

Gosber ar Gân

**Trydydd Sul y Grawys**

3 Mawrth 2024 am 3.30pm

Choral Evensong

**The Third Sunday of Lent**

3 March 2024 at 3.30pm



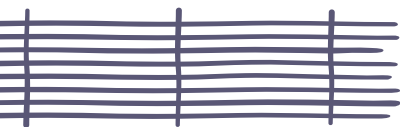
**Cadeirlan  
Deiniol Sant  
ym Mangor**

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, eisteddchwch yn hytrach na sefyll neu benlinio.

Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfrio 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.

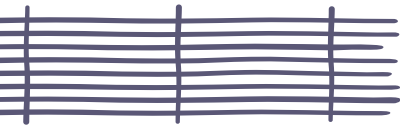
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God's enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

Thomas Ebdon (1738-1811)

## Brawddeg Sentence

"Gwyn eu byd y sawl y maddeuwyd eu trosedd, ac y cuddiwyd eu pechod."

### Translation

"Happy are they whose transgressions are forgiven and whose sin is put away."

## Emyn Hymn



**L**ord, in this thy mercy's day,  
ere it pass for ay away,  
on our knees we fall and pray.

Lord, on us thy Spirit pour,  
kneeling lowly at the door,  
lest it close for evermore.

By thy night of agony,  
by thy supplicating cry,  
by thy willingness to die.

By thy tears of bitter woe,  
for Jerusalem below,  
let us not thy love forgo.

Grant us 'neath thy wings a place,  
lest we lose the day of grace,  
ere we shall behold thy face.

### Words

Isaac Williams (1802-1865)

### Music | "St Philip"

William Henry Monk (1823-1889)

# Gair Word

## Salmyddiaeth Psalmody

Your law, O God, is perfect and revives the soul; your testimony is sure and gives wisdom to the innocent.

Your statutes are just and rejoice the heart; your commandment is clear and gives light to the eyes.

The fear of you is clean and endures for ever; your judgments are true and righteous altogether.

More to be desired are they than gold, more than much fine gold, sweeter far than honey, than honey in the comb.

By them also is your servant enlightened, and in keeping them there is great reward.

Who can tell how often one offends? Cleanse me from my secret faults.

Above all, keep your servant from presumptuous sins; let them not get dominion over me; then shall I be whole and sound, and innocent of a great offense.

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O God, my strength and my redeemer.

### 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 19:7-14**

**Cerddoriaeth | Music**

Tôn III, pumed terfyniad | Tone III, fifth ending

### Eisteddwn | We sit

## Llith Lesson

Here begins the twentieth chapter of the Book of Exodus.

**I**n those days: God spoke all these words: I am the Holy One your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Living One your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Eternal One your God, for the Holy One will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Living One your God; you shall not do any work – you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Eternal One made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Holy One blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Eternal One your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

Here ends the First Lesson.

**Exodus 20:1-17**

Codwn ar ein traed | We stand



## 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 Hwyrrol yn E leiaf | Evening Service in E minor,**  
Daniel Purcell (c.1664-1717)

**Eisteddwn | We sit**

## Llith Lesson

Yma y mae yn dechrau trydedd adnod ar ddeg ail bennod yr Efengyl yn ôl Sant Ioan.

**B**ryd hynny: Yr oedd Pasg yr Iddewon yn ymyl, ac aeth Iesu i fyny i Gaersalem. A chafodd yn y deml y rhai oedd yn gwerthu ychen a defaid a cholomennod, a'r cyfnewidwyr arian wrth eu byrddau. Gwnaeth chwip o gordenni, a gyrodd hwy oll allan o'r deml, y defaid a'r ychen hefyd. Tafodd arian mân y cyfnewidwyr ar chwâl, a bwrw eu byrddau wyneb i waered. Ac meddai wrth y rhai oedd yn gwerthu colomennod, "Ewch â'r rhain oddi yma. Peidiwch â gwneud tŷ fy Nhad i yn dŷ masnach." Cofiodd ei ddisgyblion eiriau'r Ysgrythur: "Bydd sêl dros dy dŷ di yn fy ysu." Yna heriodd yr Iddewon ef a gofyn, "Pa arwydd sydd gennyt i'w ddangos i ni, yn awdurdod dros wneud y pethau hyn?" Atebodd Iesu hwy: "Dinistriwch y deml hon, ac mewn tridiau fe'i codaf hi." Dywedodd yr Iddewon, "Chwe blynedd a deugain y bu'r deml hon yn cael ei hadeiladu, ac a wyt ti'n mynd i'w chodi mewn tridiau?" Ond sôn yr oedd ef am deml ei gorff. Felly, wedi iddo gael ei gyfodi oddi wrth y meirw, cofiodd ei ddisgyblion iddo ddweud hyn, a chredasant yr Ysgrythur, a'r gair yr oedd Iesu wedi ei lefaru.

Yma y terfyn yr Ail Lith.

### Translation

*At that time: The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was*

*speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.*

**Ioan | John 2:13-22**

**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 Hwyl yn E leiaf | Evening Service in E minor,**  
Daniel Purcell (c.1664-1717)

**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

Ŵ 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.

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

Ŵ O lôr, bydd drugarog dy olwg.

℞ A rho i'n waredigaeth.

Ŵ O Dduw, cofia'n Llyw.

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

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

℞ A gwna ni'n etifeddion llonder.

Ŵ Bydd dryw, Dduw'r holl Gread.

℞ A moes fendith ar dy waith.

Ŵ Boed hedd yn ein dydd, O Dduw.

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

Ŵ Am galon lân o'n mewn hiraethwn.

℞ A chalon wrth galon cwyd fry lân gân.

Translation over the page

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. ℣ 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

**D**ad nefol, sy'n gweld nad oes gennym ddim nerth ohonom ein hunain i'n cynorthwyo ein hunain: cadw ni oddi mewn ac oddi allan, yn enaid a chorff: fel yr amddiffynnir ni rhag pob drygfyd a all ddigwydd i'r corff, a rhag pob meddwl drwg a all ymosod a pheri niwed i'r enaid; trwyddo ef sydd Iesu Grist ein Gwardedwr. Amen.

**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

*Heavenly Father, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through him who is Jesus 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

Thomas Ebdon (1738-1811)

## Gweddï 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 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

Hear my prayer, O Lord, and let my crying come unto thee.

### Geiriau | Words

Salm | Psalm 102:1

### Cerddoriaeth | Music

Henry Purcell (1659-1695)



## Gweddïau Prayers

Penliniwn neu eisteddwn | We kneel or sit

Ceir gweddïau | Prayers are said

Ar derfyn y gweddïau | The prayers conclude

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

**Amen.**

*Translation*

*Go before us, O God, with thy most gracious favour, and further us with thy continual help; that in all our works, begun, continued, and ended in thee, we may glorify thy holy Name, and finally by thy mercy obtain the fullness of life; through Jesus Christ our Saviour. Amen.*

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

Codwn ar ein traed | We stand

# Ymadael Departing

Eryn Hymn



**H**ow sweet the name of Jesus sounds  
in a believer's ear!  
It soothes his sorrows, heals his wounds,  
and drives away his fear.

It makes the wounded spirit whole,  
and calms the troubled breast;  
'tis manna to the hungry soul,  
and to the weary rest.

Dear name! the rock on which I build,  
my shield and hiding-place,  
my never-failing treasury filled  
with boundless stores of grace.

Jesus! my Shepherd, Brother, Friend,  
my Prophet, Priest, and King,  
my Lord, my Life, my Way, my End,  
accept the praise I bring.

**Geiriau | Words**

John Newton (1725-1807)

**Cerddoriaeth | Music | "St Peter"**

Alexander Robert Reinagle (1799-1877)

Parhawn ar ein traed | We remain standing

## Bendith Blessing

**R**hodded Crist ras i chwi gynyddu mewn sancteiddrwydd, ymwadu â chwi eich hunain, codi eich croes, a'i ddilyn ef; 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

*Christ give you grace to grow in holiness, to deny yourselves, take up your cross and follow him; 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

✠ Gras a thangnefedd.

✠ Yng nghariad Iesu.

✠ Bendithiwn yr Iôr.

✠ Diolch a fo i Dduw.

### Translation

✠ *The Lord be with you. ✠ And with thy spirit.*

✠ *Let us bless the Lord. ✠ Thanks be to God.*

### Cerddoriaeth | Music

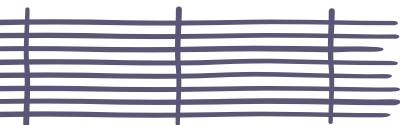
Edward Woodall Naylor (1867-1934)

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

**Offrymddarn ar yr organ** | Organ voluntary

**Offrymddarn yn D leiaf** | Voluntary in D minor, John Stanley (1712-1786)

# Hysbys



## **Astudiaeth nos Fercher y Grawys “Cofia dy gyfamod byth”**

**Dirnad hynt y berthynas**

**Gristnogol-Iddewig**

**Nos Fercher 6 ac 20 Mawrth  
am 6.00pm**

Mae ein hastudiaeth nos Fercher y Grawys yn archwilio sut y gallwn ddyfnhau ein dealltwriaeth o Iddewiaeth, addysgu ein hunain am wrth-Iddewiaeth Gristnogol, a chamu i ddyfodol ffrwythlon o gydweithio rhyng-ffydd.

Roedd yn galonogol bod 50 o bobl wedi ymuno â'r sesiwn gyntaf ar-lein y nos Mercher ddiwethaf hon. Mae'r prif gyflwyniad a roddwyd yn y sesiwn ar gael ar sianel YouTube y Gadeirlan – @Cadeirlan ar YouTube.

Cynhelir y ddau sesiwn nesaf ar 6 Mawrth a 20 Mawrth am 6.00pm ar Zoom, a byddant yn para awr.

**Manylion Zoom**

**Cyfarfod** 854 3228 9617

**Côd** 297609

## **Cymun dros y Meirw**

**Nos Fercher 13 Mawrth**

**am 5.30pm**

Ym mis Mawrth cychwynwn ar batrwm newydd o ddathlu Cymun Bendigaid ar Gân Dros y Meirw yn fisol ar nos Fercher. Mae Cymun Dros y Meirw yn gyfle cu i weddio dros y rhai rydyn ni'n eu caru ond na'u gwelwn mwyach. Yn y gwasanaethau misol byddwn yn gweddio yn ôl eu henw dros y rhai sydd wedi marw yn ystod y mis diwethaf o'n cymuned ni. Ym mis Mawrthgosodiad Fauré o'r Requiem yn cael ei ganu.

## **Datganiadau Cerdd Dydd Iau**

**Pob dydd Iau**

**1.15pm am 45 munud**

### **7 Mawrth | Roman Kosyakov | Piano**

Y llynedd, perfformiodd Roman y Rhapsody ar Thema Paganini gyda Cherddorfa Symffoni Prifysgol Bangor. Rydym wrth ein bodd ei fod wedi cytuno i gymryd rhan yn y gyfres ddatganiad hon, lle bydd ei ddatganiad yn cynnwys perfformiadau o Sonata yn F fwyaf gan Mozart a Drychau gan Ravel.

### **14 Mawrth | Paul Carr | Organ**

Mae'r organydd, Paul Carr, wedi'i leoli yng Ngorllewin Canolbarth Lloegr ac wedi perfformio datganiadau ar draws y byd ac wedi rhyddhau ei berfformiadau ar label Regent Records.

### **21 Mawrth | Angharad Huw | Telyn**

Astudiodd Angharad yn yng Ngholeg Cerdd Brenhinol y Gogledd ac mae'n byw yn Sir y Fflint. Bydd ei datganiad ar y delyn yn cloi ein cyfres cyn gwyliau'r Pasg.

# Yr wythnos

## Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

## Dydd Mawrth | Tuesday | Non

9.30am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

## Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

6.00pm | Zoom Astudiaeth y Grawys | Lent Study

## Dydd Iau | Thursday | Perpetua, Ffelisitas a'u cyfeillion | Perpetua, Felicity and their companions

12.30pm Cymun | Eucharist

1.15pm Datganiad | Recital

2.00pm | Eglwys y Groes Cymun | Eucharist

5.30pm Gosber ar Gân a Bendithiad y Sagrafen Fendigaid | Choral Evensong with Benediction of the Blessed Sacrament

## Dydd Gwener | Friday

12.30pm Cymun | Eucharist

## Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

# 10 Mawrth | Pedwerydd Sul y Grawys | Sul y Fam 10 March | The Fourth Sunday of Lent | Mothering Sunday Lætare

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Y Canon dros Fywyd Cynulleidfaol yn pregethu yn ein cyfres bregethu, "Mab y Duw byw"

Cymun y Cymry ii, Harper; Ave verum, Elgar; Chanson de Matin, Elgar

11.00am Choral Holy Eucharist

The Very Revd Prof. Gordon McPhate preaching in our sermon series, "Son of the living God"

Missa brevis in C, Gounod; For the beauty of the earth, Rutter; Prelude, Op.101/2, Stanford

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Ayleward; Gwasanaeth Hwyrol yn E-fflat | Evening Service in E-flat, Brewer; God so loved the world, Stainer; Bugeileg | Pastorale, Fricker

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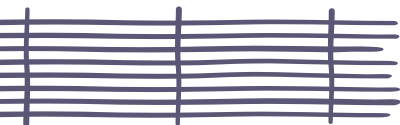
# Ein gweddi

Yn glâf Caren Lewis; Cynthia Farrar; Callum James; Aubrey Jones; Lea Catrin; Tomos Arwyn; Barbara Watson; Peter Williams; Theresa Williams; Joy Levine, offeiriad; John Watkin Jones; Bill Lovelock

A fu farw'n diweddar Patricia Roberts; Lesley Bebbington; J. Beverley Smith; Eleri Price; Margaret Tromans; Mike Jamison

Gŵyl goffa Laurine Evans (6)

# Notices



## **Our Wednesday Lent study “You remember your covenant forever” | Discerning a path for Christian-Jewish relations Wednesday 6 & 20 March at 6.00pm**

The relationship between Christianity and Judaism is profound, beautiful and complex. Our Lent Wednesday study highlight how Christians, particularly, can enter into an exploration of this relationship.

It was encouraging that 50 people joined the first session online this past Wednesday. The main presentation given at the session is available on the Cathedral’s YouTube channel – simply search for @Cadeirlan on YouTube.

The next two sessions take place on 6 March and 20 March at 6.00pm on Zoom, and will last an hour.

### **Zoom details**

**Meeting ID** 854 3228 9617

**Passcode** 297609

## **Monthly Requiem**

### **Wednesday 13 March at 5.30pm**

March sees the introduction of our new monthly Wednesday evening Choral Eucharist of Requiem for the Departed. A Requiem Eucharist is a precious opportunity to pray for those whom we love but see no longer. At these monthly services we will pray by name for those who have died during the past month from our own community, and for those who funerals have taken place at the Cathedral recently. On 13 March at 5.30pm, Fauré’s setting of the Requiem will be sung.

## **Thursday Music Recitals**

Every Thursday

1.15pm for 45 minutes

### **7 Mawrth | Roman Kosyakov | Piano**

Last year, Roman performed the Rhapsody on a Theme of Paganini with the Bangor University Symphony Orchestra. We are thrilled he has agreed to take part in this recital series, where his recital will include performances of Mozart’s Sonata in F major and Ravel’s Mirrors.

### **14 Mawrth | Paul Carr | Organ**

The organist, Paul Carr, is based in the West Midlands and has performed recitals all over the world and released his performances on the Regent Records label.

### **21 Mawrth | Angharad Huw | Harp**

Angharad studied at the Royal Northern College of Music and lives in Flintshire. Her recital on the harp will conclude our series before its Easter break.

# This week

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5.30pm Gosber ar Gân | Choral Evensong

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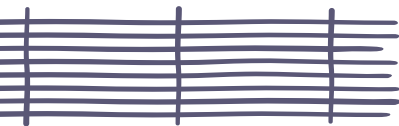
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## Our prayers

**The sick** Caren Lewis; Cynthia Farrar; Callum James; Aubrey Jones; Lea Catrin; Tomos Arwyn; Barbara Watson; Peter Williams; Theresa Williams; Joy Levine, priest; John Watkin Jones; Bill Lovelock

**The recently departed** Patricia Roberts; Lesley Bebbington; J. Beverley Smith; Eleri Price; Margaret Tromans; Mike Jamison

**Year's mind** Laurine Evans (6)



## 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 ffridio 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 claw

Mae delwedd y claw yn fanylyn o ysgythriad o Gaersalem a welwyd o Gethsemane, gan Wenceslaus Hollar (1607-1677).

## 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 detail of an etching of Jerusalem seen from Gethsemane, by Wenceslaus Hollar (1607-1677).