

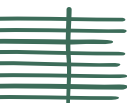


## **Cymun Bendigaid**

31 Gorffennaf – 5 Awst 2023

## **Holy Eucharist**

31 July – 5 August 2023



**Cadeirlan  
Deiniol Sant  
ym Mangor**

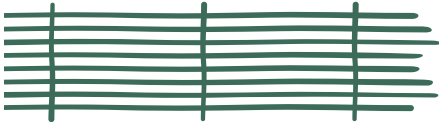
Saint Deiniol's  
Cathedral  
in Bangor



**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.eglwsyngnghymru.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

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

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

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.**

"Pwy sydd gennyf yn y nefoedd ond ti? Ac nid wyf yn dymuno  
ond tydi ar y ddaear."

## Edifeirwch

Gan gynnull i ddathlu,

ymbaratown gan adnabod ein pechodau,

gan ymddiried yn naioni ein Tad trugarog,

wedi'n cynnal gan addfwynder Iesu, ein cyfaill,

ac wrth weld ein bywydau o'r newydd yn llewyrch  
yr Ysbryd bywiol.

Trugarha wrthym, O Dduw.

**Rydym wedi pechu yn dy erbyn.**

Dangos i ni, O Dduw, dy drugaredd.

**A dyro i ni dy iachawdwriaeth.**

Bydded i Dduw Dad faddau i ni a'n gwared oddi wrth ein holl  
bechodau, a rhoi inni ras a nerth yr Ysbryd Glân.

**Amen.**

# Order for the Holy Eucharist



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

Hymn | at Eglwys y Groes on Thursday

## Greeting

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

**Amen.**

Grace and peace be with you.

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

“Whom have I in heaven but you? And having you I desire  
nothing upon earth.”

## Pentience

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

Have mercy on us, O God.

**For we have sinned against you.**

Show us, O God, your mercy.

**And grant us your salvation.**

May God our Father pardon and deliver us from all our sins, and  
grant us the grace and power of the Holy Spirit.

**Amen.**

## Kyrie eleison

∿ Kyrie eleison. **R** Kyrie eleison. ∿ Christe eleison. **R** **Christe eleison.** ∿ Kyrie eleison. **R** **Kyrie eleison.**

Cyfieithiad

Arglwydd, trugarha. Crist, trugarha.

## Gweddi Gasgl

Gweddiwn.

**O**Dduw, a ddarperaist i'r rhai sy'n dy garu bethau daionus uwchlaw deall dyn: tywallt yn ein calonnau'r fath gariad atat, fel y bo i ni, gan dy garu uwchlaw pob dim, allu mwynhau. dy addewidion, sy'n fwy rhagorol na dim y gallwn ni ei ddeisyf; trwy Iesu Grist ein Gwaredwr.

**Amen.**

Eisteddwn

## Gair

### Salmyddiaeth

∿ Fy nghnawd a'm calon pallu wnant,  
ond nerth fy nghalon yw fy Nuw.

**R** **Fy nghnawd a'm calon pallu wnant,  
ond nerth fy nghalon yw fy Nuw.**

Pwy sydd gennyf yn y nefoedd ond ti? Ac nid wyf yn dymuno ond tydi ar y ddaear.

Er i'm calon a'm cnawd ballu, eto y mae Duw yn gryfder i'm calon ac yn rhan imi am byth.

**R** **Fy nghnawd a'm calon pallu wnant,  
ond nerth fy nghalon yw fy Nuw.**

Yn wir, fe ddifethir y rhai sy'n bell oddi wrthyt, a byddi'n dinistrio'r rhai sy'n anffyddlon i ti.



## Kyrie eleison

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

*Translation*

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

## Collect

Let us pray.

**G**od, who has prepared for those who love your such good things as pass human understanding: pour into our hearts such love toward you, that we, loving you above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ our Saviour.

**Amen.**

*We sit*



## Word

### Psalmody

℣ God is the strength of my heart.

℞ **God is the strength of my heart.**

Whom have I in heaven but you? And having you I desire nothing upon earth.

Though my flesh and my heart should waste away, God is the strength of my heart and my portion for ever.

℞ **God is the strength of my heart.**

Truly, those who forsake you will perish; you destroy all who are unfaithful.

But it is good for me to be near God; I have made the Most High my refuge.



Ond da i mi yw bod yn agos at Dduw; yr wyf wedi gwneud Duw yn gysgod i mi, er mwyn imi fynegi dy ryfeddodau.

**R̄ Fy nghnawd a'm calon pallu wnant,  
ond nerth fy nghalon yw fy Nuw.**

Salm 73:25-28

## Darlleniad

Darlleniad o Lythyr at yr Hebreaid.

**G**aredigion: Gan fod cymaint torf o dystion o'n cwmpas, gadewch i ninnau fwrw ymaith bob rhwystr, a'r pechod sy'n ein maglu mor rhwydd, a rhedeg yr yrfa sydd o'n blaen heb ddiffygio, gan gadw ein golwg ar Iesu, awdur a pherffeithydd ffydd. Er mwyn y llawenydd oedd o'i flaen, fe oddefodd ef y Groes heb ddiffygio, gan ddiystyru gwarth, ac y mae wedi eistedd ar ddeheulaw gorseddfainc Duw. Meddyliwch amdano ef, a oddefodd y fath elyniaeth ato'i hun gan bechaduriaid, rhag i chwi flino na digalonni.

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

Hebreaid 12:1-3

Codwn ar ein traed

I will speak of all your works in the gates of the city of Zion

**R** **God is the strength of my heart.**

**Psalm 73:25-29**

## Reading

A reading from the Epistle to the Hebrews.

**D**eary beloved: Since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the Cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

Hear the word of life to the world.

**Thanks be to God.**

**Hebrews 12:1-3**

**We stand**

## Efengyl

Y Haleliwia. R Haleliwia. Y Yr wyt yn pryderu ac yn trafferthu am lawer o bethau, ond un peth sy'n angenrheidiol.

R 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.**

**B**ryd hynny: Aeth Iesu i mewn i bentref, a chroesawyd ef i'w chartref gan wraig o'r enw Martha. Yr oedd ganddi hi chwaer a elwid Mair; eisteddodd hi wrth draed Crist a gwranddo ar ei air. Ond yr oedd Martha mewn dryswch oherwydd yr holl waith gweini, a daeth ato a dweud, "A wyt ti heb hidio dim fod fy chwaer wedi fy ngadael i weini ar fy mhen fy hun? Dywed wrthi, felly, am fy nghynorthwyo." Atebodd Iesu hi, "Martha, Martha, yr wyt yn pryderu ac yn trafferthu am lawer o bethau, ond un peth sy'n angenrheidiol. Y mae Mair wedi dewis y rhan orau, ac nis dygir oddi arni."

Dyma Efengyl ein Gwarddwr.

**Moliant i ti, O Grist.**

Luc 10:38-42

Pregeth | yn Eglwys y Groes ar ddydd Iau

## Gospel

℣ Alleluia. ℞ **Alleluia.** ℣ You are worried and distracted by many things; there is need of only one thing. ℞ **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.**

**A**t that time: Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at Christ's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But Jesus answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

**Luke 10:38-42**

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,

**R̄ Gwrando ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

**R̄ Gwrando ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

**R̄ Gwrando ein gweddi.**

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

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

## Intention

Let us pray.

### We kneel or sit

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

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

Y God in your mercy,

R **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 ...*].

Y God in your mercy,

R **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.

Y God in your mercy,

R **Hear our prayer.**

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

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

# Cymun

## Emyn | yn Eglwys y Groes ar ddydd Iau

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

### Offrwm

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

**Fe ddaw inni'n fara'r bywyd.**

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

**Fe ddaw inni'n waed einioes y byd.**

### Gweddï 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.

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

**Sanctaidd, sanctaidd, sanctaidd Arglwydd,**

**Duw gallu a nerth,**

**nef a daear sy'n llawn o'th ogoniant.**

**Hosanna yn y goruchaf.**

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

**Hosanna yn y goruchaf.**

Parhawn ar ein traed



# Sacrament

## Hymn | at Eglwys y Groes on Thursday

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

### Offertory

We bring to this place the bread that sustains us.

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

We bring to this place the wine that mellows us.

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

### Eucharistic Prayer

Grace and peace be with you.

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

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

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

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

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.

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

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

**Hosanna in the highest.**

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

**Hosanna in the highest.**

We remain standing

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

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

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

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

Gadewch inni gyhoeddi dirgeledd y ffydd:

**Bu farw Crist.**  
**Atgyfododd Crist.**  
**Daw Crist mewn gogoniant.**

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

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

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

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

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

Let us proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

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

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

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

✠ **Amen.**

**We remain standing**

## Gweddî'r Arglwydd

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

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

## Tangnefedd

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

Tangnefedd y Bythol Dduw a fo gyda chwi bob amser.  
**A'th gadw di yng nghariad Crist.**

Rhannwn arwydd o Dangnefedd.

## Torri

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

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

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

## Cymuno

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

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

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

## Lord's Prayer

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

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

## Peace

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

The Peace of the Living God be always with you.

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

We share a sign of Peace.

## Breaking

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

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

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

## Communion

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

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

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

Emyn | yn Eglwys y Groes ar ddydd Iau

## Gweddî Ôl-Gymun

Gweddîwn.

Codwn ar ein traed

**A**ninnau'n anedig o'r Ysbryd, yn greadigaeth ar dy ddelw di, ac yn camu feunydd o ogoniant i ogoniant, trig gyda ni, Gorff Crist, i'n meithrin, ein mendio, a'n gwneuthur yn gyfan; trwy dy Enw Sanctaidd di.

**Amen.**



## Ymadael

Gras a thangnefedd a fo gyda chwi.

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

**B**ydded i gariad Crist 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

## Hymn | at Eglwys y Groes on Thursday

### Post-Communion Prayer

Let us pray.

**We stand**

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

**Amen.**



## *Departing*

Grace and peace be with you.

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

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

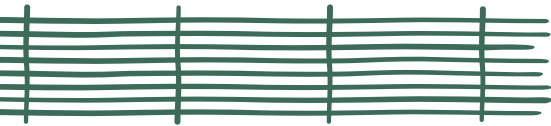
**Amen.**

Let us go forth in peace.

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

**We remain standing until the priest has departed**

# Hysbys



## **Gweddï dros y rhai'n Ymadael i hyfforddi ar gyfer y Weinidogaeth**

Ar ddiwedd ein Cymun heddiw, gweddïwn dros Naomi Wood a Robert Jones, dau aelod o'n cymuned sy'n ein gadael yr haf hwn i hyfforddi ar gyfer y weinidogaeth offeiriadol. Mae Naomi a Rob wedi rhoi'n hael o'u hamser a'u doniau i'n bywyd ar y cyd yn y fangre hon dros flynyddoedd lawer. Mae'n diolch yn fawr iddynt; byddwn yn eu cynnal yn ein gweddïau dros y blynyddoedd o hyfforddiant sydd o'n blaenau; ac edrychwn ymlaen at eu croesawu yn ôl yma ar derfyn y daith honno.

## **Cerfluniau defosiynol yng Nghorff yr Eglwys**

Da, yr wythnos ddiwethaf hon, oedd derbyn dau gilbost newydd yng Nghorff yr Eglwys. Mae un ohonynt wedi disodli'r plinth braidd yn annïogel a oedd yn cynnal delwedd Mair o Fangor. Mae'r ail blinth wedi ein galluogi i ddwyn o'r Seintwar i Gorff yr Eglwys y ddelwedd hardd o Grist y Gwardwr – cerflun hynafol o'r Iseldiroedd sy'n darlunio Iesu Grist yn dal y byd yn ei ofal ac er ei fendith. Rydym yn ddiolchgar i'n saer coed lleol, Gareth Owen, am ei waith cywraïn ar y coed.

## **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 lau 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 Hwyrrol Weddi bob dydd lau am 5.30pm.

## **Cyd-Bererinïon Cadeirlan Deiniol Sant ym Magor**

Mae llyfryn am Cyd-Bererinïon 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 ddymino cefnogi ein bywyd ar y cyd yma yn y Gadeirlan.

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# Yr wythnos

Gwnewch yn fawr o'r addoliad rheolaidd yma. Yn ogystal â'n Cymun llawer ar fore Sul, mae'r dathliadau 12.30pm o'r 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.

## Heddiw | Today

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

Ymatebion | Responses, Plaengan | Plainchant; Gwasanaeth Hwyrion | Evening Service, Plaengan | Plainchant; O sacred oracles of truth, Handel

## 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

## Dydd Iau | Thursday

**12.30pm** Cymun | Eucharist

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

**5.30pm** Hwyrion Weddi | Evening Prayer

## Dydd Gwener | Friday

**12.30pm** Cymun | Eucharist

## Dydd Sadwrn | Saturday

**12.30pm** Cymun | Eucharist

# 6 Awst | Dygwyl y Gweddnewidiad

## 6 August | The Festival of the Transfiguration of Christ

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaidd ar Gân

Offeren Glyn Rhosyn, Wynn Jones

**11.00am** Choral Holy Eucharist

Missa in Simplicitate, Langlais; My eyes for beauty pine, Howells

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

*Cantamus*

Ymatebion | Responses, Smith; Ail Wasanaeth Hwyrion | Second Evening Service, Byrd; Prevent us, O Lord, Byrd

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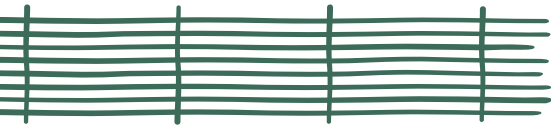
# Ein gweddi

**Yn glâf** Joy Levine, offeiriad; John Watkin Jones; Bill Lovelock; Giuseppina de Giovanni; June Everett Hall; Cynthia Farrar; Gillian Briggs; Martin Cassidy; Dan Blackburn; Sue Jennings

**A fu farw'n ddiweddar** Lesley Roberts; Patrick Tuft, offeiriad; Dan Jones; Eileen Grantage; Colette Warwick

**Gŵyl goffa** Neil Goddard (1)

# Notices



## **Prayer for departing Ordinands**

At the end of our Eucharist today, we pray for Naomi Wood and Robert Jones, two members of our community who are leaving us this summer to train for priestly ministry. Naomi and Rob have given generously of their time and talent to the common life of this place over many years. We owe them a debt of gratitude; we will be holding them in our prayers over the years of training that lie ahead; and we look forward to welcoming them back here at that journey's end.

## **Devotional statues in the Nave**

This past week we were delighted to take receipt of two new plinths in the Nave of the Cathedral. One of them has replaced the rather unsafe base that was sustaining the image of Mary of Bangor. The second plinth has enabled us to bring down from the Presbytery the beautiful image of Christ the Saviour – an ancient Netherlandish sculpture that depicts Jesus Christ holding the world in his care and for his blessing. We are grateful to our local carpenter, Gareth Owen, for his careful work with the wood.

## **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.

## **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.

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## This week

Please make the most of the regular round of worship here. In addition to the joyfulness of our Sunday morning Eucharists, 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.

### Heddiw | Today

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

Ymatebion | Responses, Plaengan | Plainchant; Gwasanaeth Hwyról | Evening Service, Plaengan | Plainchant; O sacred oracles of truth, Handel

### 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

### Dydd Iau | Thursday

**12.30pm** Cymun | Eucharist

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

**5.30pm** Hwyról Weddi | Evening Prayer

### Dydd Gwener | Friday

**12.30pm** Cymun | Eucharist

### Dydd Sadwrn | Saturday

**12.30pm** Cymun | Eucharist

## 6 Awst | Dygwyl y Gweddnewidiad 6 August | The Festival of the Transfiguration of Christ

**8.15am** Holy Eucharist

**9.15am** Cymun Bendigaidd ar Gân  
Offeren Glyn Rhosyn, Wynn Jones

**11.00am** Choral Holy Eucharist  
Missa in Simplicitate, Langlais; My eyes for beauty pine, Howells

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

Ymatebion | Responses, Smith; Ail Wasanaeth Hwyról | Second Evening Service, Byrd; Prevent us, O Lord, Byrd

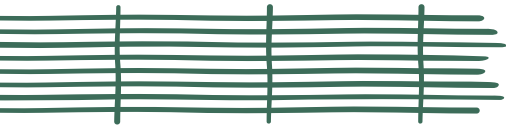
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## Our prayers

**The sick** Joy Levine, priest; John Watkin Jones; Bill Lovelock; Giuseppina de Giovanni; June Everett Hall; Cynthia Farrar; Gillian Briggs; Martin Cassidy; Dan Blackburn; Sue Jennings

**The recently departed** Lesley Roberts; Patrick Tuft, priest; Dan Jones; Eileen Grantage; Colette Warwick

**Year's mind** Neil Goddard (1)



## 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.

### Hgyrchedd

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 canonaidd am 20 rhan o glwten fesul miliwn), rhowch wybod i stiward.

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

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

### Cynaliadwyedd a chaniatâd

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

Caiff rhai o'n gwasanaethau'n eu ffrydio ar Facebook o gamera ym mhen dwyreiniol Corff yr Eglwys sy'n wynebu'r dwyrain, ac mae'r recordiad ar gael wedi hynny ar dudalen Facebook y Gadeirlan. Efallai y bydd ffotograffydd swyddogol ar ddyletswydd. Mae eich presenoldeb yn gyfystr 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).

Ar y clawr ceir dyluniad o Grist y Gwaredwr – cerflun hynafol o'r Iseldiroedd sy'n darlunio Iesu Grist yn dal y byd yn ei ofal ac er ei fendith – wedi ei leoli o'r newydd ar gilbost yng Nghorff yr Eglwys.

## 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).

On the cover is an image of Christ the Saviour – an ancient Netherlandish sculpture that depicts Jesus Christ holding the world in his care and for his blessing – newly located on a plinth in the Nave of the Cathedral.