



**Cymun Bendigaid** • o dudalen 4

**Gosber ar Gân** • o dudalen 26

4-9 Mawrth 2024

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4-9 March 2024



**Cadeirlan  
Deiniol Sant  
ym Mangor**

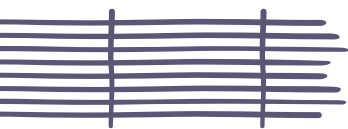
Saint Deiniol's  
Cathedral  
in Bangor



**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. Mynnwch gopi heddiw, neu ddilynwch y cod QR i ddarllen arlein.

# About us

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

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

## Cefnogaeth Support



## Buchedd Bangor



## O'r Ddarllenfa From the Lectern



# Y Cymun Bendigaid

## Cyflwyniad i'r Cymun Bendigaid

**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. Dyrchewfch, felly, eich llygaid; sylwch ar liw, golau, sain, symudiad a harddwch; codwch eich llais; cyfranogwch yn yr hyn a fydd yn eich gweddnewid, o roi iddo'r cyfle.

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

# The Holy Eucharist

## An introduction to the Holy Eucharist

**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 red 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.**

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

## Edifeirwch

Gan gynnull i ddathlu,  
ymbaratwn gan adnabod ein pechodau.

Rhag ein camweddau a phob drygioni,  
rhag oferedd a chenfigen,  
rhag casineb a malais.

**Dad nefol, gwared ni.**

Rhag gafael chwant a chynildeb celwydd,  
rhag calon galed,  
rhag bopeth a'n estrona.

**Dad nefol, gwared ni.**

Trugarha wrthym, O Dduw.

**Rydym wedi pechu yn dy erbyn.**

Dangos i ni, O Dduw, dy drugaredd.

**A dyro i ni dy iachawdwriaeth.**

# 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.**

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

## Pentience

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

From all evil and wickedness,  
from vanity and jealousy,  
from hatred and malice.

**Holy God, deliver us.**

From grasping lust and the subtleties of lying,  
from hardness of heart,  
from all that divides us.

**Holy God, deliver us.**

Have mercy on us, O God.

**For we have sinned against you.**

Show us, O God, your mercy.

**And grant us your salvation.**

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.**

## Kyrie eleison

∿ Kyrie eleison. **R** Kyrie eleison. ∿ Christe eleison. **R** **Christe eleison.** ∿ Kyrie eleison. **R** **Kyrie eleison.**

*Cyfieithiad*

*Arglwydd, trugarha. Crist, trugarha.*

## Gweddï Gasgl | ar ddydd Mawrth

Gweddïwn.

**D**uw ein Tad, a ymddiriedaist dy unig genedledig Fab i ofal mam ddaearol fel y cyfarwyddai ei gamau cyntaf ar hyd llwybrau ffydd a chariad; caniatâ y byddwn ninnau sydd yn parchu mam ein nawddsant Dewi yn gweithio i godi cenhedlaeth newydd i barchu a charu dy enw; trwy Iesu Grist ein Gwaredwr.

**Amen.**

## Gweddï Gasgl | ar ddydd Iau

Gweddïwn.

**D**uw sanctaidd, a roddaist ddewrder mawr i Perpetua, Ffelisitas a'u cyfeillion: caniatâ y byddwn ninnau'n deilwng i ddringo ysgol aberth a chael ein derbyn i mewn i ardd tangnefedd; trwy Iesu Grist ein Gwaredwr.

**Amen.**

## Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

**D**ad nefol, gollwng dy bobl oddi wrth eu camweddau, fel y gallwn trwy dy ddaioni haelionus fod oll yn rhydd o gadwynau'r pechodau hynny a gyflawnwyd gennym oherwydd ein llesgedd; caniatâ hyn er mwyn yr un sydd Iesu Grist ein Gwaredwr.

**Amen.**

Eisteddwn



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. **R** Kyrie eleison. ∿ Christe eleison. **R** **Christe eleison.** ∿ Kyrie eleison. **R** **Kyrie eleison.**

*Translation*

*Lord, have mercy. Christ, have mercy.*

### Collect | on Tuesday

Let us pray.

**G**od our Father, who entrusted your only begotten Son to the care of an earthly mother that she might guide his first steps in the paths of faith and love: grant that we who revere the mother of our patron David may work to bring up a new generation in the fear and love of your name; through Jesus Christ our Saviour.

**Amen.**

### Collect | on Thursday

Let us pray.

**H**oly God, who gave great courage to Perpetua, Felicity and their companions: grant that we may be worthy to climb the ladder of sacrifice and be received into the garden of peace; through Jesus Christ our Saviour.

**Amen.**

### Collect | on other days

Let us pray.

**H**eavenly Father, absolve your people from their offences, that through your bountiful goodness we may all be delivered from the chains of those sins which by our frailty we have committed; grant this for the sake of him who is Jesus Christ our Saviour.

**Amen.**

We sit

## Salmyddiaeth

**Y** Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.

**R:** **Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.**

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

Gwyn eu byd y sawl nad yw Duw yn cyfrif eu bai yn eu herbyn, ac nad oes dichell yn eu hysbryd.

**R:** **Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.**

Yna, bu imi gydnabod fy mhechod wrthyt, a pheidio â chuddio fy nrygioni; dywedais, "Yr wyf yn cyffesu fy mhechodau i Dduw"; a bu i tithau faddau euogrwydd fy mhechod.

Am hynny fe weddïa pob un ffyddlon arnat ti yn nydd cyfyngder, a phan ddaw llifeiriant o ddyfroedd mawr, ni fyddant yn cyrraedd ato ef.

**R:** **Ti ydywt im' yn lloches glyd, rhag ing y'm cedwi di; ac â chaniadau rhyddid pur yr amgylchyni fi.**

Salm 32:1-2, 5-6

# Word

## Psalmody

Y You forgave me the guilt of my sin.

**R You forgave me the guilt of my sin.**

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

Happy are they to whom God imputes no guilt and in whose spirit there is no guile.

**R You forgave me the guilt of my sin.**

Though an army should encamp against me, yet my heart shall  
Then I acknowledged my sin to you and did not conceal my  
guilt.

I said, "I will confess my transgressions to God;" then you  
forgave me the guilt of my sin.

**R You forgave me the guilt of my sin.**

Psalm 32:1-2, 5-6

## Darlleniad

Darlleniad o Actau'r Apostolion.

**N**awr: Pan glywodd y dyrfa araith Pedr, fe'u dwysbigwyd yn eu calon, a dywedasant wrth Pedr a'r apostolion eraill, "Beth a wnawn ni, gyfeillion?" Meddai Pedr wrthynt, "Edifarhewch, a bedyddier pob un ohonoch yn enw Iesu Grist er maddeuant eich pechodau, ac fe dderbyniwch yr Ysbryd Glân yn rhodd. Oherwydd i chwi y mae'r addewid, ac i'ch plant ac i bawb sydd ymhell, pob un y bydd i'r Arglwydd ein Duw ni ei alw ato." Ac â geiriau eraill lawer y tystiolaethodd ger eu bron, a'u hannog, "Dihangwch rhag y genhedlaeth wyrgam hon." Felly bedyddiwyd y rhai a dderbyniodd ei air, ac ychwanegwyd atynt y diwrnod hwnnw tua thair mil o bersonau. Yr oeddent yn dyfalbarhau yn nysgeidiaeth yr apostolion ac yn y gymdeithas, yn y torri bara ac yn y gweddïau. Yr oedd ofn ar bob enaid; yr oedd rhyfeddodau ac arwyddion lawer yn cael eu gwneud drwy'r apostolion.

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

**Actau 2:37-43**

Codwn ar ein traed

## Reading

A reading from the Acts of the Apostles.

**N**ow: When the crowd heard Peter's address, they were cut to the heart and said to him and to the other apostles, "Brothers, what should we do?" Peter said to them, "Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him." And he testified with many other arguments and exhorted them, saying, "Save yourselves from this corrupt generation." So those who welcomed his message were baptized, and that day about three thousand persons were added. They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles.

Hear the word of life to the world.

**Thanks be to God.**

**Acts 2:37-43**

We stand

## Efengyl

**Y** Mawl i ti O Grist, Brenin gogoniant bythol. **R** **Mawl i ti O Grist, Brenin gogoniant bythol.** **Y** Pe bait tithau, y dydd hwn, wedi adnabod ffordd tangnefedd. **R** **Mawl i ti O Grist, Brenin gogoniant bythol.**

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

Gwrandewch yr Efengyl Sanctaidd yn ôl ✠ Sant Luc.  
**Gogoniant i ti, O Grist.**

**B** ryd hynny: Pan ddaeth Iesu yn agos a gweld y ddinas, wylodd drosti gan ddweud, "Pe bait tithau, y dydd hwn, wedi adnabod ffordd tangnefedd – ond na, fe'i cuddiwyd rhag dy lygaid. Oherwydd daw arnat ddyddiau pan fydd dy elynion yn codi clawdd yn dy erbyn, ac yn dy amgylchynu ac yn gwasgu arnat o bob tu. Fe'th ddymchwelant hyd dy seiliau, ti a'th blant o'th fewn; ni adawant faen ar faen ynot ti, oherwydd dy fod heb adnabod yr amser pan ymwelwyd â thi."

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

Luc 19:41-44

Pregeth | yn Eglwys y Groes ar ddydd Iau

## Gospel

✠ Praise to you, O Christ, King of eternal glory. **R:** **Praise to you, O Christ, King of eternal glory.** ✠ If you, even you, had only recognized on this day the things that make for peace! **R:** **Praise to you, O Christ, King of eternal glory.**

Grace and peace be with you.

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

Listen to the Holy Gospel according to ✠ Saint Luke.

**Glory to you, O Christ.**

**A**t that time: As Jesus came near and saw the city of Jerusalem, he wept over it, saying, "If you, even you, had only recognized on this day the things that make for peace! But now they are hidden from your eyes. Indeed, the days will come upon you, when your enemies will set up ramparts around you and surround you, and hem you in on every side. They will crush you to the ground, you and your children within you, and they will not leave within you one stone upon another; because you did not recognize the time of your visitation from God."

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

Luke 19:41-44

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 [...].

Y O Dduw, yn dy drugaredd,

**R 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 ...*].

Y O Dduw, yn dy drugaredd,

**R 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.

Y O Dduw, yn dy drugaredd,

**R Gwrando ein gweddi.**

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

**R 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.**

## Emyn | yn Eglwys y Groes ar ddydd Iau

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

### Offrwm

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

**Fe ddaw inni'n fara'r bywyd.**

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

**Fe ddaw inni'n waed einioes y byd.**

### Gweddi Ewcharistaidd

Gras a thangnefedd a fo gyda chwi.

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

Dyrchefwch eich calonnau.

**Yr ydym yn eu dyrchafu at yr Arglwydd.**

Diolchwn i'r Arglwydd ein Duw.

**lawn yw rhoi ein diolch a'n clod.**

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

A brofwyd ym mhob peth, ond na phechodd. Trwy ei ras medrwn drechu pob drygioni a byw mwyach nid i ni ein hunain ond i'r un a fu farw trosom ac a atgyfodwyd.

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

**Sanctaidd, sanctaidd, sanctaidd Arglwydd,**

**Duw gallu a nerth,**

**nef a daear sy'n llawn o'th ogoniant.**

**Hosanna yn y goruchaf.**

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

**Hosanna yn y goruchaf.**

Parhawn ar ein traed

# Sacrament

## Hymn | at Eglwys y Groes on Thursday

We stand after the altar-table has been prepared, and remain standing until we make our Communion

### Offertory

We bring to this place the bread that sustains us.

**It will become for us the bread of life.**

We bring to this place the wine that mellows us.

**It will become for us the lifeblood of the world.**

### Eucharistic Prayer

Grace and peace be with you.

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

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is indeed right, it is our duty and our joy at all times and in all places to give you thanks, holy Father, all-powerful and everliving God, through Jesus Christ our Lord.

Who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil and to live no longer for ourselves alone but for him who died for us and rose again.

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

Dy gorff drylliedig, llwch ein llwch a chnawd ein cnawd, dan glwyfau dy gariad tangnefeddus, ddaw'n gyflawn inni 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.**

## 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 algyloch Bwrdd yr Allor i Gymuno o'r Afrlladen Sagrafennol ac, os y dymunwn ac y gallwn, o'r Gwerthfawr Waed

## Lord's Prayer

As our Saviour taught us, we boldly pray, each in their own language:

**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

Your broken body, earth of our earth and flesh of our flesh, marked by your fierce love, is made whole for us 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.**

## 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

## Gweddi Ôl-Gymun

Gweddiwn.

### Codwn ar ein traed

**O**Dduw, dy gynefin yw'r anialwch a'r Groes, a thi a wyddost ein cythreuliaid, ein ffantasiau a'n hofnau, manau diffrwyth, unig ein calonnau; aros gyda ni, ac arwain ni trwy gyfiawnder, hedd a chariad i'th ogoniant tragwyddol ac i galon pob gwirionedd; trwyddo ef sy'n Grist ein Gwardwr.

**Amen.**

## Ymadael

Gras a thangnefedd a fo gyda chwi.

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

**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.**

Awn ymaith mewn tangnefedd.

**Yn Enw Crist. Amen.**

Parhawn ar ein traed hyd nes i'r offeiriad ymadael



## Hymn | at Eglwys y Groes on Thursday

### Post-Communion Prayer

Let us pray.

We stand

**G**od, whose touchstone is the desert and the Cross, you know our demons, our fantasies and our fears, the barren, lonely places of our hearts; stay with us, and lead us through justice, peace and love to your eternal glory and into all truth; through him who is Christ our Saviour.

**Amen.**



### *Departing*

Grace and peace be with you.

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

**C**hrist 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.**

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 coch**; 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.

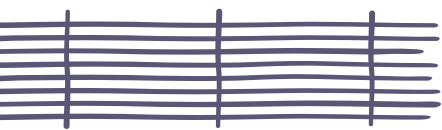
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

- Y ✕ O lôr, rho i'n gwefus gân.  
R Aed yn bêr hyd y nef ein mawl.
- Y ✕ O Dduw, cofleidia'n hadfyd.  
R O Grist, dy ras yw'n golud.

### ar ddydd Iau | on Thursday

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

## ar dyddiau eraill | on other days

Ŷ Gogoniant fo i Dduw Dad, ac i Dduw'r Mab,  
ac i Dduw'r Ysbryd Glân,

℞ Fel yr oedd yn y dechreuad, mae'n awr, a'n fythol y bydd;  
yn oes oesoedd. Amen.

Ŷ Molwch yr Iôr.

℞ Addolwn ein Duw.

### Translation

Ŷ ✕ O Lord, open thou our lips. ℞ And our mouth shall shew forth thy praise. Ŷ ✕ O God, make speed to save us. ℞ O Lord, make haste to help us. Ŷ 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. Ŷ Praise ye the Lord. ℞ 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 | ar ddydd Llun | on Monday**

Herbert Sumsion (1899-1995)

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

Peter Aston (1938-2013)

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

Thomas Tomkins (1572-1656)

## Brawddeg Sentence

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

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

Eisteddwn | We sit

# Gair Word

## Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

Hear my plea of innocence, O God; give heed to my cry; listen to my prayer, which does not come from lying lips.

Let my vindication come forth from your presence; let your eyes be fixed on justice.

Weigh my heart, summon me by night, melt me down; you will find no impurity in me.

I give no offense with my mouth as others do; I have heeded the words of your lips.

My footsteps hold fast to the ways of your law; in your paths my feet shall not stumble.

I call upon you, O God, for you will answer me; incline your ear to me and hear my words.

Show me your marvelous loving-kindness, O Saviour of those who take refuge at your right hand from those who rise up against them.

Keep me as the apple of your eye; hide me under the shadow of your wings.

## 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 17**

**Cerddoriaeth | Music**

Tôn II, terfyniad cyntaf | Tone II, first ending

## Eisteddwn | We sit

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

Hear my voice, O God, when I complain; protect my life from fear of the enemy.

Hide me from the conspiracy of the wicked, from the mob of evildoers.

They sharpen their tongue like a sword, and aim their bitter words like arrows,

That they may shoot down the blameless from ambush; they shoot without warning and are not afraid.

They hold fast to their evil course; they plan how they may hide their snares.

They say, "Who will see us; who will find out our crimes? We have thought out a perfect plot."

The human mind and heart are a mystery, but God will loose an arrow at them, and suddenly they will be wounded.

God will make them trip over their tongues, and all who see them will shake their heads.

Everyone will stand in awe and declare God's deeds; they will recognize the works of the Most High.

The righteous will rejoice and put their trust in God, and all who are true of heart will glory.

### **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 64**

**Cerddoriaeth | Music**

Tôn II, terfyniad cyntaf | Tone II, first ending

### **Eisteddwn | We sit**

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

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.

My eyes are fixed on you, O my Strength; for you, O God, are my stronghold.

### **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 59:1-10**

**Cerddoriaeth | Music**

Tôn III, pumed terfyniad | Tone III, fifth ending

### **Eisteddwn | We sit**



## Llith | ar ddydd Llun Lesson | on Monday

Here begins the twentieth verse of the third chapter of the Book of Job.

**H**appy is the one whom God reproves: Job said: "Why is light given to one in misery, and life to the bitter in soul, who long for death, but it does not come, and dig for it more than for hidden treasures; who rejoice exceedingly, and are glad when they find the grave? Why is light given to one who cannot see the way, whom God has fenced in? For my sighing comes like my bread, and my groanings are poured out like water. Truly the thing that I fear comes upon me, and what I dread befalls me. I am not at ease, nor am I quiet; I have no rest; but trouble comes."

Here ends the First Lesson.

**Job 3:20-26**

## Llith | ar ddydd Mawrth Lesson | on Tuesday

Here begins the fourth chapter of the Book of Job.

**H**appy is the one whom God reproves: Eliphaz the Temanite answered: "If one ventures a word with you, will you be offended? But who can keep from speaking? See, you have instructed many; you have strengthened the weak hands. Your words have supported those who were stumbling, and you have made firm the feeble knees. But now it has come to you, and you are impatient; it touches you, and you are dismayed. Is not your fear of God your confidence, and the integrity of your ways your hope? Think now, who that was innocent ever perished? Or where were the upright cut off? As I have seen, those who plough iniquity and sow trouble reap the same. By the breath of God they perish, and by the blast of his anger they are consumed. The roar of the lion, the voice of the fierce lion, and the teeth of the young lions are broken. The strong lion perishes for lack of prey, and the whelps of the lioness are scattered."

Here ends the First Lesson.

**Job 4:1-11**

Here begins the twelfth verse of the fourth chapter of the Book of Job.

**H**appy is the one whom God reproves: Eliphaz said: "Now a word came stealing to me, my ear received the whisper of it. Amid thoughts from visions of the night, when deep sleep falls on mortals, dread came upon me, and trembling, which made all my bones shake. A spirit glided past my face; the hair of my flesh bristled. It stood still, but I could not discern its appearance. A form was before my eyes; there was silence, then I heard a voice: 'Can mortals be righteous before God? Can human beings be pure before their Maker? Even in his servants he puts no trust, and his angels he charges with error; how much more those who live in houses of clay, whose foundation is in the dust, who are crushed like a moth. Between morning and evening they are destroyed; they perish for ever without any regarding it. Their tent-cord is plucked up within them, and they die devoid of wisdom.'"

Here ends the First Lesson.

**Job 4:12-21**

## 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 Hwyl yn D | Evening Service in D,**

Ernest John Moeran (1894-1950)

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

**Gwasanaeth Dewi Sant | Saint David's Service, Simon Lole**

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

**Gwasanaeth Hwyl yn G leiaf | Evening Service in G minor,**

Henry Purcell (1659-1695)

Eisteddwn | We sit

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

**B**ryd hynny: Ar ôl iddo glywed bod Ioan wedi ei garcharu, aeth Iesu ymaith i Galilea. A chan adael Nasareth aeth i fyw i Gapernaum, tref ar lan y môr yng nghyffiniau Sabulon a Nafftali, fel y cyflawnid y gair a lefarwyd trwy Eseiâ'r proffwyd: "Gwlad Sabulon a gwlad Nafftali, ar y ffordd i'r môr, tu hwnt i'r lorddonen, Galilea'r Cenhedloedd; y bobl oedd yn trigo mewn tywyllwch a welodd oleuni mawr, ac ar drigolion tir cysgod angau y gwawriodd goleuni." O'r amser hwnnw y dechreuodd Iesu bregethu'r genadwri hon: "Edifarhewch, oherwydd y mae teyrnas nefoedd wedi dod yn agos."

Yma y terfyn yr Ail Lith.

*Translation*

*At that time: When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the lake, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled: "Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles – the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to proclaim, "Repent, for the kingdom of heaven has come near."*

**Mathew | Matthew 4:12-17**

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

**B**ryd hynny: Wrth gerdded ar lan Môr Galilea gwelodd Iesu ddau frawd, Simon, a elwid Pedr, ac Andreas ei frawd, yn bwrw rhwyd i'r môr; pysgotwyr oeddent. A dywedodd wrthynt, "Dewch ar fy ôl i, ac fe'ch gwnaf yn bysgotwyr dynion." Gadawsant eu rhwydau ar unwaith a'i ganlyn ef. Ac wedi iddo fynd ymlaen oddi yno gwelodd ddau frawd arall, Iago fab Sebedeus ac Iwan ei frawd, yn y cwch gyda Sebedeus eu tad yn cyweirio eu rhwydau. Galwodd hwythau, ac ar unwaith, gan adael y cwch a'u tad, canlynasant ef. Yr oedd yn mynd o amgylch Galilea gyfan, dan ddysgu yn eu synagogau hwy a phregethu efengyl y deyrnas, ac iacháu pob afiechyd a phob llesgedd ymhlith y bobl. Aeth y sôn amdano trwy Syria gyfan; dygasant ato yr holl gleifion oedd yn dioddef dan amrywiol afiechydon, y rhai oedd yn cael eu llethu gan boenau, y rhai oedd wedi eu meddiannu gan gythreuliaid, y rhai'n dioddef o ffitiau, a'r rhai oedd wedi eu parlysu; ac fe iachaodd ef hwy. A dilynwyd ef gan dyrfaoedd mawr o Galilea a'r Decapolis, a Charsalem a Jwdea, a'r tu hwnt i'r lorddonen.

Yma y terfyn yr Ail Lith.

#### Translation

*At that time: As Jesus walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the lake – for they were fishermen. And he said to them, "Follow me, and I will make you fish for people." Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him. Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people. So his fame spread throughout all Syria, and they brought to him all the sick, those who were afflicted with various diseases and*

*pains, demoniacs, epileptics, and paralytics, and he cured them. And great crowds followed him from Galilee, the Decapolis, Jerusalem, Judea, and from beyond the Jordan.*

**Mathew | Matthew 4:18-25**

## **Llith | ar ddydd Iau Lesson | on Thursday**

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

**B**ryd hynny: Pan welodd Iesu y tyrfaoedd, aeth i fyny'r mynydd, ac wedi iddo eistedd i lawr daeth ei ddisgyblion ato. Dechreuodd eu hannerch a'u dysgu fel hyn: "Gwyn eu byd y rhai sy'n dloedion yn yr ysbryd, oherwydd eiddynt hwy yw teyrnas nefoedd. Gwyn eu byd y rhai sy'n galaru, oherwydd cânt hwy eu cysuro. Gwyn eu byd y rhai addfwyn, oherwydd cânt hwy etifeddu'r ddaear. Gwyn eu byd y rhai sy'n newynu a sychedu am gyfiawnder, oherwydd cânt hwy eu digon. Gwyn eu byd y rhai trugarog, oherwydd cânt hwy dderbyn trugaredd. Gwyn eu byd y rhai pur eu calon, oherwydd cânt hwy weld Duw. Gwyn eu byd y tangnefeddwyr, oherwydd cânt hwy eu galw'n blant i Dduw. Gwyn eu byd y rhai a erlidiwyd yn achos cyfiawnder, oherwydd eiddynt hwy yw teyrnas nefoedd. Gwyn eich byd pan fydd pobl yn eich gwaradwyddo a'ch erlid, ac yn dweud pob math o ddrygair celwyddog yn eich erbyn, o'm hachos i. Llawnhewch a gorfoleddwch, oherwydd y mae eich gwobr yn fawr yn y nefoedd; felly yn wir yr erlidiwyd y proffwydi oedd o'ch blaen chwi."

Yma y terfyn yr Ail Lith.

### **Translation**

*At that time: When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the*

*peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."*

**Mathew | Matthew 5:1-12**

## 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 Hwyl yn D | Evening Service in D,**  
Ernest John Moeran (1894-1950)

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

**Gwasanaeth Dewi Sant | Saint David's Service,** Simon Lole

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

**Gwasanaeth Hwyl yn G leiaf | Evening Service in G minor,**  
Henry Purcell (1659-1695)

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.

Ŵ 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.

Ŵ A rho i'n waredigaeth.

Ŵ O Dduw, cofia'n Llyw.

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

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

Ŵ A gwna ni'n etifeddion llonder.

Ŵ Bydd dryw, Dduw'r holl Gread.

Ŵ A moes fendith ar dy waith.

Ŵ Boed hedd yn ein dydd, O Dduw.

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

Ŵ Am galon lân o'n mewn hiraethwn.

Ŵ A chalon wrth galon cwyd fry lân gân.

Translation over the page

Translation

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

## Gweddïau Casgl Collects

### ar ddydd Llun on Monday

**D**ad nefol, gollwng dy bobl oddi wrth eu camweddau, fel y gallwn trwy dy ddaioni haelionus fod oll yn rhydd o gadwynau'r pechodau hynny a gyflawnwyd gennym oherwydd ein llesgedd; caniatâ hyn er mwyn yr un sydd lesu Grist ein Gwardwr. Amen.

### ar ddydd Mawrth on Tuesday

**D**uw ein Tad, a ymddiriedaist dy unig genedledig Fab i ofal mam ddaearol fel y cyfarwyddai ei gamau cyntaf ar hyd llwybrau ffydd a chariad; caniatâ y byddwn ninnau sydd yn parchu mam ein nawddsant Dewi yn gweithio i godi cenhedlaeth newydd i barchu a charu dy enw; trwy lesu Grist ein Gwardwr. Amen.

**D**uw sanctaidd, a roddaist ddewrder mawr i Perpetua, Ffelisitas a'u cyfeillion: caniatâ y byddwn ninnau'n deilwng i ddringo ysgol aberth a chael ein derbyn i mewn i ardd tangnefedd; trwy Iesu Grist ein Gwardwr. Amen.

**pob dydd every day**

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

**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, absolve your people from their offences, that through your bountiful goodness we may all be delivered from the chains of those sins which by our frailty we have committed; grant this for the sake of him who is Jesus Christ our Saviour. Amen. ¶ God our Father, who entrusted your only begotten Son to the care of an earthly mother that she might guide his first steps in the paths of faith and love: grant that we who revere the mother of our patron David may work to bring up a new generation in the fear and love of your name; through Jesus Christ our Saviour. Amen ¶ Holy God, who gave great courage to Perpetua, Felicity and their companions: grant that we may be worthy to climb the ladder of sacrifice and be received into the garden of peace; through Jesus Christ our Saviour. Amen.*

**Priodolion dros y tudalen | Attributions over the page**

**Geiriau | Words**

Addasiad cyfoes a chyd-destunol o Saesneg y **Llyfr Gwedd**  
**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 | ar ddydd Llun | on Monday**

Herbert Sumsion (1899-1995)

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

Peter Aston (1938-2013)

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

Thomas Tomkins (1572-1656)

**Gwedd** 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 weddiâu aelwyd  
 d'olynydd yn y fangre hon, fel y cyfyd gwawrddydd ffydd,  
 gobaith a chariad yn ein calonnau'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**

The Lord is my shepherd: therefore can I lack nothing. He shall  
 feed me in a green pasture : and lead me forth beside the  
 waters of comfort. He shall convert my soul: and bring me forth  
 in the paths of righteousness, for his Name's sake. Yea, though  
 I walk through the valley of the shadow of death, I will fear no  
 evil: for thou art with me; thy rod and thy staff comfort me.  
 Thou shalt prepare a table before me against them that trouble  
 me: thou hast anointed my head with oil, and my cup shall be  
 full. But thy loving-kindness and mercy shall follow me all the  
 days of my life: and I will dwell in the house of the Lord for ever.

**Geiriau | Words**

Salm | Psalm 23

**Cerddoriaeth | Music**

John Rutter

## Anthem | ar ddydd Mawrth | on Tuesday

O holy Jesus, most merciful redeemer, friend and brother, may I know thee more clearly, love thee more dearly, and follow thee more nearly. Amen.

### Geiriau | Words

Sant Rhisiart o Gaerfuddai | St Richard of Chichester  
(c.1197-1253)

### Cerddoriaeth | Music

Len J. White (1910-1970)

## Anthem | ar ddydd Iau | on Thursday

Lord, let me know mine end, and the number of my days: that I may be certified how long I have to live. Behold, thou hast made my days as it were a span long: and mine age is even as nothing in respect of thee; and verily every man living is altogether vanity. For man walketh in a vain shadow, and disquieteth himself in vain: he heapeth up riches, and cannot tell who shall gather them. And now, Lord, what is my hope: truly my hope is even in thee. Hear my prayer, O Lord, and with thine ears consider my calling: hold not thy peace at my tears. O spare me a little, that I may recover my strength: before I go hence, and be no more seen.

### Geiriau | Words

Salm | Psalm 39:5-8, 13, 15

### Cerddoriaeth | Music

Maurice Greene (1696-1755)

Ar ddydd Iau, trown i dudalen 50 | On Thursday, we turn to page 50

## 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 lesu Grist ein Gwarddwr.

**Amen.**

Translation over the page

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)

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



**W**e turn to Christ anew  
who hear his call today,  
his way to walk, his will pursue,  
his word obey.

To serve him as our King  
and of his kingdom learn,  
from sin and every evil thing  
to him we turn.

We trust in Christ to save;  
in him new life begins:  
who by his cross a ransom gave  
from all our sins.

**Our spirits' strength and stay  
who when all flesh is dust  
will keep us on that final day,  
in him we trust.**

**We would be true to him  
till earthly journeys end,  
whose love no passing years can dim,  
our changeless friend.  
May we who bear his name  
our faith and love renew,  
to follow Christ our single aim,  
and find him true.**

**Geiriau | Words**

Timothy Dudley-Smith

**Cerddoriaeth | Music | "Leoni"**

Myer Lyon (c.1750-1797)

## **Bendith Blessing**

**Parhawn ar ein traed | We remain standing**

**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.**

**C**hrist 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 | ar ddydd Llun Dismissal | on Monday

Ŵ Gras a thangnefedd.

℞ Yng nghariad Iesu.

Ŵ O Dduw, dyro inni dy dangnefedd.

℞ A bywyd tragwyddol. Amen.

*Translation*

Ŵ *The Lord be with you.* ℞ *And with thy spirit.*

Ŵ *O Lord, grant us your peace.*

℞ *And life everlasting. Amen.*

## Gollyngiad | ar ddydd Mawrth Dismissal | on Tuesday

Ŵ Gras a thangnefedd.

℞ Yng nghariad Iesu.

Ŵ Bendithiwn yr Iôr.

℞ Diolch a fo i Dduw.

*Translation*

Ŵ *The Lord be with you.* ℞ *And with thy spirit.*

Ŵ *Let us bless the Lord.* ℞ *Thanks be to God.*

**Cerddoriaeth | Music**

**ar ddydd Llun | on Monday**

Edward Woodall Naylor (1867-1934)

**ar ddydd Mawrth | on Tuesday**

Simon Ogdon

**Parhawn ar ein traed hyd nes i'r gweinidogion ymadael**

We remain standing until the ministers have departed

# *Bendithiad y Sagrafen Fendigaid* *Benediction of the Blessed Sacrament*

Parhawn ar ein heistedd, a phenliniwn ar ganiad y gloch  
We remain seated, and kneel as the bell is rung

## ○ Salutaris Hostia



**O** salutaris Hostia,  
quae caeli pandis ostium:  
bella premunt hostilia,  
da robur, fer auxilium.

**Uni trinoque Domino  
sit sempiterna gloria,  
qui vitam sine termino  
nobis donet in patria.  
Amen.**

### *Cyfieithiad*

*O Aberth lechydwrriaeth sydd yn llydan agor  
porth y nef, fe'n gwesgir gan y frwydr brudd,  
dwg inni gymorth â'th fraich gref. ¶I'r Arglwydd  
sydd yn Un a Thri, trwy dragwyddoldeb boed  
mawrhad. A rhodded ef o'i ras i ni fywyd di-  
dranc yn ein tref-tad. Amen.*

### *Translation*

*O Saving Victim! Opening wide the gate of  
heaven to man below. Our foes press hard on  
every side, thine aid supply, thy strength bestow.  
¶All praise and thanks to thee ascend for  
evermore, blest One in Three; O grant us life that  
shall not end in our true native land with thee.  
Amen.*

**Geiriau | Words**

Thomas Aquinas (1227-1274)

**Cyfieithiad Cymraeg | Welsh-language translation**

Saunders Lewis (1893-1985)

**Cyfieithiad Saesneg | English-language translation**

John Mason Neale (1818-1866), ac eraill | and others

**Cerddoriaeth | Music | “Bow Brickhill”**

Sydney Hugo Nicholson (1875-1947)

**A'th fendigaf di**

Ogoneddus Drindod, henffych well.

**Ogoneddus Drindod, henffych well.**

Ogoneddus Drindod, henffych well.

**Ogoneddus Drindod, henffych well.**

Yn dy fendithio boed eglwys a changell.

**Yn dy fendithio boed eglwys a changell.**

Yn dy fendithio boed gwastad a mynydd.

**Yn dy fendithio boed gwastad a mynydd.**

Yn dy fendithio boed meddwl a gweithred.

**Yn dy fendithio boed meddwl a gweithred.**

Yn dy fendithio boed bywyd tragwydd.

**Yn dy fendithio boed bywyd tragwydd.**

Ogoneddus Drindod, henffych well.

**Ogoneddus Drindod, henffych well.**

Ogoneddus Drindod, henffych well.

**Ogoneddus Drindod, henffych well.**

*Translation*

*Hail, glorious Trinity. Church and chancel,  
vale and hill, thought and action, life eternal  
bless you.*

Llyfr Du Caerfyrddin | The Black Book of Carmarthen (c.1250)

**Gellir offrymu gweddïau eraill yma gan y Gweinidog o flaen y Sacrament  
Bendigaid**

**Other prayers may be offered here by the Minister before the Blessed Sacrament**

## Gweddi Prayer

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesu hear me.  
Within your wounds, O Christ, hide me.

## Tantum ergo Sacramentum



**T**antum ergo Sacramentum  
Veneremur cernui,  
Et antiquum documentum  
Novo cedat ritui;  
Praestet fides supplementum  
Sensuum defectui.

**Genitori, Genitoque  
Laus et iubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio;  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.**

### Cyfieithiad

*Y sagrafen yma weithion parchwn gan ymgrymu  
i lawr; cilia o'i blaen yr hen arwyddion, defod  
newydd ddaeth yn awr; i'n synhwyrâu a'u  
diffygion rhodded ffydd ei chymorth mawr.*

*⦿ Boed i'r Tad a'r Mab yn unwedd fawl ac orhian  
mwy, pob penllad a chlod a rhinwedd fyddo, a  
bendithiwn hwy, caffed yntau gydogonedd sydd  
yn hanu ohonynt hwy. Amen.*

Translation

Therefore we, before him bending this great Sacrament revere; types and shadows have their ending, for the newer rite is here: faith, our outward sense befriending, makes the inward vision clear. ¶ Glory let us give and blessing to the Father and the Son; honour, might, and praise addressing while eternal ages run; ever too his love confessing, who, from both, with both is one. Amen.

**Geiriau | Words**

Thomas Aquinas (1227-1274)

**Cyfieithiad Cymraeg | Welsh-language translation**

Saunders Lewis (1893-1985)

**Cyfiethiad Saesneg | English-language translation**

John Mason Neale (1818-1866), ac eraill | and others

**Cerddoriaeth | Music | “Tantum ergo”**

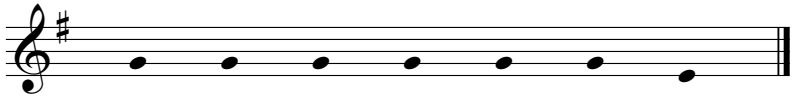
Samuel Webbe (1740-1816)

**Parhawn i benlinio**

We remain kneeling

**Gweddi Gasgl Collect**

∴ Darperaist iddynt fara o’r nef.



℞ Yn llawn o bob melyster.

Gweddiwn.

**F**endigaid Dduw, a adewaist i ni goffadwriaeth o’th Ddioddefaint mewn Sacrament rhyfeddol, caniatâ inni felly barchu dirgeleddau sanctaidd dy Gorff a’th Waed, fel y canfyddwn yn wastad ynom ein hunain ffrwyth dy brynedigaeth di, sy’n byw ac yn teyrnasu gyda’r Tad a’r Ysbryd Glân, yn un Duw, yn oes oesoedd.



**Amen.**

Translation

∴ Thou gavest them bread from heaven. ℞ Containing in itself all sweetness. ¶ Let us pray.

*Blessed God, who in a wonderful Sacrament has left us a memorial of your Passion: grant us, we beseech you, so to venerate the sacred mysteries of your Body and Blood, that we may ever perceive within ourselves the fruit of your redemption, who lives and reigns with the Father and the Holy Spirit, one God, world without end. Amen.*

**Parhawn i benlinio ar ganiad y gloch**  
We remain kneeling as the bell is rung

 **Bendithiad y Sagrafen Fendigaid**  
**Benediction of the Blessed Sacrament**

Y brawd Fadog ap Gwallter ai cant

Mab a'n rhodded  
**Mab a'n rhodded,**

Mab a aned  
**Mab a aned**

Dan ei freiniau  
**Dan ei freiniau,**

Mab gogoned  
**Mab gogoned,**

Mab in gwared  
**Mab in gwared,**

y Mab gorau  
**y Mab gorau.**

Dim rhyfeddach  
**Dim rhyfeddach**

Ni bydd bellach  
**Ni bydd bellach,**

Ni bwyll enau  
**Ni bwyll enau.**

*Translation*

*Brother Madoc ap Gwallter sings ☩ A Son is given to us, born blessed, the Son of glory, the Son to redeem us, the best Son. Never more, and never*

*again to be told, will there be a greater mystery.*

Madog ap Gwallter (fl. c.1250)

**Codwn ar ein traed ar ganiad y gloch yn ystod y siant**

*We stand as the bell is rung during the chant*

## Laudate Dominum



∴ Adoremus in aeternum sanctissimum Sacramentum.

**℟ Adoremus in aeternum sanctissimum Sacramentum.**

Laudate Dominum omnes gentes: laudate eum omnes populi.

**℟ Adoremus in aeternum sanctissimum Sacramentum.**

Quoniam confirmata est super nos misericordiau eius: et veritas Domini manet in aeternum.

**℟ Adoremus in aeternum sanctissimum Sacramentum.**

Gloria Patri, et Filio: et Spiritui Sancto.

**℟ Adoremus in aeternum sanctissimum Sacramentum.**

Sicut erat in principio et nunc et semper: et in saecula saeculorum. Amen.

**℟ Adoremus in aeternum sanctissimum Sacramentum.**

### Cyfieithiad

*Addolwn am byth y Sacrament sancteiddiolaf.*

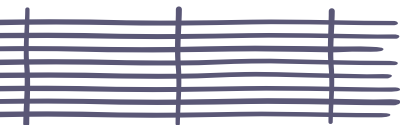
☩ *Molwch Dduw, yr holl ghenhedloedd: clodforwch Dduw, yr holl bobloedd. ☩ Oherwydd mae cariad Duw yn gryf tuag atom: ac y mae ffyddlondeb y Sanctaidd Un dros byth. ☩ Gogoniant i'r Tad, ac i'r Mab: ac i'r Ysbryd Glan. ☩ Megis yr oedd yn y dechrau, y mae yr awr hon, ac y bydd yn wastad: yn oes oesoedd. Amen.*

### Translation

*Let us adore for ever the most holy Sacrament.*

☩ *O praise God, all ye heathen: praise God, all ye nations. ☩ For God's merciful kindness is ever more and more towards us: and the truth of the Holy One endureth 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.*

# 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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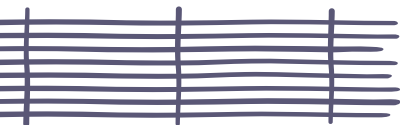
# Ein gweddi

Yn glâf Caren Lewis; Cynthia Farrar; Callum James; Aubrey Jones; Lea Catrin; Tomos Arwyn; Barbara Watson; Peter Williams; Theresa Williams; Joy Levine, offeriad; 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 March | 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 March | 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 March | 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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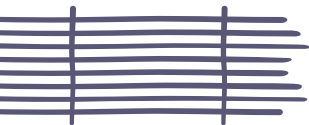
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# Our prayers

**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)



## 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 Cwîr.

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

### Cynaliadwyedd a chaniatâd

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

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

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. Mae'r wasanaeth 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).

### Darlun clawr

Mae delwedd y clawr yn ffotograff o adfeilion Capel Non ger Tyddewi, a dynnwyd gan Robin Llwyd ab Owain. Dethlir Santes Non ddydd Mawrth.

## 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.

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### Cover image

The cover image is a photograph of the ruins of Saint Non's Chapel near St Davids, taken by Robin Llwyd ab Owain. Saint Non is celebrated on Tuesday.