



Gosber ar Gân

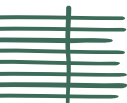
**Y Chweched Sul wedi'r Drindod**

16 Gorffennaf 2023 am 3.30pm

Choral Evensong

**The Sixth Sunday after Trinity**

16 July 2023 at 3.30pm



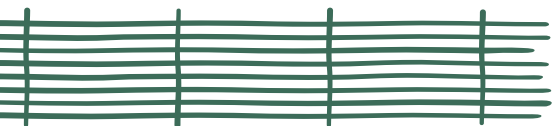
**Cadeirlan  
Deiniol Sant  
ym Mangor**

Saint Deiniol's  
Cathedral  
in Bangor



*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.

# Yn y Gosber At Evensong

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 mynachau 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 hwyr 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.

Yn ystod ein haddoliad, rydyn ni'n dweud ac yn canu gyda'n gilydd y testun **mewn teip trwm**. 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, eisteddych yn hytrach na sefyll neu benlinio.

Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfyrion yn eich amser eich hun ar y geiriau sanctaidd sydd ynddo.

**Buchedd Bangor** yw ein cylchgrawn, 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.



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.

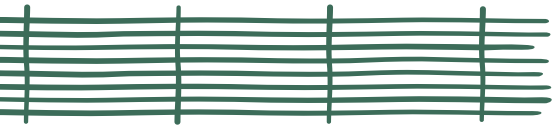
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God's enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

During our worship, we say and sing together the text **in bold type**. 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.

You are invited to take the booklet away with you, to reflect in your own time on the holy words it contains.

**Buchedd Bangor** is our 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.

# Trefn Order



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

Philip Radcliffe (1905-1986)

## Brawddeg Sentence

"Bydded i'r holl ddaear ofni di, O Dduw, ac i holl drigolion y byd arswydo rhagot."

### Translation

"Let all the earth fear you; let all who dwell in the world stand in awe of you."

## Emyn Hymn



**A**s pants the hart for cooling streams  
when heated in the chase,  
so longs my soul, O God, for thee,  
and thy refreshing grace.

For thee, my God, the living God,  
my thirsty soul doth pine:  
O when shall I behold thy face,  
thou majesty divine?

Why restless, why cast down, my soul?  
Hope still, and thou shalt sing  
the praise of him who is thy God,  
thy health's eternal spring.

To Father, Son, and Holy Ghost,  
the God whom we adore,  
be glory, as it was, is now,  
and shall be evermore. Amen.

### Geiriau | Words

Nahum Tate (1652-1715); Nicholas Brady (1659-1726)

### Cerddoriaeth | Music | "Martyrdom"

Hugh Wilson (1766-1824)

Eisteddwn | We sit



# Gair Word

## Salmyddiaeth Psalmody

Thou O God art to be praised in Zion: thou that hearest prayer,  
unto thee shall men perform their vows.

To thee shall all flesh come to confess their sins: when our  
misdeeds prevail against us, in thy mercy do thou blot them out.

Blessèd is the man whom thou choosest and receivest unto  
thee: he shall dwell in thy courts.

May we be filled with the pleasures of thy house: even of thy  
holy temple.

With terrible deeds hast thou answered us for our deliverance,  
O God of our salvation: thou that art the hope of all the ends of  
the earth, and of the isles that are far away,

Who in thy strength settest fast the mountains: and art girded  
about with power,

Who stillest the raging of the seas and the noise of their waves:  
and the tumult of the peoples.

They that dwell in the uttermost parts of the earth are afraid at  
thy wonders: thou that makest the morning and the evening to  
come forth with shouts of joy.

Thou visitest the earth and waterest it: thou makest it very  
plenteous.

The river of God is full of water: thou hast prepared their corn,  
for so thou providest for the earth.

Thou waterest the land, pressing down its furrows: making it  
soft with drops of rain, and blessing the increase of it.

Thou crownest the year with thy goodness: and thy paths over  
flow with plenty.

The fields of the wilderness are rich in pasture: and the hills are  
girded about with joy;

The mountains clothe themselves with flocks of sheep: the  
valleys all stand thick with corn, they shout for joy and sing.

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 65:1-13**  
**Cerddoriaeth | Music**  
Francis Jackson (1917-2022)

Eisteddwn | We sit

## Llith Lesson

Here begins the nineteenth verse of the twenty-fifth chapter of the Book of Genesis.

**I**n those days: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Holy One for his wife, because she was barren; and the Living One granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Eternal One. And the Holy One said to her, "Two nations are in your womb, and two peoples born of you shall be divided; one shall be stronger than the other, the elder shall serve the younger." When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterwards his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Here ends the First Lesson.

**Genesis 25:19-34**



## Magnificat



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**

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

Herbert Sumsion (1899-1995)

Eisteddwn | We sit

## Llith Lesson

Yma y mae yn dechrau trydedd bennod ar ddeg yr Efengyl yn ôl Sant Mathew.

**B**ryd hynny: Y diwrnod hwnnw aeth Iesu allan o'r tŷ ac eisteddodd ar lan y môr. Daeth tyrfaoedd mawr ynghyd ato, nes iddo fynd ac eistedd mewn cwch, ac yr oedd yr holl dyrfa yn sefyll ar y lan. Fe lefarodd lawer wrthynt ar ddamhegion, gan ddweud: "Aeth heuwr allan i hau. Ac wrth iddo hau, syrthiodd peth had ar hyd y llwybr, a daeth yr adar a'i fwyta. Syrthiodd peth arall ar leoedd creigiog, lle ni chafodd fawr o bridd, a thyfodd yn gyflym am nad oedd iddo ddyfnder daear. Ond wedi i'r haul godi fe'i llosgwyd, ac am nad oedd iddo wreiddyn fe wywodd. Syrthiodd hadau eraill ymhlith y drain, a thyfodd y drain a'u tagu. A syrthiodd eraill ar dir da a ffrwytho, peth ganwaith cymaint, a pheth drigain, a pheth ddeg ar hugain. Y sawl sydd â chlustiau ganddo, gwrandawed. Gwrandewch chwithau felly ar ddameg yr heuwr. Pan fydd unrhyw un yn clywed gair y deyrnas heb ei ddeall, daw'r Un drwg a chipio'r hyn a heuwyd yn ei galon. Dyma'r un sy'n derbyn yr had ar hyd y llwybr. A'r un sy'n derbyn yr had ar leoedd creigiog, dyma'r un sy'n clywed y gair ac yn ei dderbyn ar ei union yn llawen. Ond nid oes ganddo wreiddyn ynddo'i hunan, a thros dro y mae'n para; pan ddaw gorthrymder neu erlid o achos y gair, fe gwymp ar unwaith. Yr un sy'n derbyn yr had ymhlith y drain, dyma'r un sy'n clywed y gair, ond y mae gofal y byd hwn a hudoliaeth golud yn tagu'r gair, ac y mae'n mynd yn ddiffrwyth. A'r un sy'n derbyn yr had ar dir da, dyma'r un sy'n clywed y gair ac yn ei ddeall, ac yn dwyn ffrwyth ac yn rhoi peth ganwaith cymaint, a pheth drigain, a pheth ddeg ar hugain."

Yma y terfyn yr Ail Lith.

Translation

*At that time: Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen! Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."*

**Mathew | Matthew 13:1-9, 18-23**

Codwn ar ein traed | We stand



## Nunc Dimittis



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**  
**Gwasanaeth Hwylol yn G | Evening Service in G,**  
Herbert Sumsion (1899-1995)

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

## Creddo'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.

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

### Translation

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

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

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

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

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

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

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

### Gweddïau Casgl Collects

**O**Dduw, sydd bob amser yn cynorthwyo a llywodraethu'r rhai yr wyt yn eu meithrin yn dy ddilys ofn a'th gariad: cadw ni yn noded dy ragluniaeth ddaionus, a phâr inni ofni a charu'n ddi-baid dy Enw bendigedig; trwy Iesu Grist ein Gwardwr. Amen.

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

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

#### Translation

*O God, who never fails to help and govern those whom you bring up in your steadfast fear and love: keep us, we beseech you, under the protection of your providence, and make us to have a perpetual fear and love of your holy Name; through Jesus Christ our Saviour. Amen.*

#### Cerddoriaeth | Music

Philip Radcliffe (1905-1986)

## Gweddi Waddol Foundation Prayer

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

**Amen.**

### Translation

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

Eisteddwn | We sit

## Anthem

Give the king thy judgments, O God, and thy righteousness unto the king's son. He shall judge thy people with righteousness, and thy poor with judgment. The mountains shall bring peace to the people, and the little hills, by righteousness. Praise ye the Lord. Sing unto the Lord a new song, and his praise in the congregation of saints. Let Israel rejoice in him that made him: let the children of Zion be joyful in their King. Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp.

### Geiriau | Words

Salm | Psalm 72:1-3, 149:1-3

### Cerddoriaeth | Music

Joanna Forbes L'Estrange

Penliniwn neu eisteddwn | We kneel or sit

## Gweddïau Prayers

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 Gwardwr.

**Amen.**

*Translation*

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

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

**Amen.**

Codwn ar ein traed | We stand



# Ymadael Departing

Eryn Hymn



**W**e have a gospel to proclaim  
good news for all throughout the earth;  
the gospel of a Saviour's name,  
we sing his glory, tell his worth.

Tell of his birth at Bethlehem  
not in a royal house or hall  
but in a stable dark and dim,  
the Word made flesh, a light for all.

Tell of his death at Calvary,  
hated by those he came to save,  
in lonely suffering on the cross;  
for all he loved his life he gave.

Tell of that glorious Easter morn:  
empty the tomb, for he was free.  
He broke the power of death and hell  
that we might share his victory.

Tell of his reign at God's right hand,  
by all creation glorified,  
he sends his Spirit on his Church,  
to live for him, the Lamb who died.

**Now we rejoice to name him King:  
Jesus is Lord of all the earth.  
This gospel message we proclaim,  
we sing his glory, tell his worth.**

**Geiriau | Words**

Edward Joseph Burns

**Cerddoriaeth | Music | "Fulda"**

William Gardiner (1770-1853)

Parhawn ar ein traed | We remain standing

## Bendith Blessing

**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.**

*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 Bendithiwn yr lôr.

R Diolch a fo i Dduw.

*Translation*

Y *The Lord be with you.* R *And with thy spirit.*

Y *Let us bless the Lord.* R *Thanks be to God.*

**Cerddoriaeth | Music**

Edward Woodall Naylor (1867-1934)

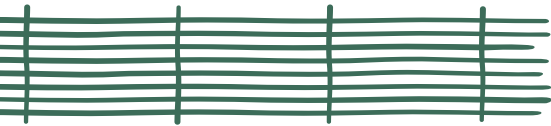
Parhawn ar ein traed hyd nes i'r gweinidogion ymadael | We remain standing until the ministers have departed

**Offrymddarn ar yr organ | Organ voluntary**

**Allabreve, BWV 589**, Johann Sebastian Bach (1685-1750)



# Hysbys



## Cantorion ar daith

Mae'n bleser gennym groesawu'r St Christopher Chorale i ganu yn y Choral Holy Eucharist ac yn y Gosber ar Gân heddiw. Da i ni yw cael cwmni cantorion ar daith dros fisoedd yr haf, a braf yw eu croesawu i ganol patrwm ein bywyd litwrgaidd yma yn y Gadeirlan.

## Cinio Dewch a Rhannu

Cynhelir ein Cinio Dewch a Rhannu nesaf am 12.15pm, yn dilyn y Choral Holy Eucharist, ar Ddygwyl Fair yn Awst, Dydd Sul 13 Awst. Mae'n Cinio Dewch a Rhannu yn gyfle am sgwrs, difyrwch, croeso a charedigrwydd. Gwahoddir pawb; ac os hoffech awgrymiadau am fwyd i'w ddwyn, siaradwch â Canon Jane Coutts.

## Addoliad yn ystod yr wythnos dros fisoedd yr haf

Wrth galon ein haddoliad yn ystod yr wythnos yma yn y Gadeirlan ac yn Eglwys y Groes y mae dathlu'r CYmun. Dethlir y Cymun yn ddyddiol yn y Gadeirlan am 12.30pm, bob dydd o ddydd Llun i ddydd Sadwrn; ac yn wythnosol yn Eglwys y Groes, ar ddydd Iau am 2.00pm.

Mae'r offrwm o weddi a mawl yn y Gosber ar Gân yn rhan bwysig arall o fywyd addolgar y Gadeirlan. Yn ystod misoedd yr haf, tra bod ein lluoedd corawl yn lleihau, offrymir Gosber ar Gân yn wythnosol am 3.30pm ar brynhawn Sul, tra bo'n Gosber ar Gân ar nosweithiau'r wythnos wedi eu

gohirio. Dywedir Hwyrwl Weddi bob dydd Iau am 5.30pm.

Gwnewch yn fawr o'r addoliad rheolaidd yma. Mae dathliadau 12.30pm y Cymun yn ystod yr wythnos yn cynnig ennyd dawel, fyfyrion yng nghanol y dydd. Mae croeso mor gynnes yn Eglwys y Groes ym Masgeirchen ar ddydd Iau, gan gynnwys te ar ôl y gwasanaeth. Ac mae ein Gosber ar Gân ar y Sul yn hardd ac yn fyfyrion.

## Cyd-Bererinion Cadeirlan Deiniol Sant ym Magor

Mae llyfryn am Cyd-Bererinion Cadeirlan Deiniol Sant ar gael yng nghefn y Gadeirlan. Mynnwch gopi, a rhannwch newydd am y Cyd-Bererinion gyda'ch ffrindiau a'r rhai a allai ddymuno cefnogi ein bywyd ar y cyd yma yn y Gadeirlan.

## Datganiadau Paned

Pob dydd Iau

11.15am am 45 munud

Paned a chacen o 10.45am

## 20 Gorffennaf | Pedwarawd y Fenai | Pedwarawd Llinynnol

Mae pedwarawd o chwaraewyr o Gerddorfa Symffoni Prifysgol Bangor. Byddant yn perfformio Pedwarawd "Americanaidd" enwog Dvorak.

# Yr wythnos

## Heddiw | Today

**3.30pm** Gosber ar Gân | Choral Evensong

*St Christopher Chorale*

Ymatebion | Responses, Radcliffe;  
Gwasanaeth Hwyrrol yn G | Evening Service in G, Sumsion; The mountains shall bring peace, Forbes L'Estrange

## Dydd Llun | Monday

**12.30pm** Cymun | Eucharist

## Dydd Mawrth | Tuesday

**9.00am** Camau Bach

**12.30pm** Cymun | Eucharist

## Dydd Mercher | Wednesday

**12.30pm** Cymun | Eucharist

**5.30pm** Bedydd Esgob | Confirmation

## Dydd Iau | Thursday

**11.15am** Datganiad | Recital

**12.30pm** Cymun | Eucharist

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

**5.30pm** Hwyrrol Weddi | Evening Prayer

## Dydd Gwener | Friday

**12.30pm** Cymun | Eucharist

## **22 Gorffenaŷ | Dygwyl y Santes Fair Fadlen** **22 July | Saint Mary Magdalene's Day**

**12.30pm** Cymun | Eucharist

## **23 Gorffenaŷ | Y Seithfed Sul wedi'r Drindod** **23 July | The Seventh Sunday after Trinity**

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaid ar Gân

*Coniuctio Septentrionales Cantores*

Offeren Cyntaf, Bennett; Os cherwch fi, Tallis

**11.00am** Choral Holy Eucharist

*Coniuctio Septentrionales Cantores*

Communion Service in A-flat, Harwood; Greater love hath no man, Ireland

**3.30pm** Gosber ar Gân | Choral Evensong

*Coniuctio Septentrionales Cantores*

Ymatebion | Responses, Clucas;  
Gwasanaeth Hwyrrol yn B leiaf | Evening Service in B minor, Noble; O how amiable, Vaughan Williams

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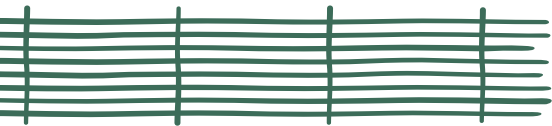
## Ein gweddi

**Yn glâf** Joy Levine, offeiriad; John Watkin Jones; Giuseppina de Giovanni; June Everett Hall

**A fu farw'n ddiweddar** Mair Edwards; Lesley Roberts; Patrick Tuft, offeiriad; Dan Jones

**Gŵyl goffa** Mona Jones (21); May Large (21)

# Notices



## Visiting Choir

We are delighted to welcome the St Christopher Chorale to sing at the Choral Holy Eucharist and at Choral Evensong today. It is a great gift to us to have the company of visiting singers over the summer months, and it is good to welcome them into the pattern of our liturgical life here at the Cathedral.

## Bring & Share Lunch

Our next Bring & Share Lunch will take place at 12.15pm, following the Choral Holy Eucharist, on the Festival of Mary the Mother of God, Sunday 13 August. Our Bring & Share Lunches are an opportunity for conversation, conviviality, welcome and kindness. All are invited; and if you would like suggestions about food to bring, please speak to Canon Jane Coutts.

## Weekday worship over the summer months

At the heart of our weekday worship here at the Cathedral and in Eglwys y Groes is the celebration of the Eucharist. The Eucharist is celebrated daily at the Cathedral at 12.30pm, every day from Monday to Saturday; and weekly at Eglwys y Groes, on Thursdays at 2.00pm.

The offering of prayer and praise at Choral Evensong is another important component of the Cathedral's worshipping life. During the summer

months, while our choral forces are reduced, Choral Evensong is offered weekly at 3.30pm on Sunday afternoons, while our our weekday Choral Evensongs are suspended until the full Choir's return. Evening Prayer will be said every Thursday at 5.30pm.

Please make the most of the regular round of worship here. The 12.30pm weekday celebrations of the Eucharist are a quiet, meditative moment in the middle of the day. There is such a warm welcome at Eglwys y Groes in Masgeirchen on Thursdays, including afternoon tea after the service. And our Sunday Choral Evensongs are beautiful and reflective.

## The Pilgrim-Friends of Saint Deiniol's Cathedral in Bangor

A brochure about the Pilgrim-Friends of Saint Deiniol's Cathedral in Bangor – our new friends association – is available at the Cathedral. Please take one away with you, and share news of the Pilgrim-Friends with your friends and those who may wish to support our common life here at the Cathedral.

## Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

## 20 July | Menai Quartet | String Quartet

The Menai String Quartet is made up of players from the Bangor University Symphony Orchestra. They will be performing Dvorak's famous "American" Quartet.

# This week

## Heddiw | Today

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*St Christopher Chorale*

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Communion Service in A-flat, Harwood; Greater love hath no man, Ireland

**3.30pm** Gosber ar Gân | Choral Evensong

*Coniuctio Septentrionales Cantores*

Ymatebion | Responses, Clucas; Gwasanaeth Hwyl yn B leiaf | Evening Service in B minor, Noble; O how amiable, Vaughan Williams

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## Our prayers

**The sick** Joy Levine, priest; John Watkin Jones; Giuseppina de Giovanni; June Everett Hall

**The recently departed** Mair Edwards; Lesley Roberts; Patrick Tuft, priest; Dan Jones

**Year's mind** Mona Jones (21); May Large (21)



## 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 gennyh unrhyw bryderon, codwch nhw ar unwaith gydag aelod o dim y Gadeirlan.

### Hygyrchedd

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

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

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 cynifer o'n gwasanaethau'n eu ffrydio ar Facebook, 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 fflmio, 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 dim y Gadeirlan.

### Cydnabyddiaethau

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. Daw'r drefn a'i chynnwys o **Llyfr Gweddi Gyffredin (1662)**. Mae'r lliθοedd a'r salmyddiaeth Gymraeg yn seiliedig ar **The New Revised Standard Version of the Bible** ac **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**.

Rydym yn ddiolchgar i Dave Custance, cyfaill i'r Gadeirlan, am y lluniau sy'n cael eu defnyddio ar gloriau ein llyfrynnau addoli ar y Sul dros fisoedd yr haf. Ar y clawr heddiw ceir llun o glawr Robert (Mouseman) Thompson (1876-1955) ar ben Bedyddfaen y Gadeirlan, sy'n dyddio o'r 15fed ganrif.

## 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.

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.

Many of our services are streamed on Facebook, 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.

### Acknowledgements

Material in this order of service is reproduced under the CLL 280874. The form and content of the service are taken from **The Book of Common Prayer (1662)**. The lessons are based on **The New Revised Standard Version of the Bible** and **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**.

We are grateful to Dave Custance for the photographs used on the covers of our Sunday worship booklets over the summer months. On the cover today is a photograph of the modern canopy by Robert (Mouseman) Thompson (1876-1955) that sits atop the Cathedral's 15th century Font.