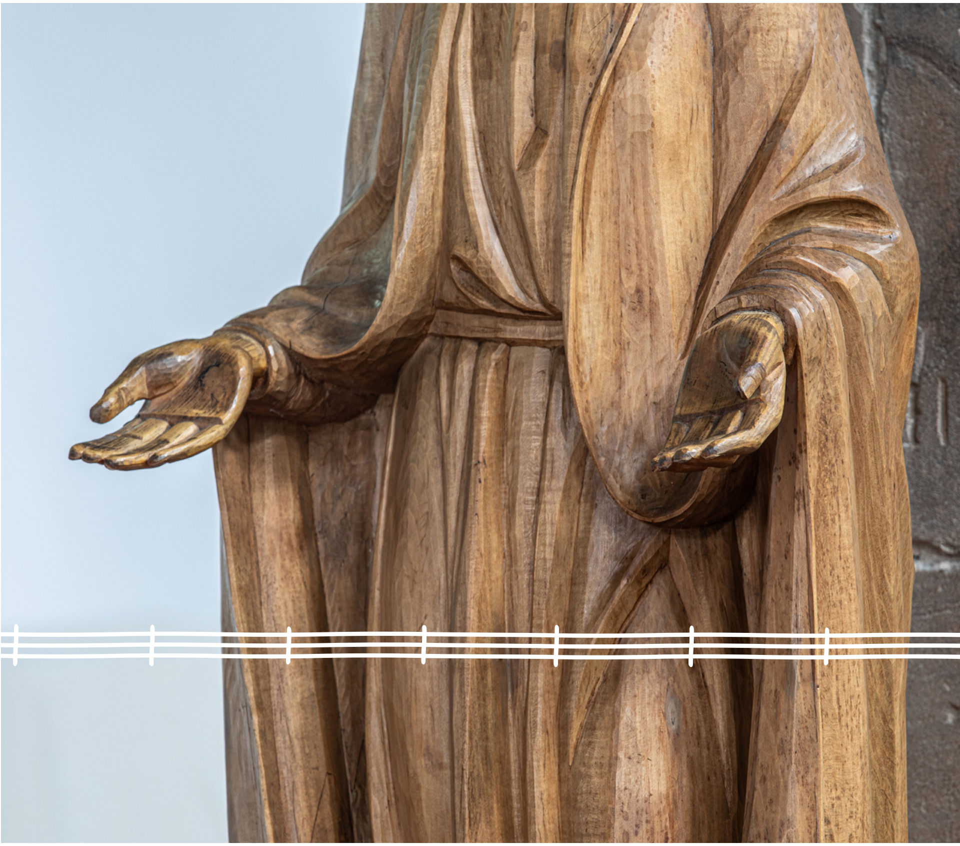Cymun Bendigaid
14-19 Awst 2023

Holy Eucharist
14-19 August 2023

Cadeirlan Deiniol Sant ym Mangor

Saint Deiniol's Cathedral in Bangor

Eglwys y Groes Maesgeirchen

Croeso i Gadeirlan Deiniol Sant ym Mangor.

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

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

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

Welcome to Saint Deiniol's Cathedral in Bangor.

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

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

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

Cefnogaeth

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

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

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

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

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

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

Support

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

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

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

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

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

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

Ein cymuned

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

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

About us

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

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

Cefnogaeth
Support

Buchedd Bangor

O'r Ddarllenfa
From the Lectern

Y Cymun Bendigaid

Cyflwyniad i'r Cymun Bendigaid

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechodau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar ddarlleniadau o'r Beibl, gan ganfod yno arweiniad, her, cysur a newydd da gan Dduw. Wrth gamu at fwrdd yr allor, cynigiwn i Dduw ein gweddi dros bawb mewn angen. Wrth galon ein haddoliad heddiw, byddwn yn cymryd bara a gwin, byddwn yn gofyn am fendith gweddnewidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Cymuno. Daw ein haddoliad i ben wrth inni dderbyn bendith Duw, yn gynhaliaeth inni wrth ymadael. Waeth pa mor bell yn ôl y gwnaethoch hynny ddiwethaf, mae croeso i chi Gymuno yma heddiw. Os hoffech chi Gymuno am y tro cyntaf, neu gael eich Bedyddio, siaradwch ag aelod o dîm yr Gadeirlan. Ceir ffydd, gobaith a chariad yma i bawb.

Yn arferol, defnyddir darlleniadau'r Sul blaenorol yn ein dathliadau beunyddiol o'r Cymun. Cawn ein gwahodd i wrando yn ofalus, er mwyn, fel petai, i'r enaid ei glywed. Dyma gyfle i ddod i gnoi cil ar eiriau'r Beibl – i brofi'i flas. Mae'n gyfle i sylwi ar beth sy'n tynnu'n sylw. A yw'n berson? Gair? Delwedd? Ystum? Pam fod hynny wedi neidio i flaen y meddwl? Caniatewch i'r myfyriadau "fod" o'ch mewn, a 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 fyfyrio yn eich amser eich hun ar y geiriau sanctaidd sydd ynddo. Fodd bynnag, nid darllen neu arsylwi ydi addoli – ond gweithgaredd, a ninnau'n cymryd rhan, ochr yn ochr â'r rhai sy'n cynnull gyda ni ac, y tu hwnt i hynny, ochr yn ochr â llu'r nef i gyd. Dyrchefwch, felly, eich llygaid; sylwch ar liw, golau, sain, symudiad a harddwch; codwch eich llais; cyfranogwch yn yr hyn a fydd yn eich gweddnewid, o roi iddo'r cyfle.

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

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 then 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.

"Mynegaf dy glod dros y cenedlaethau, nes bod pobl yn dy ganmol hyd byth."

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.

"I will make your name to be remembered from one generation to another, therefore nations will praise you for ever and ever."

Pentience

As we gather to celebrate,
we prepare ourselves by acknowledging our sins,

trusting in the goodness of our merciful Father,

upheld by the gentleness of our companion Jesus,

seeing our lives anew in the radiance of the life-giving Spirit.

Have mercy on us, O God.
For we have sinned against you.

Show us, O God, your mercy.
And grant us your salvation.

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

Kyrie eleison

℣ Kyrie eleison. ℟ **Kyrie eleison.** ℣ Christe eleison. ℟ **Christe eleison.** ℣ Kyrie eleison. ℟ **Kyrie eleison.**

Cyfieithiad
Arglwydd, trugarha. Crist, trugarha.

Gweddi Gasgl

Gweddïwn.

Dad nefol, a ddewisaist Fair i fod yn fam dy Fab ein Prynwr: caniatâ fod i ni ym mhob peth dderbyn dy ewyllys ddwyfol a llawenhau gyda hi yn dy iachawdwriaeth; trwy'r un Iesu Grist ein Gwaredwr. **Amen.**

Eisteddwn

Gair

Salmyddiaeth

℣ Minnau o oes i oes yn glau: a baraf gofio'r Enw tau.

℟ **Minnau o oes i oes yn glau: a baraf gofio'r Enw tau.**

Yr wyt yn decach na phawb; tywalltwyd gras ar dy wefusau am i Dduw dy fendithio am byth.

Ceraist gyfiawnder a chasáu drygioni; am hynny bu i Dduw, dy Dduw di, dy eneinio ag olew llawenydd uwchlaw dy gyfoedion.

℟ **Minnau o oes i oes yn glau: a baraf gofio'r Enw tau.**

Yna bydd y brenin yn chwenychu dy brydferthwch, oherwydd ef yw dy arglwydd.

Mynegaf dy glod dros y cenedlaethau, nes bod pobl yn dy ganmol hyd byth.

℟ **Minnau o oes i oes yn glau: a baraf gofio'r Enw tau.**

Salm 45:2, 7, 12, 18

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.

Heavenly Father, who chose Mary to be the mother of our Redeemer: grant that we may in all things accept your holy will, and with her rejoice in your salvation; through the same Jesus Christ our Saviour.
Amen.

We sit

Word

Psalmody

℣ Nations will praise you for ever and ever.

℟ **Nations will praise you for ever and ever.**

You are the fairest of men; grace flows from your lips, because God has blest you for ever.

You love righteousness and hate iniquity; therefore God, your God, has anointed you with the oil of gladness above your companions.

℟ **Nations will praise you for ever and ever.**

The king will have pleasure in your beauty; you are committed to him, therefore do him honour.

I will make your name to be remembered from one generation to another, therefore nations will praise you for ever and ever.

℟ **Nations will praise you for ever and ever.**

Psalm 45:2, 7, 12, 18

Darlleniad

Darlleniad o Lythyr yr Apostol Paul at y Galatiaid.

Garedigion: Pan ddaeth cyflawniad yr amser, anfonodd Duw ei Fab, wedi ei eni o wraig, wedi ei eni dan y Gyfraith, i brynu rhyddid i'r rhai oedd dan y Gyfraith, er mwyn i ni gael braint mabwysiad. A chan eich bod yn blant, anfonodd Duw Ysbryd ei Fab i'n calonnau, yn llefain, "Abba! Dad!" Felly, nid caethwas wyt ti bellach, ond plentyn; ac os plentyn, yna etifedd, trwy weithred Duw.

Clywch air bywyd i'n byd.
Diolch a fo i Dduw.

Galatiaid 4:4-7

Codwn ar ein traed

Reading

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

Dearly beloved: When the fullness of time had come, the Son of God, sent by God, was born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, the Spirit of God's Son has been sent by God into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

Hear the word of life to the world.
Thanks be to God.

Galatians 4:4-7

We stand

Efengyl

℣ Haleliwia. ℟ **Haleliwia.** ℣ Gwnaethost ti, y Nerthol, bethau mawr i mi, a sanctaidd yw dy Enw. ℟ **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: Cychwynnodd Mair ac aeth ar frys i'r mynydd-dir, i un o drefi Jwda; aeth i dy Sachareias a chyfarch Elisabeth. Pan glywodd hi gyfarchiad Mair, llamodd y plentyn yn ei chroth a llanwyd Elisabeth â'r Ysbryd Glân; a llefodd â llais uchel, "Bendigedig wyt ti ymhlith gwragedd, a bendigedig yw ffrwyth dy groth. Sut y daeth i'm rhan i fod mam fy Ngwaredwr yn dod ataf? Pan glywais dy lais yn fy nghyfarch, dyma'r plentyn yn fy nghroth yn llamu o orfoledd. Gwyn ei byd yr hon a gredodd y cyflawnid yr hyn a lefarwyd wrthi gan y Sanctaidd." Ac meddai Mair: "Y mae fy enaid yn dy fawrygu, O Dduw, a gorfoleddodd fy ysbryd ynot, fy Ngwaredwr, am iti ystyried distadledd dy lawforwyn. Oherwydd wele, o hyn allan fe'm gelwir yn wynfydedig gan yr holl genedlaethau, oherwydd gwnaethost ti, y Nerthol, bethau mawr i mi, a sanctaidd yw dy Enw; y mae dy drugaredd o genhedlaeth i genhedlaeth i'r rhai sy'n dy ofni. Gwnaethost rymuster â'th fraich, gwasgeraist y rhai balch eu calon; tynniast dywysogion oddi ar eu gorseddau, a dyrchafaist y rhai distadl; llwythaist y newynog â rhoddion, ac anfonaist y cyfoethogion ymaith yn waglaw. Cynorthwyaist Israel di was, gan ddwyn i'th gof dy drugaredd, fel y llefaraist wrth ein hynafiaid; dy drugaredd wrth Abraham a'i had yn dragywydd."

Dyma Efengyl ein Gwaredwr.
Moliant i ti, O Grist.

Luc 1:39-55

Pregeth | yn Eglwys y Groes ar ddydd Iau

℣ Alleluia. ℟ **Alleluia.** ℣ You, the Almighty, have done great things for me, and holy is your Name. ℟ **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: Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Saviour comes to me? For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Holy One." And Mary said, "My soul proclaims your greatness, O God; my spirit rejoices in you, my Saviour, for you have looked with favour on your lowly servant. From this day all generations will call me blessed; you, the Almighty, have done great things for me, and holy is your Name. You have mercy on those who fear you from generation to generation. You, O God, have shown strength with your arm, and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly. You have filled the hungry with good things and sent the rich away empty. You have come to the help of your servant Israel, for you have remembered your promise of mercy, the promise made to our forebears, to Abraham and to his descendants for ever."

This is the Gospel of our Saviour.
Praise to you, O Christ.

Luke 1:39-55

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 [...].

℣ O Dduw, yn dy drugaredd,
℟ **Gwrando ein gweddi.**

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

℣ O Dduw, yn dy drugaredd,
℟ **Gwrando ein gweddi.**

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

℣ O Dduw, yn dy drugaredd,
℟ **Gwrando ein gweddi.**

℣ Gyr dy olau, moes dy wir,
a'm harwain i'th breswylfydd,
℟ **Yna yr âf at allor Duw,**
Duw fy hawl a'm gwynfyd.

Intention

Let us pray.

We kneel or sit

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

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

℣ God in your mercy,
℟ **Hear our prayer.**

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

℣ God in your mercy,
℟ **Hear our prayer.**

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

℣ God in your mercy,
℟ **Hear our prayer.**

℣ Send out your light and your truth,
to lead me to your dwelling;
℟ **That I may go to the altar of God,**
to the God of my joy and gladness.

Cymun

Emyn | yn Eglwys y Groes ar ddydd Iau

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

Offrwm

Deuwn i'r fangre hon â'r bara sy'n 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.
Iawn yw rhoi ein diolch a'n clod.

Iawn 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.

A ddatguddiodd ei ogoniant llachar i'w ddisgyblion ar y mynydd sanctaidd, fel y caent eu nerthu i wynebu gwarth y groes. Disgleiriodd ei ogoniant, a chyhoeddodd dy lais o'r nefoedd mai ef yw dy annwyl Fab.

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

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

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

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.

Who revealed his dazzling glory to his disciples on the holy mountain, that they might be strengthened to face the scandal of the cross. His glory shone out and your voice from heaven proclaimed him to be your beloved Son.

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, bwytewch; 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, adnewydda 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

Gweddi'r Arglwydd

Fel y dysgodd ein Hiachawdwr ni, gweddïwn 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.

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 algylch 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:

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.

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

Gweddi Ôl-Gymun

Gweddïwn.

Codwn ar ein traed

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

Ymadael

Gras a thangnefedd a fo gyda chwi.
A'th gadw di yng nghariad Crist.

Bydded i gariad Crist Iesu eich dwyn ato'i hun; bydded i'w rym eich cynnal yn ei wasanaeth, a'i 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

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

Hysbys

Cantorion ar daith

Mae'n bleser gennym groesawu corau Eglwysi Santes Fair Handsworth a Moseley i ganu yn y Choral Holy Eucharist a'r 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 heddiw. Mae'n Cinio Dewch a Rhannu yn gyfle am sgwrs, difyrrwch, croeso a charedigrwydd. Mae croeso cynnes i bawb.

Y Gadeirlan yn yr Eisteddfod

Da oedd bod yn rhan o brysurdeb yr Esiteddfod Genedlaethol ym Moduan yr wythnos ddiwethaf. Fel rhan o fentrau "Pererin" a "Llwybr Cadfan" yr esgobaeth, bu'r Is-Ddeon yn rhan o arwain pererindod ar ddydd Mawrth; ac ar ddydd Gwener bu'r Côr yn canu ar y Maes. Daeth y gweithgarwch i ben nos Wener wrth i'r Côr ganu, yr Is-Ddeon bregethu a'r Is Ganon weinidogaethu yng Nghymun Bendgaid ar Gân yr Eisteddfod yn Eglwys Sant Pedr ym Mhwllheli.

Ymweliad a Chadeirlan Christ Church yn Nulyn

Y Sul hwn mae Côr y Gadeirlan yn canu yn y Cymun Boreol a'r Gosber ar Gân yng Nghadeirlan Christ Church yn Nulyn. Ein gobaith yw y bydd hyn yn ddechrau ar gyfeillgarwch ddyfnach rhwng y ddwy Gadeirlan. Edrychwn ymlaen i rannu newydd am y daith yn y rhifyn nesaf o **Fuchedd Bangor**.

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 Hwyrol Weddi bob dydd Iau am 5.30pm.

Cyd-Bererinion Cadeirlan Deiniol Sant ym Mangor

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.

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, fyfyriol 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 fyfyriol.

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

St Mary's Handsworth &
St Mary's Moseley

Ymatebion | Responses, Smith; Gwasanaeth Hwyrol yn D | Evening Service in D, Wood; Ave Maria, Elgar

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 Hwyrol Weddi | Evening Prayer

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

20 Awst | Y Unfed Sul ar Ddeg wedi'r Drindod

20 August | The Eleventh Sunday after Trinity

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Offeren Glyn Rhosyn, Wynn Jones

11.00am Choral Holy Eucharist

Missa in Simplicitate, Langlais; Let all mortal flesh keep silence, Ogdon

3.30pm Gosber ar Gân | Choral Evensong

Cantorion Celynnin

Ymatebion | Responses, Roberts; The Lord hath been mindful of us, Wesley

Ein gweddi

Yn glâf Joy Levine, offeiriad; John Watkin Jones; Bill Lovelock; Giuseppina de Giovanni; Peter Daniel; Faith Radford-Lloyd; Ann Harrison; Barbara

A fu farw'n ddiweddar John Charles Owen; Margaret Godfrey; Shelagh Griffith

Gŵyl goffa Owen Morris Jones (13)

Notices

Visiting Choir

We are delighted to welcome the Choirs of St Mary's Handsworth and St Mary's Moseley 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 today. Our Bring & Share Lunches are an opportunity for conversation, conviviality, welcome and kindness. All are invited.

The Cathedral at the Eisteddfod

It was good to be part of the hustle and bustle of the National Eisteddfod in Boduan on the Llyn Peninsula this past week. As part of the diocese's "Pererin" and "Llwybr Cadfan" initiatives, the Sub-Dean led a pilgrimage on the Eisteddfod Field on Tuesday, and on Friday our Choir sang at the Cytûn: Churches Together in Wales tent. The week concluded on Friday evening, as the Choir sang, the Sub-Dean preached and the Minor Canon ministered at the Eisteddfod's Choral Holy Eucharist ("Cymun Bendigaid ar Gân") in Saint Peter's Church in Pwllheli.

A visit to Christ Church Cathedral in Dublin

This Sunday, the Cathedral Choir is singing at the Morning Eucharist and at Choral Evensong at Christ Church Cathedral in Dublin. Our hope is that this will be the start of a deeper friendship between our two Cathedrals. We look forward to sharing news of the visit in the next issue of **Buchedd Bangor**.

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 is 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.

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

St Mary's Handsworth &
St Mary's Moseley

Ymatebion | Responses, Smith; Gwasanaeth Hwyrol yn D | Evening Service in D, Wood; Ave Maria, Elgar

Dydd Llun | Monday

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3.30pm Gosber ar Gân | Choral Evensong

Cantorion Celynnin

Ymatebion | Responses, Roberts; The Lord hath been mindful of us, Wesley

Our prayers

The sick Joy Levine, priest; John Watkin Jones; Bill Lovelock; Giuseppina de Giovanni; Peter Daniel; Faith Radford-Lloyd; Ann Harrison; Barbara

The recently departed John Charles Owen; Margaret Godfrey; Shelagh Griffith

Year's mind Owen Morris Jones (13)

Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

Rhif elusen 1158340

Diogelu

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

Hygyrchedd

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

Mae 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 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 llithoedd 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).

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 yr wythnos hon ceir lluniau o gerfluniau of Fair Mam Duw yn y Gadeirlan.

The Cathedral & Metropolitical 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).

We are grateful to Dave Custance for the photographs used on the covers of our Sunday worship booklets over the summer months. On the covers of this week's booklets are images of the statues of Mary the Mother of God at the Cathedral.