good news.

Here ends the Second Lesson.

Actau | Acts 14:1-7

Here begins the eighth verse of the fourteenth chapter of the Acts of the Holy Apostles.

Now: In Lystra there was a man sitting who could not use his feet and had never walked, for he had been crippled from birth. He listened to Paul as he was speaking. And Paul, looking at him intently and seeing that he had faith to be healed, said in a loud voice, "Stand upright on your feet." And the man sprang up and began to walk. When the crowds saw what Paul had done, they shouted in the Lycaonian language, "The gods have come down to us in human form!" Barnabas they called Zeus, and Paul they called Hermes, because he was the chief speaker. The priest of Zeus, whose temple was just outside the city, brought oxen and garlands to the gates; he and the crowds wanted to offer sacrifice. When the apostles Barnabas and Paul heard of it, they tore their clothes and rushed out into the crowd, shouting, "Friends, why are you doing this? We are mortals just like you, and we bring you good news, that you should turn from these worthless things to the living God, who made the heaven and the earth and the sea and all that is in them. In past generations he allowed all the nations to follow their own ways; yet he has not left himself without a witness in doing good – giving you rains from heaven and fruitful seasons, and filling you with food and your hearts with joy." Even with these words, they scarcely restrained the crowds from offering sacrifice to them. But Judeans came there from Antioch and Iconium and won over the crowds. Then they stoned Paul and dragged him out of the city, supposing that he was dead. But when the disciples surrounded him, he got up and went into the city. The next day he went on with Barnabas to Derbe.

Here ends the Second Lesson.

Actau | Acts 14:8-20



Llith | ar ddydd Iau Lesson | on Thursday

Here begins the twenty-first verse of the fourteenth chapter of the Acts of the Holy Apostles.


Now: After the apostles had proclaimed the good news to Derbe and had made many disciples, they returned to Lystra, then on to Iconium and Antioch. There they strengthened the souls of the disciples and encouraged them to continue in the faith, saying, "It is through many persecutions that we must enter the kingdom of God." And after they had appointed elders for them in each church, with prayer and fasting they entrusted them to the Holy One in whom they had come to believe. Then they passed through Pisidia and came to Pamphylia. When they had spoken the word in Perga, they went down to Attalia. From there they sailed back to Antioch, where they had been commended to the grace of God for the work that they had completed. When they arrived, they called the church together and related all that God had done with them, and how he had opened a door of faith for the Gentiles. And they stayed there with the disciples for some time.

Here ends the Second Lesson.

Actau | Acts 14:21-28

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 Hwylol yn G | Evening Service in G,

Herbert Sumsion (1899-1995)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Gwasanaeth Hwylol "Collegium Magdalenae Oxoniense"

Evening Service. Jonathan White

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Gwasanaeth Caerloyw | Gloucester 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



Gweddïau Prayers

Litani Leiaf Lesser Litany

The Lord be with you.
And with thy spirit.

Let us pray.

Penliniwn neu eisteddwn | We kneel or sit

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

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

Translation

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

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

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

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

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

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

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

Gweddïau Casgl Collects

Hollalluog a thrugarog Dduw, y daw o'th rodd di yn unig fod dy bobl ffyddlon yn dy wasanaethu'n gywir ac yn ganmoladwy: caniatâ inni allu dy wasanaethu mor ffyddlon yn y bywyd hwn fel na chollwn yn y diwedd fwynhad dy nefol addewidion; trwy haeddiant Iesu Grist ein Gwaredwr. 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 merciful God, of whose only gift it comes that your faithful people do unto you true and laudable service: grant, we beseech you, that we may so faithfully serve you in this life, that we fail not finally to attain your heavenly promises; through the merits of Jesus Christ our Saviour. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Herbert Sumsion (1899-1995)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Harold Darke (1888-1976)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Paul Spicer

Gweddï Waddol Foundation Prayer

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

Amen.

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

Amen.

Eisteddwn | We sit

Anthem | ar ddydd Llun | on Monday

O be joyful in the Lord, all ye lands: serve the Lord with gladness, and come before his presence with a song. Be ye sure that the Lord he is God; it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. O go your way into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and speak good of his Name. For the Lord is gracious, his mercy is everlasting; and his truth endureth from generation to generation. 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.

Geiriau | Words

Salm | Psalm 100

Cerddoriaeth | Music

Benjamin Britten (1913-1976)

Anthem | ar ddydd Mawrth | on Tuesday

I waited for the Lord, he inclined unto me, he heard my complaint. O blest are they that hope and trust in him.

Geiriau | Words

Salm | Psalm 40:1, 5

Cerddoriaeth | Music

Felix Mendelssohn (1809-1847)

Anthem | ar ddydd Iau | on Thursday

Like as the hart desireth the waterbrooks: so longeth my soul after thee, O God. My soul is athirst for God, yea, even for the living God: when shall I come to appear before the presence of God? My tears have been my meat day and night: while they daily say unto me, "Where is now thy God?"

Geiriau | Words

Salm | Psalm 42:1-3

Cerddoriaeth | Music

Herbert Howells (1892-1983)

Gweddïau Prayers

Penliniwn neu eisteddwn | We kneel or sit

Ceir gweddïau | Prayers are said

Ar derfyn y gweddïau | The prayers conclude

Rhagflaena ni, O Dduw, â'th ragorol ras, a hyrwydda ni â'th barhaus gymorth, fel, yn ein holl weithredoedd o'u cychwyn i'w cwblhau ynot ti, y gogoneddwn dy Enw sanctaidd, a chael o'r diwedd, gan dy drugaredd, lawnder bywyd; trwy Iesu Grist ein Gwardedwr.

Amen.

Translation

Go before us, O God, with thy most gracious favour, and further us with thy continual help; that in all our works, begun, continued, and ended in thee, we may glorify thy holy Name, and finally by thy mercy obtain the fullness of life; through Jesus Christ our Saviour. Amen.

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

Codwn ar ein traed | We stand



Ymadael Departing

Eryn | ar ddydd Llun Hymn | on Monday



The day thou gavest, Lord, is ended,
the darkness falls at thy behest;
to thee our morning hymns ascended,
thy praise shall sanctify our rest.

Diolchwn fod dy Eglwys effro
i'r ddaear ddu yn llusern dlos;
trwy'r cread maith mae hon yn gwylio
heb orffwys byth na dydd na nos.

**Dros bob rhyw ynys a chyfandir,
yn gyson megis gwawr y dydd,
ei chân o fawl i ti a glywir,
ac nid oes baid ar weddi'r ffydd.**

**The sun that bids us rest is waking
our brethren 'neath the western sky,
and hour by hour fresh lips are making
thy wondrous doings heard on high.**

**So be it, Lord: thy throne shall never,
like earth's proud empires, pass away;
thy kingdom stands, and grows for ever,
till all thy creatures own thy sway.**

Translation

*We thank thee that thy Church unsleeping, while
earth rolls onward into light, through all the
world her watch is keeping, and rests not now
by day or night. ¶ As o'er each continent and
island the dawn leads on another day, the voice
of prayer is never silent, nor dies the strain of
praise away.*

Geiriau | Words

John Ellerton (1826-1893)

Cyfiethiad | Translation

R. D. Roberts (1912-1993)

Cerddoriaeth | Music | "St Clement"

Clement Scholefield (1839-1904)





O Lord of every shining constellation
that wheels in splendour through the midnight sky,
grant us your Spirit's true illumination
to read the secrets of your work on high.

You, Lord, have made the atom's hidden forces,
your laws its mighty energies fulfil;
teach us, to whom you give such rich resources,
in all we use, to serve your holy will.

O Life, awaking life in cell and tissue,
from flower to bird, from beast to brain of man;
help us to trace, from birth to final issue,
the sure unfolding of your age-long plan.

You, Lord, have stamped your image on your creatures,
and, though they mar that image, love them still;
lift up our eyes to Christ, that in his features
we may discern the beauty of your will.

Great Lord of nature, shaping and renewing,
you made us more than nature's sons to be;
you help us trace, with grace our souls enduring,
the road to life and immortality.

Geiriau | Words

Albert Frederick Bayly (1901-1984)

Cerddoriaeth | Music | "Highwood"

Richard Runciman Terry (1865-1938)



Oft in danger, oft in woe,
onward, Christians, onward go;
bear the toil, maintain the strife,
strengthened with the bread of life.

Onward, Christians, onward go,
join the war, and face the foe;
will ye flee in danger's hour?
Know ye not your Captain's power?

Let not sorrow dim your eye;
soon shall every tear be dry:
let not fears your course impede;
great your strength, if great your need.

Let your drooping hearts be glad;
march in heavenly armour clad;
fight, nor think the battle long:
soon shall victory wake your song.

Onward then in battle move;
more than conquerors ye shall prove:
though opposed by many a foe,
Christian soldiers, onward go.

Geiriau | Words

Henry Kirke White (1785-1806), ac eraill | and others

Cerddoriaeth | Music | "University College"

Henry John Gauntlett (1805-1876)

Bendith Blessing

Parhawn ar ein traed | We remain standing

Bydded 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.

Translation

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 Ghost, be among you and remain with you always. Amen.

Gollyngiad Dismissal

Y Duw a fo gyda chwi.

R A'th gadw di yng nghariad Crist.

Y O Dduw, dyro inni dy dangnefedd.

R A bywyd tragwyddol. Amen.

Translation

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

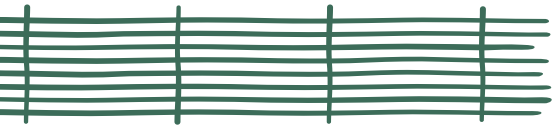
Offrymddarn ar yr organ | Organ voluntary | ar ddydd Mawrth | on Tuesday

Andante Religioso, Op.64, Alec Rowley (1892-1958)

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

Rhapsodi rhif 2 yn E-fflat | Rhapsody no.2 in E-flat, Herbert Howells (1892-1983)

Hysbys



Pererindod i Rufain

Mae ein Hysgolheigion y Gân wedi dychwelyd i Fangor yn dilyn pererindod lwyddiannus a bendithiol i Rufain yr wythnos ddiwethaf. Gwelodd y bererindod ni'n addoli yn eglwysi Anglicanaidd Rhufain ac mewn dwy o eglwysi Catholig hynaf y ddinas – a braf oedd clywed cymysgedd o destunau Lladin, Saesneg a Chymraeg yn cael eu canu gan yr Ysgolheigion yn y manau prydyferth a sanctaidd hyn. Ceir adroddiad llawnach yn y rhifyn sydd i ddod o Fuchedd Bangor.

Sul Gwaddol Ganol Haf

Dydd Sul 25 Mehefin fydd ein Sul Gwaddol Ganol Haf yn y Gadeirlan. Bydd yn gyfle i ddatlu 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. Dilynr 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.

Cyfarfod Cynulleidfaol

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

Yr wythnos

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday

9.00am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

12.30pm Cymun | Eucharist

2.00pm | Eglwys y Groes Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

24 Mehefin | Dygwyl Ifan Ganol Haf

24 June | The Festival of the Nativity of John the Baptist

12.30pm Cymun | Eucharist

25 Mehefin | Sul Gwaddol Ganol Haf

25 June | Midsummer Foundation Sunday

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Cymun Sant Dogfan, Evans; Yr Arglwydd yw fy Mugail, Elwyn-Edwards

11.00am Choral Holy Eucharist

Messe Solennelle, Vierne; Let all mortal flesh keep silence, Birstow

2.00pm Datganiad | Recital

6.00pm Cyngerdd Dewch i Ganu Ganol Haf | Midsummer Come & Sing Concert

Gloria, Vivaldi; Rejoice in the Lamb, Britten

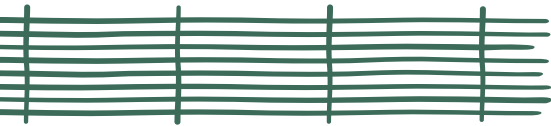
Ein gweddi

Yn glâf Joy Levine, offeiriad; John Watkin Jones; Debra Cross-Songui; John Parry Jones; Shirley Williams Jones; Pab Francis; Giuseppina de Giovanni; William Lovelock; Tony; Valerie; Mark; Kathryn; Joan Wynne

A fu farw'n ddiweddar June Martin; Edgar Hughes; Jen Conway; Emma Williams; Bernardo Pais; Eilir Thomas; Michael Roberts; Freddy Riley

Gŵyl goffa Michael Hall (18); Arthur Brown (21); Jonathan Lincoln (22); Eiflyn Peris Owen (24)

Notices



Pilgrimage to Rome

Our Choral Scholars have returned to Bangor following a successful and blessed pilgrimage to Rome this past week. The pilgrimage saw us worshipping in Rome's Anglican churches and in two of the oldest Catholic churches in the city – and it was wonderful to hear a mixture of Latin, English and Welsh texts sung by the Scholars in these beautiful and holy places. A fuller report can be found in the forthcoming issue of *Buchedd Bangor*.

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.

Congregational Meeting

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

This week

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday

9.00am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

12.30pm Cymun | Eucharist

2.00pm | Eglwys y Groes Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

24 Mehefin | Dygwyl Ifan Ganol Haf

24 June | The Festival of the Nativity of John the Baptist

12.30pm Cymun | Eucharist

25 Mehefin | Sul Gwaddol Ganol Haf

25 June | Midsummer Foundation Sunday

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Cymun Sant Dogfan, Evans; Yr Arglwydd yw fy Mugail, Elwyn-Edwards

11.00am Choral Holy Eucharist

Messe Solennelle, Vierne; Let all mortal flesh keep silence, Birstow

2.00pm Datganiad | Recital

6.00pm Cyngerdd Dewch i Ganu
Ganol Haf | Midsummer Come & Sing
Concert

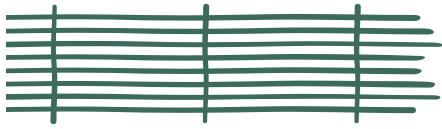
Gloria, Vivaldi; Rejoice in the Lamb,
Britten

Our prayers

The sick Joy Levine, offeiriad; John Watkin Jones; Debra Cross-Songui; John Parry Jones; Shirley Williams Jones; Pope Francis; Giuseppina de Giovanni; William Lovelock; Tony; Valerie; Mark; Kathryn; Joan Wynne

The recently departed June Martin; Edgar Hughes; Jen Conway; Emma Williams; Bernardo Pais; Eilir Thomas; Michael Roberts; Freddy Riley

Year's mind Michael Hall (18); Arthur Brown (21); Jonathan Lincoln (22); Eiflyn Peris Owen (24)



Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

Rhif elusen 1158340

Diogelu

Mae diogelu plant ac oedolion sydd mewn perygl yn hanfodol, ac rydym wedi ymrwmo i feithrin amgylchedd lle mae pawb yn gallu addoli a chymryd rhan ym mywyd Cadeirlan Deiniol Sant yn ddiogel. Os oes gennych unrhyw bryderon, codwch nhw ar unwaith gydag aelod o dîm y Gadeirlan.

Hygyrchedd

Mae dolen glyw ar waith – gosodwch gymhorthion clyw i'r lleoliad T.

Mae copïau print bras o'r llyfryn hwn ar gael gan y stiwardiaid.

Os oes angen waffer heb glwten arnoch (yn cydymffurfio â'r gofyniad canonaid am 20 rhan o glwten fesul miliwn), rhwch wybod i stiward.

Mae tai bach ym mhen dwyreiniol y Gadeirlan, trwy'r drws i'r chwith o'r sgrin y Cwîr.

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

Cynaliadwyedd a chaniatâd

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

Caiff rhai o'n gwasanaethau'n eu ffrydio ar Facebook o gamera ym mhen dwyreiniol Corff yr Eglwys sy'n wynebu'r dwyrain, ac mae'r recordiad ar gael wedi hynny ar dudalen Facebook y Gadeirlan. Efallai y bydd ffotograffydd swyddogol ar ddyletswydd. Mae eich presenoldeb yn gyfystyr â'ch caniatâd i gael eich cynnwys mewn unrhyw ffilmio, tynnu lluniau, recordio sain neu ddarlledu. Os nad ydych am i ffotograff ohonoch chi neu blentyn yn eich gofal gael ei ddefnyddio gan y Gadeirlan, siaradwch ag aelod o dîm y Gadeirlan.

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 lliθοeodd 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'r lluniau ar glawr trefn gwasanaethau'r wythnos hon yn olygfeydd o brenfrefi Cymreig gan yr artist o Sir Benfro, Audrey Johns.

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 Welsh village scenes by the Pembrokeshire artist, Audrey Johns.