

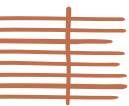


**Cymun Bendigaid ar Gân y Swper Olaf
â Golchi'r Traed, Gwylfa Gethsemane,
a Chwmplyn y Dioddefaint**

28 Mawrth 2024 am 6.00pm

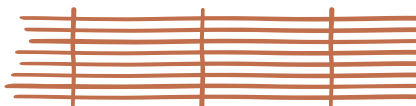
**Choral Holy Eucharist of the Last Supper
with the Washing of Feet, the Watch
of Gethsemane, and Compline of the Passion**

28 March 2024 at 6.00pm



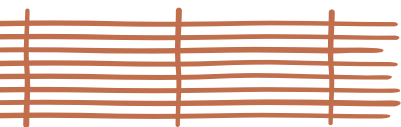
**Cadeirlan
Deiniol Sant
ym Mangor**

**Saint Deiniol's
Cathedral
in Bangor**



*Croeso i
Gadeirlan
Deiniol Sant
ym Mangor.*

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



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

Yma, yn y flwyddyn
525, bu iddo gynnull o'i
gwmpas gymuned lawn
ffydd, gobaith a chariad,
gan godi o'i chwmpas
ffens gyll—y **bangor**
gwreiddiol—iddi'n gysgod
ac yn noddfa.

Ein gweddi yw y cewch
chwithau, hefyd, eich
cofleidio yma gan yr un
ffydd, gobaith a chariad
a gyhoeddir gennym
heddiw ac sy'n ein
cyfareddu o hyd.

You stand now where
Deiniol stood almost a
millennium and a half ago.

Here, in the year 525, he
gathered around him a
community of faith, hope
and love, and raised
around it a hazel fence—
the original **bangor**—for
shelter and sanctuary.

Our prayer is that you,
too, will be embraced
here by the same faith,
hope and love that we
proclaim and live by
today.

Heno...

Am bron i ddeugain niwrnod yr ydym wedi cadw ympryd y Grawys fel cyfnod o edifeirwch a pharatoad ar gyfer awr o ogoniant ein Hiachawdwr Iesu Grist, pan y byddwn, gydag ef, yn cyfodi o farwolaeth i fywyd. Dros y Tridiau Sanctaidd rydym yn cwblhau'r daith – i'r Oruwch Ystafell, Gardd Gethsemane, Calfaria, a'r Beddrod.

Heno, dathlwn y Cymun, pan adgofiwn am Grist yn sefydlu'r Cymun yn y Swper Olaf, a'i olchiad o draed y disgyblion. Yn ganolog yn y Cymun byddwn yn cwrdd â Christ mewn bara a gwin, ei Gorff a'i Waed ef gyda ni. Byddwn 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.

Ar ddiwedd y Cymun, dygir peth o'r Corff Sagrfaennol i Fwrdd Allor Bwrw'r Blinder, fel y dygodd Crist ei hun i Gethsemane. Wrth Fwrdd Allor Bwrw'r Blinder, gwyliwn a gweddiwn, fel y gwnaeth yntau.

Ar ddiwedd yr Wylaf, rydyn ni'n cynnig Cwmplyn y Dioddefaint, ar awr arestio Crist, ac mae ein trem yn nawr yn troi at Galfaria a'r Groes. Mae i oedfa'r Cwmplyn, neu Weddi'r Nos, wreiddiau dwfn. Mae'n waddol o fuchedd gweddi'r mynachlogydd Benedictaidd, lle roedd treigl oriau'r dydd yn esgor ar weddi ar y cyd. Yn ein Cwmplyn, byddwn yn gwrando ar lithoedd o'r Beibl, ac yn canu cân o'r Efengyl yn ôl Sant Luc – y *Nunc dimittis* (cân am ein cyflawniad yng ngoleuni oesol Crist). Mae gweddi ar gân ac ar goedd yn ein dwyn, galon a meddwl, tuag at Dduw.

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, gobaieth a chariad yma i bawb.

Tonight...

For nearly forty days we have kept the Lenten fast as a period of penitence and preparation for our Saviour Christ's hour of glory in which, with him, we pass from death to life. Over the Sacred Triduum we complete the journey – to the Upper Room, the Garden of Gethsemane, Calvary, at the Tomb.

This evening, we celebrate the Eucharist, during which we recall Christ's institution of the Eucharist at the Last Supper, and his washing of the disciples' feet. Centrally at the Eucharist we will meet Christ in bread and wine, which become for us his Body and his Blood. 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.

At the end of the Eucharist, some of the Sacramental Body is taken to the Altar-Table of Repose, as Christ himself took himself to Gethsemane. At the Altar-Table of Repose, we keep watch and pray, as Christ himself did.

At the end of the Watch, we offer the service the Compline of the Passion at the hour of Christ's arrest, and our gaze now turns to Calvary and the Cross. The service of Compline, or Night Prayer, 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. At Compline, we listen to a lesson from the Bible, and sing a song from the Gospel according to Saint Luke – the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung and spoken prayer draw us, heart and mind, to God.

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.

Addoli gyda ni heddiw

Mae'r llyfryn hwn yn cynnwys popeth a ddywedir ac a genir yn ystod ein haddoliad heddiw. Fe'ch gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfyrto 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 llur' 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**. Darperir cyfieithiadau o ieithoedd tramor. Mae croeso ichi wneud arwydd o'r Groes pan fydd y geiriau wedi'u marcio ag ✠. Cynigir cyfarwyddiadau eraill (rhuddellau) **mewn teip coch neu wyrdd**; os ydych chi'n ei chael hi'n fwy cyfforddus, eisteddwch yn hytrach na sefyll neu benlinio.

Hygyrchedd

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

Mae copïau 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.

Worshipping with us today

This booklet contains everything said and sung during our worship today. 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**. Translations into English are provided from Welsh and other languages. We may make a sign of the Cross at times when the words are marked with ✠. Other directions (rubrics) are offered **in red or green type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

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.

O'r Ddarllenfa a Buchedd Bangor

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 newydd, gan gynnig cymysgedd o ddefnydd ysbrydol a gwybodaeth ymarferol am ein bywyd ar y cyd. Mynnwch gopi heddiw, neu ddilynwch y cod QR i ddarllen arlein.

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, sganwch y cod QR isod.

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 i gasglu 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.

Buchedd Bangor



O'r Ddarllenfa From the Lectern



From the Lectern & Buchedd Bangor

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 new 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.

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 below.

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.

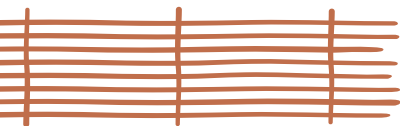
4 To set up a monthly Direct Debit donation, with the option to add Gift Aid, search online for "Church in Wales Gift Direct" and select "Bro Deiniol" under "Beneficiary".

By making a donation, you'll be helping us to continue our essential work.

Cefnogaeth Support



Y Cymun *The Eucharist*



Wedi'r hysbysiadau, codwn ar ein traed ar ganiad y gloch

After the notices, we stand as the bell is rung



Cynnull *Gathering*

Eryn Hymn



This is the night, dear friends, the night for weeping,
when powers of darkness overcome the day,
the night the faithful mourn the weight of evil
whereby our sins the Son of Man betray.

This night the traitor, wolf within the sheepfold,
betrays himself into his victim's will,
the Lamb of God for sacrifice preparing:
sin brings about the cure for sin's own ill.

Hon yw y nos sefydla Crist ei Swper
a gwyrth y bwyd a'r ddiod sy'n iacháu,
y nos pan sleifia'r bradwr i'r tywyllwch
â'i gennad ar draddodi'r gwir i'r gau.

A heno gwerthir Iesu'r diniweitiaf
i'r dorf ysgeler am ryw gildwrn rhad;
ond try y fargen front yn iachawdwriaeth,
yn drysor gras, tragwyddol ei barhad.

O make us sharers, Saviour, of your Passion,
that we may share your glory that shall be;
let us pass through these three dark nights of sorrow
to Easter's laughter and its liberty.

Translation

This night Christ institutes his holy Supper, blest food and drink for heart and soul and mind; this night injustice joins its hands to treason's, and buys for death the price of humankind. ☩ This night the Lord by slaves shall be arrested, he who destroys our slavery to sin; accused of crime, to criminals be given, that judgement on the righteous judge begin.

Geiriau | Words

Peter Abélard (c.1079-1142)

Cyfieithiad | Translation

Richard Sturch; Siôn Aled

Cerddoriaeth | Music | "Highwood"

Richard Runciman Terry (1865-1938)

Parhawn ar ein traed tan ddiwedd y Weddi Gasgl

We remain standing until after the Collect

Cyfarchiad **Greeting**

✠ 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.

Translation

✠ *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.*

“We should glory in the Cross of Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.”

Gloria in Excelsis Deo

Gloria in excelsis Deo. Et in terra pax hominibus bonae voluntatis. Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam, Domine Deus, Rex caelestis, Deus Pater omnipotens. Domine Fili unigenite, Iesu Christe, Domine Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi, miserere nobis; qui tollis peccata mundi, suscipe deprecationem nostram. Qui sedes ad dexteram Patris, miserere nobis. Quoniam tu solus Sanctus, tu solus Dominus, tu solus Altissimus, Iesu Christe, cum Sancto Spiritu: in gloria Dei Patris. Amen.

Cyfieithiad

Gogoniant yn y goruchaf i Dduw. Ac ar y ddaear tangnefedd i'r rhai sydd wrth ei fodd. Moliannwn di, bendithiwn di, addolwn di, gogoneddwn di, diolchwn i ti am dy fawr ogoniant. Arglwydd Dduw, Frenin nefol, Dduw Dad Hollalluog. O Arglwydd, yr Unig Fab, Iesu Grist; O Arglwydd Dduw, Oen Duw, Fab y Tad, sy'n dwyn ymaith bechod y byd, trugarha wrthym; tydi sy'n eistedd ar ddeheulaw Duw Dad, derbyn ein gweddi. Oherwydd ti yn unig sy'n Sanctaidd; ti yn unig yw'r Arglwydd; ti yn unig, O Grist, gyda'r Ysbryd Glân, sydd Oruchaf yng ngogoniant Duw Dad. Amen.

Translation

Glory to God in the highest. And peace to his people on earth. Lord God, heavenly King, Almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Cerddoriaeth | Music

Offeren yn G leiaf | Mass in G minor,
Ralph Vaughan Williams (1872-1958)

Codwn ar ein traed

We stand

Gweddi Gasgl Collect

Gweddiwn.

Fendigaid Grist, 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; trwy'r un Iesu Grist ein Gwardwr.

Amen.

Translation

Let us pray. Blessed Christ, who in a wonderful Sacrament hast left us a memorial of thy Passion: grant us, we beseech thee, so to venerate the sacred mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy redemption; through the same Jesus Christ our Saviour. Amen.

Eisteddwn

We sit

Gair Word

Darllenid Reading

A reading from the First Letter of Saint Paul to the Corinthians.

Deary beloved: I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without discerning the body, eat and drink judgement against themselves.

This is the Word of the Lord.

Thanks be to God.

1 Corinthiaid | Corinthians 11:23-29

Salmyddiaeth Psalmody

O God, you are my shepherd; I shall not be in want.

You make me lie down in green pastures and lead me beside still waters.

You revive my soul and guide me along right pathways for the sake of your Name.

Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with

me; your rod and your staff, they comfort me.

You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over.

Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of God for ever.

Salm | Psalm 23

Cerddoriaeth | Music

Tôn VIII, terfyniad cyntaf | Tone VIII, first ending

Codwn ar ein traed, gan droi i wynebu Llyfr yr Efengylau yng Nghorff yr Eglwys
We stand, turing to face the Book of the Gospels in the Nave

Cerdd Poem

Tidal

R. S. Thomas (1913-2000)

The waves run up the shore
and fall back. I run
up the approaches of God
and fall back. The breakers return
reaching a little further,
gnawing away at the main land.
They have done this thousands
of years, exposing little by little
the rock under the soil's face.
I must imitate them only
in my return to the assault,
not in their violence. Dashing
my prayers at him will achieve
little other than the exposure
of the rock under his surface.
My returns must be made
on my knees. Let despair be known
as my ebb-tide; but let prayer
have its springs, too, brimming,
disarming him; discovering somewhere
among his fissures deposits of mercy
where trust may take root and grow.

Collected Later Poems: 1988-2000 (Bloodaxe Books, 2004)



Y Mawl i ti O Grist, Brenin gogoniant bythol. **R** Mawl i ti O Grist, Brenin gogoniant bythol. Y Bob tro y byddwch yn bwyta'r bara hwn ac yn yfed y cwpan hwn, yr ydych yn cyhoeddi marwolaeth y Sanct Duw, hyd nes y daw. **R** Mawl i ti O Grist, Brenin gogoniant bythol. Y Yr wyf yn rhoi i chwi orchymyn newydd: carwch eich gilydd fel y carais i chwi. **R** Mawl i ti O Grist, Brenin gogoniant bythol.

Yr Arglwydd a fo gyda chwi.

A hefyd gyda thi.

Gwrandewch Efengyl Grist yn ôl ✠ Sant Ioan.

Gogoniant i ti, O Arglwydd.

Bryd hynny: Ar drothwy gŵyl y Pasg, yr oedd Iesu'n gwybod fod ei awr wedi dod, iddo ymadael â'r byd hwn a mynd at y Tad. Yr oedd wedi caru'r rhai oedd yn eiddo iddo yn y byd, ac fe'u carodd hyd yr eithaf. Yn ystod swper, pan oedd y diafol eisoes wedi gosod yng nghalon Jwdas fab Simon Iscariot y bwriad i'w fradychu ef, dyma Iesu, ac yntau'n gwybod bod y Tad wedi rhoi pob peth yn ei ddwylo ef, a'i fod wedi dod oddi wrth Dduw a'i fod yn mynd at Dduw, yn codi o'r swper ac yn rhoi ei wisg o'r neilltu, yn cymryd tywel ac yn ei glymu am ei ganol. Yna tywalltodd ddwr i'r badell, a dechreuodd olchi traed y disgyblion, a'u sychu â'r tywel oedd am ei ganol. Daeth at Simon Pedr yn ei dro, ac meddai ef wrtho, "A wyt ti am olchi fy nhraed i?" Atebodd Iesu ef: "Ni wyddost ti ar hyn o bryd beth yr wyf fi am ei wneud, ond fe ddoi i wybod ar ôl hyn." Meddai Pedr wrtho, "Ni chei di olchi fy nhraed i byth." Atebodd Iesu ef, "Os na chaf dy olchi di, nid oes lle iti gyda mi." Meddai Simon Pedr wrtho, "Nid fy nhraed yn unig, ond golch fy nwylo a'm pen hefyd." Dywedodd Iesu wrtho, "Y mae'r sawl sydd wedi ymolchi drosto yn lân i gyd, ac nid oes arno angen golchi dim ond ei draed. Ac yr ydych chi yn lân, ond nid pawb ohonoch." Oherwydd gwyddai pwy oedd am ei fradychu. Dyna pam y dywedodd, "Nid yw pawb ohonoch yn lân." Wedi iddo olchi eu traed, ac ymwisgo a chymryd ei le unwaith eto, gofynnodd iddynt, "A ydych yn deall beth yr wyf wedi ei wneud i chwi? Yr ydych chiwi'n fy ngalw i yn 'Athro' ac yn 'Feistr', a hynny'n gwbl briodol, oherwydd dyna wyf fi. Os wyf fi, felly, a minnau'n Fesitr

ac yn Athro, wedi golchi eich traed chwi, fe ddylech chwithau hefyd olchi traed eich gilydd. Yr wyf wedi rhoi esiampl i chwi; yr ydych chwithau i wneud fel yr wyf fi wedi ei wneud i chwi.”

Dyma Efengyl yr Arglwydd.

Moliant i ti, O Grist.

Translation

✠ Praise to you, O Christ, King of eternal glory.

✠ Praise to you, O Christ, King of eternal glory.

✠ As often as you eat this bread and drink the cup, you proclaim the Holy One of God's death until he comes. ✠ Praise to you, O Christ, King of eternal glory. ✠ I give you a new commandment: that you love one another, just as I have loved you. ✠ Praise to you, O Christ, King of eternal glory. ☩ The Lord be with you. And also with you. Listen to the Holy Gospel according to ✠ Saint John. Glory to you, O Christ. ☩ At that time: Before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean." After

he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me 'Teacher' and 'Master' – and you are right, for that is what I am. So if I, your Master and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you." ¶ This is the Gospel of the Lord. Praise to you, O Christ.

Ioan | John 13:1-15

Eisteddwn ar gychwyn y bregeth

We sit at the start of the sermon

Pregeth Sermon

Yr Athro | Prof. Kajsa Ahlstrand

Athro yn yr Adran Diwinyddiaeth, Hanes Crefyddau a Christnogaeth y Byd ym Mhrifysgol Uppsala, Sweden | Professor in the Department of Theology, History of Religions & World Christianity at Uppsala University, Sweden

Ar derfyn y bregeth, daw deuddeg i'w seddi ger Fwrdd y Allor

At the end of the sermon, twelve come to their seats by the Altar-Table

Golchi'r Traed The Washing of Feet

Ubi caritas et amor, Deus ibi est. Congregavit nos in unum Christi amor. Exsulemus, et in ipso jucundemur. Timeamus, et amemus Deum vivum. Et ex corde diligamus nos sincero.

Cyfieithiad

*Lle mae cardod a chariad, y mae Duw.
Ymgynullwn ynghyd yng nghariad Crist.
Llawenychwn a llawenychwn ynddo. Ofnwn a charwn y Duw byw. Ac o'r galon diffuant, carwn ni.*

Translation

Where charity and love are, God is there. The love of Christ has gathered us into one. Let us exult, and in him be joyful. Let us fear and let us love the living God. And from a sincere heart let us love one another.

Geiriau | Words

Paulinus II of Aquileia (c.726-c.803)

Cerddoriaeth | Music

Paul Mealor

Arglwydd Iesu Grist, dysgaist ni fod yr hyn a wnawn er y lleiaf o'th anwyliaid hefyd wedi ei wneuthur drosot ti: dyro inni'r ewylllys i fod yn weision i eraill fel yr oedditi yn was i bawb, ac a roddaist dy einioes a marw drosom ni, ond a gyfodaist a sydd yn awr yn fyw byth bythoedd.

Amen.

Translation

Lord Jesus Christ, you have taught us that what we do for the least of your beloved we do also for you: give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but are alive and live, now and for ever. Amen.

Ymbiliau **Intercessions**

Father, on this, the night he was betrayed, your Son Jesus Christ washed his disciples' feet. We commit ourselves to follow his example of love and service.

✠ God in your mercy,
✠ **Hear our prayer.**

On this night, he prayed for his disciples to be one. We pray for the unity of your Church.

✠ God in your mercy,
✠ **Hear our prayer.**

On this night, he commanded his disciples to love, but suffered betrayal himself. We pray for the rejected and unloved.

✠ God in your mercy,
✠ **Hear our prayer.**

On this night, he began to walk the way of bitter Passion. We pray for all who are in need or pain.

✠ God in your mercy,
✠ **Hear our prayer.**

On this night, he accepted the cup of death and looked forward to the new wine of God's eternity. We remember those who have died in the peace of Christ.

Y Rest eternal grant unto them, O God.

R And let light perpetual shine upon them.

Y ✕ May they rest in peace.

R And rise in glory.

R Merciful Father,

Y Accept these prayers for the sake of your Son,
our Saviour Jesus Christ.

Amen.

Codwn ar ein traed

We stand

Cymun *Sacrament*

Emyn *Hymn*



Frawd a chwaer, gad imi weini
arnat, dangos Crist i ti;
boed im gael y gras i dderbyn
Crist yn dy gymwynas di.

Pererinion ar y siwrnai
ydym, teithiwn fraich ym mraich
hyd y ffordd, yn gefn i'n gilydd,
cerddwn 'mlaen a rhannu'r baich.

I will hold the Christ-light for you
in the night-time of your fear;
I will hold my hand out to you,
speak the peace you long to hear.

**I will weep when you are weeping;
when you laugh I'll laugh with you;
I will share your joy and sorrow
till we've seen this journey through.**

**When we sing to God in heaven
we shall find such harmony,
born of all we've known together
of Christ's love and agony.**

**Brother, sister let me serve you.
Let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.**

Translation

Brother, sister, let me serve you, let me be as Christ to you; pray that I may have the grace to let you be my servant too. ¶ We are pilgrims on a journey, and companions on the road; we are here to help each other walk the mile and bear the load.

Geiriau | Words

Richard Gillard

Cyfieithiad | Translation

Annes Glyn

Cerddoriaeth | Music | "The Servant Song"

Richard Gillard

Parhawn ar ein traed tan y rhannwn y Tangnefedd

We remain standing until we share the Peace

Offrwm Offertory

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Gweddï Ewcharistaidd **Eucharistic Prayer**

The Lord be with you.

And also with you.

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 this night your Son knelt before his disciples and washed their feet. He had loved them to the end and now he gave them a new commandment, to love one another. He knew that his hour had come, and he gave them this supper to be a memorial of his passion, that as we take and eat these holy gifts and feed on his body and blood, we proclaim his death, and grow in strength to follow his example and obey his command until that day when we come to feast in his kingdom.

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:

Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth. Pleni sunt caeli et terra gloria tua. Hosanna in excelsis.

✠ Benedictus qui venit in nomine Domini. Hosanna in excelsis.

Cyfieithiad

Sanctaidd, sanctaidd, sanctaidd Arglwydd, Duw gallu a nerth, nef a daear sy'n llawn o'rh ogoniant. Hosanna yn y goruchaf. ✠ Bendigedig yw'r hwn sy'n dyfod yn enw'r Arglwydd. Hosanna yn y goruchaf.

Translation

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.

Cerddoriaeth | Music

Offeren yn G leiaf | Mass in G minor,
Ralph Vaughan Williams (1872-1958)

Parhawn ar ein traed

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 câ'r byd ei achub, a'i atgyfodi oddi wrth y meirw fel y bo i ni fyw ynddo ef, ac yntau ynom ninnau.

Translation

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.

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, deugn â'r bara hwn a'r cwpan hwn i ti. Derbyn ein haberth o ddiolch a moliant.

Translation

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.**

Parhawn ar ein traed

We remain standing

Gweddi'r Arglwydd Lord's Prayer

Fel y dysgodd ein Hiachawdwr ni, gweddiwn yn hyderus. As our Saviour taught us, each in our own language, we boldly pray:

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.**

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.

Tangnefedd **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.

Rhannwn arwydd o Dangnefedd; yna penliniwn neu eisteddwn

We share a sign of Peace; then we sit or kneel

Torri **Breaking**

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.

Translation

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.

Cerddoriaeth | Music

Offeren yn G leiaf | Mass in G minor,

Ralph Vaughan Williams (1872-1958)

Cymuno Communion

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

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

Translation

✠ *Jesus is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper. ☩ Lord, I am not worthy to receive you, but only say the word and I shall be healed.*

Deuwn i Gymuno, gan ddilyn cyfarwyddyd y Stiwardiaid, o'r Afrlladen Sagrafennol ac, os y dymunwn, o'r Gwerthfawr Waed

We make our Communion, following the directions of the Stewards, receiving the Sacramental Host and, if we wish, the Precious Blood

Motét Motet

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 orohian 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

Tomos o Acwin | 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

Maurice Duruflé (1902-1986)

Ar ôl i bawb Gymuno, safwn ar drawiad y Rhuglen

After all have made their Communion, we stand as the Crotalus is sounded

Procession of the Blessed Sacrament *Gorymdaith y Sagrafen Fendigaid*

Dilynwn y Gweinidogion a'r Côr i'r Cwîr a'r Seintwar

We follow the Ministers and Choir to the Quire and Presbytery

Of the glorious body telling,
O my tongue, its mysteries sing,
and the blood, all price excelling,
which the world's eternal King,
in a spotless womb once dwelling,
shed for this world's ransoming.

Cân, fy nhafod, fawl y Ceidwad,
dirgel rym ei gnawd a'i nerth;
am y dwyfol waed a roddes
nad oes brisio ar ei werth;
ffrwyth dihalog fru, i brynu
byd o afael pechod certh.

Given for us, for us descending,
of a virgin to proceed,
man with man in converse blending,
scattered he the gospel seed,
till his sojourn drew to ending,
which he closed in wondrous deed.

Ef o bur, ddihalog Forwyn
ganed yma i'n rhyddhau;
megis dyn â dyn llefarai,
had gwirionedd, bu'n ei hau;
yna'n rhyfedd, gwae ei yrfa,
dwys fu modd ei gwblhau.

At the last great supper lying
circled by his chosen band,
duly with the law complying,
first he finished his command,
then, immortal food supplying,
gave himself by his own hand.

Hwyr y Swper Olaf hwnnw
gyda'i ddewis rai'n gytûn,
Oen y Pasg y bu'n ei fwyta

fel y cadwai'r ddeddf yn un;
yna'n fwyd i'w apostolion
ef a'i rhoddes ef ei hun.

Word-made-flesh, by word he maketh
bread his very flesh to be;
man in wine Christ's blood partaketh:
and if senses fail to see,
faith alone the true heart waketh
to behold the mystery.

Gair yn gnawd, anianol fara
gyda'i air yn gnawd a drydd;
troi y win yn waed yr Arglwydd –
beth os uwch na synnwyr fydd?
i oleuo'r galon gywir
gorau lamp yw golau ffydd.

Parhawn ar ein traed

We remain standing

Wrth Fwrdd Allor Bwrw'r Blinder At the Altar-Table of Repose

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

Tomos o Acwin | Thomas Aquinas (1227-1274)

Cyfieithiad | Translation

Thomas Gwynn Jones (1871-1949),

John Mason Neale (1818-1866)

Cerddoriaeth | Music

Modd III | Mode III

Penliniwn (neu eisteddwn) ar drawiad y Rhuglen

We kneel (or sit) as the Crotalus is sounded

Cedwir Gwyfya ger Fwrdd Allor Bwrw'r Blinder tan 10.00pm; mae croeso i unrhywun aros, ac i fynd a dod yn ystod y Wylfa

A Watch is kept at the Altar of Repose until 10.00pm; all are welcome to stay, and to come and go during the evening

Os na chadwn yr Wylfa, ymadawn mewn tawelwch

If not keeping Watch, we leave in silence

Dinoethir Byrddau'r Allor yn syth, ac eithrio Bwrdd Allor Bwrw'r Blinder

The Altar-Tables are stripped immediately, excepting the Altar-Table of Repose

Dinoethi Byrddau'r Allor **The Stripping of the Altar-Tables**

My God, my God, why have you forsaken me, and are so far from my cry

and from the words of my distress?

O my God, I cry in the daytime, but you do not answer; by night as well, but I find no rest.

Yet you are the Holy One, enthroned upon the praises of Israel.

Our forebears put their trust in you; they trusted, and you delivered them.

They cried out to you and were delivered; they trusted in you and were not put to shame.

But as for me, I am a worm, and less than human, scorned by all and despised by the people.

All who see me laugh me to scorn; they curl their lips and wag their heads, saying,

"You trusted in God for deliverance; let God rescue you, if God delights in you."

Yet you, O God, are the one who took me out of the womb and kept me safe upon my mother's breast.

I have been entrusted to you ever since I was born; you were my God when I was still in my mother's womb.

Be not far from me, for trouble is near, and there is none to help.

Many young bulls encircle me; strong bulls of Bashan surround me.

They open wide their jaws at me, like a ravening and a roaring lion.

I am poured out like water; all my bones are out of joint; my heart within my breast is melting wax.

My mouth is dried out like a pot-sherd; my tongue sticks to the roof of my mouth, and you have laid me in the dust of the grave.

Packs of dogs close me in, and gangs of evildoers circle around me; they pierce my hands and my feet; I can count all my bones.

They stare and gloat over me; they divide my garments among them; they cast lots for my clothing.

Be not far away, O God; you are my strength; hasten to help me.

Save me from the sword, my life from the power of the dog.

Save me from the lion's mouth, my wretched body from the horns of wild bulls.

I will declare your Name to my people; in the midst of the congregation I will praise you.

May all who fear you, O God, give praise; may the offspring of Israel stand in awe, and all of Jacob's line give glory.

For you do not despise nor abhor the poor in their poverty, neither do you hide your face from them, but when they cry to you, you hear them.

My praise is of you in the great assembly; I will perform my vows in the presence of those who worship you.

The poor shall eat and be satisfied, and those who seek you shall praise you: "May your heart live for ever!"

All the ends of the earth shall remember and turn to you, and all the families of the nations shall bow before you.

For yours is the royal power, O God; you rule over the nations.

To you alone all who sleep in the earth bow down in worship; all who go down to the dust fall before you.

My soul shall live for you; my descendants shall serve you; they shall be known as yours for ever.

They shall come and make known to a people yet unborn the saving deeds that you have done.

Salm | Psalm 22

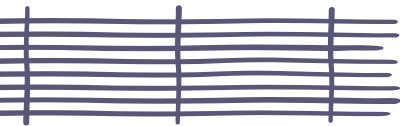
Cerddoriaeth | Music

Tôn II, terfyniad cyntaf | Tone II, first ending



Gwylfa Gethsemane

The Watch of Gethsemane



Wrth Fwrdd Allor Bwrw'r Blinder, tan 10.00pm
At the Altar-Table of Repose, until 10.00pm

Y Gwardwr The Saviour

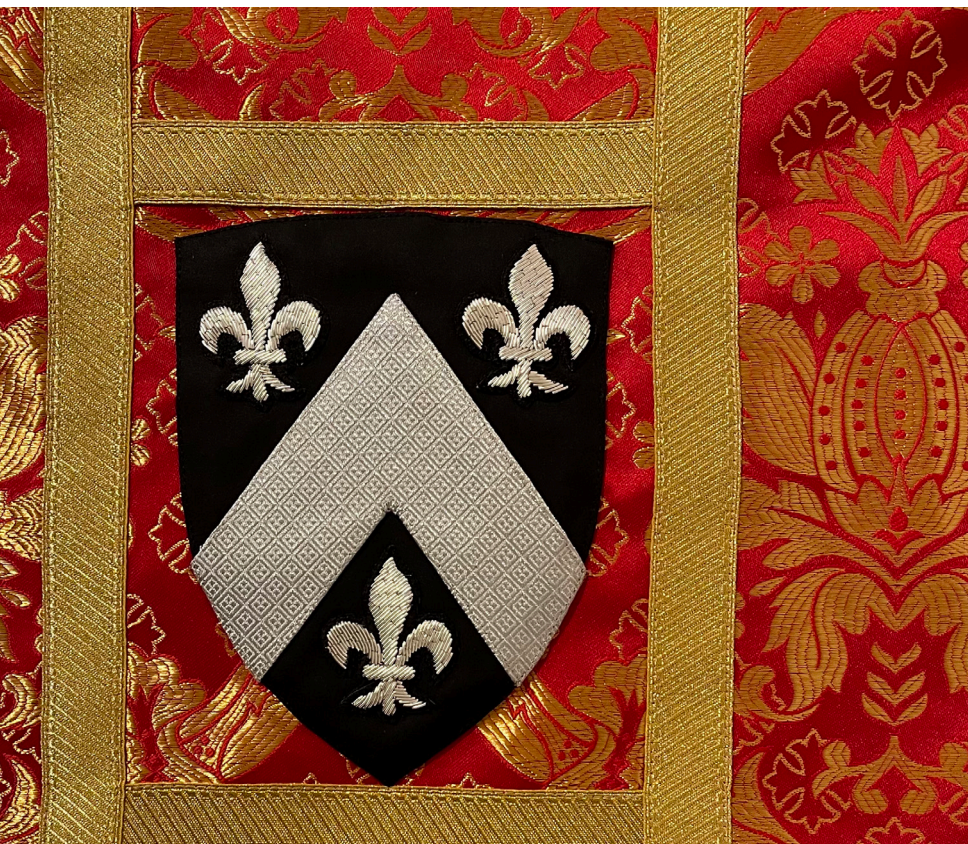
Ti wylit gynt groth y cyntefig dân
A gwewyr esgor niwl a tharth a nwy,
A chlywaist grio'r bydoedd mawr a mân
Wrth dorri'r llinyn byw a'u clymai hwy:
Ti roddaist ddyn yn stiward ar Dy stad,
Ond mynnodd iddo'i hun y cwbl o'r elw,
Bwriodd yr Ustus Angau ef a'i had
I gelloedd cosb ei hen garchardy gwelw.
Disgynnaist oddi fry o dŷ Dy Dad
A mynd drwy'n byd yng ngharafán y cnawd,
Heb le i orffwys, gan ustusiaid gwlad,
Ond cyrrau garw y comin ar Dy rawd;
Ar bren tu faes i'r dref, wrth hongian Duw,
Drylliwyd y carchar haearn dan yr yw.

In days gone by you gazed upon the womb of the primeval fire
And the labour pains of mist and vapour and gas,
And heard the cry of the great and little worlds
As the living cord that held them was cut:
You put man as a steward over your estate,
But he took for himself all the profit,
The Magistrate Death cast him and his seed
Into the punishment cells of his old pale prison.
You descended from above from your Father's House
And went through the world in the caravan of the flesh,
Without a resting place, from the country's magistrates,
But the rough margins of the moor on your course;
On a tree outside the town, as God was hung,
The iron prison under the yew trees was shattered.

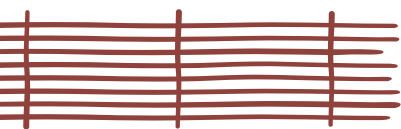
Gwenallt (David James Jones; 1899-1968)

Cyfieithiad | Translation

Cynthia Davies a | and Saunders Davies (1937-2018)



Cwmplin y Dioddefaint
Compline of the Passion



Yn y Cwîr a'r Seintwar, am 10.00pm
In the Quire and the Presbytery, at 10.00pm



Paratoad Preparation

Cyffes **Confession**

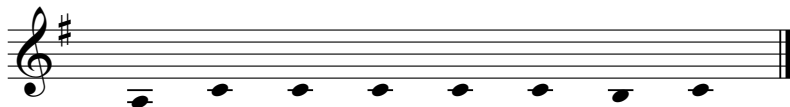
✠ May God almighty grant us a quiet night and a perfect end.
Amen.

Most merciful God,
We confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word, and deed,
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit,
and raise us to new life in Christ.
Amen.

May almighty and merciful God grant unto us pardon and remission of all our sins, time for amendment of life, and the grace and comfort of the Holy Spirit.
Amen.

Deisyfiadau **Preces**

∇ ✕ O lôr, rho i'n gwefus gân.



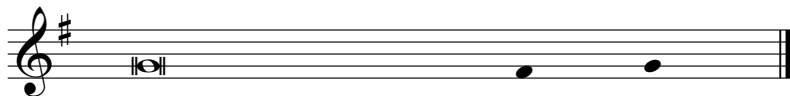
℞ **Aed yn bêr hyd y nef ein mawl.**

∇ ✕ O Dduw, cofleidia'n hadfyd.



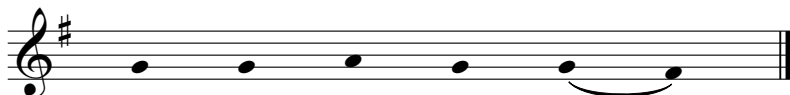
℞ **O Grist, dy ras yw'n golud.**

∇ 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.



℞ **Addolwn ein Duw.**

Translation

∇ ✕ O Lord, open thou our lips. ℞ And our mouth shall shew forth thy praise. ∇ ✕ O God, make speed to save us. ℞ O Lord, make haste to help us. ∇ 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. ∇ Praise ye the Lord. ℞ The Lord's name be praised.

Gair Word

Salmyddiaeth Psalmody

Have mercy on me, O God, for my enemies are hounding me; all day long they assault and oppress me.

They hound me all the day long; truly there are many who fight against me, O Most High.

Whenever I am afraid, I will put my trust in you.

In God, whose word I praise, in God I trust and will not be afraid, for what can flesh do to me?

All day long they damage my cause; their only thought is to do me evil.

They band together; they lie in wait; they spy upon my footsteps, because they seek my life.

Shall they escape despite their wickedness? O God, in your anger, cast down the peoples.

You have noted my lamentation; put my tears into your bottle; are they not recorded in your book?

Whenever I call upon you, my enemies will be put to flight; this I know, for God is on my side.

In God, whose word I praise, in God I trust and will not be afraid, for what can mortals do to me?

I am bound by the vow I made to you, O God; I will present to you thank-offerings;

For you have rescued my soul from death and my feet from stumbling, that I may walk before you in the light of the living.

Salm | Psalm 56

Cerddoriaeth | Music

Tôn I, ail derfyniad | Tone I, second ending

Yma y mae yn dechrau deuddegfed adnod ar hugain pedwaredd pennod ar ddeg yr Efengyl yn ôl Sant Marc.

Bryd hynny: Daethant i le o'r enw Gethsemane, ac meddai ef wrth ei ddisgyblion, "Eisteddwch yma tra byddaf yn gweddïo." Ac fe gymerodd gydag ef Pedr ac Iago ac Ioan, a dechreuodd deimlo arswyd a thralod dwys, ac meddai wrthynt, "Y mae f'enaid yn drist iawn hyd at farw. Arhoswch yma a gwyliwch." Aeth ymlaen ychydig, a syrthiodd ar y ddaear a gweddïo ar i'r awr, petai'n bosibl, fynd heibio iddo. "Abba! Dad!" meddai, "y mae pob peth yn bosibl i ti. Cymer y cwpan hwn oddi wrthyf. Eithr nid yr hyn a fynnaf fi, ond yr hyn a fynni di." Daeth yn ôl a'u cael hwy'n cysgu, ac meddai wrth Pedr, "Simon, ai cysgu yr wyt ti? Oni ellaist wylïo am un awr? Gwyliwch, a gweddïwch na ddewch i gael eich profi. Y mae'r ysbryd yn barod ond y cnawd yn wan." Aeth ymaith drachefn a gweddïo, gan lefaru'r un geiriau. A phan ddaeth yn ôl fe'u cafodd hwy'n cysgu eto, oherwydd yr oedd eu llygaid yn drwm; ac ni wyddent beth i'w ddweud wrtho. Daeth y drydedd waith, a dweud wrthynt, "A ydych yn dal i gysgu a gorffwys? Dyna ddigon. Daeth yr awr; dyma Fab y Dyn yn cael ei fradychu i ddwylo pechaduriaid. Codwch ac awn. Dyma fy mradychwr yn agosáu." Ac yna, tra oedd yn dal i siarad, dyma Jwdas, un o'r Deuddeg, yn cyrraedd, a chydag ef dyrfa yn dwyn cleddyfau a phastynau, wedi eu hanfon gan y prif offeiriaid a'r ysgrifenyddion a'r henuriaid. Yr oedd ei fradychwr wedi rhoi arwydd iddynt gan ddweud, "Yr un a gusanaf yw'r dyn; daliwch ef a mynd ag ef ymaith yn ddiogel." Ac yn union wedi cyrraedd, aeth ato ef a dweud, "Rabbi," a chusanodd ef. Rhoesant hwythau eu dwylo arno a'i ddal. Tynnodd rhywun o blith y rhai oedd yn sefyll gerllaw gleddyf, a thrawodd was yr archoffeiriad a thorri ei glust i ffwrdd. A dywedodd Iesu wrthynt, "Ai fel at leidr, â chleddyfau a phastynau, y daethoch allan i'm dal i? Yr oeddwn gyda chwi beunydd, yn dysgu yn y deml, ac ni ddaliasoch fi. Ond cyflawner yr Ysgrythurau." A gadawodd y disgyblion ef bob un, a ffoi. Ac yr oedd rhyw lanc yn ei ganlyn ef, yn gwisgo darn o liain dros ei gorff noeth. Cydiasant ynddo ef, ond dihangodd, gan adael y lliain a ffoi'n noeth.

Diolch a fo i Dduw.

Translation

At that time: They went to a place called Gethsemane; and he said to his disciples, "Sit

here while I pray." He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, "I am deeply grieved, even to death; remain here, and keep awake." And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, "Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want." He came and found them sleeping; and he said to Peter, "Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak." And again he went away and prayed, saying the same words. And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. He came a third time and said to them, "Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand." Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. Now the betrayer had given them a sign, saying, "The one I will kiss is the man; arrest him and lead him away under guard." So when he came, he went up to him at once and said, "Rabbi!" and kissed him. Then they laid hands on him and arrested him. But one of those who stood near drew his sword and struck the slave of the high priest, cutting off his ear. Then Jesus said to them, "Have you come out with swords and clubs to arrest me as though I were a bandit? Day after day I was with you in the temple teaching, and you did not arrest me. But let the scriptures be fulfilled." All of them deserted him and fled. A certain young man was following him, wearing nothing but a linen cloth. They caught hold of him, but he left the linen cloth and ran off naked.

Marc | Mark 14:32-52

Christ became obedient for us unto death, even the death of the Cross.



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.

Cerddoriaeth | Music
Gwasanaeth Hwylol yn y Modd Doriaidd | Evening Service in the Dorian Mode, Thomas Tallis (c.1505-1585)

Christ became obedient for us unto death, even the death of the Cross.

Penliniwn neu eisteddwn | We kneel or sit



Gweddïau *Prayers*

Gweddi'r Arglwydd *Lord's Prayer*

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.

Translation

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, in 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.

Gweddi Gasgl *Collect*

Grace and peace be with you.

And keep you in the love of Christ.

Keepp watch, dear Christ, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend your sick ones, Saviour Jesus; rest your weary ones; bless your dying ones; soothe your suffering ones; pity your afflicted ones; shield your joyous ones; and all for your love's sake.

Amen.

Anthem

In manus tuas, Domine, commendo spiritum meum. Redemisti me Domine, Deus veritatis.

Cyfieithiad

Cyflwynaf fy ysbryd i'th law di; gwaredaist fi, Arglwydd, y Duw ffyddlon.

Translation

Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.

Geiriau | Words

Salm | Psalm 31:5

Cerddoriaeth | Music

Thomas Tallis (c.1505-1585)



Ymadael *Departing*

We will lay us down in peace and take our rest.

For it is thou, God, only that makest us dwell in safety.

Abide with us, O God,

for it is toward evening and the day is far spent.

Duw a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Bendithwn yr Iôr.

Diolch a fo i Dduw.

Translation

God be with you. And keep you in the Love of Christ. ¶ Let us bless the Lord. Thanks be to God.

May almighty and merciful God, the Father, ✠ the Son and the Holy Ghost, bless us and preserve us.
Amen.

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

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.

Cynaliadwyedd a chaniatâd

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

Caiff cynifer o'n gwasanaethau'n eu ffrydio'n fyw, ac mae'r recordiad ar gael wedi hynny ar dudalen Facebook a sianel YouTube y Gadeirlan. Efallai y bydd ffotograffydd swyddogol ar ddyletswydd. Mae eich presenoldeb yn gyfystyr â'ch caniatâd i gael eich cynnwys mewn unrhyw ffilmio, tynnu lluniau, recordio sain neu ddarlledu. Os nad ydych am i ffotograff ohonoch chi neu blentyn yn eich gofal gael ei ddefnyddio gan y Gadeirlan, siaradwch ag aelod o dîm y Gadeirlan.

Cydnabyddiaethau

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. 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 llythoedd 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).

Mae'r lluniau o galsgliad y Gadeirlan o Urddwisgoedd Gwynedd.

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.

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

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

Acknowledgements

Material in this order of service is reproduced under the CLL 280874. **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).

The images are of the Cathedral's collection of Gwynedd Vestments.

Cadeirlan ac Eglwys Archesgobol

Deiniol Sant ym Mangor

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Esgob ac Archesgob Cymru
Bishop & Archbishop of Wales

Y Parchedifac | The Most Revd Andrew John

Is-Ddeon | Sub-Dean

Canon Siôn B. E. Rhys Evans

sionrhys Evans@eglwysyngnghymru.org.uk

Canon dros Fywyd Cynulleidfaol

Canon for Congregational Life

Canon Tracy Jones

tracyjones@eglwysyngnghymru.org.uk

Caplan Prifysgol a Chymuned

University & Community Chaplain

Y Parchg | The Revd Neville Naidoo

nevilnaidoo@eglwysyngnghymru.org.uk

Is-Ganon | Minor Canon

Y Parchg | The Revd Josie Godfrey

josiegodfrey@eglwysyngnghymru.org.uk

Cyfarwyddwr Cerdd | Director of Music

Joe Cooper

joecooper@eglwysyngnghymru.org.uk

Organydd | Organist

Martin Brown

martinbrown@eglwysyngnghymru.org.uk

Ail-gantor | Succentor

Sam Jones

samjones@eglwysyngnghymru.org.uk

Cydlynnydd Gweinidogaeth Deulu

Family Ministry Coordinator

Yasmin de Rosa

yasminderosa@eglwysyngnghymru.org.uk

Clochydd | Sacrist

Aine Guy

aineguy@eglwysyngnghymru.org.uk

Trysorydd | Treasurer

Kelly Edwards

kellyedwards@eglwysyngnghymru.org.uk

Canon Secundus a Darpwr Esgob Enlli

Canon Secundus & Bishop Designate of Bardsey

Canon David Thomas Morris

davidmorris@eglwysyngnghymru.org.uk

Canon Emeritws | Canon Emeritus

Canon Angela Williams

Aelodau o Goleg Offeiriadol y Gadeirlan

Members of the Cathedral's College of Priests

Y Parchg Ddr | The Revd Dr John Prysor-Jones,

y Tra Pharchg Athro | the Very Revd Prof.

Gordon McPhate, y Parchg | the Revd Peter

Kaye

Darlleneydd | Reader

Elma Taylor

Caplaniaid Anna | Anna Chaplains

Jane Coutts, Anne Eyre, Elma Taylor

Pensaer y Gadeirlan | Cathedral Architect

Simon Malam

Rhif elusen | Charity number 1158340