



Gosber ar Gân

Yr Ail Sul Cyn y Grawys

Secsagesima

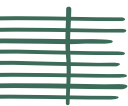
4 Chwefror 2024 am 3.30pm

Choral Evensong

The Second Sunday Before Lent

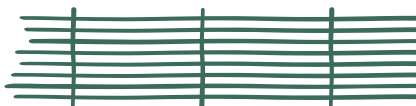
Sexagesima

4 February 2024 at 3.30pm



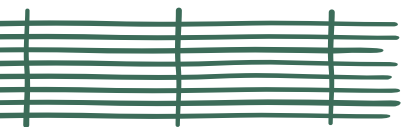
**Cadeirlan
Deiniol Sant
ym Mangor**

Saint Deiniol's
Cathedral
in Bangor



*Croeso i
Gadeirlan
Deiniol Sant
ym Mangor.*

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



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

Yma, yn y flwyddyn
525, bu iddo 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.

Yn y Gosber At Evensong

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

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

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

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

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

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

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

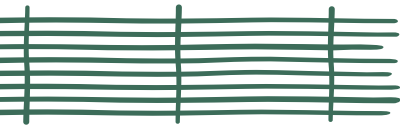
During our worship, we say and sing together the text **in bold type**. We may make a sign of the Cross at times when the words are marked with ✠. Other directions (rubrics) are offered **in red type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

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

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



Trefn Order



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



Cynnull Gathering

Deisyfiadau Preces

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.

Geiriau | Words

Addasiad cyfoes a chyd-destunol o Saesneg y **Llyfr Gweddi Gyffredin** (1662) yw'r Gymraeg | The Welsh-language text is a contemporary and contextualized adaptation of the English of the **Book of Common Prayer** (1662)

Cerddoriaeth | Music

Kenneth Leighton (1929-1988)

Brawddeg Sentence

"A syrthiodd peth had ar dir da; tyfodd, a chnydiodd hyd ganwaith cymaint."

Translation

"And some seed fell into good soil, and when it grew, it produced a hundredfold."

Emyn Hymn



For the beauty of the earth,
for the beauty of the skies,
for the love which from our birth
over and around us lies,
Lord of all, to thee we raise
this our joyful hymn of praise.

Am brydferthwch oriau'r dydd,
am brydferthwch oriau'r nos,
bryn a dyffryn, blodau, gwŷdd,
haul a lloer, pob seren dlos,
O Dduw graslon, dygwn ni
aberth mawl i'th enw di.

For the joy of human love,
brother, sister, parent, child,
friends on earth, and friends above,
pleasures pure and undefiled:
Lord of all, to thee we raise
this our joyful hymn of praise.

Am bob rhodd i ddynol-ryw
gennyt o'th drugaredd gref,
am rasmusau dyn a Duw,
blodau'r byd a blagur nef,
O Dduw graslon, dygwn ni
aberth mawl i'th enw di.

For thy church which evermore
lifteth holy hands above,
offering up on every shore
her pure sacrifice of love,
Lord of all, to thee we raise
this our joyful hymn of praise.

Translation

For the beauty of the hours of the day, for the beauty of the hours of the night, hill and valley, flowers, loom, sun and moon, every beautiful star, O gracious God, we bring a sacrifice of praise to your name. ¶ For every gift to humankind from your strong mercy, for the graces of humans and God, the flowers of the world and the buds of heaven, O gracious God, we bring a sacrifice of praise to your name.

Geiriau | Words

Folliott Sandford Pierpoint (1835-1917)

Cerddoriaeth | Music | "Dix"

Conrad Kocher (1786-1872)

Eisteddwn | We sit



Gair Word

Salmyddiaeth Psalmody

O Holy One, how manifold are your works; in wisdom you have made them all; the earth is full of your creatures.

Yonder is the great and wide sea with its living things too many to number, creatures both small and great.

There move the ships, and there is that Leviathan, which you have made for the sport of it.

All of them look to you to give them their food in due season.

You give it to them; they gather it; you open your hand, and they are filled with good things.

You hide your face, and they are terrified; you take away their breath, and they die and return to their dust.

You send forth your Spirit, and they are created; and so you renew the face of the earth.

May the glory of God endure for ever; may the Holy One rejoice in all creation.

God looks at the earth and it trembles; God touches the mountains and they smoke.

I will sing to God as long as I live; I will praise my God while I have my being.

May these words of mine find favor; I will rejoice in the Holy One.

Let sinners be consumed out of the earth, and the wicked be no more.

Bless the Holy One, O my soul. Alleluia!

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 104:24-35
Cerddoriaeth | Music
Stanley Vann (1910-2010)

Eisteddwn | We sit

Llith Lesson

Here begins the eighth chapter of the Proverbs of Solomon.

The fear of God is the beginning of knowledge: Does not wisdom call, and does not understanding raise her voice? The Lord created me at the beginning of his work, the first of his acts of long ago. Ages ago I was set up, at the first, before the beginning of the earth. When there were no depths I was brought forth, when there were no springs abounding with water. Before the mountains had been shaped, before the hills, I was brought forth – when he had not yet made earth and fields, or the world's first bits of soil. When he established the heavens, I was there, when he drew a circle on the face of the deep, when he made firm the skies above, when he established the fountains of the deep, when he assigned to the sea its limit, so that the waters might not transgress his command, when he marked out the foundations of the earth, then I was beside him, like a master worker; and I was daily his delight, rejoicing before him always, rejoicing in his inhabited world and delighting in the human race.

Here ends the First Lesson.

Diarhebion | Proverbs 8:1, 22-31

Magnificat



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

Cerddoriaeth | Music

Gwasanaeth Hwylol yn C | Evening Service in C, Bryan Kelly

Eisteddwn | We sit

Llith Lesson

Yma y mae yn dechrau'r Efengyl yn ôl Sant Ioan.

Bryd hynny: Yn y dechreuad yr oedd y Gair; yr oedd y Gair gyda Duw, a Duw oedd y Gair. Yr oedd ef yn y dechreuad gyda Duw. Daeth pob peth i fod trwyddo ef; hebddo ef ni ddaeth un dim sydd mewn bod. Ynddo ef yr oedd bywyd, a'r bywyd, goleuni dynion ydoedd. Y mae'r goleuni yn llewyrchu yn y tywyllwch, ac nid yw'r tywyllwch wedi ei drechu ef. Daeth dyn wedi ei anfon oddi wrth Dduw, a'i enw Ioan. Daeth hwn yn dyst, i dystiolaethu am y goleuni, er mwyn i bawb ddod i gredu trwyddo. Nid ef oedd y goleuni, ond daeth i dystiolaethu am y goleuni. Yr oedd y gwir oleuni, sy'n goleuo pawb, eisoes yn dod i'r byd. Yr oedd yn y byd, a daeth y byd i fod trwyddo, ac nid adnabu'r byd mohono. Daeth i'w gynefin ei hun, ac ni dderbyniodd ei bobl ei hun mohono. Ond cynifer ag a'i derbyniodd, rhoes iddynt hwy, y rhai sy'n credu yn ei enw, hawl i ddod yn blant Duw, plant wedi eu geni nid o waed nac o ewyllys cnawd nac o ewyllys gŵr, ond o Dduw. A daeth y Gair yn gnawd a phreswyllo yn ein plith, yn llawn gras a gwirionedd; gwelsom ei ogoniant ef, ei ogoniant fel unig Fab yn dod oddi wrth y Tad.

Yma y terfyn yr Ail Lith.

Translation

At that time: In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. The true light, which enlightens everyone, was coming into the world. He was in the world, and the world came into being through him; yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God. And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

Ioan | John 1:1-14

Codwn ar ein traed | We stand

Nunc Dimittis



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

Cerddoriaeth | Music

Gwasanaeth Hwyrrol yn C | Evening Service in C, Bryan Kelly

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

✠ Gras a thangnefedd.

✠ Yng nghariad Iesu.

Gweddiwn.

Penliniwn neu eisteddwn | We kneel or sit

Trugarhâ, Dduw y Cread.

Trugarhâ, Dduw ein Gwared.

Trugarhâ, Dduw pob Cariad.

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.

✠ O lôr, bydd drugarog dy olwg.

✠ A rho i'n waredigaeth.

✠ O Dduw, cofia'n Llyw.

✠ A thaena'th adain dirion dros aelwydydd ein gwlad.

✠ Gwisg d'Eglwys wir ag iawnder ar dy lun.

✠ A gwna ni'n etifeddion llonder.

✠ Bydd dryw, Dduw'r holl Gread.

✠ A moes fendith ar dy waith.

✠ Boed hedd yn ein dydd, O Dduw.

✠ A doed awennau cymod, uwch dial a phoen, yn beraidd ar ein clyw.

✠ Am galon lân o'n mewn hiraethwn.

✠ A chalon wrth galon cwyd fry lân gân.

Translation

✠ *The Lord be with you.* ✠ *And with thy spirit. Let us pray. Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us. 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. Amen. V O Lord, shew thy mercy upon us; R And grant us thy salvation. V O Lord, save the King; R And mercifully hear us when we call upon thee. V Endue thy ministers with righteousness; R And make thy chosen people joyful. V O Lord, save thy people; R And bless thine inheritance. V Give peace in our time, O Lord; R Because there is none other that fighteth for us, but only thou, O God. V O God, make clean our hearts within us; R And take not thy Holy Spirit from us.

Gweddïau Casgl Collects

ODduw, cadw dy Eglwys â'th drugaredd gwastadol; a channa ddichon ein gwendid hebot ti ond syrthio, cadw ni byth trwy dy gymorth oddi wrth bob peth niweidiol, ac arwain ni at bob peth buddiol i'n hiachawdwriaeth; trwyddo ef sy'n Grist ein Gwardwr. Amen.

OGod, 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

Keep, we beseech you, O God, your Church with your perpetual mercy; and, because our frailty without you cannot but fall, keep us ever by your help from all things hurtful, and lead us to all things profitable to our salvation; through him who is Christ our Saviour. Amen.

Geiriau | Words

Addasiad cyfoes a chyd-destunol o Saesneg y **Llyfr Gweddi Gyffredin** (1662) yw'r Gymraeg | The Welsh-language text is a contemporary and contextualized adaptation of the English of the **Book of Common Prayer** (1662)

Cerddoriaeth | Music

Kenneth Leighton (1929-1988)

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.

Translation

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

Eisteddwn | We sit**Anthem**

The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding. For by me thy days shall be multiplied, and the years of thy life shall be increased. Happy is the man that findeth wisdom, and the man that getteth understanding. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Geiriau | Words

Diarhebbion | Proverbs 9:10-11; 3:13, 15, 5-6

Cerddoriaeth | Music

William Mathias (1934-1992)

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 Gwardedwr.

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 Hymn



Thou whose almighty word
chaos and darkness heard,
and took their flight;
hear us, we humbly pray,
and where the gospel day
sheds not its glorious ray
let there be light.

Thou who didst come to bring
on thy redeeming wing
healing and sight,
health to the sick in mind,
sight to the inly blind,
O now to all mankind
let there be light.

Spirit of truth and love,
life-giving, holy Dove,
speed forth thy flight;
move on the water's face,
bearing the lamp of grace,
and in earth's darkest place
let there be light.

**Blessèd and holy Three,
glorious Trinity,
Wisdom, Love, Might,
boundless as ocean's tide
rolling in fullest pride,
through the world far and wide
let there be light.**

Geiriau | Words

John Marriott (1780-1825)

Cerddoriaeth | Music | "Moscow"

Felice de Giardini (1716-1796)

Parhawn ar ein traed | We remain standing

Bendith Blessing

Yn nyddiau eich trallod, yn nyddiau eich llawenydd, ac ar ddydd y farn, arbeded Dduw chi; 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

In all times of sorrow, in all times of joy, and at the day of judgement may God deliver you; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always. Amen.

Gollyngiad Dismissal

Y Gras a thangnefedd.

R~~Y~~ Yng nghariad Iesu.

Y Bendithiwn yr lôr.

R~~Y~~ Diolch a fo i Dduw.

Translation

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

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

Cerddoriaeth | Music

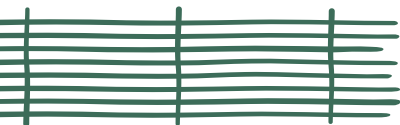
Edward Woodall Naylor (1867-1934)

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

Offrymddarn ar yr organ | Organ voluntary

Gorymdeithiol | Processional, William Mathias (1934-1992)

Hysbys



Datganiadau Cerdd dydd Iau

Mae ein datganiadau cerdd yn dechrau eto yr wythnos hon, yn dilyn gwyliau'r Nadolig. Bydd datganiadau'r tymor hwn yn cael eu cynnal bob dydd Iau am 1.15pm. Rhoddir y datganiad agoriadol ddydd Iau yma gan ein Cyfarwyddwr Cerdd ar yr organ, ac mae'n cynnwys Toccata a Ffiwg yn D leiaf Bach a'r toccata enwog o 5ed Symffoni Widor.

Pregethau ar drothwy'r Grawys

Mae ein pregethau yr wythnos hon a'r nesaf yn ein cynorthwyo i baratoi ar gyfer y Grawys. Heddiw, gyda'n Canon dros Fwyd Cynulleidfaoel, rydym yn myfyrio ar sut i weddio; y Sul nesaf, gyda'r Is-Ddeon, myfyriwn pa fodd i gyffesu; a dydd Mercher y Lludw, gyda'n Is-Ganon, myfyriwn pa fodd i ymatal.

Messiah

Ar drothwy tymor dwys y Grawys, ymunwch â ni am 6.00pm nos Sul 11 Chwefror ar gyfer perfformiad defosiynol o Rannau II a III o'r *Messiah* gan George Frideric Handel.

Mae Rhan II o'r *Messiah* yn adrodd hanes Dioddefaint a marwolaeth Crist, ei Atgyfodiad a'i Ddyrchafael, a lledaeniad cyntaf yr Efengyl, gan arwain at gyhoeddiad gogoneddus o ogoniant Duw yng nghorws yr Haleliwïa. Mae Rhan III'n archwiliad cyfrin mewn cân o'r addewid o dragwyddoldeb: "Mi wn fod fy Mhrynwyr byw," medd y soprano ar ei gychwyn; "Teilwng yw'r Oen" yw canmoliaeth y Corws ar ei ddiwedd.

Bydd y gerddoriaeth yn cael ei chanu gan Gôr y Gadeirlan, gyda'r unawdwr ar gyfer yr ariâu hardd wed ei dwyn o'i rengoedd; a bydd y perfformiad yn cael ei arwain gan ein Cyfarwyddwr Cerdd, Joe Cooper.

Mae tocynnau wrth y drws ac ar werth ar ddiwedd gwasanaethau'r Sul yn £12 (£5 consesiynau myfyrwyr).

Dydd Mercher y Lludw

Mae Dydd Mercher y Lludw, y diwrnod sy'n nodi dechrau'r Grawys, i'w gadw eleni ar 14 Chwefror. Dyma atgof da y dylem ni, yng Nghymru, ddathlu cariadon ar Ddiwrnod Santes Dwynwen, 25 Ionawr, gan fod i Ddydd San Ffolant berwyl gwell eleni. Ar Ddydd Mercher y Lludw offrymir y Cymun Bendigaid ar Gân ag Arddodi Lludw yn ddwyieithog yn y Gadeirlan am 12.30pm a hefyd am 6.00pm. Rhowch flaenoriaeth i'ch presenoldeb yn un o'r dathliadau hyn yn eich dyddiadur, fel y gall eich hymrwymiad i'r Garawys ddechrau'n fyfyriol, yn benydiol, yn sagrafenaidd ac yn brydferth.

Nosweithiau Mercher eraill yn ystod y Grawys

Mae'r Grawys yn dymor wedi ei nodi nid yn unig gan ymwrthod a chan haelioni, ond hefyd gan astudrwydd mewn gweddi a myfyrdod. Cynigir gweithgareddau ar nos Fercher yn ystod y Grawys eleni fel offrwm i'n cyfoethogi'n ysbrydol. Bydd ein cwrs astudio Grawys, ar-lein ar Zoom am 6.00pm ar nosweithiau Mercher 21 Chwefror, 6 Mawrth a'r 20 Mawrth yn archwilio cysylltiadau Cristnogol-Iddewig ar adeg dyngedfennol mewn dealltwriaeth rhyng-ffydd. Bydd y sesiynau hyn yn cael eu harwain gan y sefydliad rhyng-ffydd nodedig, Cyngor y Cristnogion a'r Iddewon. Bydd ein cyfres o bregethau Grawys, sy'n canolbwyntio ar Gredo Nicea, yn cael ei harchwilio mewn sesiwn ar-lein arbennig ar Zoom am 6.00pm ar 28 Chwefror. Rydym wrth ein bodd mai'r Dr Robin Ward, Prifathro Tŷ San Steffan, Rhydychen, fydd yn arwain y sesiwn hon. Bydd y nos Fercher arall yn ystod Grawys, 13 Mawrth, yn cael

ei chysegru i'n Cymun ar Gân misol newydd dros y Meirw, a gynhelir yn y Gangell am 5.30pm, a lle bydd gosodiad Fauré o'r Requiem yn cael ei ganu. Eto, rhowch flaenoriaeth i'ch presenoldeb yn eich dyddiaduron, er mwyn cyfoethogi'r Grawys yn sbyrdol ac yn weddigar.

Yr wythnos

Dydd Llun | Monday | Agatha

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday | Scholastica

9.30am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday | Manche Masemola

12.30pm Cymun | Eucharist

Dydd Iau | Thursday

12.30pm Cymun | Eucharist

1.15pm Datganiad | Recital

2.00pm | Eglwys y Groes Cymun | Eucharist

Dydd Gwener | Friday | Teilo

11.00am Angladd | Funeral | John Hughes, RIP

12.30pm Cymun | Eucharist

10 Chwefror | Dygwyl Llongddrylliad yr Apostol Paul

10 February | The Shipwreck of Saint Paul's Day

12.30pm Cymun | Eucharist

11 Chwefror | Y Sul Cyn y Grawys | Cwincwagesima 11 February | The Sunday Next Before Lent | Quinquagesima

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Cymun Sant Dogfan, Evans; Cenwch lafar gân i'r Arglwydd Dduw, Elwyn-Edwards; Rhagarweiniad a Ffiwg yn G fwyaf, BWV 557, Bach

11.00am Choral Holy Eucharist

Short Communion Service, Batten; O nata lux, Tallis; For a Festive Occasion, Hawes

6.00pm Messiah, George Frideric Handel

Rhan II a III | Part II & III
Côr y Gadeirlan, Ensemble 525, Joe Cooper | The Cathedral Choir, Ensemble 525, Joe Cooper

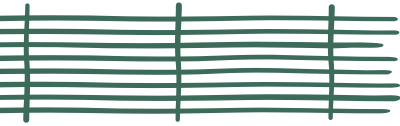
Ein gweddi

Yn glâf Cynthia Farrar; Frans Veerman; Goran Sluiter; Caitriona Carroll; Sacha Cook; Simon Smith; Andy; Claire; Rosie; Caren Lewis; Joy Levine, offeiriad; John Watkin Jones; Bill Lovelock

A fu farw'n diweddar John Hughes; Gill Knight; Glenn; Don; Amanda; Jayne Johnson; Gareth Lloyd Jones, offeiriad; Alexander; Margaret Tromans

Gŵyl goffa —

Notices



Thursday Music Recitals

Our musical recitals begin again this week, following a Christmas break. This season's recitals will take place every Thursday at the later time of 1.15pm. The opening recital this coming Thursday is given by our Director of Music on the organ, and includes Bach's Toccata & Fugue in D minor and the famous toccata from Widor's 5th Symphony.

Sermons on the threshold of Lent

Our sermons this week and next help us to prepare for Lent. Today, with our Canon for Congregational Life, we reflect on how to pray; next Sunday, with the Bishop-Designate of Bardsey, we reflect on how to confess; and on Ash Wednesday, with our Minor Canon, we reflect on how to abstain.

Messiah

On the threshold of the holy season of Lent, join us at 6.00pm on Sunday 11 February for a devotional performance of Parts II & III of George Frideric Handel's *Messiah*.

Part II of *Messiah* tells the story of Christ's Passion and death, his Resurrection and Ascension, and the first spreading of the Gospel, culminating in the glorious proclamation of God's glory in the Hallelujah chorus. The mystical Part III is an exploration in song of the promise of eternal life: "I know that my Redeemer liveth," sings a soprano at its outset; "Worthy is the Lamb," acclaims the Chorus at its end.

The music will be sung by the Cathedral Choir, with the soloists for *Messiah's* beautiful arias drawn from its ranks; and the performance will be conducted by our Director of Music, Joe

Cooper.

Tickets on the door and for sale at the end of Sunday services are £12 (£5 student concessions).

Ash Wednesday

Ash Wednesday, on which day we solemnly mark the beginning of Lent, falls this year on 14 February. On Ash Wednesday a bilingual Choral Holy Eucharist with the Imposition of Ashes will be offered at the Cathedral both at 12.30pm and also at 6.00pm. Please prioritise your attendance at one of these celebrations in your diary, so that your observance of a holy Lent might begin reflectively, penitentially, sacramentally and beautifully.

Other Wednesdays during Lent

Lent is season marked not only by abstinence and generosity, but also by an attentiveness in prayer and reflection. Activities on Wednesday evenings during this Lent are offered as a time of spiritual enrichment. Our Lent study course, online by Zoom at 6.00pm on the Wednesday evenings of 21 February, 6 March and 20 March will explore Christian-Jewish relations at a critical moment in inter-faith understanding. These sessions will be led by the inter-faith organization of note, the Council of Christians and Jews. Our Lent sermon series, focusing on the Nicene Creed, will be explored in special online session by Zoom at 6.00pm on 28 February. We're delighted that Dr Robin Ward, the Principal of Saint Stephen's House, Oxford, will be leading this session. The remaining Lent Wednesday evening, 13 March, will be dedicated to our new monthly Choral Eucharist of Requiem for the Departed, which will take place in the Chancel at 5.30pm, and at which Fauré's setting of the Requiem will

be sung. Again, please prioritise your attendance in your diaries, so that your observance of a holy Lent might be spiritually and prayerfully enriched.

This week

Dydd Llun | Monday | Agatha

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5.30pm Gosber ar Gân | Choral Evensong

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6.00pm Messiah, George Frideric Handel

Rhan II a III | Part II & III
Côr y Gadeirlan, Ensemble 525, Joe Cooper | The Cathedral Choir, Ensemble 525, Joe Cooper

Our prayers

The sick Cynthia Farrar; Frans Veerman; Goran Sluiter; Caitriona Carroll; Sacha Cook; Simon Smith; Andy; Claire; Rosie; Caren Lewis; Joy Levine, priest; John Watkin Jones; Bill Lovelock

The recently departed John Hughes; Gill Knight; Glenn; Don; Amanda; Jayne Johnson; Gareth Lloyd Jones, priest; Alexander; Margaret Tromans

Year's mind —



Eglwys Gadeiriol ac 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.

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

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

Cynaliadwyedd a chaniatâd

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

Caiff cynifer o'n gwasanaethau'n eu ffrydio arlein, ac mae'r recordiad ar gael wedi hynny ar sianel YouTube 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.

Cydnabyddiaethau

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. Daw'r drefn a'i chynnwys o **Llyfr Gweddî Gyffredin (1662 ac 1984)**. 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**. Mae'r salmyddiaeth o **The Saint Helena Breviary** (2019).

Darlun clawr

Ar y clawr ceir darlun o Lyfr XII *Paradise Lost* (cerdd John Milton), sy'n ymwneud â'r Allyriad o Baradwys (y darlleniad o'r Efengyl y bore yma), gan Diana Cumming yn Amgueddfa Gelf UCL.

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Charity number 1158340

Safeguarding

Safeguarding children and adults at risk is vital, and we are committed to fostering an environment where everyone is able to worship and participate in the life of Saint Deiniol's Cathedral in safety. If you have any concerns, please raise them immediately with a member of the Cathedral team.

Accessibility

A hearing loop is in use – please set hearing aids to the T setting.

Large print copies of this booklet are available from the stewards.

Lavatories are located at the east end of the Cathedral, through the door to the left of the Quire screen.

If we need to evacuate the Cathedral in an emergency, please remain seated and follow the directions of the stewards.

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

Many of our services are streamed online, and the recording made available thereafter on the Cathedral's YouTube channel. An official photographer may be on duty. Your attendance constitutes your consent to be included in any filming, photographing, audio recording or broadcast. If you do not wish a photograph of you or a child in your care to be used by the Cathedral, please speak to a member of the Cathedral team.

Acknowledgements

Material in this order of service is reproduced under the CLL 280874. The form and content of the service are taken from **The Book of Common Prayer (1662 and 1984)**. The lessons are based on **The New Revised Standard Version of the Bible** and **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**. The psalmody is that of **The Saint Helena Breviary** (2019).

Cover image

The cover image is a depiction of Book XII of John Milton's *Paradise Lost*, which concerns the Expulsion from Paradise (this morning's Gospel reading), by Diana Cumming at the UCL Art Museum.