



Cymun Bendigaid • o dudalen 4

Gosber ar Gân • o dudalen 26

11-16 Mawrth 2024

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11-16 March 2024



**Cadeirlan
Deiniol Sant
ym Mangor**

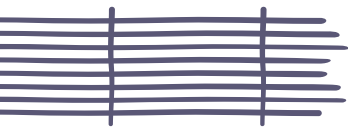
Saint Deiniol's
Cathedral
in Bangor



**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

Yn y Cymun hwn byddwn yn cwrdd â'r Crist bythol atgyfodedig mewn bara a gwin, ei Gorff a'i Waed ef yn ein plith. Wrth inni ymgynnull, byddwn yn paratoi ein hunain i gwrdd â Christ trwy adnabod ein pechodau – y ffyrdd yr ydym wedi galaru Duw yn ein bywydau – ac yn derbyn gollyngdod, a chawn ein hatgoffa o faddeuant Duw. Yna rydyn ni'n gwrando ar ddarlleniadau o'r Beibl, gan ganfod yno arweiniad, her, cysur a newydd da gan Dduw. Wrth gamu at fwrdd yr allor, cynigiwn i Dduw ein gweddi dros bawb mewn angen. Wrth galon ein haddoliad heddiw, byddwn yn cymryd bara a gwin, byddwn yn gofyn am fendith gweddnewidiol Duw arnynt, yn torri'r bara, ac – fel aelodau o Gorff toredig, trwsiedig Crist – byddwn yn Cymuno. Daw ein haddoliad i ben wrth inni dderbyn bendith Duw, yn gynhaliaeth inni wrth ymadael. Waeth pa mor bell yn ôl y gwnaethoch hynny ddiwethaf, mae croeso i chi Gymuno yma heddiw. Os hoffech chi Gymuno am y tro cyntaf, neu gael eich Bedyddio, siaradwch ag aelod o dîm yr Gadeirlan. Ceir ffydd, gobaith a chariad yma i bawb.

Yn arferol, defnyddir darlleniadau'r Sul blaenorol yn ein dathliadau beunyddiol o'r Cymun. Cawn ein gwahodd i wrando yn ofalus, er mwyn, fel petai, i'r enaid ei glywed. Dyma gyfle i ddod i gnoi cil ar eiriau'r Beibl – i brofi'i flas. Mae'n gyfle i sylwi ar beth sy'n tynnu'n sylw. A

yw'n berson? Gair? Delwedd? Ystum? Pam fod hynny wedi neidio i flaen y meddwl? Caniatewch i'r myfyriadau "fod" o'ch mewn, a chlodwch hwy gyda chi oddi yma.

Addoli gyda ni heddiw

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

At this Eucharist we will meet the risen, living Christ in bread and wine, which become for us his Body and his Blood. As we gather, we will prepare ourselves to meet Christ by acknowledging our sins – the ways in which we have grieved God in our lives – and are reminded of God’s forgiveness. We then listen to readings from the Bible, where we find guidance, challenge, comfort and good news from God. As we step towards the altar-table, we offer to God our prayer for all in need. At the heart of our worship today, we will take bread and wine, we will ask for God’s transfiguring blessing upon them, we break the bread, and – as the broken, mended Body of Christ that we ourselves are – we will make our Communion. Our worship ends with the assurance of God’s blessing, sustaining us as we depart. No matter how long ago you last did so, you are welcome to make your Communion with us here today. If you would like to make your Communion for the first time, or to be Baptised, please speak to a member of the Cathedral team. Faith, hope and love are here offered for everybody.

Our readings at our weekday celebrations of the Eucharist are usually those of the preceding Sunday. We are invited to listen carefully, so that the soul might hear. Here is an opportunity to ruminate on the word of the Bible – to taste

it and experience its flavour. It’s an opportunity to notice what draws our attention. Is it a person? A word? An image? A gesture? Why has this jumped out at me? Allow your reflections to “be” within you and accompany you from this place.

Worshipping with us today

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

During our worship, we say and sing together the text **in bold type**. The Welsh-language text is printed on the left-hand pages, and the English-language text on the right. We may make a sign of the Cross at times when the words are marked with ✠. Other directions (rubrics) are offered **in 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.

"Gweddïwch am heddwch i Gaersalem, 'Bydded llwyddiant i'r
rhai sy'n dy garu."

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.

"Pray for the peace of Jerusalem: 'May they prosper who love you.'"

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. ✠ **Kyrie eleison.** ✠ Christe eleison. ✠ **Christe eleison.** ✠ Kyrie eleison. ✠ **Kyrie eleison.**

Cyfieithiad

Arglwydd, trugarha. Crist, trugarha.

Gweddï Gasgl | ar ddydd Mawrth

Gweddïwn.

Dad trugarog, a ddewisaist dy esgob Gregor yn was i weision Duw: caniatâ i ni, fel ef, ddyheu'n wastadol am dy wasanaethu drwy gyhoeddi'r efengyl i'r cenhedloedd, a llawenhau'n wastadol i ganu dy glodydd; trwy lesu Grist dy Fab ein Gwaredwr.

Amen.

Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

Dad nefol, edrych ar dy deulu yr Eglwys, fel y gallwn ni, o'n hadfywio a'n nerthu trwy dy ras, ddyfalbarhau yn ffordd yr iachawdwriaeth, a chael ynot ti ein llawenydd a'n tangnefedd; trwyddo ef sydd lesu 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. ℞ **Kyrie eleison.** ℣ Christe eleison. ℞ **Christe eleison.** ℣ Kyrie eleison. ℞ **Kyrie eleison.**

Translation

Lord, have mercy. Christ, have mercy.

Collect | on Tuesday

Let us pray.

Merciful Father, who chose your bishop Gregory to be a servant of the servants of God: grant that, like him, we may ever long to serve you by proclaiming the gospel to the nations, and may ever rejoice to sing your praises; through Jesus Christ your Son our Saviour.

Amen.

Collect | on other days

Let us pray.

Heavenly Father, look upon your family the Church, that refreshed and strengthened by your grace, we may persevere in the way of salvation, and find in you our joy and our peace; through him who is Jesus Christ our Saviour.

Amen.

We sit

Salmyddiaeth

Y "Awn, awn, i dŷ ein Duw yn dyrfa lawn;"
pan glywaf hyn rwy'n llawen iawn.

R "Awn, awn, i dŷ ein Duw yn dyrfa lawn;"
pan glywaf hyn rwy'n llawen iawn.

Yr oeddwn yn llawen pan ddywedasant wrthyf, "Gadewch inni fynd i dŷ Duw."

Y mae ein traed bellach yn sefyll o fewn dy byrth, O Gaersalem.

Adeiladwyd Caersalem yn ddinas lle'r unig bobl â'i gilydd.

Yno yr esgyn y llwythau, llwythau Duw, fel y gorchmynnwyd i Israel, i roi diolch i enw'r Sanctaidd Un.

Yno y gosodwyd gorseddfeinciau barn, gorseddfeinciau tŷ Dafydd.

R "Awn, awn, i dŷ ein Duw yn dyrfa lawn;"
pan glywaf hyn rwy'n llawen iawn.

Gweddïwch am heddwch i Gaersalem, "Bydded llwyddiant i'r rhai sy'n dy garu,

Bydded heddwch o fewn dy furiau, a diogelwch o fewn dy geyrydd."

Er mwyn fy nghydnabod a'm cyfeillion, dywedaf, "Bydded heddwch i ti."

Er mwyn tŷ yr Sanctaidd Un ein Duw, ceisiaf ddaioni i ti.

R "Awn, awn, i dŷ ein Duw yn dyrfa lawn;"
pan glywaf hyn rwy'n llawen iawn.

Salm 122

Word

Psalmody

✠ Let us go to the house of God.

℟ Let us go to the house of God.

I was glad when they said to me, "Let us go to the house of God."

Now our feet are standing within your gates, O Jerusalem.

Jerusalem is built as a city that is at unity with itself;

To which the tribes go up, the tribes of the Holy One, the assembly of Israel, to praise the Name of God.

For there are the thrones of judgment, the thrones of the house of David.

℟ Let us go to the house of God.

Pray for the peace of Jerusalem: "May they prosper who love you.

Peace be within your walls and quietness within your towers.

For my kindred and companions' sake, I pray for your prosperity.

Because of the house of the Holy One our God, I will seek to do you good."

℟ Let us go to the house of God.

Psalm 122

Darlleniad

Darlleniad o'r Datguddiad i Sant Ioan y Difinydd.

Wele: Daeth un o'r saith angel oedd â'r saith ffiol ganddynt yn llawn o'r saith bla diwethaf, a siaradodd â mi. "Tyrd," meddai, "dangosaf iti briod yr Oen."

Ac aeth â mi ymaith yn yr Ysbryd i fynydd mawr ac uchel, a dangosodd imi'r ddinas sanctaidd, Caersalem, yn disgyn o'r nef oddi wrth Dduw, a gogoniant Duw ganddi. Yr oedd ei llewyrch fel llewyrch gem dra gwerthfawr, fel maen iasbis, yn disgleirio fel grisial. Yr oedd iddi fur mawr ac uchel a deuddeg porth, ac wrth y pyrth ddeuddeg angel, ac enwau deuddeg llwyth plant Israel yn ysgrifenedig ar y pyrth. Yr oedd tri phorth o du'r dwyrain, tri o du'r gogledd, tri o du'r de, a thri o du'r gorllewin. I fur y ddinas yr oedd deuddeg carreg sylfaen, ac arnynt enwau deuddeg apostol yr Oen.

Clywch air bywyd i'n byd.

Diolch a fo i Dduw.

Datguddiad 21:9-14

Codwn ar ein traed

Reading

A reading from the Revelation to Saint John the Divine.

Behold: One of the seven angels who had the seven bowls full of the seven last plagues came and said to me, "Come, I will show you the bride, the wife of the Lamb." And in the spirit he carried me away to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God. It has the glory of God and a radiance like a very rare jewel, like jasper, clear as crystal. It has a great, high wall with twelve gates, and at the gates twelve angels, and on the gates are inscribed the names of the twelve tribes of the Israelites; on the east three gates, on the north three gates, on the south three gates, and on the west three gates. And the wall of the city has twelve foundations, and on them are the twelve names of the twelve apostles of the Lamb.

Hear the word of life to the world.

Thanks be to God.

Revelation 21:9-14

We stand

Y Mawl i ti O Grist, Brenin gogoniant bythol. R̄ **Mawl i ti O Grist, Brenin gogoniant bythol.** Y Hwn yn wir yw'r Proffwyd sy'n dod i'r byd. R̄ **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 Ioan.

Gogoniant i ti, O Grist.

Bryd hynny: Aeth Iesu ymaith ar draws Môr Galilea (hynny yw, Môr Tiberias). Ac yr oedd tyrfa fawr yn ei ganlyn, oherwydd yr oeddent wedi gweld yr arwyddion yr oedd wedi eu gwneud ar y cleifion. Aeth Iesu i fyny'r mynydd ac eistedd yno gyda'i ddisgyblion. Yr oedd y Pasg, gŵyl yr Iddewon, yn ymyl. Yna cododd Iesu ei lygaid a gwelodd fod tyrfa fawr yn dod tuag ato, ac meddai wrth Philip, "Ble y gallwn brynu bara i'r rhain gael bwyta?" Dweud hyn yr oedd i roi prawf arno, oherwydd gwyddai ef ei hun beth yr oedd yn mynd i'w wneud. Atebodd Philip ef, "Ni byddai bara gwerth dau gant o ddarnau arian yn ddigon i roi tamaid bach i bob un ohonynt." A dyma un o'i ddisgyblion, Andreas, brawd Simon Pedr, yn dweud wrtho, "Y mae bachgen yma a phum torth haidd a dau bysgodyn ganddo, ond beth yw hynny rhwng cynifer?" Dywedodd Iesu, "Gwnewch i'r bobl eistedd i lawr." Yr oedd llawer o laswellt yn y lle, ac eisteddodd y dynion i lawr, rhyw bum mil ohonynt. Yna cymerodd Iesu y torthau, ac wedi diolch fe'u rhannodd i'r rhai oedd yn eistedd. Gwnaeth yr un peth hefyd â'r pysgod, gan roi i bob un faint a fynnai. A phan oeddent wedi cael digon, meddai wrth ei ddisgyblion, "Casglwch y tameidiau sy'n weddill, rhag i ddim fynd yn wastraff." Fe'u casglasant, felly, a llenwi deuddeg basged â'r tameidiau yr oedd y bwytywyr wedi eu gadael yn weddill o'r pum torth haidd. Pan welodd y bobl yr arwydd hwn yr oedd Iesu wedi ei wneud, dywedasant, "Hwn yn wir yw'r Proffwyd sy'n dod i'r byd." Yna synhwyrodd Iesu eu bod am ddod a'i gipio ymaith i'w wneud yn frenin, a chiliodd i'r mynydd eto ar ei ben ei hun.

Dyma Efengyl ein Gwardedwr.

Moliant i ti, O Grist.

Ioan 6:1-15

℣ Praise to you, O Christ, King of eternal glory. **℟** **Praise to you, O Christ, King of eternal glory.** **℣** This is indeed the prophet who is to come into the world. **℟** **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 John.

Glory to you, O Christ.

At that time: Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

This is the Gospel of our Saviour.

Praise to you, O Christ.

John 6:1-15

Bwriad

Gweddïwn.

Penliniwn neu eisteddwn

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

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

Ŵ O Dduw, yn dy drugaredd,

℞ **Gwranddo ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

℞ **Gwranddo ein gweddi.**

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

Ŵ O Dduw, yn dy drugaredd,

℞ **Gwranddo ein gweddi.**

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

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

Sermon | at Eglwys y Groes on Thursday

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 in spirit at this altar-table, here to be offered upon the Lamb of God; that we may be conformed to your Body and poured out as your Blood for the world.

✠ God in your mercy,

✠ **Hear our prayer.**

✠ Send out your light and your truth,
to lead me to your dwelling;
✠ **That I may go to the altar of God,
to the God of my joy and gladness.**

Cymun

Emyn | yn Eglwys y Groes ar ddydd Iau

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

Offrwm

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

Fe ddaw inni'n fara'r bywyd.

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

Fe ddaw inni'n waed einioes y byd.

Gweddi Ewcharistaidd

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Dyrchefwch eich calonnau.

Yr ydym yn eu dyrchafu at yr Arglwydd.

Diolchwn i'r Arglwydd ein Duw.

lawn yw rhoi ein diolch a'n clod.

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

A 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:

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

Tangnefedd

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:

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

Peace

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

ODduw, 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.

Rhodded 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

Post-Communion Prayer

Let us pray.

We stand

God, 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.

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.

Let us go forth in peace.

In the Name of Christ. Amen.

We remain standing until the priest has departed

Gosber ar Gân

Cyflwyniad i'r Gosber ar Gân

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

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

Addoli gyda ni heddiw

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

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

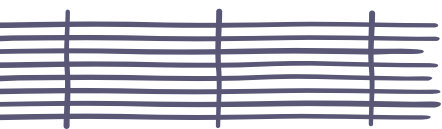
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

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

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

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

Ŵ Molwch yr lôr.
℞ Addolwn ein Duw.

Translation

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

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

Richard Ayleward (1626-1669)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

David Halls

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Humphrey Lucas

Brawddeg Sentence

"Gweddiwch am heddwch i Gaersalem, 'Bydded llwyddiant i'r rhai sy'n dy garu.'"

"Pray for the peace of Jerusalem: 'May they prosper who love you.'"

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

To you, O God, I lift up my soul; my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me.

Let none who look to you be put to shame; let the treacherous be disappointed in their schemes.

Show me your ways, O God, and teach me your paths.

Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long.

Remember, O God, your compassion and love, for they are from everlasting.

Remember not the sins of my youth and my transgressions; remember me according to your love and for the sake of your goodness, O God.

Gracious and upright are you; therefore you teach sinners in your way.

You guide the humble in doing right and teach your way to the lowly.

All your paths are love and faithfulness to those who keep your covenant and your testimonies.

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 25:1-9

Cerddoriaeth | Music

Tôn I, terfyniad cyntaf | Tone I, first ending

Eisteddwn | We sit

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

Hear, O Shepherd of Israel, leading Joseph like a flock; shine forth, you that are enthroned upon the cherubim.

In the presence of Ephraim, Benjamin, and Manasseh, stir up your strength and come to help us.

Restore us, O God of hosts; show the light of your countenance, and we shall be saved.

O God of hosts, how long will you be angered despite the prayers of your people?

You have fed them with the bread of tears; you have given them bowls of tears to drink.

You have made us the derision of our neighbours, and our enemies laugh us to scorn.

Restore us, O God of hosts; show the light of your countenance, and we shall be saved.

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 80:1-7

Cerddoriaeth | Music

Tôn IV, pedwerydd terfyniad | Tone IV, fourth ending

Eisteddwn | We sit

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

O mighty God of vengeance, O God of vengeance, show yourself.

Rise up, O Judge of the world; give the arrogant their just deserts.

How long shall the wicked, O God, how long shall the wicked triumph?

They bluster in their insolence; all evildoers are full of boasting.

They crush your people, O God, and afflict your chosen nation.

They murder the widow and the stranger and put the orphans to death.

Yet they say, "God does not see, the God of Jacob takes no notice."

Consider well, you dullards among the people; when will you fools understand?

Does the one who planted the ear not hear; does the one who formed the eye not see?

Will the one who admonishes the nations not punish; does the one who teaches all the world have no knowledge?

God knows our human thoughts, how like a puff of wind they are.

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 94:1-11

Cerddoriaeth | Music

Tôn IV, pumed terfyniad | Tone IV, fifth ending

Eisteddwn | We sit

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

Happy is the one whom God reproves: Eliphaz said: "Call now; is there anyone who will answer you? To which of the holy ones will you turn? Surely vexation kills the fool, and jealousy slays the simple. I have seen fools taking root, but suddenly I cursed their dwelling. Their children are far from safety, they are crushed in the gate, and there is no one to deliver them. The hungry eat their harvest, and they take it even out of the thorns; and the thirsty pant after their wealth. For misery does not come from the earth, nor does trouble sprout from the ground; but human beings are born to trouble just as sparks fly upward. As for me, I would seek God, and to God I would commit my cause. He does great things and unsearchable, marvellous things without number. He gives rain on the earth and sends waters on the fields; he sets on high those who are lowly, and those who mourn are lifted to safety. He frustrates the devices of the crafty, so that their hands achieve no success. He takes the wise in their own craftiness; and the schemes of the wily are brought to a quick end. They meet with darkness in the daytime, and grope at noonday as in the night. But he saves the needy from the sword of their mouth, from the hand of the mighty. So the poor have hope, and injustice shuts its mouth."

Here ends the First Lesson.

Job 5:1-16

Here begins the seventeenth verse of the fifth chapter of the Book of Job.

Eliphaz said: “How happy is the one whom God reproves; therefore do not despise the discipline of the Almighty. For he wounds, but he binds up; he strikes, but his hands heal. He will deliver you from six troubles; in seven no harm shall touch you. In famine he will redeem you from death, and in war from the power of the sword. You shall be hidden from the scourge of the tongue, and shall not fear destruction when it comes. At destruction and famine you shall laugh, and shall not fear the wild animals of the earth. For you shall be in league with the stones of the field, and the wild animals shall be at peace with you. You shall know that your tent is safe, you shall inspect your fold and miss nothing. You shall know that your descendants will be many, and your offspring like the grass of the earth. You shall come to your grave in ripe old age, as a shock of grain comes up to the threshing-floor in its season. See, we have searched this out; it is true. Hear, and know it for yourself.”

Here ends the First Lesson.

Job 5:17-27

Here begins the sixth chapter of the Book of Job.

Happy is the one whom God reproves: Job answered: "O that my vexation were weighed, and all my calamity laid in the balances! For then it would be heavier than the sand of the sea; therefore my words have been rash. For the arrows of the Almighty are in me; my spirit drinks their poison; the terrors of God are arrayed against me. Does the wild ass bray over its grass, or the ox low over its fodder? Can that which is tasteless be eaten without salt, or is there any flavour in the juice of mallows? My appetite refuses to touch them; they are like food that is loathsome to me."

Here ends the First Lesson.

Job 6:1-7

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 Hwyrrol yn B-flat | Evening Service in B-flat,
Charles Villiers Stanford (1852-1924)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Ffalsbwrton | Fauxbourdon Service,
Jeremy Woodside

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Ail Wasanaeth Hwyrrol | Second Evening Service,
William Byrd (c.1540-1623)

Yma y mae yn dechrau trydedd adnod ar ddeg pumed bennod yr Efengyl yn ôl Sant Mathew.

Bryd hynny: Meddai Iesu: “Chwi yw halen y ddaear; ond os cyll yr halen ei flas, â pha beth yr helltir ef? Nid yw’n dda i ddim bellach ond i’w luchio allan a’i sathru dan draed pobl. Chwi yw goleuni’r byd. Ni ellir cuddio dinas a osodir ar fryn. Ac nid oes neb yn goleuo kannwyll a’i rhoi dan lestr, ond yn hytrach ar ganhwylbren, a bydd yn rhoi golau i bawb sydd yn y tŷ. Felly boed i’ch goleuni chwithau lewyrchu gerbron eraill, er mwyn iddynt weld eich gweithredoedd da chwi a gogoneddu eich Tad, yr hwn sydd yn y nefoedd. Peidiwch â thybio i mi ddod i ddileu’r Gyfraith na’r proffwydi; ni ddeuthum i ddileu ond i gyflawni. Yn wir, ’rwy’n dweud wrthyh, hyd nes i nef a daear ddarfod, ni dderfydd yr un llythyren na’r un manylyn lleiaf o’r Gyfraith nes i’r cwbl ddigwydd. Am hynny pw y bynnag fydd yn dirymu un o’r gorchmynion lleiaf hyn ac yn dysgu i eraill wneud felly, gelwir ef y lleiaf yn nheyrnas nefoedd. Ond pw y bynnag a’i ceidw ac a’i dysg i eraill, gelwir hwnnw’n fawr yn nheyrnas nefoedd. ‘Rwy’n dweud wrthyh, oni fydd eich cyfiawnder chwi yn rhagori llawer ar eiddo’r ysgrifenyddion a’r Phariseaid, nid ewch byth i mewn i deyrnas nefoedd.”

Yma y terfyn yr Ail Lith.

Translation

At that time: Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of

the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Mathew | Matthew 5:13-20

Llith | ar ddydd Mawrth Lesson | on Tuesday

Yma y mae yn dechrau unfed adnod ar hugain pumed bennod yr Efengyl yn ôl Sant Mathew.

Bryd hynny: Meddai Iesu: "Clywsoch fel y dywedwyd wrth y rhai gynt, 'Na ladd; pwy bynnag sy'n lladd, bydd yn atebol i farn.' Ond 'rwyf fi'n dweud wrthyich y bydd pob un sy'n ddig wrth ei frawd yn atebol i farn. Pwy bynnag sy'n sarhau ei frawd, bydd yn atebol i'r llys, a phwy bynnag sy'n dweud wrtho, 'Y ffwl', bydd yn ateb am hynny yn nhân uffern. Felly os wyt yn cyflwyno dy offrwm wrth yr allor, ac yno'n cofio bod gan dy frawd rywbeth yn dy erbyn, gad dy offrwm yno o flaen yr allor, a dos ymaith; myn gymod yn gyntaf â'th frawd, ac yna tyrd a chyflwyno dy offrwm. Os bydd rhywun yn dy gymryd i'r llys, bydd barod i ddod i gytundeb buan tra byddwch ar y ffordd yno, rhag i'th wrthwynebydd dy draddodi i'r barnwr, ac i'r barnwr dy roi i'r swyddog, ac i ti gael dy fwrw i garchar. Yn wir, 'rwy'n dweud wrthyit, ni ddoi di byth allan oddi yno cyn talu'n ôl y geiniog olaf. "Clywsoch fel y dywedwyd, 'Na odineba.' Ond 'rwyf fi'n dweud wrthyich fod pob un sy'n edrych mewn blys ar wraig eisoes wedi cyflawni godineb â hi yn ei galon. Os yw dy lygad de yn achos cwmp it, tyn ef allan a'i daflu oddi wrthyit; y mae'n fwy buddiol iti golli un o'th aelodau na bod dy gorff cyfan yn cael ei daflu i uffern. Ac os yw dy law dde yn achos cwmp it, tor hi ymaith a'i thafu oddi wrthyit; y mae'n fwy buddiol iti golli un o'th aelodau na bod dy gorff cyfan yn mynd i uffern."

Yma y terfyn yr Ail Lith.

Translation

At that time: Jesus said, "You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgement.' But I say to you that if you

are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool', you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny. You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell."

Mathew | Matthew 5:21-30

Yma y mae yn dechrau unfed adnod ar ddeg ar hugain pumed bennod yr Efengyl yn ôl Sant Mathew.

Bryd hynny: Meddai Iesu: "Dywedwyd hefyd, 'Pwy bynnag sy'n ysgaru ei wraig, rhodded iddi lythyr ysgar.' Ond 'rwyf fi'n dweud wrthyich fod pob un sy'n ysgaru ei wraig, ar wahân i achos o anffyddlondeb, yn peri iddi hi odinebu, ac y mae'r sawl sy'n priodi gwraig a ysgarwyd yn godinebu. "Clywsoch hefyd fel y dywedwyd wrth y rhai gynt, 'Na thynga lw twyllodrus', a 'Rhaid iti gadw pob llw a roist i'r Sanctaidd Un.' Ond 'rwyf fi'n dweud wrthyich: peidiwch â thyngu llw o gwbl; nac i'r nef, gan mai gorsedd Duw ydyw; nac i'r ddaear, gan mai ei droedfainc ef ydyw; nac i Gaersalem, gan mai dinas y Brenin mawr ydyw. Paid â thyngu chwaith i'th ben, oherwydd ni elli wneud un blewyn yn wyn nac yn ddu. Ond boed eich 'ie' yn 'ie', a'ch 'nage' yn 'nage'; beth bynnag sy'n ychwanegol at hyn o'r Un drwg y mae."

Yma y terfyn yr Ail Lith.

Translation

At that time: Jesus said, "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery. Again, you have heard that it was said to those of ancient times, 'You shall not swear falsely, but carry out the vows you have made to the Holy One.' But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be 'Yes, Yes' or 'No, No'; anything more than this comes from the evil one."

Mathew | Matthew 5:31-37

Nunc dimittis

Codwn ar ein traed | We stand



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

Cerddoriaeth | Music | ar ddydd Llun | on Monday
Gwasanaeth Hwyrrol yn B-flat | Evening Service in B-flat,
Charles Villiers Stanford (1852-1924)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Ffalsbwrdon | Fauxbourdon Service,
Jeremy Woodside

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Ail Wasanaeth Hwyrrol | Second Evening Service,
William Byrd (c.1540-1623)

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.

Ein 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

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 Mawrth on Tuesday

Dad trugarog, a ddewisaist dy esgob Gregor yn was i weision Duw: caniatâ i ni, fel ef, ddyheu'n wastadol am dy wasanaethu drwy gyhoeddi'r efengyl i'r cenhedloedd, a llawenhau'n wastadol i ganu dy glodydd; trwy Iesu Grist dy Fab ein Gwaredwr. Amen.

ar ddyddiau eraill on other days

Dad nefol, edrych ar dy deulu yr Eglwys, fel y gallwn ni, o'n hadfywio a'n nerthu trwy dy ras, ddyfalbarhau yn ffordd yr iachawdwriaeth, a chael ynot ti ein llawenydd a'n tangnefedd; trwyddo ef sydd Iesu Grist ein Gwaredwr. 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.

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

Translation

Merciful Father, who chose your bishop Gregory to be a servant of the servants of God: grant that, like him, we may ever long to serve you by proclaiming the gospel to the nations, and may ever rejoice to sing your praises; through Jesus Christ your Son our Saviour. Amen. ☩ Heavenly Father, look upon your family the Church, that refreshed and strengthened by your grace, we may persevere in the way of salvation, and find in you our joy and our peace; 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 | ar ddydd Llun | on Monday
Richard Ayleward (1626-1669)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
David Halls

Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Humphrey Clucas

Gweddï Waddol Foundation Prayer

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

Amen.

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

Amen.

Eisteddwn | We sit

Anthem | ar ddydd Llun | on Monday

O Dduw rhanna'th fendition: O Dduw boed i'th wedd fel haul dywynnu a bydd raslon drosom ni. O Dduw rho rym a rhin, dy wynepyrd arnom ninnau: a rho dy hedd. Amen.

Translation

The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up the light of his countenance upon you, and give you peace. Amen.

Geiriau | Words

Numeri | Numbers 6:24-26

Cyfieithiad | Translation

Dyfnallt Morgan (1917-1994)

Cerddoriaeth | Music

John Rutter

Anthem | ar ddydd Mawrth | on Tuesday

My song is love unknown,
my Saviour's love to me,
love to the loveless shown,
that they might lovely be.
O who am I, that for my sake,
my Lord should take frail flesh and die?

He came from his blest throne,
salvation to bestow;
but all made strange, and none
the longed-for Christ would know.
But O, my friend, my friend indeed,
who at my need his life did spend!

Sometimes they strew his way,
and his sweet praises sing;
resounding all the day
hosannas to their King:
then, "Crucify!" is all their breath,
and for his death they thirst and cry.

Here might I stay and sing,
no story so divine;
never was love, dear King,
never was grief like thine.
This is my friend in whose sweet praise
I all my days could gladly spend. Amen.

Geiriau | Words

Samuel Crossman (1623-1683)

Cerddoriaeth | Music

Malcolm Archer

Anthem | ar ddydd Iau | on Thursday

Salvator mundi, salva nos, qui per crucem et sanguinem
redemisti nos, auxiliare nobis, te deprecamur, Deus noster.

Cyfieithiad

*lachawdwr y byd, achub ni, yr hwn a'n prynodd
trwy'r groes a'r gwaed, cynnorthwya ni,
atolygwn i ti, ein Duw.*

Translation

*Saviour of the world, save us, who redeemed us
by the cross and blood, help us, we beseech you,
our God.*

Geiriau | Words

Colect ar gyfer Gofwy'r Claf | Collect for the Visitation of the Sick

Cerddoriaeth | Music

Thomas Tallis (c.1505-1585)

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 Iesu Grist ein Gwaredwr.

Amen.

Translation

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

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

Codwn ar ein traed | We stand

Ymadael Departing

Emyn | ar ddydd Llun Hymn | on Monday



The day thou gavest, Lord, is ended,
the darkness falls at thy behest;
to thee our morning hymns ascended,
thy praise shall sanctify our rest.

Diolchwn fod dy Eglwys effro
i'r ddaear ddu yn llusern dlos;
trwy'r cread maith mae hon yn gwylio
heb orffwys byth na dydd na nos.

Dros bob rhyw ynys a chyfandir,
yn gyson megis gwawr y dydd,
ei chân o fawl i ti a glywir,
ac nid oes baid ar weddi'r ffydd.

The sun that bids us rest is waking
our brethren 'neath the western sky,
and hour by hour fresh lips are making
thy wondrous doings heard on high.

So be it, Lord: thy throne shall never,
like earth's proud empires, pass away;
thy kingdom stands, and grows for ever,
till all thy creatures own thy sway.

Translation over the page

Translation

We thank thee that thy Church unsleeping, while earth rolls onward into light, through all the world her watch is keeping, and rests not now by day or night. ¶ As o'er each continent and island the dawn leads on another day, the voice of prayer is never silent, nor dies the strain of praise away.

Geiriau | Words

John Ellerton (1826-1893)

Cyfieithiad | Translation

R. D. Roberts (1912-1993)

Cerddoriaeth | Music | "St Clement"

Clement Scholefield (1839-1904)

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



Again we keep this solemn fast,
a gift of faith from ages past,
this Lent which binds us lovingly
to faith and hope and charity.

The law and prophets from of old
in figured ways this Lent foretold,
which Christ, all ages' Lord and guide,
in these last days has sanctified.

More sparing therefore let us make
the words we speak, the food we take,
our sleep and mirth, and closer barred
be every sense in holy guard.

Forgive the sin that we have wrought
increase the good that we have sought;
that we at length, our wanderings o'er,
may please thee here and evermore.

Geiriau | Words

Gregor Fawr | Gregory the Great (c.540-604)

Cyfieithiad | Translation

Peter J. Scagnelli; John Mason Neale (1818-1866)

Cerddoriaeth | Music | "Jesu corona"

Alaw eglwysig o Rouen | Rouen church tune

Bendith Blessing

Parhawn ar ein traed | We remain standing

Rhodded 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.

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 | ar ddydd Llun Dismissal | on Monday

✠ Gras a thangnefedd.

✠ Yng nghariad Iesu.

✠ O Dduw, dyro inni dy dangnefedd.

✠ A bywyd tragwyddol. Amen.

Translation

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

✠ *O Lord, grant us your peace.*

✠ *And life everlasting. Amen.*

Gollyngiad | ar ddydd Mawrth Dismissal | on Tuesday

✠ 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

ar ddydd Llun | on Monday

Edward Woodall Naylor (1867-1934)

ar ddydd Mawrth | on Tuesday

Simon Ogdon

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

O 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 Iechydwrïaeth 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 | “Warrington”

Ralph Harrison (1748-1810)

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 gweddiâu eraill yma gan y Gweinidog o flaen y Sacrament Bendigaid

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

Gweddï 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



Tantum 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 | “Westminster Abbey”

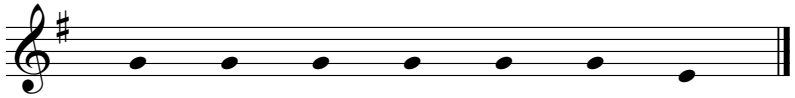
Henry Purcell (1659-1695)

Parhawn i benlinio

We remain kneeling

Gweddi Gasgl Collect

∴ Darperaist iddynt fara o’r nef.



℞ Yn llawn o bob melyster.

Gweddiwn.

Fendigaid 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.

R Adoremus in aeternum sanctissimum Sacramentum.

Laudate Dominum omnes gentes: laudate eum omnes populi.

R Adoremus in aeternum sanctissimum Sacramentum.

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

R Adoremus in aeternum sanctissimum Sacramentum.

Gloria Patri, et Filio: et Spiritui Sancto.

R Adoremus in aeternum sanctissimum Sacramentum.

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

R Adoremus in aeternum sanctissimum Sacramentum.

Cyfieithiad

Addolwn am byth y Sacrament sancteiddiolaf.

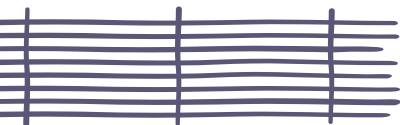
☩ *Molwch Dduw, yr holl ghenhedloedd: clodforwch Dduw, yr holl bobloedd. ☩ Oherwydd mae cariad Duw yn gryf tuag atom: ac y mae ffyddlondeb y Sanctaidd Un dros byth. ☩ Gogoniant i'r Tad, ac i'r Mab: ac i'r Ysbryd Glan. ☩ Megis yr oedd yn y dechrau, y mae yr awr hon, ac y bydd yn wastad: yn oes oesoedd.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



Cymun dros y Meirw Nos Fercher 13 Mawrth am 5.30pm

Ym mis Mawrth cychwynwn ar batrwm newydd o ddathlu Cymun Bendigaidd 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 Mawrth gosodiad Fauré o'r Requiem yn cael ei ganu.

Astudiaeth nos Fercher y Grawys "Cofia dy gyfamod byth" Dirnad hyn y berthynas Gristnogol-Iddewig Nos Fercher 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 rhng-ffydd.

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

Manylion Zoom
Cyfarfod 854 3228 9617
Côd 297609

Datganiadau Cerdd Dydd Iau

Pob dydd Iau
1.15pm am 45 munud

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.

Os hoffech chi helpu gyda pharatoi te a choffi cyn y datganiadau, siaradwch ag aelod o Dîm y Gadeirlan.

Eco Church

Yn yr wythnos ddiwethaf rydym wedi cofrestru gyda'r cynllun "Eco Church". Os oes gennych chi unrhyw awgrymiadau ar gyfer gwella ein rhinweddau gwyrdd, neu os hoffech chi ymwneud â phrosiectau amgylcheddol yn y Gadeirlan, siaradwch ag Aine Guy.

Yr wythnos

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mawrth | Tuesday | Gregor Fawr | Gregory the Great

9.30am Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

5.30pm Cymun Bendigaid ar Gân dros y Meirw | Choral Holy Eucharist of Requiem

Dydd Iau | Thursday

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

17 Mawrth | Sul y Dioddefaint March | Passion Sunday

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Y Darlennydd yn pregethu yn ein cyfres bregethu, "Mab y Duw byw" Cymun Deiniol, Ogdon; O Brynwr mawr y byd, Goss; Ich ruf zu dir, Herr Jesu Christ, BWV 639, Bach

11.00am Choral Holy Eucharist

The Reader preaching in our sermon series, "Son of the living God" Missa Brevis, Berkeley; Litani | A Litany, Walton; O Mensch, bewein dein Sunde gross, BWV 622, Bach

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Clucas; Gwasanaeth Hwyrrol yn B leiaf | Evening Service in B minor, Blair 'Christus factus est, Bruckner' Rhagarweiniad a Ffiwg yn C leiaf | Prelude and Fugue in C minor, Bruckner

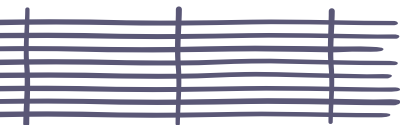
Ein gweddi

Yn glâf John Parry Jones; Larry Davies; John Davies; Barbara Watson; Mariae; James Guy; Carol Tollett; Penny Jones; Caren Lewis; Cynthia Farrar; Callum James; Aubrey Jones; Lea Catrin; Tomos Arwyn; Joy Levine, offeiriad; John Watkin Jones; Bill Lovelock

A fu farw'n diweddar Eleri Price; Margaret Tromans; Mike Jamison; Steve Sackary; Phil Acton; Jean Ada; Ron Biggins; John Pickens; Susan Thompson

Gŵyl goffa Erwyd Edwards, offeiriad (11); David Williams (14)

Notices



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.

Our Wednesday Lent study

"You remember your covenant forever" | Discerning a path for Christian-Jewish relations

Wednesday 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.

The final session takes place on 20 March at 6.00pm on Zoom, and will last an hour.

Zoom details

Meeting ID 854 3228 9617

Passcode 297609

Thursday Music Recitals

Every Thursday

1.15pm for 45 minutes

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.

If you would like to help with the preparation of tea and coffee before the recitals, please speak with a member of the Cathedral Team.

Eco Church

During the last week we have registered with the Eco Church scheme. If you have any suggestions for improving our green credentials, or would like to be involved with environmental projects at the Cathedral, please speak with Aine Guy.

This week

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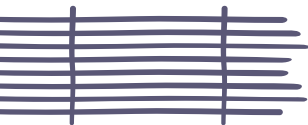
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Our prayers

The sick John Parry Jones; Larry Davies; John Davies; Barbara Watson; Mariae; James Guy; Carol Tollett; Penny Jones; Caren Lewis; Cynthia Farrar; Callum James; Aubrey Jones; Lea Catrin; Tomos Arwyn; Joy Levine, priest; John Watkin Jones; Bill Lovelock

The recently departed Eleri Price; Margaret Tromans; Mike Jamison; Steve Sackary; Phil Acton; Jean Ada; Ron Biggins; John Pickens; Susan Thompson

Year's mind Erwyd Edwards, priest (11); David Williams (14)



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 ddarlledu. Os nad ydych am i ffotograff ohonoch chi neu blentyn yn eich gofal gael ei ddefnyddio gan y Gadeirlan, siaradwch ag aelod o dîm y Gadeirlan.

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. Mae'r gwasanaeth hwn yn cynnwys rhannau o'r **Drefn ar gyfer y Cymun Bendigaid 2004** hawlfraint © Gwasg yr Eglwys yng Nghymru 2004 Mae'r lliθοedd a'r salmyddiaeth Gymraeg yn seiliedig ar **The New Revised Standard Version of the Bible ac Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**. Daw cytgan y salmyddiaeth Gymraeg o Nicander, **Y Psallwyr** (1850) a'r salmyddiaeth Saesneg o **The Saint Helena Breviary** (2019).

Darlun clawr

Mae delwedd y clawr yn fanylyn o gerflun Sbaenaidd o'r unfed ganrif ar bymtheg o Offeren Sant Gregor Fawr.

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 detail of a sixteenth century Spanish sculpture of the Mass of St Gregory the Great.