



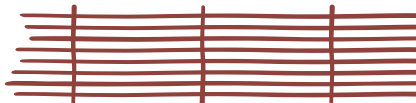
Cymun Bendigaid • o dudalen 4
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18-23 Medi 2023

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18-23 September 2023



**Cadeirlan
Deiniol Sant
ym Mangor**

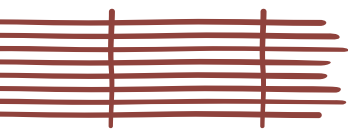
Saint Deiniol's
Cathedral
in Bangor



**Eglwys y
Groes**
Maesgeirchen

*Croeso i
Gadeirlan
Deiniol Sant
ym Mangor.*

*Welcome to
Saint
Deiniol's
Cathedral in
Bangor.*



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

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

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

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

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

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

Cefnogaeth

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

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

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

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

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

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

Support

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

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

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

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

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

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

Ein cymuned About us

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

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

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

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

Cefnogaeth Support



Buchedd Bangor



O'r Ddarllenfa From the Lectern



Y Cymun Bendigaid

Cyflwyniad i'r Cymun Bendigaid

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechodau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar 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 chlodwch 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. Dyrchewfch, felly, eich llygaid; sylwch ar liw, golau, sain, symudiad a harddwch; codwch eich llais; cyfranogwch yn yr hyn a fydd yn eich gweddnewid, o roi iddo'r cyfle.

Yn ystod ein haddoliad, rydyn ni'n dweud ac yn canu gyda'n gilydd y testun **mewn teip trwm**. Mae testun Cymraeg wedi'i argraffu ar y tudalennau chwith, a'r testun Saesneg ar y dde. Mae croeso ichi wneud arwydd o'r Groes pan fydd y geiriau wedi'u marcio ag ✠. Cynigir cyfarwyddiadau eraill (rhuddellau) **mewn teip gwyrdd**; 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 green 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.

“Bydd holl gyrrau'r ddaear yn cofio ac yn dychwelyd at Dduw, a holl dylwythau'r cenhedloedd yn ymgrymu o flaen.”

Edifeirwch

Gan gynnull i ddathlu,

ymparatown gan adnabod ein pechodau,

gan ymddiried yn naioni ein Tad trugarog,

wedi'n cynnal gan addfwynder Iesu, ein cyfaill,

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

Trugarha wrthym, O Dduw.

Rydym wedi pechu yn dy erbyn.

Dangos i ni, O Dduw, dy drugaredd.

A dyro i ni dy iachawdwriaeth.

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

Amen.

Order for the Holy Eucharist

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

Hymn | at Eglwys y Groes on Thursday

Greeting

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

Amen.

Grace and peace be with you.

And keep you in the love of Christ.

“All the ends of the earth shall remember and turn to you, and
all the families of the nations shall bow before you.”

Pentience

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

Have mercy on us, O God.

For we have sinned against you.

Show us, O God, your mercy.

And grant us your salvation.

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

Amen.

Kyrie eleison

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

Cyfieithiad

Arglwydd, trugarha. Crist, trugarha.

Gweddi Gasgl | ar ddydd Iau

Gweddiwn.

Hollalluog Dduw, a elwaist Mathew o'r dollfa, trwy dy Fab gwynfydedig, i fod yn Apostol ac Efengylwr: caniatâ inni ras i ymrwthod â phob chwenychiad pechadurus a thrachwant am olud bydol, ac i ddilyn yr un dy Fab Iesu Grist, sy'n byw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn oes oesoedd.

Amen.

Gweddi Gasgl | ar ddyddiau eraill

Gweddiwn.

Hollalluog Dduw, y dyrchafwyd dy unig-anedig Fab Iesu Grist ar y Groes i dynnu pawb ato ei hun: caniatâ inni'n wastad orfoleddu yn y Groes honno, sydd inni'n arwydd ein prynedigaeth; trwy'r un Iesu Grist ein Gwardedwr.

Amen.

Eisteddwn

Kyrie eleison

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

Translation

Lord, have mercy. Christ, have mercy.

Collect | on Thursday

Let us pray.

Almighty God, who by your blessed Son called Matthew from the receipt of custom to be an Apostle and Evangelist: grant us grace to forsake all covetous desires and selfish love of riches and to follow the same your Son Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, world without end.

Amen.

Collect | on other days

Let us pray.

Almighty God, whose only-begotten Son Jesus Christ was lifted up on the Cross to draw all unto him: grant that we may ever glory in that Cross, which is to us the sign of our redemption; through the same Jesus Christ our Saviour.

Amen.

We sit

Salmyddiaeth

Y Dy fawl a draetha'm tafod yn llu'r gymanfa fawr.

R̄ Dy fawl a draetha'm tafod yn llu'r gymanfa fawr.

Molwch Dduw, chwi sy'n ofni'r Sanctaidd; rhowch anrhydedd i Dduw, holl dylwyth Jacob; ofnwch Dduw, holl dylwyth Israel.

Oherwydd ni ddirmygaist na diystyru gorthrwm y gorthrymedig; ni chuddiaist dy wyneb oddi wrthym, ond gwranddo arnom pan lefasom.

R̄ Dy fawl a draetha'm tafod yn llu'r gymanfa fawr.

Oddi wrthyt ti y daw fy mawl yn y gynulleidfa fawr, a thalaf fy addunedau yng ngŵydd y rhai sy'n dy ofni.

Bydd yr anghenus yn bwyta, ac yn cael digon, a'r rhai sy'n dy geisio yn dy foli: "Bydded i'th galon fyw byth!"

R̄ Dy fawl a draetha'm tafod yn llu'r gymanfa fawr.

Bydd holl gyrrau'r ddaear yn cofio ac yn dychwelyd atat, O Dduw, a holl dylwythau'r cenedloedd yn ymgrymu o'th flaen.

Oherwydd i Dduw y perthyn brenhiniaeth; Duw sy'n llywodraethu dros y cenedloedd.

R̄ Dy fawl a draetha'm tafod yn llu'r gymanfa fawr.

Salm 22:23-28

Word

Psalmody

℣ My praise is of you in the great assembly.

℣ My praise is of you in the great assembly.

May all who fear you, O God, give praise; may the offspring of Israel stand in awe, and all of Jacob's line give glory.

For you do not despise nor abhor the poor in their poverty, neither do you hide your face from them, but when they cry to you, you hear them.

℣ My praise is of you in the great assembly.

My praise is of you in the great assembly; I will perform my vows in the presence of those who worship you.

The poor shall eat and be satisfied, and those who seek you shall praise you: "May your heart live for ever!"

℣ My praise is of you in the great assembly.

All the ends of the earth shall remember and turn to you, and all the families of the nations shall bow before you.

For yours is the royal power, O God; you rule over the nations.

℣ My praise is of you in the great assembly.

Psalm 22:22-27

Darlleniad

Darlleniad o Lythyr Cyntaf yr Apostol Paul at y Corinthiaid.

Garedigion: Y gair am y groes, ffolineb yw i'r rhai sydd ar lwybr colledigaeth, ond i ni sydd ar lwybr iachawdwriaeth, gallu Duw ydyw. Y mae'n ysgrifenedig: "Dinistriaif ddoethineb y doethion, A dileaf ddeall y deallus." Pa le y mae'r un doeth? Pa le y mae'r un dysgedig? Pa le y mae ymresymydd yr oes bresennol? Oni wnaeth Duw ddoethineb y byd yn ffolineb? Oherwydd gan fod y byd, yn noethineb Duw, wedi methu adnabod Duw trwy ei ddoethineb ei hun, gwelodd Duw yn dda trwy ffolineb yr hyn yr ydym ni yn ei bregethu achub y rhai sydd yn credu. Y mae'r Iddewon yn gofyn am arwyddion, a'r Groegiaid hwythau yn chwilio am ddoethineb. Eithr nyni, pregethu yr ydym Grist wedi ei groeshoelio, yn dramgwydd i'r Iddewon ac yn ffolineb i'r Cenhedloedd; ond i'r rhai a alwyd, yn Iddewon a Groegiaid, y mae'n Grist, gallu Duw a doethineb Duw. Oherwydd y mae ffolineb Duw yn ddoethach na doethineb ddynol, a gwendid Duw yn gryfach na chryfder dynol.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

1 Corinthiaid 1:18-25

Codwn ar ein traed

Reading

A reading from the First Epistle of Saint Paul to the Corinthians.

Dearly beloved: The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Hear the word of life to the world.

Thanks be to God.

1 Corinthians 1:18-25

We stand

Efengyl

Ŷ Haleliwia. **R̥ Haleliwia.** Ŷ Fel y dyrchafodd Moses y sarff yn yr anialwch, felly y mae'n rhaid i Fab y Dyn gael ei ddyrchafu.

R̥ Haleliwia.

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Ioan.

Gogoniant i ti, O Grist.

Bryd hynny: Dywedodd Iesu wrth Nicodemus, un o arweinwyr yr Iwdeaid, "Os nad ydych yn credu ar ôl imi lefaraf wrthyich am bethau'r ddaear, sut y credwch os llefaraf wrthyich am bethau'r nef? Nid oes neb wedi esgyn i'r nef ond yr un a ddisgynnodd o'r nef, Mab y Dyn. Ac fel y dyrchafodd Moses y sarff yn yr anialwch, felly y mae'n rhaid i Fab y Dyn gael ei ddyrchafu, er mwyn i bob un sy'n credu gael bywyd tragwyddol ynddo ef. Do, carodd Duw y byd gymaint nes iddo roi ei unig Fab, er mwyn i bob un sy'n credu ynddo ef beidio â mynd i ddistryw ond cael bywyd tragwyddol."

Dyma Efengyl ein Gwardedwr.

Moliant i ti, O Grist.

Ioan 3:12-16

Pregeth | yn Eglwys y Groes ar ddydd Iau

Gospel

℣ Alleluia. ℟ **Alleluia.** ℣ Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up. ℟ **Alleluia.**

Grace and peace be with you.

And keep you in the love of Christ.

Listen to the Holy Gospel according to ✠ Saint John.

Glory to you, O Christ.

At that time: Jesus said to Nicodemus, a leader of the Judeans, "If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

This is the Gospel of our Saviour.

Praise to you, O Christ.

John 3:12-16

Sermon | at Eglwys y Groes on Thursday

Bwriad

Gweddiwn.

Penliniwn neu eisteddwn

Drindod Dragwyddol, dathlwn y Cymun hwn i'th ogoniant,
[*er anrhydedd dy sant, N,*]
ac er budd y byw a'r meirw,
er eu mwyn y bu i Grist farw a chyfodi drachefn.

Bydded ffrwyth ein Cymun yn doreithiog i [...].

Ŵ O Dduw, yn dy drugaredd,

R̄ Gwrando ein gweddi.

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

Ŵ O Dduw, yn dy drugaredd,

R̄ Gwrando ein gweddi.

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

Ŵ O Dduw, yn dy drugaredd,

R̄ Gwrando ein gweddi.

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

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

Intention

Let us pray.

We kneel or sit

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

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

✠ God in your mercy,

✠ **Hear our prayer.**

We also bring to this altar-table our prayers

[*for those who are unwell,*

among them ...;

for the recently departed,

among them ...;

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

among them ...].

✠ God in your mercy,

✠ **Hear our prayer.**

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

✠ God in your mercy,

✠ **Hear our prayer.**

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

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

Cymun

Emyn | yn Eglwys y Groes ar ddydd Iau

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

Offrwm

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

Fe ddaw inni'n fara'r bywyd.

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

Fe ddaw inni'n waed einioes y byd.

Gweddi Ewcharistaidd

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Dyrchefwch eich calonnau.

Yr ydym yn eu dyrchafu at yr Arglwydd.

Diolchwn i'r Arglwydd ein Duw.

lawn yw rhoi ein diolch a'n clod.

lawn yn wir, ein dyletswydd a'n llawenydd bob amser ac ym mhob lle, yw diolch i ti, Dad Sanctaidd, hollalluog a bythfywiol Dduw, trwy Iesu Grist ein Harglwydd.

A'i darostyngodd ei hun ar wedd dynion, gan fod yn ufudd hyd angau, ie, angau ar groes. Fe'i dyrchafwyd oddi ar y ddaear fel y tynnai bawb ato ef ei hun.

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, bearing the human likeness, humbled himself and in obedience accepted death, even death on a cross. He was lifted up from the earth that he might draw all people to himself.

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 bôn't i ni yn gorff a gwaed ein Hiachawdwr, Iesu Grist.

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

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

Gadewch inni gyhoeddi dirgeledd y ffydd:

Bu farw Crist.

Atgyfododd Crist.

Daw Crist mewn gogoniant.

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

Adfer ac adfywia dy holl bobl, adnewyddu ni a phawb y gweddiwn trostynt â'th ras a'th ✠ fendith nefol a derbyn ni yn y diwedd gyda'th holl saint i'r llawenydd diderfyn hwnnw a addawyd inni gan dy Fab, ein Harglwydd Iesu Grist.

Trwyddo ef, gydag ef, ynddo ef, yn undod yr Ysbryd Glân, eiddot ti, Dad hollalluog, yw pob anrhydedd a gogoniant, yn oes oesoedd.

✠ **Amen.**

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, gweddiwn yn hyderus, pob un yn ei iaith ei hun:

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

Tangnefedd

Rwyt ti, O Dduw, yn gweu ynghyd dy etholedigion yn un cymundeb a chymdeithas yn nirgel Gorff dy Fab; ei Gorff torredig, gogoneddus yn gyflawn mewn tangnefedd.

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.

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, O God, knit together your elect in one communion and fellowship in the mystical Body of your Son; his broken, glorious Body made whole in 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.

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

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

Yr hyn a gymerasom, O Dduw, â'n genau, dyro i ni ei dderbyn â chalon lân; ac o fod yn rhodd dymhorol, boed i ni'n feddyginiaeth dragwyddol; drwy Iesu Grist ein

Gwaredwr.

Amen.

Ymadael

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Bydded i Dduw, ffynhonnell pob daioni, inni'n lwybr a chydymaith ar y daith, er mwyn inni ofalu am greadigaeth dda Duw a dwyn ffrwyth cyfiawnder yn ein buchedd; a bendith Duw hollalluog, y Tad, ✠ y Mab, a'r Ysbryd Glân, a fo yn eich plith ac a drigo gyda chwi yn wastad.

Amen.

Awn ymaith mewn tangnefedd.

Yn Enw Crist. Amen.

Parhawn ar ein traed hyd nes i'r offeiriad ymadael

Communion

✠ 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

Hymn | at Eglwys y Groes on Thursday

Post-Communion Prayer

Let us pray.

We stand

What has passed our lips as food, O God, may we
possess in purity of heart; that what has been given
to us in time, may be our healing for eternity; through
Jesus Christ our Saviour.

Amen.



Departing

Grace and peace be with you.

And keep you in the love of Christ.

May God, the source of all goodness, be our pilgrim path
and guide, that we may care for God's good creation
and bring forth in our lives the fruits of righteousness;
and the blessing of God almighty, the Father, ✠ the Son, and the
Holy Spirit, be among you and remain with you always.

Amen.

Let us go forth in peace.

In the Name of Christ. Amen.

We remain standing until the priest has departed

Gosber ar Gân

Cyflwyniad i'r Gosber ar Gân

Mae i oedfa'r Gosber ar Gân wreiddiau dwfn. Mae'n waddol o fuchedd gweddi y mynachlogydd Benedictaidd, lle roedd treigl oriau'r dydd yn esgor ar weddi ar y cyd. Daw'r ffurf a ddefnyddiwn heddiw o Lyfr Gweddi Gyffredin yr unfed ganrif ar bymtheg, lle cyfunwyd dau o'r oedfaon mynachaid hynafol i ffurfio oedfa i'w hoffrymu'n blwyfol ar drefyn dydd, ac mewn cadeirlannau ar gân.

Yn ein Gosber, byddwn yn gwrando ar lithoedd o'r Hen Destament a'r Newydd, ac yn canu'r ddwy gân hwyrol o'r Efengyl yn ôl Sant Luc – y *Magnificat* (cân am ein hyder yn addewid oesol Duw) a'r *Nunc dimittis* (cân am ein cyflawniad yng ngholeuni oesol Crist). Mae gweddi ar gân ac ar goedd, a sain yr anthem, yn ein dwyn, galon a meddwl, tuag at Dduw

Addoli gyda ni heddiw

Mae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad. Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i 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 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 gwyrdd**; os ydych chi'n ei chael hi'n fwy cyfforddus, eisteddwch yn hytrach na sefyll neu benlinio.

Choral Evensong

An introduction to Choral Evensong

The service of Choral Evensong has deep roots. It is an inheritance from the prayer life of Benedictine monasteries, where the turning of the hours of the day was marked by communal prayer. The service we know today is from the sixteenth-century Book of Common Prayer, in which two of the ancient monastic observances were combined to form a service to mark the end of the day – and “in quires and places where they sing,” to do so chorally.

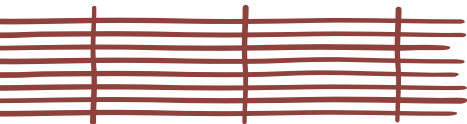
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

Worshipping with us today

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

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

Trefn ar gyfer Gosber ar Gân Order for Choral Evensong



Codwn ar ein traed ar ganiad y gloch | We stand as the bell is rung



Cynnull *Gathering*

Deisyfiadau *Preces*

Ŵ ✕ O lôr, rho i'n gwefus gân.
℞ Aed yn bêr hyd y nef ein mawl.

Ŵ ✕ O Dduw, cofleidia'n hadfyd.
℞ O Grist, dy ras yw'n golud.

Ŵ Gogoniant fo i Dduw Dad, ac i Dduw'r Mab,
ac i Dduw'r Ysbryd Glân,
℞ Fel yr oedd yn y dechreuad, mae'n awr, a'n fythol y bydd;
yn oes oesoedd. Amen.

Ŵ Molwch yr lôr.
℞ Addolwn ein Duw.

Translation

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

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Herbert Sumsion (1899-1995)

Cerddoriaeth | Music |

ar ddyddiau Mawrth a Mercher | on Tuesday and Wednesday

Robert Ashfield (1911-2006)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Humphrey Lucas

Brawddeg *Sentence*

"Bydd holl gyrrau'r ddaear yn cofio ac yn dychwelyd at Dduw, a holl dylwythau'r cenhedloedd yn ymgrymu o flaen."

Translation

"All the ends of the earth shall remember and turn to you, and all the families of the nations shall bow before you."

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

Unto thee do I cry O Lord my Rock; be not deaf to my prayer: lest, if thou answer not, I become like them that go down into the grave.

Hear the voice of my humble petitions when I cry unto thee: when I hold up my hands towards thy holy sanctuary.

Cast me not away with the ungodly and wicked doers: who speak friendly to their neighbours, but devise mischief in their hearts.

Requite them according to their deeds: and according to the wickedness of their doings.

Recompense them after the work of their hands: pay them that they have deserved.

For they regard not in their mind the acts of the Lord, nor the operation of his hands: therefore shall he break them down and not build them up.

The Lord's name be praised: for he hath heard the voice of my humble petitions.

The Lord is my strength and my shield; my heart hath trusted in him and I am helped: therefore my heart danceth for joy, and in my song will I praise him.

The Lord is the strength of his people: and he is a sure refuge for his anointed king.

O save thy people, and give thy blessing unto thine inheritance: be thou their shepherd and carry them for ever.

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 28

Cerddoriaeth | Music

Jonathan Battishill (1738-1801); John Goss (1800-1880)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Mawrth **Psalmody** | on Tuesday

Rejoice in the Lord O ye righteous: for it becometh well the just to praise him.

Praise the Lord upon the harp: sing praises unto him with the ten-stringed lute.

Sing unto the Lord a new song: make skilful melody and cry aloud with joy.

For the word of the Lord is true: and all his works are faithful.

He loveth righteousness and true judgement: the earth is full of the loving-kindness of the Lord.

By the word of the Lord were the heavens made: and all the hosts of them by the breath of his mouth.

He gathered the waters of the sea as in a water-skin: and laid up the deep as in a treasure-house.

Let all the earth fear the Lord: let them stand in awe of him, all they that dwell in the world.

For he spake and it was done: he commanded and it stood fast.

The Lord bringeth the counsel of the nations to nought: and maketh the devices of the peoples to be of none effect.

The counsel of the Lord shall endure for ever: and the thoughts of his heart from generation to generation.

Blessèd are the people whose God is the Lord: and blessed are the folk that he hath chosen to him to be his inheritance.

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost;

as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 33:1-12

Cerddoriaeth | Music

Thomas Tertius Noble (1867-1953)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Mercher Psalmody | on Wednesday

I will always give thanks unto the Lord: his praise shall ever be in my mouth.

My soul shall make her boast in the Lord: the humble shall hear there of and be glad.

O praise the Lord with me: and let us magnify his name together.

I sought the Lord and he heard me: yea he delivered me out of all my fears.

They looked unto him and were made glad: and their faces were not ashamed.

Here is a poor man who cried and the Lord heard him: yea and saved him out of all his troubles.

The angel of the Lord dwelleth round about them that fear him: and delivereth them in time of need.

O taste and see how gracious the Lord is: blessèd is the man that trusteth in him.

O fear the Lord, ye that are his servants: for they that fear him lack nothing.

They who trust not in him do lack and suffer hunger: but they who seek the Lord shall want no manner of thing that is good.

Come ye children and hearken unto me: I will teach you the fear of the Lord.

What man is he that delighteth to live: and would fain see long life and prosperity?

Keep thy tongue from evil: and thy lips, that they speak no guile.

Depart from evil and do good: seek peace and pursue it.

The eyes of the Lord are over the righteous: and his ears are open unto their prayers.

The countenance of the Lord is against them that do evil: to root out the remembrance of them from the earth.

The righteous cry, and the Lord heareth them: and delivereth them out of all their troubles.

The Lord is nigh unto them that are broken in heart: and will save such as be bruised in spirit.

Great are the troubles of the righteous: but the Lord delivereth him out of all.

He keepeth all his bones: so that not one of them is broken. But misfortune shall slay the ungodly: and they that hate the righteous shall be desolate.

The Lord delivereth the souls of his servants: and all they that put their trust in him shall not be desolate.

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 34

Cerddoriaeth | Music

Joseph Leopold Röckel (1838-1923)

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

O Lord thou hast dealt graciously with thy servant: according to thy word.

O teach me true understanding and knowledge: for my trust hath been in thy commandments.

Before I was afflicted I went astray: but now do I keep thy word.

Thou art good and thou doest good: O teach me thy statutes.

The arrogant have hurled lies against me: but I will keep thy precepts with my whole heart.

Their heart is become gross with fatness: but my delight is in thy law.

It is good for me that I have been afflicted: that I may learn thy statutes.

The law of thy mouth is dearer to me: than thousands of gold and silver pieces.

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 119:65-72
Cerddoriaeth | Music
Robert Cooke (1768-1814)

Eisteddwn | We sit

Llith | ar ddydd Llun **Lesson | on Monday**

Here begins the twenty-third chapter of the Book of Exodus.

In those days: You shall not spread a false report. You shall not join hands with the wicked to act as a malicious witness. You shall not follow a majority in wrongdoing; when you bear witness in a lawsuit, you shall not side with the majority so as to pervert justice; nor shall you be partial to the poor in a lawsuit. When you come upon your enemy's ox or donkey going astray, you shall bring it back. When you see the donkey of one who hates you lying under its burden and you would hold back from setting it free, you must help to set it free. You shall not pervert the justice due to your poor in their lawsuits. Keep far from a false charge, and do not kill the innocent or those in the right, for I will not acquit the guilty. You shall take no bribe, for a bribe blinds the officials, and subverts the cause of those who are in the right. You shall not oppress a resident alien; you know the heart of an alien, for you were aliens in the land of Egypt. For six years you shall sow your land and gather in its yield; but the seventh year you shall let it rest and lie fallow, so that the poor of your people may eat; and what they leave the wild animals may eat. You shall do the same with your vineyard, and with your olive orchard. For six days you shall do your work, but on the seventh day you shall rest, so that your ox and your donkey may have relief, and your home-born slave and the resident alien may be refreshed.

Here ends the First Lesson.

Exodus 23:1-12

Llith | ar ddydd Mawrth Lesson | on Tuesday

Here begins the thirteenth verse of the twenty-third chapter of the Book of Exodus.

In those days: Be attentive to all that I have said to you. Do not invoke the names of other gods; do not let them be heard on your lips. Three times in the year you shall hold a festival for me. You shall observe the festival of unleavened bread; as I commanded you, you shall eat unleavened bread for seven days at the appointed time in the month of Abib, for in it you came out of Egypt. No one shall appear before me empty-handed. You shall observe the festival of harvest, of the first fruits of your labour, of what you sow in the field. You shall observe the festival of ingathering at the end of the year, when you gather in from the field the fruit of your labour. Three times in the year all your males shall appear before God. You shall not offer the blood of my sacrifice with anything leavened, or let the fat of my festival remain until the morning. The choicest of the first fruits of your ground you shall bring into the house of the Holy One your God. You shall not boil a kid in its mother's milk.

Here ends the First Lesson.

Exodus 23:13-19

Llith | ar ddydd Mercher Lesson | on Wednesday

Here begins the thirteenth verse of the thirty-third chapter of the Book of the Prophet Isaiah.

Thus says the Holy One: Hear, you who are far away, what I have done; and you who are near, acknowledge my might. The sinners in Zion are afraid; trembling has seized the godless: "Who among us can live with the devouring fire? Who among us can live with everlasting flames?" Those who walk righteously and speak uprightly, who despise the gain of oppression, who wave away a bribe instead of accepting it, who stop their ears from hearing of bloodshed and shut their eyes from looking on evil, they will live on the heights; their refuge will be the fortresses of rocks; their food will be supplied, their water assured. Your eyes will see the king in his beauty; they will behold a land that stretches far away.

Here ends the First Lesson.

Eseia | Isaiah 33:13-17

Here begins the thirteenth verse of the third chapter of the Proverbs of Solomon.

The fear of God is the beginning of knowledge: Happy are those who find wisdom, and those who get understanding, for her income is better than silver, and her revenue better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to those who lay hold of her; those who hold her fast are called happy.


Here ends the First Lesson.

Proverbs 3:13-18

Magnificat

Codwn ar ein traed | We stand

ar ddyddiau Mawrth a Mercher | on Tuesday and Wednesday

 Magnificat, anima mea, Dominum et exultavit spiritus meus in Deo, salutari meo. Quia respexit humilitatem ancillæ suæ: ecce enim ex hoc beatam me dicent omnes generationes. Quia fecit mihi magna, qui potens est, et sanctum nomen eius, et misericordia eius a progenie in progenies timentibus eum. Fecit potentiam in brachio suo, dispersit superbos mente cordis sui. Deposuit potentes de sede et exaltavit humiles; esurientes implevit bonis et divites dimisit inanes. Suscepit Israel puerum suum recordatus misericordiæ suæ, sicut locutus est ad patres nostros, Abraham et semini eius in sæcula. Gloria Patri, et Filio, et Spiritui Sancto: sicut erat in principio, et nunc, et semper, et in sæcula sæculorum. Amen.

Cyfieithiad | English-language translation as below

*Fy enaid a fawrha yr Arglwydd, a'm hysbryd
a lawenychodd yn Nuw fy lawchawdwr.
Canys efe a edrychodd ar ostyngeiddrwydd ei
wasanaethyddes. Oblegid wele, o hyn allan,
yr holl genedlaethau a'm geilw yn wynfydedig.
Canys yr hwn sydd alluog a wnaeth i mi fawredd,
a sanctaidd yw ei enw ef. A'i drugaredd sydd
yn oes oesoedd ar y rhai a'i hofna ef. Efe a*

ddangosodd nerth â'i fraich: efe a wasgarodd y rhai balch eu calon. Efe a dynnodd i lawr y cedyrn o'u heisteddfâu, ac a ddyrchafodd y rhai isel radd. Efe a lanwodd y rhai newynog â phethau da, ac a anfonodd ymaith y rhai goludog mewn eisiau. Efe a gynorthwyodd ei was Israel, gan gofio ei drugaredd. Fel y dywedodd wrth ein tadau, Abraham a'i had, yn dragywydd. Gogoniant i'r Tad, ac i'r Mab, ac i'r Ysbryd Glân. Megis yr oedd yn y dechrau, y mae'n awr hon, ac y bydd yn wastad: yn oes oesoedd. Amen.

ar ddyddiau Llun ac Iau | on Monday and Thursday



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

**Cerddoriaeth | Music | ar ddydd Llun | on Monday
Gwasanaeth Hwyrrol yn G | Evening Service in G,
Herbert Sumsion (1899-1995)**

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Magnificat tertii toni, Gilles Binchois (c.1400-1460)**

**Cerddoriaeth | Music | ar ddydd Iau | on Wednesday
Magnificat quarti toni, Francesco Feroci (1673-1750)**

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Gwasanaeth Hwyrrol yn D | Evening Service in D,
Alfred Herbert Brewer (1865-1928)**

Eisteddwn | We sit

Yma y mae yn dechrau trydedd adnod ar hugain pedwaredd bennod ar bymtheg Actau'r Apostolion Sanctaidd.

Nawr: Yn ystod y cyfnod hwnnw, bu cynnwrf nid bychan ynglŷn â'r Ffordd. Yr oedd gof arian o'r enw Demetrius, un oedd yn gwneud cysegrau arian i Artemis, ac felly yn cael llawer o waith i'w grefftwyr. Casglodd y rhain ynghyd, gyda'r gweithwyr o grefftau cyffelyb, a dywedodd: "Ddynion, fe wyddoch mai o'r fasnach hon y daw ein ffyniant ni. Yr ydych hefyd yn gweld ac yn clywed fod y Paul yma wedi perswadio tyrfa fawr, nid yn Effesus yn unig ond drwy Asia gyfan bron, a'u camarwain drwy ddweud nad duwiau mo'r duwiau o waith llaw. Yn awr, y mae perygl nid yn unig y daw anfri ar ein crefft, ond hefyd y cyfrifir teml y dduwies fawr Artemis yn ddiiddim, a hyd yn oed y bydd hi, y dduwies y mae Asia gyfan a'r byd yn ei haddoli, yn cael ei hamddifadu o'i mawrhydi." Pan glywsant hyn, llanwyd hwy â dichter, a dechreusant weiddi, "Mawr yw Artemis yr Effesiaid." Llanwyd y ddinas â'u cynnwrf, a rhuthrasant yn unfryd i'r theatr, gan lusgo gyda hwy gyd-deithwyr Paul, y Macedoniaid Gaius ac Aristarchus. Yr oedd Paul yn dymuno cael mynd gerbron y dinasyddion, ond ni adawai'r disgyblion iddo; a hefyd anfonodd rhai o uchel-swyddogion Asia, a oedd yn gyfeillgar ag ef, neges ato i erfyn arno beidio â mentro i'r theatr.

Yma y terfyn yr Ail Lith.

Translation

Now: About that time no little disturbance broke out concerning the Way. A man named Demetrius, a silversmith who made silver shrines of Artemis, brought no little business to the artisans. These he gathered together, with the workers of the same trade, and said, "Men, you know that we get our wealth from this business. You also see and hear that not only in Ephesus but in almost the whole of Asia this Paul has persuaded and drawn away a considerable number of people by saying that gods made with hands are not gods. And there is danger not only that this trade of ours may come into disrepute but also that the temple of the great goddess Artemis will be scorned, and she will be deprived of her majesty that brought all Asia

and the world to worship her.” When they heard this, they were enraged and shouted, “Great is Artemis of the Ephesians!” The city was filled with the confusion; and people rushed together to the theatre, dragging with them Gaius and Aristarchus, Macedonians who were Paul’s travelling-companions. Paul wished to go into the crowd, but the disciples would not let him; even some officials of the province of Asia, who were friendly to him, sent him a message urging him not to venture into the theatre.

Actau | Acts 19:23-31

Llith | ar ddydd Mawrth Lesson | on Tuesday

Yma y mae yn dechrau deuddegfed adnod ar hugain pedwaredd bennod ar bymtheg Actau'r Apostolion Sanctaidd.

Nawr: Yr oedd rhai yn gweiddi un peth ac eraill beth arall, oherwydd yr oedd y cyfarfod mewn cynnwrf, ac ni wyddai'r rhan fwyaf i beth yr oeddent wedi dod ynghyd. Ond tybiodd rhai o'r dyrfa mai Alexander oedd yr achos, gan i'r Iddewon ei wthio ef i'r blaen. Gwnaeth yntau arwydd â'i law, gan ddymuno ei amddiffyn ei hun wrth y dinasyddion. Ond pan ddeallwyd mai Iddew ydoedd, cododd un llef oddi wrthynt oll, a buont yn gweiddi am tua dwy awr, “Mawr yw Artemis yr Effesiaid.” Ond tawelodd clerch y ddinas y dyrfa, a dweud, “Bobl Effesus, pwy sydd heb wybod fod dinas yr Effesiaid yn geidwad teml Artemis fawr, a'r maen a syrthiodd o'r nef? Felly, gan na all neb wadu hyn, rhaid i chwithau fod yn dawel a pheidio â gwneud dim yn fyrbwyll. Yr ydych wedi dod â'r dynion hyn gerbron, er nad ydynt yn ysbeilwyr temlau nac yn cablu ein duwies ni. Gan hynny, os oes gan Demetrius a'i gyd-grefftwyr achos yn erbyn rhywun, y mae'r llysoedd barn yn cael eu cynnal ac y mae rhaglawiad yno; gadewch i'r ddwy ochr gyhuddo ei gilydd yn ffurfiol. Ond os ydych am fynd â'r peth ymhellach, mewn cyfarfod rheolaidd o'r dinasyddion y mae i gael ei benderfynu. Yn wir, y mae perygl y cyhuddir ninnau o derfysg ynglŷn â'r cyfarfod heddiw, gan nad oes dim achos amdano, ac am hynny ni allwn roi cyfrif am y cynnwrf yma.” Ac â'r geiriau hyn daeth â'r cyfarfod i ben.

Yma y terfyn yr Ail Lith.

Translation over the page

Translation

Now: Some were shouting one thing, some another; for the assembly was in confusion, and most of them did not know why they had come together. Some of the crowd gave instructions to Alexander, whom the Jews had pushed forward. And Alexander motioned for silence and tried to make a defence before the people. But when they recognized that he was a Jew, for about two hours all of them shouted in unison, "Great is Artemis of the Ephesians!" But when the town clerk had quietened the crowd, he said, "Citizens of Ephesus, who is there that does not know that the city of the Ephesians is the temple-keeper of the great Artemis and of the statue that fell from heaven? Since these things cannot be denied, you ought to be quiet and do nothing rash. You have brought these men here who are neither temple-robbers nor blasphemers of our goddess. If therefore Demetrius and the artisans with him have a complaint against anyone, the courts are open, and there are proconsuls; let them bring charges there against one another. If there is anything further you want to know, it must be settled in the regular assembly. For we are in danger of being charged with rioting today, since there is no cause that we can give to justify this commotion." When he had said this, he dismissed the assembly.

Actau | Acts 19:32-41

Llith | ar ddydd Mercher Lesson | on Wednesday

Yma y mae yn dechrau pedwaredd adnod ar bymtheg chweched bennod yr Efengyl yn ôl Sant Mathew.

Bryd hynny: Dywedodd Iesu, "Peidiwch â chasglu ichwi drysorau ar y ddaear, lle mae gwyfyn a rhwd yn difa, a lle mae lladron yn torri trwodd ac yn lladrata. Casglwch ichwi drysorau yn y nef, lle nad yw gwyfyn na rhwd yn difa, a lle nad yw lladron yn torri trwodd nac yn lladrata. Oherwydd lle mae dy drysor, yno hefyd y bydd dy galon. Y llygad yw kannwyll y corff; felly os bydd dy lygad yn hael, bydd dy gorff yn llawn goleuni. Ond os bydd dy lygad yn drachwantus, bydd dy gorff yn llawn

tywyllwch. Ac os yw'r goleuni sydd ynot yn dywyllwch, mor fawr yw'r tywyllwch! Ni all neb wasanaethu dau feistr; oherwydd bydd un ai'n casáu'r naill ac yn caru'r llall, neu'n deyrngar i'r naill ac yn dirmygu'r llall. Ni allwch wasanaethu Duw a Mamon. Am hynny 'rwy'n dweud wrthyhch, peidiwch â phryderu am eich bywyd, beth i'w fwyta na'i yfed, nac am eich corff, beth i'w wisgo; onid oes mwy i fywyd rhywun na bwyd, a mwy i'w gorff na dillad? Edrychwch ar adar yr awyr: nid ydynt yn hau nac yn medi nac yn casglu i ysguboriau, ac eto y mae eich Tad nefol yn eu bwydo. Onid ydych chiwi yn llawer mwy gwerthfawr na hwy? Prun ohonoch a all ychwanegu un funud at ei oes trwy bryderu? A pham yr ydych yn pryderu am ddillad? Ystyriwch lili'r maes, pa fodd y maent yn tyfu; nid ydynt yn llafurio nac yn nyddu. Ond 'rwy'n dweud wrthyhch, nid oedd gan hyd yn oed Solomon yn ei holl ogoniant wisg i'w chymharu ag un o'r rhain. Os yw Duw yn dilladu felly laswellt y maes, sydd yno heddiw ac yfory yn cael ei daflu i'r ffwrn, onid llawer mwy y dillada chiwi, chiwi o ychydig ffydd? Peidiwch felly â phryderu a dweud, 'Beth yr ydym i'w fwyta?' neu 'Beth yr ydym i'w yfed?' neu 'Beth yr ydym i'w wisgo?' Dyna'r holl bethau y mae'r Cenhedloedd yn eu ceisio; y mae eich Tad nefol yn gwybod fod arnoch angen y rhain i gyd. Ond ceisiwch yn gyntaf deyrnas Dduw a'i gyfiawnder ef, a rhoir y pethau hyn i gyd yn ychwaneg i chiwi. Peidiwch felly â phryderu am yfory, oherwydd bydd gan yfory ei bryder ei hun. Digon i'r diwrnod ei drafferth ei hun."

Yma y terfyn yr Ail Lith.

Translation

At that time: Jesus said, "Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also. The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth. Therefore I tell you, do

not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith? Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.”

Mathew | Matthew 6:19-34

Llith | ar ddydd Iau Lesson | on Thursday

Yma y mae yn dechrau nawfed adnod nawfed bennod yr Efengyl yn ôl Sant Mathew.

Bryd hynny: Wrth fynd heibio oddi yno gwelodd Iesu ddyn a elwid Mathew yn eistedd wrth y dollfa, a dywedodd wrtho, “Canlyn fi.” Cododd yntau a chanlynodd ef. Ac yr oedd wrth bryd bwyd yn ei dŷ, a dyma lawer o gasglwyr trethi ac o bechaduriaid yn dod a chydfwyta gyda Iesu a’i ddisgyblion. A phan welodd y Phariseaid, dywedasant wrth ei ddisgyblion, “Pam y mae eich athro yn bwyta gyda chasglwyr trethi a phechaduriaid?” Clywodd Iesu, a dywedodd, “Nid ar y cryfion ond ar y cleifion y mae angen meddyg. Ond ewch a dysgwch beth yw ystyr hyn, ‘Trugaredd a ddymunaf, nid aberth’.

Oherwydd i alw pechaduriaid, nid rhai cyfiawn, yr wyf fi wedi dod.”

Yma y terfyn yr Ail Lith.

Translation

Dearlly beloved: As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, "Follow me." And he got up and followed him. And as he sat at dinner in the house, many tax-collectors and sinners came and were sitting with him and his disciples. When the Pharisees saw this, they said to his disciples, "Why does your teacher eat with tax-collectors and sinners?" But when he heard this, he said, "Those who are well have no need of a physician, but those who are sick. Go and learn what this means, 'I desire mercy, not sacrifice.' For I have come to call not the righteous but sinners."

Mathew | Matthew 9:9-13

Nunc dimittis

Codwn ar ein traed | We stand



Lord, now lettest thou thy servant depart in peace according to thy word. For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; to be a light to lighten the Gentiles and to be the glory of thy people Israel. Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now, and ever shall be, world without end. Amen.

**Cerddoriaeth | Music | ar ddydd Llun | on Monday
Gwasanaeth Hwyrrol yn G | Evening Service in G,
Herbert Sumsion (1899-1995)**

**Cerddoriaeth | Music |
ar ddyddiau Mawrth a Mercher | on Tuesday and Wednesday
Plaengan | Plainsong**

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Gwasanaeth Hwyrrol yn D | Evening Service in D,
Alfred Herbert Brewer (1865-1928)**

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

Credo'r Apostolion **Apostles' Creed**

I believe in God

the Father Almighty,

Maker of heaven and earth:

and in Jesus Christ his only Son our Lord,

who was conceived by the Holy Ghost,

born of the Virgin Mary,

**suffered under Pontius Pilate,
was crucified, dead, and buried;**

he descended into hell;

the third day he rose again from the dead,

he ascended into heaven,

and sitteth on the right hand of God the Father Almighty;

from thence he shall come to judge

the quick and the dead.

I believe in the Holy Ghost;

the holy catholic Church;

the communion of saints;

the forgiveness of sins;

✠ the Resurrection of the body,

and the Life everlasting.

Amen.

Parhawn ar ein traed, gan droi o'r Dwyrain | We stand, turning from the East

Gweddiau Prayers

Litani Leiaf Lesser Litany

The Lord be with you.
And with thy spirit.

Let us pray.

Penliniwn neu eisteddwn | We kneel or sit

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

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

Translation

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

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

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

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

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

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

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

Gweddïau Casgl Collects

ar ddyddiau Mercher ac Iau on Wednesday and Thursday

Hollalluog Dduw, a elwaist Mathew o'r dollfa, trwy dy Fab gwynfydedig, i fod yn Apostol ac Efengylwr: caniatâ inni ras i ymwrthod â phob chwenychiad pechadurus a thrachwant am olud bydol, ac i ddilyn yr un dy Fab Iesu Grist, sy'n byw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn oes oesoedd. Amen.

ar ddyddiau eraill on other days

Hollalluog Dduw, y dyrchafwyd dy unig-anedig Fab Iesu Grist ar y Groes i dynnu pawb ato ei hun: caniatâ inni'n wastad orfoleddu yn y Groes honno, sydd inni'n arwydd ein prynedigaeth; trwy'r un Iesu Grist ein Gwardwr. Amen.

pob dydd every day

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

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

Translation

Almighty God, who by your blessed Son called Matthew from the receipt of custom to be an Apostle and Evangelist: grant us grace to forsake all covetous desires and selfish love of riches and to follow the same your Son Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, world without end. Amen. ☩ Almighty God, whose only-begotten Son Jesus Christ was lifted up on the Cross to draw all unto him: grant that we may ever glory in that Cross, which is to us the sign of our redemption; through the same Jesus Christ our Saviour. Amen.

Cerddoriaeth | Music | ar ddydd Llun | on Monday

Herbert Sumsion (1899-1995)

Cerddoriaeth | Music |

ar ddyddiau Mawrth a Mercher | on Tuesday and Wednesday

Robert Ashfield (1911-2006)

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Humphrey Lucas

Gweddi Waddol **Foundation Prayer**

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

Amen.

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

Amen.

Eisteddwn | We sit

Anthem | ar ddydd Llun | on Monday

My eyes for beauty pine,
my soul for Goddës grace:
no other care nor hope is mine,
to heaven I turn my face.

One splendour thence is shed
from all the stars above:
tis named when Goddës name is said,
'tis Love, 'tis heavenly Love.

And every gentle heart,
that burns with true desire,
is lit from eyes that mirror part
of that celestial fire.

Geiriau | Words

Robert Bridges (1844-1930)

Cerddoriaeth | Music

Herbert Howells (1892-1983)

Anthem | ar ddydd Mawrth | on Tuesday

Deo gratias.

Cyfieithiad

Diolch a fo i Dduw.

Translation

Thanks be to God.

Geiriau | Words

1 Corinthiaid | Corinthians 15:57

Cerddoriaeth | Music

William Byrd (c.1540-1623)

Anthem | ar ddydd Mercher | on Wednesday

In God's word I will rejoice: in the Lord's word will I comfort me.
Yea, in God have I put my trust: I will not be afraid what man can
do unto me.

Geiriau | Words

Salm | Psalm 56:10-11

Cerddoriaeth | Music

Henry Purcell (1659-1695)

Anthem | ar ddydd Iau | on Thursday

Rejoice in the Lord always, and again I say rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving, let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Jesus Christ our Lord.

Geiriau | Words

Philippiaid | Philippians 4:4-7

Cerddoriaeth | Music

Henry Purcell (1659-1695)

Gweddïau Prayers

Penliniwn neu eisteddwn | We kneel or sit

Ceir gweddïau | Prayers are said

Ar derfyn y gweddïau | The prayers conclude

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

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.

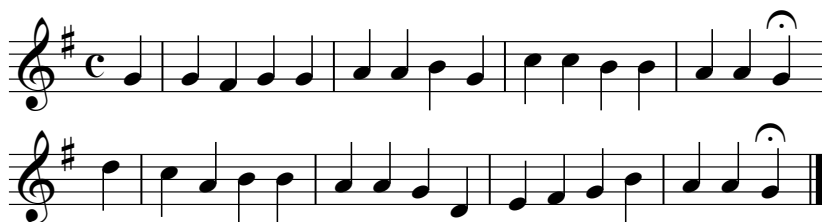
**The ✠ grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Ghost,
be with us all evermore.**

Amen.

Codwn ar ein traed | We stand

Ymadael *Departing*

Emyn | ar ddydd Llun **Hymn** | on Monday



Glory to thee, my God, this night,
for all the blessings of the light:
keep me, O keep me, King of kings,
beneath thy own almighty wings.

Er mwyn dy annwyl Fab dy hun,
O maddeu 'meiau mawr bob un,
fel cyn yr hunwyf b'wyf o hyd,
mewn hedd â thi, fy hun a'r byd.

Teach me to live, that I may dread
the grave as little as my bed;
teach me to die, that so I may
rise glorious at the awful day.

Gwna i mi orffwys heno o hyd
yn dawel dan dy adain glyd
a dod yn wiw at doriad wawr
i foli'n fwy fy Arglwydd mawr.

Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
praise Father, Son, and Holy Ghost.

Translation

For the sake of thy own dear Son, O forgive my great faults every one, that before I sleep I will be always, in peace with thee, myself and the world. ☪ Make me rest tonight always quietly under thy cosy wings and come worthily at the break of dawn to praise evermore my great Lord.

Geiriau | Words

Thomas Ken (1637-1711)

Cyfieithiad | Translation

o | from "Grawn-Sypiau Canaan" (1829)

Cerddoriaeth | Music | "Tallis's Canon"

Thomas Tallis (c.1505-1585)

Emyn | ar ddydd Mawrth **Hymn | on Tuesday**



Songs of praise the angels sang,
heaven with alleluias rang,
when creation was begun,
when God spake and it was done.

Songs of praise awoke the morn
when the Prince of peace was born;
songs of praise arose when he
captive led captivity.

Heaven and earth must pass away;
songs of praise shall crown that day:
God will make new heavens and earth;
songs of praise shall hail their birth.

Hymns of glory, songs of praise,
Father, unto thee we raise,
Jesu, glory unto thee,
with the Spirit, ever be.

Geiriau | Words

James Montgomery (1771-1854)

Cerddoriaeth | Music | "Northampton"

Charles John King (1859-1934)



He sat to watch o'er customs paid,
a man of scorned and hardening trade,
alike the symbol and the tool
of foreign masters' hated rule.

But grace within his heart had stirred,
there needed but the timely word;
it came, true Lord of souls, from thee,
that royal summons, "Follow me."

Enough, when thou wast passing by,
to hear thy voice, to meet thine eye;
he rose, responsive to the call,
and left his task, his gains, his all.

O wise exchange! with these to part,
and lay up treasures in the heart;
let them of Matthew's wealth partake,
who yield up all for Jesus' sake.

Geiriau | Words

William Bright (1824-1901)

Cerddoriaeth | Music | "Alfreton"

o | from "Supplement to the New Version" (1708)



Gwn pa le mae'r cyfoeth gorau,
gwn pa le mae'r trysor mawr;
profais flas y bywyd newydd,
O fendigaid, fwynaf awr:
grym y cariad, grym y cariad
a'm henillodd innau'n llwyr.

Gwn pwy yw yr hwn a'm carodd,
gwn pwy yw y rhoddwr rhad,
gwynfydedig Fab y nefoedd
ar wael lwch yn rhoi mawrhad;
O ryfeddod, O ryfeddod:
nerth ein Duw ym mherson dyn.

Gwn pa fodd y prynodd f'enaid,
gwn pa fodd y gwnaeth fi'n rhydd,
dwyn y penyd arno'i hunan,
marw drosof, cario'r dydd:
clod a moliant, clod a moliant
fydd yn llanw 'mywyd mwy.

Translation

*I know where the best wealth is, I know where
the great treasure is; I experienced the taste
of the new life, O blessed, sweetest hour: the
power of love won me over completely. ¶ I know
who is the one who loved me, I know who is the
free giver, blessed Son of heaven on poor dust
giving greatness; O wonder: the power of our*

God in human person. ¶ I know how he bought my soul, I know how he made me free, took the penance upon himself, died for me, carried the day: laud and praise will fill a greater life.

Geiriau | Words

Joachim Neander (1650-1680)

John Daniel Vernon Lewis (1879-1970)

Cyfieithiad | Translation

Robert Bridges (1844-1930)

Cerddoriaeth | Music | "Michael"

Herbert Howells (1892-1983)

Bendith Blessing

Parhawn ar ein traed | We remain standing

Bydded i Dduw, ffynhonnell pob daioni, inni'n lwybr a chydymaith ar y daith, er mwyn inni ofalu am greadigaeth dda Duw a dwyn ffrwyth cyfiawnder yn ein buchedd; 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 God, the source of all goodness, be our pilgrim path and guide, that we may care for God's good creation and bring forth in our lives the fruits of righteousness; and the blessing of God Almighty, the Father, ✠ the Son and the Holy Ghost, be among you and remain with you always. Amen.

Gollyngiad | ar ddyddiau Mercher ac Iau Dismissal | on Wednesday and Thursday

Ŵ Duw a fo gyda chwi.
℞ A'th gadw di yng nghariad Crist.

Ŵ Bendithiwn yr Iôr.
℞ Diolch a fo i Dduw.

Translation

Ŵ *The Lord be with you.* ℞ *And with thy spirit.*
Ŵ *Let us bless the Lord.* ℞ *Thanks be to God.*

Gollyngiad | ar ddyddiau eraill Dismissal | on other days

Ŵ Duw a fo gyda chwi.
℞ A'th gadw di yng nghariad Crist.

Ŵ O Dduw, dyro inni dy dangnefedd.
℞ A bywyd tragwyddol. Amen.

Translation

Ŵ *The Lord be with you.* ℞ *And keep you in the love of Christ.* Ŵ *O Lord, grant us your peace.*
℞ *And life everlasting. Amen.*

Cerddoriaeth | Music |

ar ddyddiau Mawrth a Mercher | on Tuesday and Wednesday
Plaengan | Plainsong

Cerddoriaeth | Music |

ar ddyddiau Llun ac Iau | on Monday and Thursday
Edward Woodall Naylor (1867-1934)

Parhawn ar ein traed hyd nes i'r gweinidogion ymadael

We remain standing until the ministers have departed

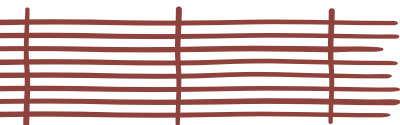
Offrymddarn ar yr organ | Organ voluntary | ar ddydd Llun | on Monday
Rhagarweiniad Salm | Psalm Prelude 1.1, Herbert Howells (1892-1983)

Offrymddarn ar yr organ | Organ voluntary | ar ddydd Mawrth | on Tuesday
Offrymddarn yn dair rhan | Voluntary in three parts, Anhysbys | Anonymous

Offrymddarn ar yr organ | Organ voluntary | ar ddydd Mercher | on Wednesday
Offrymddarn yn G | Voluntary in G, Henry Purcell (1659-1695)

Offrymddarn ar yr organ | Organ voluntary | ar ddydd Iau | on Thursday
Rhagarweiniad | Prelude, William Henry Harris (1883-1973)

Hysbys



1 Hydref 2023

Yn y Gosber ar Gân am 3.30pm ar 1 Hydref, bydd Archddiaconiaid, Canoniaid a chlerigion newydd yn cael eu gosod yn eu seddau ym mhresenoldeb Archesgob Cymru. Rhannwn ein llongyfarchiadau twyngalon â Gareth a Lesley, aelodau o gynulleidfa ein Cadeirlan, ar eu penodiad yn Ganoniaid Gwaddol. Edrychwn ymlaen hefyd at weithio gyda'n Canoniaid Mygedol newydd dros y blynyddoedd i ddod, ac yn enwedig wrth i ni baratoi i ddathlu mileniwm a hanner ein sefydlu yn 2025. Mae'r rhestr lawn o Ganoniaid newydd wedi'i chynnwys isod, a bydd y cyfan yn cael eu cyflwyno yn y rhifyn nesaf o **Buchedd Bangor**.

Yn ogystal yn y Gosber, bydd ein Caplan Prifysgol a Chymunedol newydd, y Tad Neville Naidoo, yn cael ei osod.

Mae croeso mawr i bawb yn y gwasanaeth, a fydd yn cael ei ddilyn gan dderbyniad gwin – rhowch y dyddiad yn eich dyddiadur ac ymunwch â ni ar gyfer y dathliad hapus hwn o fywyd ein Cadeirlan a'n hesgobaeth.

Canoniaid Gwaddol

Canon Lleyg **Gareth Iwan Jones**

Canon Lleyg **Lesley Hall**

Canon Quartus **Y Parchg Naomi Starkey**

Canoniaid Mygedol

Canon Amgylcheddwr **Yr Athro Robin Grove-White**

Canon Bregethwr **Y Parchg Jarel Robinson-Brown**

Canon Lyfrgellydd **Yr Athro Helen Wilcox**

Canon Brifardd **Siôn Aled**

Canon Gyfansoddwr **Alexander Mills**

Gardd agored

Mae Jennifer Rickards, aelod o'n cynulleidfa, yn cynnal gardd agored ddydd Sul 24 Medi, o 11.00am tan 4.00pm. Mae mynediad yn £5 i oedolion, ac am ddim i blant.

Datganiadau Paned

Pob dydd Iau

11.15am am 45 munud

Paned a chacen o 10.45am

Rydym yn croesawu dychweliad yr wythnos hon ein Datganiadau Paned am dymor newydd. Ymunwch â ni i fwynhau'r perfformiadau cerddorol eithriadol hyn, o safon uchel ac yn rhad ac am ddim bob bore Iau.

21 Medi | Joe Cooper a Simon Ogdon | Deuawd Piano

28 Medi | Benjamin Teague | Organ

Tarannon

Gŵyl Cred a'r Celfyddydau
12-15.10.2023

Rydym yn falch iawn bod **Tarannon**, Gŵyl Cred a'r Celfyddydau newydd y Gadeirlan, yn cael ei lansio yn mis Hydref eleni. Rhwng 12 Hydref a 15 Hydref, byddwn yn cynnal pedwar diwrnod prysur, gyforiog o gerddoriaeth, barddoniaeth, celf, hanes, addoliad, trafodaeth a sgwrs yng nghanol y ddinas.

Ceir manylion llawn, a thocynnau i'w prynu, o'r cod QR isod.



Yr wythnos

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Sumsion; Gwasanaeth Hwyl yn D | Evening Service in D, Wood; O most merciful, Wood

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday

9.00am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

21 Medi | Dygwyl Sant Mathew September | Saint Matthew's Day

11.15am Datganiad | Recital

12.30pm Cymun | Eucharist

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

5.30pm Gosber ar Gân | Choral Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

24 Medi | Yr Unfed Sul ar Bymtheg wedi'r Drindod 24 September | The Sixteenth Sunday after Trinity

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Offeren Fer, Elwyn-Edwards; Edrychwch ar adar yr awyr, Ogdon

11.00am Choral Holy Eucharist

Communion Service in F, Darke; Locus iste, Bruckner; Chorale Improvisation on "Nun danket alle Gott", Karg-Elert

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Clucas; Gwasanaeth Hwyl yn C | Evening Service in C, Kelly; Let the people praise thee, O God, Mathias

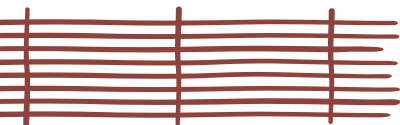
Ein gweddi

Yn glâf Joy Levine, offeiriad; John Watkin Jones; Bill Lovelock; Mary Davies; Giuseppina de Giovanni; Margaret Tromans; Angela Williams, offeiriad; John Prysor-Jones, offeiriad; Simon Copner

A fu farw'n ddiweddar Norma Sawyer; Gordon Sawyer; John Thomas Shaw; Maureen Shaw; Mai Rawlings; Albert Humphries; Gareth Miles

Gŵyl goffa George Parsons (19)

Notices



1 October 2023

At Choral Evensong at 3.30pm on 1 October, new Archdeacons, Canons and clergy will be installed in the presence of the Archbishop of Wales. We offer our congratulations to Gareth and Lesley, members of our Cathedral congregation, on their appointment as Foundation Canons. We also look forward to working with our new Honorary Canons over coming years, and especially as we prepare to celebrate our millennium and a half anniversary in 2025. The full list of new Canons is included below, and all will be introduced in the forthcoming issue of **Buchedd Bangor**.

Additionally at the service, our new University & Community Chaplain, Fr Neville Naidoo, will be installed.

All are very welcome at the service, which will be followed by a drinks reception – please put the date in your diary and join us for this happy celebration of our Cathedral and diocesan life.

Foundation Canons

Lay Canon **Gareth Iwan Jones**

Lay Canon **Lesley Hall**

Canon Quartus **The Revd Naomi Starkey**

Honorary Canons

Canon Environmentalist **Prof. Robin Grove-White**

Canon Preacher **The Revd Jarel Robinson-Brown**

Canon Librarian **Prof. Helen Wilcox**

Canon Bard **Siôn Aled**

Canon Composer **Alexander Mills**

Open garden

Jennifer Rickards, a member of our congregation, is holding an open garden on Sunday 24 September at Llys-y-Gwynt, Pentir Road, between 11am and 4pm. Admission is £5 for adults and free for children.

Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

We welcome the return this week of our regular Coffee-Break Recitals for a new season. Do join us to enjoy these exceptional, high-quality and free musical performances.

21 September | Joe Cooper a Simon Ogdon | Piano Duet

28 September | Benjamin Teague | Organ

Tarannon

A Festival of Religion and the Arts
12-15.10.2023

We're delighted that this October sees the launch of **Tarannon**, the Cathedral's new Festival of Religion and the Arts. From 12 October to 15 October, we will be hosting a bustling four days, teeming with music, poetry, visual art, history, worship, discussion and conversation in the heart of Bangor.

Full details can be found, and tickets purchased, from the QR code below.



This week

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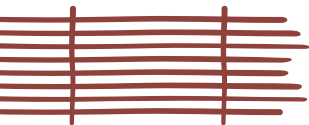
Ymatebion | Responses, Clucas; Gwasanaeth Hwyl yn C | Evening Service in C, Kelly; Let the people praise thee, O God, Mathias

Our prayers

The sick Joy Levine, priest; John Watkin Jones; Bill Lovelock; Mary Davies; Giuseppina de Giovanni; Margaret Tromans; Angela Williams, priest; John Prysor-Jones, priest; Simon Copner

The recently departed Norma Sawyer; Gordon Sawyer; John Thomas Shaw; Maureen Shaw; Mai Rawlings; Albert Humphries; Gareth Miles

Year's mind George Parsons (19)



Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

Rhif elusen 1158340

Diogelu

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

Hygyrchedd

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

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

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

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

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

Cynaliadwyedd a chaniatâd

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

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

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. Mae'r gwasanaeth hwn yn cynnwys rhannau o'r **Drefn ar gyfer y Cymun Bendigaid 2004** hawlfraint © Gwasg yr Eglwys yng Nghymru 2004 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**. Daw cytgan y salmyddiaeth Gymraeg o Nicander, **Y Psallwyr** (1850) a'r salmyddiaeth Saesneg o **The Saint Helena Breviary** (2019).

Ar y clawr ceir llun o wal ddwyreiniol Eglwys y Groes ym Maesgeirchen, dan nawdd y Grog.

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 the east wall of Eglwys y Groes in Maesgeirchen, dedicated to the Holy Cross.