



Cymun Bendigaid • o dudalen 4

Gosber ar Gân • o dudalen 26

18-23 Mawrth 2024

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18-23 March 2024



**Cadeirlan
Deiniol Sant
ym Mangor**

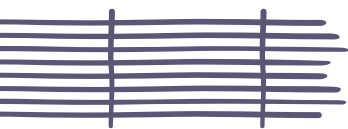
Saint Deiniol's
Cathedral
in Bangor



**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 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

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.

"Anfon dy oleuni a'th wirionedd, bydded iddynt fy arwain."

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.

“Send out your light and your truth, that they may lead me.”

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 Llun

Gweddïwn.

Hollalluog Dduw, yn dy ragluniaeth dewisaist dy was Padrig i fod yn apostol i bobl Iwerddon, i fedyddio'r rhai oedd yn crwydro mewn tywyllwch ac ar gyfeiliorn a'u dwyn at y gwir oleuni a gwybodaeth o'th air: cadw ni yn y goleuni hwnnw a dwg ni i'r bywyd tragwyddol; trwy lesu Grist ein Gwaredwr.

Amen.

Gweddï Gasgl | ar ddydd Mawrth

Gweddïwn.

ODduw, a ddewisaist Joseff i fod yn briod i'r Forwyn Fair ac yn Warcheidwad dy unig-anedig Fab: caniatâ i ni yn nheulu dy Eglwys sanctaidd fod wedi ein huno'n wastadol i'th Fab, lesu Grist ein Gwaredwr, sy'n byw ac yn teyrnasu gyda thi a'r Ysbryd Glân byth yn un Duw, yn oes oesoedd.

Amen.

Gweddï Gasgl | ar ddyddiau eraill

Gweddïwn.

ODduw, a ddatguddiaist fawredd dy unig-anedig Fab ar y mynydd sanctaidd cyn ei Ddiodeffaint: dyro i ni dy weision gael canfod ei ogoniant a'n nerthu i ddwyn ei groes; trwy'r un 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. **R** Kyrie eleison. ∿ Christe eleison. **R** **Christe eleison.** ∿ Kyrie eleison. **R** **Kyrie eleison.**

Translation

Lord, have mercy. Christ, have mercy.

Collect | on Monday

Let us pray.

Almighty God, in your providence you chose your servant Patrick to be the apostle of the Irish people, to baptize those who were wandering in darkness and error and to bring them to the true light and knowledge of your word: keep us in that light and bring us to everlasting life; through Jesus Christ our Saviour.

Amen.

Collect | on Tuesday

Let us pray.

Almighty God, who chose Joseph to be the husband of the Virgin Mary and the Guardian of your Son Jesus: grant that in the family of your holy Church we may ever be united with the same your Son Jesus Christ our Saviour, who lives and reigns with you and the Holy Spirit, ever one God, world without end.

Amen.

Collect | on other days

Let us pray.

God, who before the Passion of your only-begotten Son revealed his majesty on the holy mount: grant that we your servants may see his glory and be strengthened to bear the cross; through the same Jesus Christ our Saviour.

Amen.

We sit

Gair

Salmyddiaeth

Y Ar y delyn fwyn y'th folaf di, fy Nuw.

Rŷ Ar y delyn fwyn y'th folaf di, fy Nuw.

Cymer fy mhlaid, O Dduw, ac amddiffyn fy achos rhag pobl annheyrngar; gwared fi rhag rai twyllodrus ac anghyfiawn,

Oherwydd ti, O Dduw, yw fy amddiffyn. Pam y gwrthodaist fi? Pam y rhodiaf mewn galar, wedi fy ngorthrymu gan y gelyn?

Rŷ Ar y delyn fwyn y'th folaf di, fy Nuw.

Anfon dy oleuni a'th wirionedd, bydded iddynt fy arwain, bydded iddynt fy nwyn i'th fynydd sanctaidd ac i'th drigfan.

Yna dof at allor Duw, at Dduw fy llawenydd; llawenyachaf a'th foliannu â'r delyn, O Dduw, fy Nuw.

Rŷ Ar y delyn fwyn y'th folaf di, fy Nuw.

Salm 43:1-4

Word

Psalmody

✠ On the harp I will give thanks to you, O God.

℟ On the harp I will give thanks to you, O God.

Give judgment for me, O God, and defend my cause against an ungodly people; deliver me from the deceitful and the wicked.

For you are the God of my strength; why have you put me from you, and why do I go so heavily while the enemy oppresses me

℟ On the harp I will give thanks to you, O God.

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling;

That I may go to the altar of God, to the God of my joy and gladness, and on the harp I will give thanks to you, O God, my God.

℟ On the harp I will give thanks to you, O God.

Psalm 43:1-4

Darlleniad

Darlleniad o Ail Lythyr yr Apostol Paul at y Corinthiaid.

Garedigion: Nid ein pregethu ein hunain yr ydym, ond Iesu Grist yn Sanct Duw, a ninnau yn weision i chwi er mwyn Iesu. Oherwydd y Duw a ddywedodd, “Llewyrched goleuni o’r tywyllwch”, a lewyrchodd yn ein calonau i roi i ni oleuni’r wybodaeth am ogoniant Duw yn wyneb Iesu Grist. Ond y mae’r trysor hwn gennym mewn llestri pridd, i ddangos mai eiddo Duw yw’r gallu tra rhagorol, ac nid eiddom ni. Ym mhob peth yr ydym yn cael ein gorthrymu ond nid ein llethu, ein bwrw i ansicrwydd ond nid i anobaith, ein herlid ond nid ein gadael yn amddifad, ein taro i lawr ond nid ein dinistrio. Yr ydym bob amser yn dwyn gyda ni yn ein corff farwolaeth Iesu, er mwyn i fywyd Iesu hefyd gael ei ddwyn i’r amlwg yn ein corff ni. Oherwydd yr ydym ni, a ninnau’n fyw, yn cael ein traddodi yn wastad i farwolaeth er mwyn Iesu, i fywyd Iesu hefyd gael ei ddwyn i’r amlwg yn ein cnawd marwol ni.

Clywch air bywyd i’n byd.

Diolch a fo i Dduw.

2 Corinthiaid 4:5-11

Codwn ar ein traed

Efengyl

Y Mawl i ti O Grist, Brenin gogoniant bythol. **R** **Mawl i ti O Grist, Brenin gogoniant bythol.** **Y** Os myn neb ddod ar fy ôl i, rhaid iddo godi ei groes a’m canlyn i. **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 Mathew.

Gogoniant i ti, O Grist.

Reading

A reading from the Second Epistle of Saint Paul to the Corinthians.

Deary beloved: We do not proclaim ourselves; we proclaim Jesus Christ as the Holy One of God and ourselves as your slaves for Jesus's sake. For it is the God who said, "Let light shine out of darkness", who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus's sake, so that the life of Jesus may be made visible in our mortal flesh.

Hear the word of life to the world.

Thanks be to God.

2 Corinthians 4:5-11

We stand

Gospel

✠ Praise to you, O Christ, King of eternal glory. **R: Praise to you, O Christ, King of eternal glory.** ✠ If any want to become my followers, let them take up their cross and follow me.

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 Matthew.

Glory to you, O Christ.

Bryd hynny: Dechreuodd lesu ddangos i'w ddisgyblion fod yn rhaid iddo fynd i Gaersalem, a dioddef llawer gan yr henuriaid a'r prif offeriaid a'r ysgrifenyddion, a'i ladd, a'r trydydd dydd ei gyfodi. A chymerodd Pedr ef a dechrau ei geryddu gan ddweud, "Na ato Duw. Ni chaiff hyn ddigwydd i ti." Troes yntau, a dywedodd wrth Pedr, "Dos ymaith o'm golwg, Satan; maen tramgwydd ydwyt imi, oherwydd nid ar bethau Duw y mae dy fryd ond ar bethau dynol." Yna dywedodd lesu wrth ei ddisgyblion, "Os myn neb ddod ar fy ôl i, rhaid iddynt ymwadu â hwy eu hunain a chodi eu croes a'm canlyn i. Oherwydd pwy bynnag a fyn gadw eu bywyd, fe'u cyll, ond pwy bynnag a gyll eu bywyd er fy mwyn i, fe'u caiff. Pa elw a gaiff rhywun os ennill yr holl fyd a fforffedu eu bywyd? Neu beth a rydd rhywun yn gyfnewid am eu bywyd? Oherwydd y mae Mab y Dyn ar ddyfod yng ngogoniant ei Dad gyda'i angylion, ac yna fe dâl i bob un yn ôl eu hymddygiad. Yn wir, rwy'n dweud wrthyich, y mae rhai o'r sawl sy'n sefyll yma na phrofant flas marwolaeth nes iddynt weld Mab y Dyn yn dyfod yn ei deyrnas." Ymhen chwe diwrnod dyma lesu'n cymryd Pedr ac lago ac loan ei frawd a mynd â hwy i fynydd uchel o'r neilltu. A gweddnewidiwyd ef yn eu gwydd hwy, a disgleiriodd ei wyneb fel yr haul, ac aeth ei ddillad yn wyn fel y goleuni. A dyma Moses ac Elias yn ymddangos iddynt, yn ymddiddan ag ef. A dywedodd Pedr wrth lesu, "Y mae'n dda ein bod ni yma; os mynni, gwnaf yma dair pabell, un i ti ac un i Moses ac un i Elias." Tra oedd ef yn dal i siarad, dyma gwmwl golau yn cysgodi drostynt, a llais o'r cwmwl yn dweud, "Hwn yw fy Mab, yr Anwylyd; ynddo ef yr wyf yn ymhyfrydu; gwrandewch arno." A phan glywodd y disgyblion hyn syrthiasant ar eu hwynebau a chydiodd ofn mawr ynddynt. Daeth lesu atynt a chyffwrdd â hwy gan ddweud, "Codwch, a pheidiwch ag ofni." Ac wedi edrych i fyny ni welsant neb ond lesu'n unig.

Dyma Efengyl ein Gwarddwr.

Moliant i ti, O Grist.

Mathew 16:21 – 17:8

Pregeth | yn Eglwys y Groes ar ddydd Iau

At that time: Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things." Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom." Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "It is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone.

This is the Gospel of our Saviour.

Praise to you, O Christ.

Matthew 16:21 – 17:8

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.**

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 gynhaliaeth.

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.

ar ddyddiau Llun ac Mawrth

Diolchwn i ti am dy holl saint yn enwedig [*Padrig/Joseff*] sydd yn awr yn dy foli yn y nefoedd. Wedi ein calonogi gan eu hesiampl a chan lawenhau yn eu cymdeithas, rhedwn heb ddiffygio yr yrfa sydd o'n blaen.

ar ddyddiau eraill

A'i darostyngodd ei hun ar wedd dynion, gan fod yn ufudd hyd angau, ie, angau ar groes. Fe'i dyrchafwyd oddi ar y ddaear fel y tynnai bawb ato ef ei hun.

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.

on Monday and Tuesday

We thank you for [*Patrick/Joseph*] and all your saints who now praise you in heaven. Encouraged by their example and rejoicing in their fellowship, we run with perseverance the race that is set before us.

on other days

Who, bearing the human likeness, humbled himself and in obedience accepted death, even death on a cross. He was lifted up from the earth that he might draw all people to himself.

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

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 bônt 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; 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.

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

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.

Adfer ac adfywia dy holl bobl, adnewyddda 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

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.

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

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.

Cymuno

✠ Iesu yw Oen Duw sy'n dwyn ymaith bechodau'r byd.
Gwyn eu byd y rhai a elwir i'w swper.

**Waredwr, nid wyf yn deilwng i'th dderbyn,
ond dywed y gair a chaf fy iacháu.**

Deuwn i gynnull o algyrch Bwrdd yr Allor i Gymuno o'r Afrlladen Sagrafennol ac, os y dymunwn ac y gallwn, o'r Gwerthfawr Waed

Emyn | yn Eglwys y Groes ar ddydd Iau

Gweddi Ôl-Gymun

Gweddiwn.

Codwn ar ein traed

O Dduw, dy gynefin yw'r anialwch a'r Groes, a thi a wyddost ein cythreuliaid, ein ffantasiâu 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 Gwaredwr.

Amen.

Ymadael

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Bydded i'r Crist croeshoeliedig eich tynnu ato ef ei hun, sy'n sylfaen ddiogel ffydd, yn gynhaliwr cadarn gobaith ac yn sicrwydd maddeuant pechodau; a bendith Duw hollalluog, y Tad, ✠ y Mab, a'r Ysbryd Glân, a fo yn eich plith ac a drigo gyda chwi yn wastad.

Amen.

Awn ymaith mewn tangnefedd.

Yn Enw Crist. Amen.

Parhawn ar ein traed hyd nes i'r offeiriad ymadael

Communion

✠ Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.

**Saviour, I am not worthy to receive you,
but only say the word and I shall be healed.**

We gather around the altar-table to make our Communion, receiving the
Sacramental Host and, if we wish or are able, the Precious Blood

Hymn | at Eglwys y Groes on Thursday

Post-Communion Prayer

Let us pray.

We stand

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 crucified draw you to himself, the sure ground of
faith, the firm support for hope and the assurance of sins
forgiven; 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.

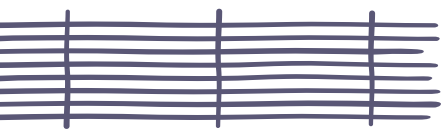
At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God’s enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung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

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.

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.



Deisyfiadau | ar dyddiau eraill *Preces* | on other days

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

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

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

Ŵ Molwch yr lôr.
R̄ Addolwn ein Duw.

Translation

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

Geiriau | Words

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

Cerddoriaeth | Music | ar ddydd Llun | on Monday

William Byrd (c.1540-1623)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Malcolm Archer

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Paul Spicer

Brawddeg Sentence

"Anfon dy oleuni a'th wirionedd, bydded iddynt fy arwain."

"Send out your light and your truth, that they may lead me."

Eisteddwn | We sit

Gair Word

Salmyddiaeth | ar ddydd Llun Psalmody | on Monday

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

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

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

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

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

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

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

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

Codwn ar ein traed | We stand

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

Salm | Psalm 91:1-4, 13-16

Cerddoriaeth | Music

Tôn VIII, terfyniad cyntaf | Tone VIII, first ending

Eisteddwn | We sit

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

"I will make him my firstborn and higher than the rulers of the earth.

I will keep my love for him for ever, and my covenant will stand firm for him.

I will establish his line for ever and his throne as the days of heaven.

If his children forsake my law and do not walk according to my judgments;

If they break my statutes and do not keep my commandments;

I will punish their transgressions with a rod and their iniquities with the lash;

But I will not take my love from him, nor let my faithfulness prove false.

I will not break my covenant, nor change what has gone out of my lips.

Once for all I have sworn by my holiness: 'I will not lie to David.

His line shall endure for ever and his throne as the sun before me;

It shall stand fast for evermore like the moon, the abiding witness in the sky.'"

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 89:27-37

Cerddoriaeth | Music

Tôn I, terfyniad cyntaf | Tone I, first ending

Eisteddwn | **We sit**

Salmyddiaeth | ar ddydd Iau Psalmody | on Thursday

Give judgment for me, O God, and defend my cause against an ungodly people; deliver me from the deceitful and the wicked.

For you are the God of my strength; why have you put me from you, and why do I go so heavily while the enemy oppresses me?

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling;

That I may go to the altar of God, to the God of my joy and gladness, and on the harp I will give thanks to you, O God, my God.

Why are you so full of heaviness, O my soul, and why are you so disquieted within me?

Put your trust in God, for I will yet give thanks to the Holy One, who is the help of my countenance, and my God.

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 43

Cerddoriaeth | Music

Tôn III, pedwerydd terfyniad | Tone III, fourth ending

Eisteddwn | We sit

Here begins the fifty-first chapter of the Book of the Prophet Isaiah.

Thus says the Holy One: Listen to me, you that pursue righteousness, you that seek the Holy One. Look to the rock from which you were hewn, and to the quarry from which you were dug. Look to Abraham your father and to Sarah who bore you; for he was but one when I called him, but I blessed him and made him many. For the Living One will comfort Zion; he will comfort all her waste places, and will make her wilderness like Eden, her desert like the garden of the Eternal One; joy and gladness will be found in her, thanksgiving and the voice of song. Listen to me, my people, and give heed to me, my nation; for a teaching will go out from me, and my justice for a light to the peoples. I will bring near my deliverance swiftly, my salvation has gone out and my arms will rule the peoples; the coastlands wait for me, and for my arm they hope. Lift up your eyes to the heavens, and look at the earth beneath; for the heavens will vanish like smoke, the earth will wear out like a garment, and those who live on it will die like gnats; but my salvation will be for ever, and my deliverance will never be ended. Listen to me, you who know righteousness, you people who have my teaching in your hearts; do not fear the reproach of others, and do not be dismayed when they revile you. For the moth will eat them up like a garment, and the worm will eat them like wool; but my deliverance will be for ever, and my salvation to all generations.

Here ends the First Lesson.

Eseia | Isaiah 51:1-8

Llith | ar ddydd Mawrth Lesson | on Tuesday

Here begins the tenth verse of the seventh chapter of the Second Book of the Prophet Samuel.

Thus says the Holy One: I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover, the Living One declares to you that the Eternal One will make you a house. When your days are fulfilled and you lie down with your ancestors, I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. He shall build a house for my name, and I will establish the throne of his kingdom for ever. I will be a father to him, and he shall be a son to me. When he commits iniquity, I will punish him with a rod such as mortals use, with blows inflicted by human beings. But I will not take my steadfast love from him, as I took it from Saul, whom I put away from before you. Your house and your kingdom shall be made sure for ever before me; your throne shall be established for ever.

Here ends the First Lesson.

2 Samuel 7:10-16

Llith | ar ddydd Iau Lesson | on Thursday

Here begins the eighth verse of the sixth chapter of the Book of Job.

Happy is the one whom God reproves: Job answered: "O that I might have my request, and that God would grant my desire; that it would please God to crush me, that he would let loose his hand and cut me off! This would be my consolation; I would even exult in unrelenting pain; for I have not denied the words of the Holy One. What is my strength, that I should wait? And what is my end, that I should be patient? Is my strength the strength of stones, or is my flesh bronze? In truth I have no help in me, and any resource is driven from me."

Here ends the First Lesson.

Job 6:8-13

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
Pedwerydd Gwasanaeth Hwylol | Fourth Evening Service,
Adrian Batten (c.1591-c.1637)**

**Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday
Gwasanaeth Ffalsbwrddon | Fauxbourdon Service, Joe Cooper**

**Cerddoriaeth | Music | ar ddydd Iau | on Thursday
Gwasanaeth Hwylol "Collegium Regale" Evening Service,
Herbert Howells (1892-1983)**

Eisteddwn | We sit

Yma y mae yn dechrau degfed bennod yr Efengyl yn ôl Sant Luc.

Bryd hynny: Penododd y Sanct Duw ddeuddeg a thrigain arall, a'u hanfon allan o'i flaen, bob yn ddau, i bob tref a man yr oedd ef ei hun am fynd iddynt. Dywedodd wrthynt, "Y mae'r cynhaeaf yn fawr ond y gweithwyr yn brin; deisyfwch felly ar arglwydd y cynhaeaf i anfon gweithwyr i'w gynhaeaf. Ewch; dyma fi'n eich anfon allan fel wŷn i blith bleiddiaid. Peidiwch â chario na phwrs na chod na sandalau, a pheidiwch â chyfarach neb ar y ffordd. Pa dŷ bynnag yr ewch i mewn iddo, dywedwch yn gyntaf, 'Tangnefedd i'r teulu hwn.' Os bydd yno rywun tangnefeddus, bydd eich tangnefedd yn gorffwys arno ef; onid e, bydd yn dychwelyd atoch chwi. Arhoswch yn y tŷ hwnnw, a bwyta ac yfed yr hyn a gewch ganddynt, oherwydd y mae'r gweithiwr yn haeddu ei gyflog. Peidiwch â symud o dŷ i dŷ. Ac i ba dref bynnag yr ewch, a chael derbyniad, bwytewch yr hyn a osodir o'ch blaen. Iachewch y cleifion yno, a dywedwch wrthynt, 'Y mae teyrnas Dduw wedi dod yn agos atoch.' Pa dref bynnag yr ewch iddi a chael eich gwrthod, ewch allan i'w strydoedd a dywedwch, 'Yn eich erbyn chwi, yr ydym yn sychu ymaith hyd yn oed y llwch o'ch tref a lynodd wrth ein traed. Eto gwybyddwch hyn: y mae teyrnas Dduw wedi dod yn agos.' Rwy'n dweud wrthyh y caiff Sodom ar y Dydd hwnnw lai i'w ddiodeff na'r dref honno." Dychwelodd y deuddeg a thrigain yn llawen, gan ddweud, "Syr, y mae hyd yn oed y cythreuliaid yn ymddarostwng inni yn dy enw di." Meddai wrthynt, "Yr oeddwn yn gweld Satan fel mellten yn syrthio o'r nef. Dyma fi wedi rhoi i chwi yr awdurdod i sathru ar seirff ac ysgorpionau, ac i drechu holl nerth y gelyn; ac ni'ch niweidir chwi gan ddim. Eto, peidiwch â llawenhau yn hyn, fod yr ysbrydion yn ymddarostwng i chwi; llawenhewch oherwydd fod eich enwau wedi eu hysgrifennu yn y nefoedd."

Yma y terfyn yr Ail Lith.

Translation

At that time: The Holy One of God appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, "The harvest is plentiful, but the labourers are few; therefore ask the lord of the harvest to send out labourers into his harvest. Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, 'Peace to this house!' And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. Remain in the same house, eating and drinking whatever they provide, for the labourer deserves to be paid. Do not move about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, 'The kingdom of God has come near to you.' But whenever you enter a town and they do not welcome you, go out into its streets and say, 'Even the dust of your town that clings to our feet, we wipe off in protest against you. Yet know this: the kingdom of God has come near.' I tell you, on that day it will be more tolerable for Sodom than for that town." The seventy returned with joy, saying, "Sir, in your name even the demons submit to us!" He said to them, "I watched Satan fall from heaven like a flash of lightning. See, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy; and nothing will hurt you. Nevertheless, do not rejoice at this, that the spirits submit to you, but rejoice that your names are written in heaven."

Luc | Luke 10:1-12, 17-20

Yma y mae yn dechrau deunawfed adnod pennod cyntaf yr Efengyl yn ôl Sant Mathew.

Bryd hynny: Fel hyn y bu genedigaeth Iesu Grist. Pan oedd Mair ei fam wedi ei dyweddio i Joseff, cyn iddynt ddod at ei gilydd fe gafwyd ei bod hi'n feichiog o'r Ysbryd Glân. A chan ei fod yn ddyn cyfiawn, ond heb ddymuno ei chywilyddio'n gyhoeddus, penderfynodd Joseff, ei gŵr, ei gollwng ymaith yn ddirgel. Ond wedi iddo gynllunio felly, dyma angel y Sanctaidd Un yn ymddangos iddo mewn breuddwyd, a dweud, "Joseff fab Dafydd, paid ag ofni cymryd Mair yn wraig i ti, oherwydd y mae'r hyn a genhedlwyd ynddi yn deillio o'r Ysbryd Glân. Bydd yn esgor ar fab, a gelwi ef Iesu, am mai ef a wareda ei bobl oddi wrth eu pechodau." A digwyddodd hyn oll fel y cyflawnid y gair a lefarwyd gan y Bywiol Un trwy'r proffwyd: "Wele, bydd y wryf yn beichiogi, ac yn esgor ar fab, a gelwir ef Immanuel", hynny yw, o'i gyfieithu, "Y mae Duw gyda ni". A phan ddeffrôdd Joseff o'i gwsg, gwnaeth fel yr oedd angel y Bythol Unwedi gorchymyn, a chymryd Mair yn wraig iddo. Ond ni chafodd gyfathrach â hi hyd nes iddi esgor ar fab; a galwodd ef Iesu.

Yma y terfyn yr Ail Lith.

Translation

At that time: The birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Holy One appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins." All this took place to fulfil what had been spoken by the Living One through the prophet: "Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel", which means, "God is with us." When Joseph awoke from sleep, he

did as the angel of the Eternal One commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus.

Mathew | Matthew 1:18-25

Llith | ar ddydd Iau Lesson | on Thursday

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

Bryd hynny: Meddai Iesu: "Clywsoch fel y dywedwyd, 'Llygad am lygad, a dant am ddant.' Ond 'rwyf fi'n dweud wrthyh: peidiwch â gwrthsefyll y sawl sy'n gwneud drwg i chi. Os bydd rhywun yn dy daro ar dy foch dde, tro'r llall ato hefyd. Ac os bydd rhywun am fynd â thi i gyfraith a chymryd dy grys, gad iddo gael dy fantell hefyd. Ac os bydd rhywun yn dy orfodi i'w ddanfon am un cilomedr, dos gydag ef ddwy. Rho i'r sawl sy'n gofyn gennyt, a phaid â throi i ffwrdd oddi wrth y sawl sydd am fenthycu gennyt. Clywsoch fel y dywedwyd, 'Câr dy gymydog, a chasâ dy elyn.' Ond 'rwyf fi'n dweud wrthyh: carwch eich gelynon, a gweddiwch dros y rhai sy'n eich erlid; felly fe fyddwch yn blant i'ch Tad sydd yn y nefoedd, oherwydd y mae ef yn peri i'w haul godi ar y drwg a'r da, ac yn rhoi glaw i'r cyfiawn a'r anghyfiawn. Os carwch y rhai sy'n eich caru chi, pa wobr sydd i chi? Onid yw hyd yn oed y casglwyr trethi yn gwneud cymaint â hynny? Ac os cyfarchwch eich cydnabod yn unig, pa ragoriaeth sydd yn hynny? Onid yw'r Cenhedloedd hyd yn oed yn gwneud cymaint â hynny? Felly byddwch chi'n berffaith fel y mae eich Tad nefol yn berffaith."

Yma y terfyn yr Ail Lith.

Translation

At that time: Jesus said, "You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also; and if anyone wants to sue you and take your coat, give your cloak as well; and if anyone forces you to go one mile, go also the second mile. Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you. You have heard that it was said, 'You shall love your neighbour and hate

your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect."

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

Pedwerydd Gwasanaeth Hwylol | Fourth Evening Service,

Adrian Batten (c.1591-c.1637)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

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Gwasanaeth Hwylol "Collegium Regale" Evening Service,

Herbert Howells (1892-1983)

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

Gweddïau Prayers

Litani Leiaf Lesser Litany

Y Gras a thangnefedd.

R Yng nghariad Iesu.

Gweddïwn.

Penliniwn neu eisteddwn | We kneel or sit

Trugarhâ, Dduw y Cread.

Trugarhâ, Dduw ein Gwared.

Trugarhâ, Dduw pob Cariad.

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

Y O lôr, bydd drugarog dy olwg.

R A rho i'n waredigaeth.

Y O Dduw, cofia'n Llyw.

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

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

R A gwna ni'n etifeddion llonder.

Y Bydd dryw, Dduw'r holl Gread.

R A moes fendith ar dy waith.

Y Boed hedd yn ein dydd, O Dduw.

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

Y Am galon lân o'n mewn hiraethwn.

R 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

Hollalluog Dduw, yn dy ragluniaeth dewisaist dy was Padrig i fod yn apostol i bobl Iwerddon, i fedyddio'r rhai oedd yn crwydro mewn tywyllwch ac ar gyfeiliorn a'u dwyn at y gwir oleuni a gwybodaeth o'th air: cadw ni yn y goleuni hwnnw a dwg ni i'r bywyd tragwyddol; trwy Iesu Grist ein Gwardedwr. Amen.

ar ddydd Mawrth on Tuesday

ODduw, a ddewisaist Joseff i fod yn briod i'r Forwyn Fair ac yn Warcheidwad dy unig-anedig Fab: caniatâ i ni yn nheulu dy Eglwys sanctaidd fod wedi ein huno'n wastadol i'th Fab, Iesu Grist ein Gwardedwr, sy'n byw ac yn teyrnasu gyda thi a'r Ysbryd Glân byth yn un Duw, yn oes oesoedd. Amen.

ar ddyddiau eraill on other days

ODduw, a ddatguddiaist fawredd dy unig-anedig Fab ar y mynydd sanctaidd cyn ei Ddiodeffaint: dyro i ni dy weision gael canfod ei ogoniant a'n nerthu i ddwyn ei groes; trwy'r un Iesu Grist ein Gwardedwr. Amen.

pob dydd every day

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

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

Translation

Almighty God, in your providence you chose your servant Patrick to be the apostle of the Irish people, to baptize those who were wandering in darkness and error and to bring them to the true light and knowledge of your word: keep us in

that light and bring us to everlasting life; through Jesus Christ our Saviour. Amen. ☩ Almighty God, who chose Joseph to be the husband of the Virgin Mary and the Guardian of your Son Jesus: grant that in the family of your holy Church we may ever be united with the same your Son Jesus Christ our Saviour, who lives and reigns with you and the Holy Spirit, ever one God, world without end. Amen. ☩ God, who before the Passion of your only-begotten Son revealed his majesty on the holy mount: grant that we your servants may see his glory and be strengthened to bear the cross; through the same Jesus Christ our Saviour. Amen.

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

William Byrd (c.1540-1623)

Cerddoriaeth | Music | ar ddydd Mawrth | on Tuesday

Malcolm Archer

Cerddoriaeth | Music | ar ddydd Iau | on Thursday

Paul Spicer

Gwedd

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 calonau'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

Joseph was an old man,
and an old man was he,
when he married Mary
in the land of Galilee.

And as they were walking
through an orchard so good,
where were cherries and berries
as red as any blood.

O then bespoke Mary,
with words both meek and mild,
“Pluck me one cherry, Joseph,
for I am with child.”

“Go to the tree then, Mary,
and it shall bow to thee;
and you shall gather cherries
by one, by two, by three.”

Then bowed down the highest tree,
unto our Lady’s hand;
“See,” Mary cried, “see, Joseph,
I have cherries at command.”

“O eat your cherries, Mary,
O eat your cherries now,
O eat your cherries, Mary,
That grow upon the bough.”

Then Mary plucked a cherry,
as red as any blood;
then Mary she went homewards
all with her heavy load.

Geiriau a cherddoriaeth | Words and music
Carol werin Seisnig | English folk carol

Anthem | ar ddydd Mawrth | on Tuesday

O see a young maid mother lying, full of grace and greatly blest;
hear what gift to her is given, 'tis a son, by God's behest.
Jesus, child of Nazareth, before us bitterly lies crying,
Hush, O hush thou little babe, hush, God has willed thou liest
here thus.

Saint Joseph near, in awe beholding, reverently holds hat in
hand,
by the blessed virgin mother there, so thoughtful, he doth stand.
In the world around him wending, see he folk of grief unending,
Hush, O hush thou little babe, hush, God has willed thou liest
here thus.

Saint Joseph he set forth a-trudging barefoot through the winter
snow;
wood and coal he must be seeking, and 'tis well that he does so.
For, unwrapped, unwrapped, the babe, behold him, as his
mother holds him.
Hush, O hush thou little babe, hush, God has willed thou liest
here thus.

Geiriau | Words

Carol Fflemaidd | Flemish carol

Cerddoriaeth | Music

Elizabeth Poston (1905-1987)

Anthem | ar ddydd Iau | on Thursday

It is a thing most wonderful,
almost too wonderful to be,
that God's own Son should come from heaven,
and die to save a child like me.

And yet I know that it is true:
he chose a poor and humble lot,
and wept and toiled, and mourned and died,
for love of those who loved him not.

I sometimes think about the cross,
and shut my eyes, and try to see
the cruel nails and crown of thorns,
and Jesus crucified for me.

But even could I see him die,
I could but see a little part
of that great love which, like a fire,
is always burning in his heart.

And yet I want to love thee, Lord;
O light the flame within my heart,
and I will love thee more and more,
until I see thee as thou art.

Geiriau | Words

William Walsham How (1823-1897)

Cerddoriaeth | Music

Philip Moore

Ar ddydd Iau, trown i dudalen 53 | On Thursday, we turn to page 53

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



O strength and stay upholding all creation,
who ever dost thyself unmoved abide,
yet day by day the light in due gradation
from hour to hour through all its changes guide;

Grant to life's day a calm unclouded ending,
an eve untouched by shadows of decay,
the brightness of a holy death-bed blending
with dawning glories of the eternal day.

Hear us, O Father, gracious and forgiving,
through Jesus Christ thy co-eternal Word,
who with the Holy Ghost by all things living
now and to endless ages art adored. Amen.

Geiriau | Words

Emrys o Filan | Ambrose of Milan (c.339-397)

Cyfieithiad | Translation

John Ellerton (1826-1893)

Fenton John Anthony Hort (1828-1892)

Cerddoriaeth | Music | "Strength and Stay"

John Bacchus Dykes (1823-1876)



Blessèd Joseph, yours the praise
choirs of angels sing,
guardian of the Virgin blest,
of her Child and King.

Prophets told of God to come:
Son of God on earth;
yours the glory there to be
at the Saviour's birth.

To the Father's only Son
you were father here;
he was subject to your will
whom the heavens revere.

Once you sought and found again
Christ, the Lord of light;
may we walk with him, like you,
humble in his sight.

Father, Son and Spirit blest,
God of truth and grace,
by the prayer of Joseph, grant
we may see your face. Amen.

Geiriau | Words

o'r Emynniadur Abaty Stanbrook
from the Stanbrook Abbey Hymnal (2014)

Cerddoriaeth | Music | "Worton"

Philip Gaisford

Bendith Blessing

Parhawn ar ein traed | We remain standing

Bydded i'r Crist croeshoeliedig eich tynnu ato ef ei hun, sy'n sylfaen ddiogel ffydd, yn gynhaliwr cadarn gobaith ac yn sicrwydd maddeuant pechodau; 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 crucified draw you to himself, the sure ground of faith, the firm support for hope and the assurance of sins forgiven; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always.

Amen.

Gollyngiad Dismissal

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

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 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 | “O salutaris Hostia”

Dieudonné Duguet (1794-1849)

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 Bendigaidd

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



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 synhwyrau 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)

Cyfieithiad Saesneg | English-language translation

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

Cerddoriaeth | Music | "Grafton"

o | from "Chants Ordinaires de l'Office Divin" (1881)

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 Ddiodefaint 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 misericordia 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.*

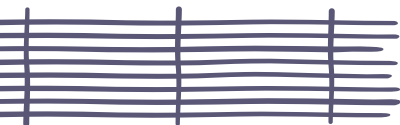
Translation

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.*

Salm | Psalm 117

Hysbys



Astudiaeth nos Fercher y Grawys “Cofia dy gyfamod byth”

Dirnad hynt 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 rhyng-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

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 ddiweddar 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 Fawr

Wrth i ni agosáu at diwedd y Grawys, yn teithio tuag at y Groes a drama'r Dioddefaint a'r Atgyfodiad, plis gwnewch amser i atgoffa'ch hun o ddefodau'r Wythnos Fawr yma yn y Gadeirlan. Bydd ein Cymun 12:30 yn parhau fel arfer rhwng Maw-lau yn ystod yr Wythnos Fawr, ond bydd cyngherddau a gwasanaethau am 6pm bob nos o Sul y Blodau tan Noswyl y Pasg yn lle'r Gosber.

Mae tocynnau ar gael nawr ar gyfer y ddau gyngerdd: O Ddathliad i Ddioddefaint ar Sul y Blodau ac Yr Oedd Gardd ar ddydd Gwener y Groglith. Siôn Aled, Jay Hulme, Helen Wilcox a Kajsa Ahlstrand fydd ein pregethwyr gwadd drwy'r wythnos, gyda Chymun a Bendithiad o ddydd Llun i ddydd Mercher, a Chymun y Swper Olaf gyda Gwylfa Gethsemene i ddilyn ar Ddydd Iau Cablyd.

Bydd Darpar-Esgob Enlli yn arwain Litwrgi'r Dioddefaint ar ddydd Gwener y Groglith, ac ar Noswyl y Pasg bydd yr Archesgob yn arwain ein Gwylnos a Chymun Bendigaid Cyntaf y Pasg am 6pm. Cymerwch gopi o Buchedd Bangor i weld rhaglen lawn o wasanaethau a chyngherddau'r Wythnos Fawr.

Yr wythnos

18 Mawrth | Dygwyl Badrig March | Saint Patrick's Day

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral
Evensong

19 Mawrth | Dygwyl Joseff March | Saint Joseph's Day

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

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

24 Mawrth | Sul y Blodau March | Palm Sunday

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân a
Gorymdaith y Palmwydd

Yr Archesgob yn pregethu

Missa L'hora passa, Viadana; Hosanna
i Fab Dafydd, Victoria; Tocata,
Pasquini

11.00am Choral Holy Eucharist with
the Procession of Palms

The Archbishop preaching

Missa Aedis Christi, Mathias; Lift up
your heads, O ye gates, Mathias;
Prelude from "Suite Médiéval",
Langlais

6.00pm Cyngerdd: O Ddathliad i
Ddioddefaint | Concert: From Palms
to Passion

Cantata "Himmelskönig, sei
willkommen", BWV 182, Bach; Stabat
Mater, P.77, Pergolesi; Leçons de
ténèbres, Charpentier

Tocynnau | Tickets £12/£8/£5

*Nid oes gwasanaeth am 3.30pm ar
Sul y Blodau | There is no service at
3.30pm on Palm Sunday*

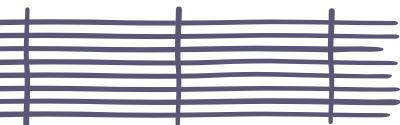
Ein gweddi

Yn glâf James Guy; Callum James;
Aubrey Jones; Gordon Dean; Jan
Roberts; John Parry Jones; Larry
Davies; John Davies; Barbara Watson;
Mariae; Carol Tollett; Penny Jones;
Joy Levine, offeiriad; John Watkin
Jones; Bill Lovelock

A fu farw'n diweddar Steve Sackary;
Phil Acton; Jean Ada; Ron Biggins;
John Pickens; Susan Thompson; Ieuan
Parri; Mike Lorenz; James Whitbourn

Gŵyl goffa Betty Hall (18); Gwyndaf
Booth (23)

Notices



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

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 in the Cathedral, please speak with Aine Guy.

Holy Week

As we approach the end of Lent, journeying towards the Cross and entering into the drama of Christ’s Passion and Resurrection, please take the time to remind yourself of our Holy Week observances here in the Cathedral. Our 12:30 Eucharists will continue as normal from Tuesday–Thursday of Holy Week, but evensongs will be replaced by services and concerts offered at 6.00pm every day from Palm Sunday to Holy Saturday.

Tickets are available now for two concerts: From Palms to Passion on Palm Sunday, and There Was a Garden on Good Friday. Siôn Aled, Jay Hulme, Helen Wilcox and Kajsa Ahlstrand are our guest preachers throughout the week, with Eucharist and Benediction from Monday to Wednesday, and Eucharist of the Last Supper followed by the Watch of Gethsemane on Maundy Thursday.

The Bishop-Nominate of Bardsey will preside at the Liturgy of the Passion on Good Friday, and the Archbishop at our Choral Vigil and First Holy Eucharist of Easter, at 6pm on Holy Saturday. Please take a copy of Buchedd Bangor for a full programme of our Holy Week services and concerts.

This week

18 Mawrth | Dygwyl Badrig March | Saint Patrick's Day

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral
Evensong

19 Mawrth | Dygwyl Joseff March | Saint Joseph's Day

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Missa Aedis Christi, Mathias; Lift up
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Mater, P.77, Pergolesi; Leçons de
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Tocynnau | Tickets £12/£8/£5

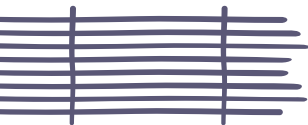
*Nid oes gwasanaeth am 3.30pm ar
Sul y Blodau | There is no service at
3.30pm on Palm Sunday*

Our prayers

The sick James Guy; Callum James;
Aubrey Jones; Gordon Dean; Jan
Roberts; John Parry Jones; Larry
Davies; John Davies; Barbara Watson;
Mariae; Carol Tollett; Penny Jones;
Joy Levine, priest; John Watkin
Jones; Bill Lovelock

The recently departed Steve
Sackary; Phil Acton; Jean Ada;
Ron Biggins; John Pickens; Susan
Thompson; Ieuan Parri; Mike Lorenz;
James Whitbourn

Year's mind Betty Hall (18); Gwyndaf
Booth (23)



Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

Rhif elusen 1158340

Diogelu

Mae diogelu plant ac oedolion sydd mewn perygl yn hanfodol, ac rydym wedi ymrwymo i feithrin amgylchedd lle mae pawb yn gallu addoli a chymryd rhan ym mywyd Cadeirlan Deiniol Sant yn ddiogel. Os oes gennych unrhyw bryderon, codwch nhw ar unwaith gydag aelod o dîm y Gadeirlan.

Hygyrchedd

Mae dolen glyw ar waith – gosodwch gymhorthion clyw i'r lleoliad T.

Mae copiâu print bras o'r llyfryn hwn ar gael gan y stiwardiaid.

Os oes angen waffer heb glwten arnoch (yn cydymffurfio â'r gofyniad canonaidd am 20 rhan o glwten fesul miliwn), rhowch wybod i stiward.

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

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

Cynaliadwyedd a chaniatâd

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

Caiff rhai o'n gwasanaethau'n eu 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 engrafiad o'r Gweddnewidiad gan Albrecht Altdorfer (c.1480-1538).

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Charity number 1158340

Safeguarding

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

Accessibility

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

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

If you have need of a gluten-free wafer (conforming to the canonical requirement for 20 parts gluten per million), please speak to a steward.

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

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

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

Some of our services are streamed on Facebook from a camera at the east end of the Nave facing east, and the recording made available thereafter on the Cathedral's Facebook page. An official photographer may be on duty. Your attendance constitutes your consent to be included in any filming, photographing, audio recording or broadcast. If you do not wish a photograph of you or a child in your care to be used by the Cathedral, please speak to a member of the Cathedral team.

Material in this order of service is reproduced under the CLL 280874. **An Order for the Holy Eucharist 2004**, material from which is included in this service is copyright © Church in Wales Publications 2004. The Lessons and Welsh-language psalmody are based on **The New Revised Standard Version of the Bible and Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**. The Welsh-language psalmody refrain is from Nicander, **Y Psallwyr** (1850); the English-language psalmody is that of **The Saint Helena Breviary** (2019).

Cover image

The cover image is a detail of an engraving of the Transfiguration by Albrecht Altdorfer (c.1480-1538).