

**Cymun Bendigaid** • o dudalen 4

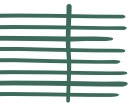
**Gosber ar Gân** • o dudalen 26

25-30 Medi 2023

**Holy Eucharist** • from page 4

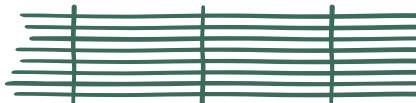
**Choral Evensong** • from page 26

25-30 September 2023



**Cadeirlan  
Deiniol Sant  
ym Mangor**

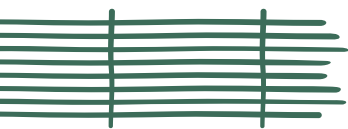
Saint Deiniol's  
Cathedral  
in Bangor



**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

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.

# 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

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

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

**A**t 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

**T**his 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.**

"Oherwydd ti, Dduw, yw fy ngobaith, fy ymddiriedaeth o'm  
hieuentid, O Dduw."

## Edifeirwch

Gan gynnull i ddathlu,  
ymbaratwn gan adnabod ein pechodau,  
ni â'n gelwir i ddilyn ôl-troed santeiddrwydd,  
ni sy'n anwadol ar y daith,  
ni sydd angen buchedd y saint yn ganllaw,  
a'u gweddïau'n gynhaliaeth gyson.

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.**

“You are my hope, O God, my confidence since I was young.”

## Pentience

As we gather to celebrate,  
we prepare ourselves by acknowledging our sins,  
we who are called to tread in holy footsteps,  
we who are lax in the way,  
we who have need of the example of the saints,  
and their prayers for us at journey’s end.

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.*

## Gweddï Gasgl | ar ddydd Gwener

Gweddïwn.

**O** dragwyddol Dduw, a sefydlaist wasanaeth angylion a dynion mewn trefn ryfeddol: caniatâ'n drugarog, megis y mae dy angylion sanctaidd yn dy wasanaethu di'n wastad yn y nef, fod iddynt hefyd trwy dy drefniad ein cynorthwyo a'n hamddiffyn ni ar y ddaear; trwy Iesu Grist ein Gwaredwr.

**Amen.**

## Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

**O** Dduw, sydd trwy dy ragluniaeth ddiball yn llywodraethu pob peth yn y nef a'r ddaear: erfyniwn yn ostyngedig arnat fwrw ymaith oddi wrthym bob peth niweidiol, a chaniatáu inni'r hyn sydd er ein lles; trwy Iesu Grist ein Gwaredwr.

**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 Friday

Let us pray.

**E**verlasting God, who has ordained and constituted the services of angels and humankind in a wonderful order: mercifully grant, that as your holy angels always do you service in heaven, so by your appointment they may help and defend us on earth; through Jesus Christ our Saviour.

**Amen.**

### Collect | on other days

Let us pray.

**G**od, whose never-failing providence orders all things both in heaven and earth: we humbly beseech you to put away from us all hurtful things, and to give us those things which are profitable for us; through Jesus Christ our Saviour.

**Amen.**

We sit

## Salmyddiaeth

**Y** Nghyfiawnder dy drugaredd, gwared fi, fy Nuw di-lyth.

**R** **Ynghyfiawnder dy drugaredd,  
gwared fi, fy Nuw di-lyth.**

Ynot ti, Dduw, y ceisiais loches; na fydded cywilydd arnaf byth.

Yn dy gyfiawnder gwared ac achub fi, tro dy glust ataf ac arbed fi.

**R** **Ynghyfiawnder dy drugaredd,  
gwared fi, fy Nuw di-lyth.**

Bydd yn graig noddfa i mi, yn amddiffynfa i'm cadw, oherwydd ti yw fy nghraig a'm hamddiffynfa.

O fy Nuw, gwared fi o law'r drygionus, o afael yr anghyfiawn a'r creulon.

**R** **Ynghyfiawnder dy drugaredd,  
gwared fi, fy Nuw di-lyth.**

Oherwydd ti, Dduw, yw fy ngobaith, fy ymddiriedaeth o'm hieuentid, O Dduw.

Arnat ti y bŵm yn pwyso o'm genedigaeth; ti a'm tynnodd allan o groth fy mam. Amdanat ti y bydd fy mawl yn wastad.

**R** **Ynghyfiawnder dy drugaredd,  
gwared fi, fy Nuw di-lyth.**

Salm 71:1-6

# Word

## Psalmody

℣ In you, O God, have I taken refuge.

**℣ In you, O God, have I taken refuge.**

In you, O God, have I taken refuge; let me never be ashamed.

In your righteousness, deliver me and set me free; incline your ear to me and save me.

**℣ In you, O God, have I taken refuge.**

Be my strong rock, a castle to keep me safe; you are my crag and my stronghold.

Deliver me, my God, from the hand of the wicked, from the clutches of the evildoer and the oppressor.

**℣ In you, O God, have I taken refuge.**

For you are my hope, O God, my confidence since I was young.

I have been sustained by you ever since I was born; from my mother's womb you have been my strength; my praise shall be always of you.

**℣ In you, O God, have I taken refuge.**

Psalm 71:1-6

## Darlleniad

Darlleniad o Lyfr y Proffwyd Jeremeia.

**F**el hyn y dywed y Sanctaidd Un: Nac ymffrostied y doeth yn eu doethineb, na'r cryf yn eu cryfder, na'r cyfoethog yn eu cyfoeth. Ond y sawl sy'n ymffrostio, ymffrostied yn hyn: eu bod yn fy neall ac yn fy adnabod i, mai myfi yw Duw, sy'n gweithredu'n ffyddlon, yn gwneud barn a chyfiawnder ar y ddaear, ac yn ymhyfrydu yn y pethau hyn, medd y Sanctaidd Un.

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

**Jeremeia 9:23-24**

Codwn ar ein traed

## Reading

A reading from the Book of the Prophet Jeremiah.

**T**hus says the Holy One: Do not let the wise boast in their wisdom, do not let the mighty boast in their might, do not let the wealthy boast in their wealth; but let those who boast boast in this, that they understand and know me, that I am God; I act with steadfast love, justice, and righteousness in the earth, for in these things I delight, says the Holy One.

Hear the word of life to the world.

**Thanks be to God.**

**Jeremiah 9:23-24**

We stand

## Efengyl

Y Haleliwia. R̄ **Haleliwia.** Y Ceisiwch yn gyntaf deyrnas Dduw a'i gyfiawnder ef, a rhoir y pethau hyn i gyd yn ychwaneg i chwi.

R̄ **Haleliwia.**

Gras a thangnefedd a fo gyda chwi.

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

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Mathew.

**Gogoniant i ti, O Grist.**

**B**ryd hynny: Dechreuodd Iesu hannerch y dyrfa fel hyn, "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 chi 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 chwi, chwi 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 chwi. Peidiwch felly â phryderu am yfory, oherwydd bydd gan yfory ei bryder ei hun. Digon i'r diwrnod ei drafferth ei hun."

Dyma Efengyl ein Gwardedwr.

**Moliant i ti, O Grist.**

**Mathew 6:24-34**

**Pregeth | yn Eglwys y Groes ar ddydd Iau**

## Gospel

℣ Alleluia. ℞ **Alleluia.** ℣ Strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ℞ **Alleluia.**

Grace and peace be with you.

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

Listen to the Holy Gospel according to ✠ Saint Matthew.

**Glory to you, O Christ.**

**A**t that time: Jesus taught the crowds, saying “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.”

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

**Matthew 6:24-34**

**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,

**R̥ 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,

**R̥ Gwrando ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

**R̥ Gwrando ein gweddi.**

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

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



## Intention

Let us pray.

### We kneel or sit

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

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

✠ God in your mercy,

✠ **Hear our prayer.**

We also bring to this altar-table our prayers

[*for those who are unwell,*

*among them ...;*

*for the recently departed,*

*among them ...;*

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

*among them ...].*

✠ God in your mercy,

✠ **Hear our prayer.**

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

✠ God in your mercy,

✠ **Hear our prayer.**

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

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

# Cymun

## Emyn | yn Eglwys y Groes ar ddydd Iau

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

### Offrwm

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.

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

Felly, gyda llu'r 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.

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

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

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

**Hosanna in the highest.**

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

**Hosanna in the highest.**

We remain standing

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

Sancteiddia â'th Ysbryd y bara hwn a'r gwin hwn, dy roddion inni, fel y 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, bwyteu'ch; 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:

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

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

## Peace

You, 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

**Y**r 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.**

**B**ydded 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

**M**ae 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

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

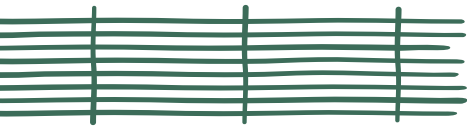
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

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

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

Ŵ Molwch yr lôr.  
R̄ Addolwn ein Duw.

### Translation

Ŵ ✕ O Lord, open thou our lips. R̄ And our mouth shall shew forth thy praise. Ŵ ✕ O God, make speed to save us. R̄ O Lord, make haste to help us. Ŵ Glory be to the Father, and to the Son, and to the Holy Ghost. R̄ As it was in the beginning, is now, and ever shall be, world without end. Amen. Ŵ Praise ye the Lord. R̄ The Lord's name be praised.

**Cerddoriaeth | Music | ar ddydd Llun | on Monday**

Richard Ayleward (1626-1669)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**

Malcolm Archer

**Cerddoriaeth | Music | ar ddydd Mercher | on Wednesday**

Bernard Rose (1916-1996)

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**

Paul Spicer

## Brawddeg Sentence

"Oherwydd ti, Dduw, yw fy ngobaith, fy ymddiriedaeth o'm hieuenctid, O Dduw."

### Translation

"You are my hope, O God, my confidence since I was young."

Eisteddwn | We sit

# Gair Word

## Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

Clap your hands, all you peoples; shout to God with a cry of joy.

For God Most High is to be feared; God is the great Sovereign over all the earth.

God subdues the peoples under us and the nations under our feet.

God chooses our inheritance for us, the pride of Jacob whom God loves.

God has gone up with a shout, the Most High with the sound of the ram's-horn.

Sing praises to God, sing praises; sing praises to our Sovereign, sing praises.

For God is Sovereign over all the earth; sing praises with all your skill.

God reigns over the nations; God sits upon the holy throne.

The nobles of the peoples have gathered together with the people of the God of Abraham.

The rulers of the earth belong to God, who is highly exalted.

### Codwn ar ein traed | We stand

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

**Salm | Psalm 47**  
**Cerddoriaeth | Music**  
John Davy (1763-1824)

### Eisteddwn | We sit

## Salmyddiaeth | ar ddydd Mawrth Psalmody | on Tuesday

The God of gods has spoken; God has called the earth from the rising of the sun to its setting.

Out of Zion, perfect in its beauty, God is revealed in glory.

O God, you will come and will not keep silence; before you there is a consuming flame, and round about you a raging storm.

You call the heavens and the earth from above to witness the judgment of your people.

“Gather before me my loyal followers, those who have made a covenant with me and sealed it with sacrifice.”

Let the heavens declare the rightness of your cause, for you alone are judge.

“Hear, O my people, and I will speak: O Israel, I will bear witness against you, for I am God, your God.

I do not accuse you because of your sacrifices; your offerings are always before me.

I will take no bull-calf from your stalls, nor he-goats out of your pens;

For all the beasts of the forest are mine, the herds in their thousands upon the hills.

I know every bird in the sky, and the creatures of the fields are in my sight.

If I were hungry, I would not tell you, for the whole world is mine and all that is in it.

Do you think I eat the flesh of bulls, or drink the blood of goats?

Offer to God a sacrifice of thanksgiving and make good your vows to the Most High.

Call upon me in the day of trouble; I will deliver you, and you shall honor me.”.

### Codwn ar ein traed | We stand

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

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

### Eisteddwn | We sit

## **Salmyddiaeth | ar ddydd Mercher Psalmody | on Wednesday**

Rescue me from my enemies, O God; protect me from those who rise up against me.

Rescue me from evildoers and save me from those who thirst for my blood.

See how they lie in wait for my life, how the mighty gather together against me; not for any offense or fault of mine, O God.

Not because of any guilt of mine, they run and prepare themselves for battle.

Rouse yourself, come to my side and see, for you, O God of hosts, are Israel's God.

Awake, and punish all the ungodly; show no mercy to those who are faithless and evil.

They go to and fro in the evening; they snarl like dogs and run about the city.

Behold, they boast with their mouths, and taunts are on their lips; "For who," they say, "will hear us?"

But you, O God, you laugh at them; you laugh all the ungodly to scorn.

### **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 59:1-9**  
**Cerddoriaeth | Music**  
xxx

### **Eisteddwn | We sit**

## **Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday**

They who dwell in the shelter of the Most High abide under the shadow of the Almighty.

They shall say to God, "You are my refuge and my stronghold, my God in whom I put my trust."



For God shall deliver you from the snare of the hunter and from the deadly pestilence.

God's pinions shall cover you, and under God's wings you shall find refuge; God's faithfulness shall be a shield and buckler.

You shall not be afraid of any terror by night, nor of the arrow that flies by day;

Of the plague that stalks in the darkness, nor of the sickness that lays waste at mid-day.

A thousand shall fall at your side and ten thousand at your right hand, but it shall not come near you.

Your eyes have only to behold to see the reward of the wicked.

Because you have made God your refuge and the Most High your habitation,

There shall no evil happen to you, neither shall any plague come near your dwelling.

For God shall give the angels charge over you, to keep you in all your ways.

They shall bear you in their hands, lest you dash your foot against a stone.

You shall tread upon the lion and adder; you shall trample the young lion and the serpent under your feet.

Because you are bound to me in love, therefore will I deliver you; I will protect you, because you know my Name.

You shall call upon me, and I will answer you; I am with you in trouble; I will rescue you and bring you honor.

With long life will I satisfy you and show you my salvation.

### **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 91**  
**Cerddoriaeth | Music**  
Nicholas Johnson (ob.2019)

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

**I**n those days: The Holy One said to Moses: I am going to send an angel in front of you, to guard you on the way and to bring you to the place that I have prepared. Be attentive to him and listen to his voice; do not rebel against him, for he will not pardon your transgression; for my name is in him. But if you listen attentively to his voice and do all that I say, then I will be an enemy to your enemies and a foe to your foes. When my angel goes in front of you, and brings you to the Amorites, the Hittites, the Perizzites, the Canaanites, the Hivites, and the Jebusites, and I blot them out, you shall not bow down to their gods, or worship them, or follow their practices, but you shall utterly demolish them and break their pillars in pieces. You shall worship the Holy One your God, and I will bless your bread and your water; and I will take sickness away from among you. No one shall miscarry or be barren in your land; I will fulfil the number of your days. I will send my terror in front of you, and will throw into confusion all the people against whom you shall come, and I will make all your enemies turn their backs to you. And I will send the pestilence in front of you, which shall drive out the Hivites, the Canaanites, and the Hittites from before you. I will not drive them out from before you in one year, or the land would become desolate and the wild animals would multiply against you. Little by little I will drive them out from before you, until you have increased and possess the land. I will set your borders from the Red Sea to the sea of the Philistines, and from the wilderness to the Euphrates; for I will hand over to you the inhabitants of the land, and you shall drive them out before you. You shall make no covenant with them and their gods. They shall not live in your land, or they will make you sin against me; for if you worship their gods, it will surely be a snare to you.

Here ends the First Lesson.

**Exodus 23:20-33**

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

**I**n those days: The Holy One said to Moses, “Come up to the Living One, you and Aaron, Nadab, and Abihu, and seventy of the elders of Israel, and worship at a distance. Moses alone shall come near the Eternal One; but the others shall not come near, and the people shall not come up with him.” Moses came and told the people all the words of the Holy One and all the ordinances; and all the people answered with one voice, and said, “All the words that the Living One has spoken we will do.” And Moses wrote down all the words of the Eternal One. He rose early in the morning, and built an altar at the foot of the mountain, and set up twelve pillars, corresponding to the twelve tribes of Israel. He sent young men of the people of Israel, who offered burnt-offerings and sacrificed oxen as offerings of well-being to the Holy One. Moses took half of the blood and put it in basins, and half of the blood he dashed against the altar. Then he took the book of the covenant, and read it in the hearing of the people; and they said, “All that the Living One has spoken we will do, and we will be obedient.” Moses took the blood and dashed it on the people, and said, “See the blood of the covenant that the Eternal One has made with you in accordance with all these words.” Then Moses and Aaron, Nadab, and Abihu, and seventy of the elders of Israel went up, and they saw the God of Israel. Under his feet there was something like a pavement of sapphire stone, like the very heaven for clearness. God did not lay his hand on the chief men of the people of Israel; also they beheld God, and they ate and drank.

Here ends the First Lesson.

**Exodus 24:1-11**

Here begins the twelfth verse of the twenty-fourth chapter of the Book of Exodus.

**I**n those days: The Holy One said to Moses, "Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction." So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, "Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them." Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Living One settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the Eternal One was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

Here ends the First Lesson.

**Exodus 24:12-18**

Here begins the eighth verse of the sixth chapter of the Second Book of Kings.

**I**n those days: When the king of Aram was at war with Israel, he took counsel with his officers. He said, "At such and such a place shall be my camp." But the man of God sent word to the king of Israel, "Take care not to pass this place, because the Arameans are going down there." The king of Israel sent word to the place of which the man of God spoke. More than once or twice he warned such a place so that it was on the alert. The mind of the king of Aram was greatly perturbed because of this; he called his officers and said to them, "Now tell me who among us sides with the king of Israel?" Then one of his officers said, "No one, my lord king. It is Elisha, the prophet in Israel, who tells the king of Israel the words that you speak in your bedchamber." He said, "Go and find where he is; I will send and seize him." He was told, "He is in Dothan." So he sent horses and chariots there and a great army; they came by night, and surrounded the city. When an attendant of the man of God rose early in the morning and went out, an army with horses and chariots was all around the city. His servant said, "Alas, master! What shall we do?" He replied, "Do not be afraid, for there are more with us than there are with them." Then Elisha prayed: "O God, please open his eyes that he may see." So the Holy One opened the eyes of the servant, and he saw; the mountain was full of horses and chariots of fire all around Elisha.

Here ends the First Lesson.

**2 Kings | Brenhinoedd 6:8-17**

## Magnificat

Codwn ar ein traed | We stand



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

**Cerddoriaeth | Music | ar ddydd Llun | on Monday**  
**Gwasanaeth Ffalsbwrdon | Fauxbourdon Service,**  
William Byrd (c.1540-1623)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**  
**Gwasanaeth Hwyrrol yn F | Evening Service in F,** Kenneth Long

**Cerddoriaeth | Music | ar ddydd Iau | on Wednesday**  
**Gwasanaeth Hwyrrol yn G ar gyfer Lleisiau Isel | Evening Service in G for Lower Voices,** Charles Wood (1866-1926)

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**  
**Gwasanaeth Hwyrrol yn E | Evening Service in E,**  
Herbert Murrill (1909-1952)

Eisteddwn | We sit

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

Yma y mae yn dechrau ugeinfed bennod Actau'r Apostolion Sanctaidd.

**N**awr: Pan beidiodd y cynnwrf, anfonodd Paul am y disgyblion, ac wedi eu hannog, ffarweliodd â hwy ac aeth ymaith ar ei ffordd i Facedonia. Wedi teithio trwy'r parthau hynny ac annog llawer ar y disgyblion yno, daeth i wlad Groeg. Treuliodd dri mis yno, a phan oedd ar hwylio i Syria, gwnaeth yr lwdeaid gynllwyn yn ei erbyn, a phenderfynodd ddychwelyd trwy Facedonia. Ei gyd-deithwyr oedd Sopater o Berea, mab Pyrrhus, y Thesalonaiad Aristarchus a Secwndus, Gaius o Derbe, a Timotheus, a'r Asiaid Tychicus a Troffimus.

Yr oedd y rhain wedi mynd o'n blaen, ac yn aros amdanom yn Troas. Hwylasom ninnau, wedi dyddiau'r Bara Croyw, o Philipi, a chyrraedd atynt yn Troas ymhen pum diwrnod; ac yno y buom am saith diwrnod. Ar ddydd cyntaf yr wythnos, daethom ynghyd i dorri bara. Dechreuodd Paul, a oedd i fynd ymaith drannoeth, eu hannerch, a daliodd i draethu hyd hanner nos. Yr oedd llawer o lampau yn yr oruwchystafell lle'r oeddem wedi ymgynnull, ac yr oedd dyn ifanc o'r enw Eutyclus yn eistedd wrth y ffenestr. Yr oedd hwn yn mynd yn fwy a mwy cysglyd, wrth i Paul ddal i ymhelaethu. Pan drechwyd ef yn llwyr gan gws, syrthiodd o'r trydydd llawr, a chodwyd ef yn gorff marw. Ond aeth Paul i lawr; syrthiodd arno a'i gofleidio, a dywedodd, "Peidiwch â chynhyrfu; y mae bywyd ynddo." Yna aeth i fyny, a thorri'r bara a bwyta. Yna, wedi ymddiddan am amser hir hyd doriad dydd, aeth ymaith. Ond aethant â'r llanc adref yn fyw, ac fe'u calonogwyd yn anghyffredin.

Yma y terfyn yr Ail Lith.

#### Translation

*Now: After the uproar had ceased, Paul sent for the disciples; and after encouraging them and saying farewell, he left for Macedonia. When he had gone through those regions and had given the believers much encouragement, he came to Greece, where he stayed for three months. He was about to set sail for Syria when a plot was made against him by the Judeans, and so he decided to return through Macedonia. He was accompanied by Sopater son of Pyrrhus from Beroea, by Aristarchus and Secundus from Thessalonica, by Gaius from Derbe, and by Timothy, as well as by Tychicus and Trophimus from Asia. They went ahead and were waiting for us in Troas; but we sailed from Philippi after the days of Unleavened Bread, and in five days we joined them in Troas, where we stayed for seven days. On the first day of the week, when we met to break bread, Paul was holding a discussion with them; since he intended to leave the next day, he continued speaking until midnight. There were many lamps in the room upstairs where we were meeting. A young man named Eutyclus, who was sitting in the window, began to sink off into a deep sleep while Paul*

*talked still longer. Overcome by sleep, he fell to the ground three floors below and was picked up dead. But Paul went down, and bending over him took him in his arms, and said, "Do not be alarmed, for his life is in him." Then Paul went upstairs, and after he had broken bread and eaten, he continued to converse with them until dawn; then he left. Meanwhile they had taken the boy away alive and were not a little comforted.*

**Actau | Acts 20:1-12**

## **Llith | ar ddydd Mawrth Lesson | on Tuesday**

Yma y mae yn dechrau trydedd adnod ar ddeg ugeinfed bennod Actau'r Apostolion Sanctaidd.

**N**awr: Ninnau, aethom o flaen Paul i'r llong, a hwylio i gyfeiriad Asos, gan fwriadu ei gymryd i'r llong yno; oblegid dyma'r cyfarwyddyd a roesai ef, gan fwriadu mynd ei hun dros y tir. Pan gyfarfu â ni yn Asos, cymerasom ef i'r llong a mynd ymlaen i Mitylene. Wedi hwylio oddi yno drannoeth, cyraeddasom gyferbyn â Chios, a'r ail ddiwrnod croesi i Samos, a'r dydd wedyn dod i Miletus. Oherwydd yr oedd Paul wedi penderfynu hwylio heibio i Effesus, rhag iddo orfod colli amser yn Asia, gan ei fod yn brysio er mwyn bod yng Nghaersalem, pe bai modd, erbyn dydd y Pentecost. Anfonodd o Miletus i Effesus a galw ato henuriaid yr eglwys. Pan gyraeddasant ato, dywedodd wrthynt, "Fe wyddoch fel y bûm i gyda chwi yr holl amser, er y diwrnod cyntaf y rhois fy nhroed yn Asia, yn gwasanaethu'r Sanctaidd Un â phob gostyngedd rwydd, ac â dagrau a threialon a ddaeth i'm rhan trwy gynllwynion yr Iwdeaid. Gwyddoch nad ymateliais rhag cyhoeddi i chwi ddim o'r hyn sydd fuddiol, na rhag eich dysgu chwi yn gyhoeddus ac yn eich cartrefi, gan dystiolaethu i Iddewon a Groegiaid am edifeirwch tuag at Dduw a ffydd yn ein Crist Iesu. Ac yn awr dyma fi, dan orfodaeth yr Ysbryd, ar fy ffordd i Gaersalem, heb wybod beth a ddigwydd imi yno, ond bod yr Ysbryd Glân o dref i dref yn tystiolaethu imi fod rhwymau a gorthrymderau yn fy aros. Ond yr wyf yn cyfrif nad yw fy mywyd o unrhyw werth imi, dim ond imi allu cwblhau fy ngyrfa, a'r weinidogaeth a gefais gan y Crist Iesu, i dystiolaethu i Efengyl gras Duw."

Yma y terfyn yr Ail Lith.



Translation

*Now: We went ahead to the ship and set sail for Assos, intending to take Paul on board there; for he had made this arrangement, intending to go by land himself. When he met us in Assos, we took him on board and went to Mitylene. We sailed from there, and on the following day we arrived opposite Chios. The next day we touched at Samos, and the day after that we came to Miletus. For Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; he was eager to be in Jerusalem, if possible, on the day of Pentecost. From Miletus he sent a message to Ephesus, asking the elders of the church to meet him. When they came to him, he said to them: "You yourselves know how I lived among you the entire time from the first day that I set foot in Asia, serving the Holy One with all humility and with tears, enduring the trials that came to me through the plots of the Judeans. I did not shrink from doing anything helpful, proclaiming the message to you and teaching you publicly and from house to house, as I testified to both Jews and Greeks about repentance towards God and faith towards our Christ Jesus. And now, as a captive to the Spirit, I am on my way to Jerusalem, not knowing what will happen to me there, except that the Holy Spirit testifies to me in every city that imprisonment and persecutions are waiting for me. But I do not count my life of any value to myself, if only I may finish my course and the ministry that I received from Christ Jesus, to testify to the good news of God's grace."*

**Actau | Acts 20:13-24**

Yma y mae yn dechrau pumed adnod ar hugain ugeinfed bennod Actau'r Apostolion Sanctaidd.

**N**awr: Dywedodd Paul, "Rwy'n gwybod na chewch weld fy wyneb mwyach, chwi oll y bûm i'n teithio yn eich plith gan gyhoeddi'r Deyrnas. Gan hynny, yr wyf yn tystio i chwi y dydd hwn fy mod yn ddiuog o waed unrhyw un; oblegid nid ymateliais rhag cyhoeddi holl arfaeth Duw i chwi. Gofalwch amdanoch eich hunain ac am yr holl braidd, y gosododd yr Ysbryd Glân chwi yn arolygwyr drosto, i fugeilio eglwys Dduw, yr hon a enillodd ef â gwaed ei briod un. Mi wn i y daw i'ch plith, wedi fy ymadawiad i, fleiddiaid mileinig nad arbedant y praidd, ac y cyfyd o'ch plith chwi eich hunain rai yn llefaru pethau llygredig, i ddenu'r disgyblion ymaith ar eu hôl. Gan hynny, byddwch yn wylidwrus, gan gofio na pheidiais i, na nos na dydd dros dair blynedd, â rhybuddio pob un ohonoch â dagrau. Ac yn awr yr wyf yn eich cyflwyno i Dduw ac i air ei ras, sydd â'r gallu ganddo i'ch adeiladu, ac i roi i chwi eich etifeddiaeth ymhlith yr holl rai a sancteiddiwyd. Ni chwenychais arian nac aur na gwisgoedd neb. Fe wyddoch eich hunain mai'r dwylo hyn a fu'n gweini i'm hanghenion i ac eiddo'r rhai oedd gyda mi. Ym mhopeth, dangosais i chwi mai wrth lafurio felly y mae'n rhaid cynorthwyo'r rhai gwan, a dwyn ar gof y geiriau a lefarodd Iesu ei hun: 'Dedwyddach yw rhoi na derbyn.'" Wedi dweud hyn, fe benliniodd gyda hwy oll a gweddïo. Torrodd pawb i wylô'n hidl, a syrthio ar wddf Paul a'i gusanu, gan ofidio yn bennaf am iddo ddweud nad oeddent mwyach i weld ei wyneb. Yna aethant i'w hebrwng ef i'r llong.

Yma y terfyn yr Ail Lith.

Translation

*Now: Paul said, "I know that none of you, among whom I have gone about proclaiming the kingdom, will ever see my face again. Therefore I declare to you this day that I am not responsible for the blood of any of you, for I did not shrink from declaring to you the whole purpose of God. Keep watch over yourselves and over all the flock, of which the Holy Spirit has made you overseers, to shepherd the church of God that he obtained with the blood of his own Son. I know that after I have gone, savage wolves will come in among you, not sparing the flock. Some even from your own group will come distorting the truth in order to entice the disciples to follow them. Therefore be alert, remembering that for three years I did not cease night or day to warn everyone with tears. And now I commend you to God and to the message of his grace, a message that is able to build you up and to give you the inheritance among all who are sanctified. I coveted no one's silver or gold or clothing. You know for yourselves that I worked with my own hands to support myself and my companions. In all this I have given you an example that by such work we must support the weak, remembering the words of Jesus, for he himself said, 'It is more blessed to give than to receive.'" When he had finished speaking, he knelt down with them all and prayed. There was much weeping among them all; they embraced Paul and kissed him, grieving especially because of what he had said, that they would not see him again. Then they brought him to the ship.*

**Actau | Acts 20:25-38**

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

**B**ryd hynny: Daeth y disgyblion at Iesu a gofyn, “Pwy sydd fwyaf yn nheyrnas nefoedd?” Galwodd Iesu blentyn ato, a’i osod yn eu canol hwy, a dywedodd, “Yn wir, ’rwy’n dweud wrthyich, heb gymryd eich troi a dod fel plant, nid ewch fyth i mewn i deyrnas nefoedd. Pwy bynnag, felly, fydd yn ei ddarostwng ei hun i fod fel y plentyn hwn, dyma’r un sydd fwyaf yn nheyrnas nefoedd. A phwy bynnag sy’n derbyn un plentyn fel hwn yn fy enw i, y mae’n fy nerbyn i. “Ond pwy bynnag sy’n achos cwmp i un o’r rhai bychain hyn sy’n credu ynof fi, byddai’n well iddo pe crogid maen melin mawr am ei wddf a’i fodd i yn eigion y môr. Gwylwch rhag i chwi ddirmygu un o’r rhai bychain hyn; oherwydd ’rwy’n dweud wrthyich fod eu hanglyon hwy yn y nefoedd bob amser yn edrych ar wyneb fy Nhad sydd yn y nefoedd.”

Yma y terfyn yr Ail Lith.

**Translation**

*At that time: The disciples came to Jesus and asked, “Who is the greatest in the kingdom of heaven?” He called a child, whom he put among them, and said, “Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven. Whoever welcomes one such child in my name welcomes me. If any of you put a stumbling-block before one of these little ones who believe in me, it would be better for you if a great millstone were fastened around your neck and you were drowned in the depth of the sea. Take care that you do not despise one of these little ones; for, I tell you, in heaven their angels continually see the face of my Father in heaven.”*

**Mathew | Matthew 18:1-6, 10**

## 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 Ffalsbwrddon | Fauxbourdon Service,**

William Byrd (c.1540-1623)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**

**Gwasanaeth Hwyrrol yn F | Evening Service in F,** Kenneth Long

**Cerddoriaeth | Music | ar ddydd Iau | on Wednesday**

**Gwasanaeth Hwyrrol yn G ar gyfer Lleisiau Isel | Evening Service in**

**G for Lower Voices,** Charles Wood (1866-1926)

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**

**Gwasanaeth Hwyrrol yn E | Evening Service in E,**

Herbert Murrill (1909-1952)

### 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.

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

#### Translation

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

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

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

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

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

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

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

## Gweddïau Casgl Collects

### ar ddydd Iau on Thursday

**O** dragwyddol Dduw, a sefydlaist wasanaeth angylion a dynion mewn trefn ryfeddol: caniatâ'n drugarog, megis y mae dy angylion sanctaidd yn dy wasanaethu di'n wastad yn y nef, fod iddynt hefyd trwy dy drefniad ein cynorthwyo a'n hamddiffyn ni ar y ddaear; trwy Iesu Grist ein Gwaredwr. Amen.

### ar ddyddiau eraill on other days

**O** Dduw, sydd trwy dy ragluniaeth ddiball yn llywodraethu pob peth yn y nef a'r ddaear: erfyniwn yn ostyngedig arnat fwrw ymaith oddi wrthym bob peth niweidiol, a chaniatáu inni'r hyn sydd er ein lles; trwy Iesu Grist ein Gwaredwr. 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.

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



Translation

*Everlasting God, who has ordained and constituted the services of angels and humankind in a wonderful order: mercifully grant, that as your holy angels always do you service in heaven, so by your appointment they may help and defend us on earth; through Jesus Christ our Saviour. Amen. ☩ God, whose never-failing providence orders all things both in heaven and earth: we humbly beseech you to put away from us all hurtful things, and to give us those things which are profitable for us; through Jesus Christ our Saviour. Amen.*

**Cerddoriaeth | Music | ar ddydd Llun | on Monday**

Richard Ayleward (1626-1669)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**

Malcolm Archer

**Cerddoriaeth | Music | ar ddydd Mercher | on Wednesday**

Bernard Rose (1916-1996)

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday**

Paul Spicer

## Gweddi Waddol Foundation Prayer

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

**Amen.**

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

**Amen.**

Eisteddwn | We sit

## Anthem | ar ddydd Llun | on Monday

Thou visitest the earth, and blessest it: thou crownest the year  
with thy goodness.

**Geiriau | Words**

Salm | Psalm 65:9, 12

**Cerddoriaeth | Music**

Maurice Greene (1696-1755)

## Anthem | ar ddydd Mawrth | on Tuesday

Jesu, joy of man's desiring,  
holy wisdom, love most bright;  
drawn by thee, our souls aspiring  
soar to uncreated light.

Word of God, our flesh that fashioned,  
with the fire of life impassioned,  
striving still to truth unknown,  
soaring, dying round thy throne.

**Geiriau | Words**

prïodoli i | attributed to Robert Bridges (1844-1930)

**Cerddoriaeth | Music**

Johann Sebastian Bach (1685-1750)

## Anthem | ar ddydd Mercher | on Wednesday

Si iniquitates observaveris, Domine, Domine, quis sustinebit?

### Cyfieithiad

*Os wyt ti, O Dduw, yn cadw cyfrif o gamweddau,  
pwy, O Dduw, a all sefyll?*

### Translation

*If you, O God, should mark iniquities, O God,  
who could stand?*

### Geiriau | Words

Salm | Psalm 130:3

### Cerddoriaeth | Music

Samuel Wesley (1766-1837)

## Anthem | ar ddydd Iau | on Thursday

And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven. And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night. And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

### Geiriau | Words

Datguddiad | Revelation 12:7-10

### Cerddoriaeth | Music

Sidney Campbell (1909-1974)

## 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



**S**aviour, again to thy dear name we raise  
with one accord our parting hymn of praise.  
Guard thou the lips from sin, the hearts from shame,  
that in this house have called upon thy name.

Grant us thy peace, Lord, through the coming night;  
turn thou for us its darkness into light;  
from harm and danger keep thy children free,  
for dark and light are both alike to thee.

Grant us thy peace throughout our earthly life;  
peace to thy Church from error and from strife;  
peace to our land, the fruit of truth and love;  
peace in each heart, thy Spirit from above:

Thy peace in life, the balm of every pain;  
thy peace in death, the hope to rise again;  
then, when thy voice shall bid our conflict cease,  
call us, O Lord, to thine eternal peace.

**Geiriau | Words**

John Ellerton (1826-1893)

**Cerddoriaeth | Music** | "Eilers"

Edward John Hopkins (1818-1901)



**L**ord of all being, throned afar,  
thy glory flames from sun and star;  
centre and soul of every sphere,  
yet to each loving heart how near!

Sun of our life, thy quickening ray  
sheds on our path the glow of day;  
Star of our hope, thy softened light  
cheers the long watches of the night.

Our midnight is thy smile withdrawn,  
our noontide is thy gracious dawn,  
our rainbow arch thy mercy's sign;  
all, save the clouds of sin, are thine.

Lord of all life, below, above,  
whose light is truth, whose warmth is love,  
before thy ever-blazing throne  
we ask no lustre of our own.

Grant us thy truth to make us free,  
and kindling hearts that burn for thee,  
till all thy living altars claim  
one holy light, one heavenly flame.

**Geiriau | Words**

Oliver Wendell Holmes (1809-1894)

**Cerddoriaeth | Music | "Uffingham"**

Jeremiah Clarke (c.1673-1707)



**S**ource and Sovereign, Rock and Cloud,  
Fortress, Fountain, Shelter, Light,  
Judge, Defender, Mercy, Might,  
Life whose life all life endowed:  
may the church at prayer recall  
that no single holy name  
but the truth that feeds them all  
is the God whom we proclaim.

Word and Wisdom, Root and Vine,  
Shepherd, Saviour, Servant, Lamb,  
Well and Water, Bread and Wine,  
Way who leads us to I AM:  
may the church at prayer recall  
that no single holy name  
but the truth that feeds them all  
is the God whom we proclaim.

Storm and Stillness, Breath and Dove,  
Thunder, Tempest, Whirlwind, Fire,  
Comfort, Counselor, Presence, Love,  
Energies that never tire:  
may the church at prayer recall  
that no single holy name  
but the truth that feeds them all  
is the God whom we proclaim.

Geiriau | Words

Thomas Troeger (1945-2022)

Cerddoriaeth | Music | "Aberystwyth"

Joseph Parry (1841-1903)

Emyn | ar ddydd Iau **Hymn | on Thursday**



**Y**e holy angels bright,  
who wait at God's right hand,  
or through the realms of light  
fly at your Lord's command,  
assist our song,  
for else the theme  
too high doth seem  
for mortal tongue.

Chwi lân eneidiau sydd  
ar ôl eich gwaith mewn hedd,  
ac o'ch pechodau'n rhydd,  
yn gweld ei ddwyfol wedd;  
â chalon fad  
O cenwch fawl  
trwy adlon hawl  
mewn nefol wlad.

Ye saints, who toil below,  
adore your heavenly King,  
and onward as ye go  
some joyful anthem sing;  
take what he gives  
and praise him still,  
through good and ill,  
who ever lives.



**A thithau, f'enaïd gwan,  
dyrchafa'n hy dy lef,  
a thaena ym mhob man  
ei deilwng foliant ef;  
â llawen fryd  
rho fawl di-lyth  
na dderfydd byth  
mewn newydd fyd.**

*Translation*

*Ye blessèd souls at rest, who ran this earthly  
race, and now, from sin released, behold the  
Saviour's face, his praises sound, as in his sight  
with sweet delight ye do abound. ¶ My soul, bear  
thou thy part, triumph in God above, and with a  
well-tuned heart sing thou the songs of love; let  
all thy days till life shall end, whate'er he send,  
be filled with praise.*

**Geiriau | Words**

William Rhys Nicholas (1914-1996)

**Cerddoriaeth | Music | "St Helen"**

George Martin (1844-1916)

## Bendith Blessing

Parhawn ar ein traed | We remain standing

**B**ydded 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 ddydd Iau Dismissal | on Thursday

Y Duw a fo gyda chwi.

R And with thy spirit.

Y Bendithiwn yr Iôr.

R Diolch a fo i Dduw.

*Translation*

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

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

## 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 Llun ac Iau | on Monday and Thursday**

Edward Woodall Naylor (1867-1934)

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday**

Simon Ogdon

**Cerddoriaeth | Music | ar ddydd Mercher | on Wednesday**

Plaengan | Plainsong

**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**

**Offrymddarn yn C leiaf | Voluntary in C minor, Herbert Howells (1892-1983)**

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

**Cân Werin | Folk Song, Cecil Armstrong Gibbs (1889-1960)**

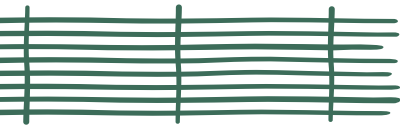
**Offrymddarn ar yr organ | Organ voluntary | ar ddydd Mercher | on Wednesday**

**Pieds-en-l'air, Peter Warlock (Philip Arnold Heseltine, 1894-1930)**

**Offrymddarn ar yr organ | Organ voluntary | ar ddydd Iau | on Thursday**

**Te splendor et virtus, Marcel Dupré (1886-1971)**

# 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. Yn ogystal, 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.

## Cinio Dewch a Rhannu

Cynhelir ein dau Ginio Dewch a Rhannu nesaf am 12.15pm, yn dilyn y Choral Holy Eucharist, ar 29 Hydref ac 17 Rhagfyr. Mae'n Cinio Dewch a Rhannu yn gyfle am sgwrs, difyrrwch, croeso a charedigrwydd. Gwahoddir pawb; ac os hoffech awgrymiadau am fwyd i'w ddwyn, siaradwch â Canon Jane Coutts. Mae'r Cinio ar 29 Hydref yn disodli'r Cinio a gynlluniwyd ar gyfer 1 Hydref, ac sydd wedi'i ohirio oherwydd y gosod yn y Gosber y diwrnod hwnnw.

## Datganiadau Paned

Pob dydd Iau  
11.15am am 45 munud  
Paned a chacen o 10.45am

Ymunwch â ni i fwynhau'r perfformiadau cerddorol eithriadol hyn, o safon uchel ac yn rhad ac am ddim bob bore Iau.

**28 Medi | Benjamin Teague | Organ**

**5 Hydref | Tom Lilburn | Gwrthdenor**

## 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 ym 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

## 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

## Dydd Iau | Thursday

11.15am Datganiad | Recital

12.30pm Cymun | Eucharist

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

5.30pm Gosber ar Gân | Choral Evensong

## 29 Medi | Gwylangel September | Michaelmas

10.30am Gwasanaeth o Goffadwriaeth a Gobaith | Service of Remembrance and Hope

Gwasanaeth cymunedol yng ngofal | A community service led by North Wales Recovery Communities

*Ni ddethlir y Cymun Bendigaid am 12.30pm y dydd hwn | The Holy Eucharist is not celebrated at 12.30pm on this day*

## Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

## 1 Hydref | Diolchgarwch y Cynhaeaf

## 1 October | Harvest Thanksgiving

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

**Yr Is-Ddeon yn pregethu** ar y thema **Crist yn y winllan**

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

11.00am Choral Holy Eucharist

**The Canon Quintus preaching** on the theme **Christ in the vineyard**

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

3.30pm Gosber ar Gân â Gosod Archddiaconiaid, Canoniaid a Chlerigion | Choral Evensong with the Installation of Archdeacons, Canons & Clergy

Ymatebion | Responses, Clucas; Gwasanaeth Hwyl yn C | Evening Service in C, Kelly; Duw Rydd i'm Gymorth | My Help Comes From God, Mills

---

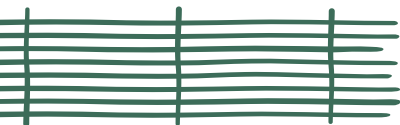
# Ein gweddi

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

**A fu farw'n ddiweddar** Albert Humphries; Leo Osborn, offeiriad

**Gŵyl goffa** Norma Sawyer (26)

# 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. 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.

## Bring and Share Lunch

Our next Bring & Share Lunches will take place at 12.15pm, following the Choral Holy Eucharists on 29 October and 17 December. Our Bring & Share Lunches are an opportunity for conversation, conviviality, welcome and kindness. All are invited; and if you would like suggestions about food to bring, please speak to Canon Jane Coutts. The Lunch has on 29 October replaces the Lunch planned for 1 October, and which has been postponed because of the installations at Evensong that day.

## Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

Join us to enjoy these exceptional, high-quality and free musical performances.

**28 September | Benjamin Teague | Organ**

**5 October | Tom Lilburn | Countertenor**

## 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

## 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

## Dydd Iau | Thursday

11.15am Datganiad | Recital

12.30pm Cymun | Eucharist

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

5.30pm Gosber ar Gân | Choral Evensong

## 29 Medi | Gwylangel September | Michaelmas

10.30am Gwasanaeth o Goffadwriaeth a Gobaith | Service of Remembrance and Hope

Gwasanaeth cymunedol yng ngofal | A community service led by North Wales Recovery Communities

*Ni ddethlir y Cymun Bendigaid am 12.30pm y dydd hwn | The Holy Eucharist is not celebrated at 12.30pm on this day*

## Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

## 1 Hydref | Diolchgarwch y Cynhaeaf

### 1 October | Harvest Thanksgiving

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

**Yr Is-Ddeon yn pregethu** ar y thema **Crist yn y winllan**

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

11.00am Choral Holy Eucharist

**The Canon Quintus preaching** on the theme **Christ in the vineyard**

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

3.30pm Gosber ar Gân â Gosod Archddiaconiaid, Canoniaid a Chlerigion | Choral Evensong with the Installation of Archdeacons, Canons & Clergy

Ymatebion | Responses, Clucas; Gwasanaeth Hwyrol yn C | Evening Service in C, Kelly; Duw Rydd i'm Gymorth | My Help Comes From God, Mills

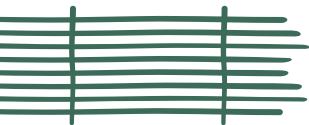
---

## Our prayers

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

**The recently departed** Albert Humphries; Leo Osborn, priest

**Year's mind** Norma Sawyer (26)



## 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 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 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 mae manylyn paentiad o lannau'r Rhone gan Ferdinand Hodler (1853-1918) yng nghasgliadau'r Bündner Kunstmuseum yn Chur.

## 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 a detail of a painting of the shores of the Rhone by Ferdinand Hodler (1853-1918) in the collections of the Bündner Kunstmuseum in Chur.