



Esgobaeth  
Bangor  
The Diocese  
of Bangor

GRŴP CADFAN  
11/2021

## DYDD MERCHER WEDNESDAY

**12.30pm**

Cinio | Lunch

**1.45pm**

Gweddi Agoriadol | Opening Prayer

Newid Hinsawdd | Climate Change  
Stuart Elliott

**3.30pm**

Paned | Tea

**4pm**

Clust i Luc | Listening to Luke  
Jeremy Duff

**5.30pm**

Cynhadledd yr Esgobaeth | Diocesan  
Conference

Hwyrol Weddi | Evening Prayer

**7pm**

Swper | Dinner

## DYDD IAU THURSDAY

**9am**

Gweddi'n y Bore | Morning Prayer

Clust i Luc | Listening to Luke  
Jeremy Duff

**10.30am**

Paned | Coffee

**11am**

Myfyrio | Reflection

**11.45am**

Cymun Bendigaid | Holy Eucharist

**12.30pm**

Cinio | Lunch

# GWEDDI AGORIADOL DYDD MERCHER 1.45PM OPENING PRAYER WEDNESDAY 1.45PM

## Cerdd ymgynnull | Gathering poem

Llwyddiant Llencyn Lleol (2021)

Harri Webb; efelychiad | version Siôn Aled

Pan anwyd Iesu yn Rhyd Ddu  
roedd pawb i fod yn gaeth i'r tŷ,  
roedd byw a bod yn teimlo'n frau  
a'r Wetherspoons yn Dre ar gau.

Ond dathlodd bugeiliaid dan y ne  
ac archebodd y Doethion ar y we,  
llewyrchodd y Seren uwch yr Wyddfa  
a'r angylion ganodd ar Gôr-Ona.

Pan droiodd Crist y dŵr yn gwrw  
wel dyna stŵr a dyna dwrw,  
a'r Daily Post yn llawn o gwynion  
am ffwlbrî'r cam a'i holl beryglon.

Pan fwydodd Crist y dorf ddi-waith  
doedd fawr o groeso i hynny chwaith  
gan na ddilynodd unrhyw raglen  
o Fae Caerdydd, na llenwi ffurflen.

Pan gerddodd Crist am dro i Fôn  
ar draws y dŵr, heb angen lân,  
roedd ond yn gwneud, nôl rhai gwleidyddion,  
y pwynt nad yw dwy bont yn ddigon.

A'r bregeth 'na ar Fynydd Bangor?  
Wel dyna ddigon, dim byd rhagor!  
Ynfydrwydd oedd ei holl Wynfydau  
i'r rhai a wyddai'n well nag yntau.

A fydden ni yn well na'r dyrfa  
A'i damniodd gynt? A fyddai yna  
o Bont ar Ddyfi i Ben-y-sarn  
'run croeso gwell, ar Ddydd y Farn?

### *Translation*

#### *Local Boy Makes Good*

*When Christ was born on Dowlais Top  
The ironworks were all on stop,  
The money wasn't coming in,  
But there was no room at the Half Moon Inn.*

*The shepherds came from Twyn-y-Waun  
And three kings by the Merthyr and Brecon line,  
The star shone over the Beacons' ridge  
And the angels sang on Rhymney Bridge.*

*When Christ turned water into stout  
A lot of people were most put out  
And wrote letters to the paper  
Protesting at such a wicked caper.*

*When Christ fed the unemployed  
The authorities were most annoyed;  
"He hadn't gone through the proper channels,"  
Said the public men on the boards and panels.*

*When Christ walked upon Swansea Bay  
The people looked the other way  
And murmured, "This is not at all  
The sort of thing that suits Porthcawl."*

*When Christ preached a sermon on Kilvey Hill  
He'd have dropped dead if looks could kill  
And as they listened to the Beatitudes  
They sniffed with scorn and muttered "Platitudes!"*

*When Christ was hanged in Cardiff jail  
Good riddance, said the Western Mail.  
But, daro, weren't all their faces red  
When he came to judge the quick and the dead.*

## **Cyfarchiad | Greeting**

Yn enw'r Tad, a'r Mab, a'r Ysbryd Glân.

**Amen.**

Tyrd, Ysbryd Glân, llanw galonnau dy bobl.

**A chynnau ynom dân dy gariad.**

Anfona dy Ysbryd a'n creïr ni.

**Ac adnewyddi wyneb y ddaear.**

### *Translation*

*Come, Holy Spirit, fill the hearts of your people. And kindle in us the fire  
of your love. Send forth your Spirit, and we shall be created. And you  
will renew the face of the earth.*

## Gweddi Gasgl | Collect

Gweddiwn.

**D**uw hollalluog, a gysylltaist ynghyd dy etholedigion yn un cymundeb a chymdeithas yn nirgel gorff dy Fab, Crist ein Gwardwr: caniatâ inni ras felly i ddilyn dy Saint gwynfydedig mewn buchedd rinweddol a duwiol, fel y delom i'r llawenydd anhraethol hwnnw a baratoaist i'r rhai sy'n dy garu'n ddiffuant; trwy Iesu Grist ein Gwardwr.

**Amen.**

### *Translation*

*Let us pray. Almighty God, you knit together your elect in one communion and fellowship, in the mystical body of your Son Christ our Saviour: grant us grace so to follow your blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys, which you have prepared for those who unfeignedly love you; through Jesus Christ our Saviour. Amen.*

## Salm | Psalm

Great are you, O God, and greatly to be praised; there is no end to your greatness.

**One generation shall praise your works to another and shall declare your power.**

I will ponder the glorious splendour of your majesty and all your marvellous works.

**They shall speak of the might of your wondrous acts, and I will tell of your greatness.**

They shall publish the remembrance of your great goodness; they shall sing of your righteous deeds.

**You are gracious and full of compassion, slow to anger and of great kindness.**

You are loving to everyone, and your compassion is over all your works.

**All your works praise you, O God, and your faithful servants bless you.**

They make known the glory of your realm and speak of your power,

**That the peoples may know of your power and the glorious splendour of your dominion.**

Yours, O God, is an everlasting reign; your dominion endures throughout all ages.

*Psalm 145:3-13*

## Luc | Luke

Luke 4:14-21

The Inclusive Bible: The First Egalitarian Translation

Jesus returned in the power of the Spirit to Galilee, and his reputation spread throughout the region. He was teaching in the Galilean synagogues, and all were loud in their praise.

Jesus came to Nazareth, where he had been brought up. Entering the synagogue on the Sabbath, as was his habit, Jesus stood up to do the reading. When the book of the prophet Isaiah was handed him, he unrolled the scroll and found the passage where it was written:

“The Spirit of our God is upon me:  
because the Most High has anointed me  
to bring Good News to those who are poor.  
God has sent me to proclaim liberty to those held captive,  
recovery of sight to those who are blind,  
and release to those in prison –  
to proclaim the year of our God’s favour.”

Rolling up the scroll, Jesus gave it back to the attendant and sat down. The eyes of all in the synagogue were fixed on him. Then he said to them, “Today, in your hearing, this scripture passage is fulfilled.”

## Gweddi | Prayer

### Cloi | Close

Wrth i ni efelychu'r Gair,  
bendithied Dduw ni,  
cadwed ni rhag drwg,  
a'n dwyn i fywyd tragwyddol.

**Amen.**

*Translation*

*As we imitate the Word, may God bless us, and keep us from all evil,  
and bring us to everlasting life. Amen.*

# GWEDDI HWYROL

## DYDD MERCHER 5.45PM

### EVENING PRAYER

### WEDNESDAY 5.45PM

#### Cerdd ymgynnull | Gathering poem

##### Oils and Ointments

A. K. Mason

Let me fall down about your feet oh Christ  
that have bruised and bled along the lonely way,  
wait here my bringing forth those highly priced  
treasures I have saved up this many a day.

The ointments I bring up to you my lord  
gleam jewels like a steel-flashing beetle shard  
lo! I shower down cascading the rich hoard  
frankincense aloes myrrh cassia spikenard,

Sluggish oil that glints oh look rainbows and gold  
gently assailing unguents the orient has spiced  
slow pouring balm smooth smearing calm behold  
and stretch out your soothful longing foot oh Christ.

#### Cyfarchiad | Greeting

Yn enw'r Tad, a'r Mab, a'r Ysbryd Glân.

**Amen.**

Tyrd, Ysbryd Glân, llanw galonnau dy bobl.

**A chynnau ynom dân dy gariad.**

Anfona dy Ysbryd a'n creïr ni.

**Ac adnewyddi wyneb y ddaear.**

##### *Translation*

*Come, Holy Spirit, fill the hearts of your people. And kindle in us the fire of your love. Send forth your Spirit, and we shall be created. And you will renew the face of the earth.*

## Gweddi Gasgl | Collect

Gweddiwn.

**D**uw hollalluog, a gysylltaist ynghyd dy etholedigion yn un cymundeb a chymdeithas yn nirgel gorff dy Fab, Crist ein Gwardedwr: caniatâ inni ras felly i ddilyn dy Saint gwynfydedig mewn buchedd rinweddol a duwiol, fel y delom i'r llawenydd anhraethol hwnnw a baratoaist i'r rhai sy'n dy garu'n ddiffuant; trwy Iesu Grist ein Gwardedwr.

**Amen.**

### *Translation*

*Let us pray. Almighty God, you knit together your elect in one communion and fellowship, in the mystical body of your Son Christ our Saviour: grant us grace so to follow your blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys, which you have prepared for those who unfeignedly love you; through Jesus Christ our Saviour. Amen.*

## Salm | Psalm

Be joyful in God, all you lands; sing the glory of God's Name; sing the glory of God's praise.

**Say to God, "How awesome are your deeds; because of your great strength your enemies cringe before you.**

All the earth bows down before you, sings to you, sings out your Name."

**Come now and see the works of God, how wonderful are these doings toward all people.**

I called out to God with my mouth, and high praise was on my tongue.

**God has heard me and has attended to the voice of my prayer.**

Blessed be God, who has not rejected my prayer, nor withheld steadfast love from me.

*Salm Psalm 66:1-4, 15, 17, 18*



## Luc | Luke

The Good News According to Loukas, 7:36-50  
The Gospels: A New Translation by Sarah Ruden

**A** certain one of the Farisaioi asked him to eat with him, and he came into the house of the Farisaios and reclined at the table. And look, a woman who was a wrongdoer in the city: she had found out that Iēsous was reclining at the table in the house of the Farisaios, and had brought an alabaster jar of perfume; now she stood behind him at his feet, crying, and she began to rain tears on his feet, which she wiped dry with the actual hair on her head, all the time kissing his feet and rubbing the perfume on them.

And when the Farisaios who had invited him there saw this, he said to himself, “If this man were a prophet, he’d know who this woman is who’s touching him, and what kind of woman she is: he’d know that she’s a wrongdoer.” But in response, Iēsous said to him, “Simōn, I have something to say to you.” “Say it, teacher,” he replied. “A certain moneylender had two debtors. The one owed five hundred denarii, and the other fifty.” As neither of them was able to pay him back, he let the loans go as a favour. Now which of them is going to love him more?” Simon responded by saying, “I assume that it’s the one for whom he did the bigger favour.” And he told him, “You judged that right.” And turning to the woman, he spoke to Simōn: “Do you see this woman? I came into your house, but you didn’t even give me water for my feet. She rained tears on my feet and wiped them dry with her hair. You didn’t give me a kiss. Ever since she came in, she hasn’t stopped kissing my feet. You didn’t rub olive oil on my head; she rubbed perfume on my feet. So I tell you, she’s absolved from her offences, as many as they are, which is why she’s shown great love. But whoever’s absolved from just a little loves only a little.” Then he said to her, “You’re absolved from your offences.” Then those who were reclining at the table with him said among themselves, “Who is this, who actually absolves people from their offences?” But he said to the woman, “Your trust has rescued you. Go in peace.”

This is the Gospel of our Saviour.

**Praise to you, O Christ.**



## Gweddi | Prayer


### Cloi | Close

Wrth i ni efelychu'r Gair,  
bendithied Dduw ni,  
cadwed ni rhag drwg,  
a'n dwyn i fywyd tragwyddol.

**Amen.**

#### *Translation*

*As we imitate the Word, may God bless us, and keep us from all evil,  
and bring us to everlasting life. Amen.*



# GWEDDI'N Y BORE DYDD IAU 9AM MORNING PRAYER THURSDAY 9AM

## Cerdd ymgynnull | Gathering poem

### Christmas Lament

Ku Sang

Ah, venerable Church!  
With none of the simple joys of those shepherds  
who came first of all  
to worship around your crib!  
With nothing left of the peace of your stable.

Fearing the coming of your kingdom,  
tonight too Herod and his henchmen keep watch,  
ready to lop off your young shoots,  
keeping Christmas with glaring eyes.

And your disciples,  
changing the colour of the Gospel  
like a beaded dress displayed in a shop window,  
the colour varying with the lighting,  
with the enthusiastic mob,  
and the Pharisees, today too,  
all crowd around  
you;

and like Zacchaeus perched in a tree,  
one crow-like soul cries:  
“On me and on all held in cursed bondage  
turn, oh turn your eyes!”

## Cyfarchiad | Greeting

Yn enw'r Tad, a'r Mab, a'r Ysbryd Glân.

**Amen.**

Tyrd, Ysbryd Glân, llanw galonnau dy bobl.

**A chynnu yn om dân dy gariad.**

Anfona dy Ysbryd a'n creïr ni.

**Ac adnewyddi wyneb y ddaear.**

### *Translation*

*Come, Holy Spirit, fill the hearts of your people. And kindle in us the fire of your love. Send forth your Spirit, and we shall be created. And you will renew the face of the earth.*

## Gweddi Gasgl | Collect

Gweddiwn.

**D**uw hollalluog, a gysylltaist ynghyd dy etholedigion yn un cymundeb a chymdeithas yn nirgel gorff dy Fab, Crist ein Gwardwr: caniatâ inni ras felly i ddilyn dy Saint gwynfydedig mewn buchedd rinweddol a duwiol, fel y delom i'r llawenydd anhraethol hwnnw a baratoaist i'r rhai sy'n dy garu'n ddiffuant; trwy Iesu Grist ein Gwardwr.

**Amen.**

### *Translation*

*Let us pray. Almighty God, you knit together your elect in one communion and fellowship, in the mystical body of your Son Christ our Saviour: grant us grace so to follow your blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys, which you have prepared for those who unfeignedly love you; through Jesus Christ our Saviour. Amen.*



## **Salm | Psalm**

O God, you are full of compassion and mercy, slow to anger and of great kindness.

**You will not always accuse us, nor will you keep your anger for ever.**

You have not dealt with us according to our sins, nor rewarded us according to our wickedness.

**For as the heavens are high above the earth, so is your mercy great upon those who fear you.**

As far as the east is from the west, so far have you removed our sins from us.

**As a parent cares for a child, so do you care for those who fear you.**

For you yourself know whereof we are made; you remember that we are but dust.

Salm Psalm 103:8-14

## Luc | Luke

Luke, 19:1-10

The Bible for Everyone: A New Translation, by John Goldingay and Tom Wright

They went into Jericho and passed through. There was a man named Zacchaeus, a chief tax-collector, who was very rich. He was trying to see who Jesus was, but, being a small man, he couldn't, because of the crowd. So he ran on ahead, along the route Jesus was going to take, and climbed up into a sycamore tree to see him.

When Jesus came to the place, he looked up.

"Zacchaeus," he said to him, "hurry up and come down. I have to stay at your house today." So he hurried up, came down, and welcomed him with joy.

Everybody began to murmur when they saw it. "He's gone in to spend time with a proper old sinner!" they were saying.

But Zacchaeus stood there and addressed the master.

"Look, Master," he said, "I'm giving half my property to the poor. And if I have defrauded anyone of anything, I'm giving it back to them four times over."

"Today," said Jesus, "salvation has come to this house, because he too is a son of Abraham. You see, the son of man came to seek and to save the lost."

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

## Gweddi | Prayer

### Cloi | Close

Wrth i ni efelychu'r Gair,  
bendithied Dduw ni,  
cadwed ni rhag drwg,  
a'n dwyn i fywyd tragwyddol.

**Amen.**

*Translation*

*As we imitate the Word, may God bless us, and keep us from all evil,  
and bring us to everlasting life. Amen.*

# CYMUN BENDIGAID

## DYDD IAU 11.45AM

### HOLY EUCHARIST

### THURSDAY 11.45M

#### Cerdd ymgynnull | Gathering poem

Bore

Glyn Jones; cyfieithiad | translated by Siôn Aled

**A**r draeth y nos, yn dawel ger y gysgodfan o froc môr  
Yng nglas y cynwawr, ac aroglau'r bara newydd bobî  
A'r pysgod uwch y fflamau, yr ysbryd toredig â'i gnawd ar dân  
Yn bendithio tywyllwch y bae a'r llusern ar yr hwyllbren llonydd  
Yn gweiddi, "Dewch".

A'r dyn noeth ar y dec a glywodd hefyd  
Glochdar y ceiliog, yn troi tuag at y graean,  
A gweld ffrwydrad y wawr ymysg y cychod euraid,  
Gwisga ar frys ei grys pysgotwr, a llamu i'r môr.  
Brwydra drwy ewyn barugog y gilfach  
Ar doriad dydd, a grym ei newyn yn lladd yr atgof  
Am ddagrau wrth ganiad ceiliog, tywyllwch canolddydd, duw marw, ogof wag.  
Â mynyddoedd y goleuni gwyrthiol wyrdd  
Yn boddi'r cwch ym mas y dŵr, penlinia,  
Yn rhynnu'n wlyb at ei groen, a brecwasta  
Ger y fflamau gleision ar ddanteithion maddeuant.

#### Translation

##### Morning

*On the night beach, quiet beside the blue  
Bivouac of sea-wood, and fresh loaves, and the  
Fish baking, the broken ghost, whose flesh burns  
Blessing the dark bay and the still mast-light,  
Shouts, "Come".*

*A naked man on deck who heard  
Also cockcrow, turning to the pebbles, sees  
A dawn explode among the golden boats,  
Pulls on his sea-plaid, leaps into the sea.  
Wading the hoarfrost meadows of that fiord's  
Daybreak, he, hungering fisherman, forgets  
Cockcrow tears, dark noon, dead god, empty cave,  
All those mountains of miraculous green  
Light that swamped the landing-punt, and kneels,  
Shivering, in a soaked blouse, eating by the  
Blue blaze the sweet breakfast of forgiveness.*

## 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.**

“Y maent o flaen gorsedd Duw, yn addoli ddydd a nos yn nheml Duw, a bydd yr un sy'n eistedd ar yr orsedd yn lloches iddynt.”

### *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. /  
“They are before the throne of God, worshipping day and night within  
God’s temple, and the one who is seated on the throne will shelter  
them.”*

## Cyffes | Confession

Gan gynnull i ddathlu'r Cymun Bendigaid er gogoniant i Dduw, ymbaratwn gan gyffesu ein pechodau,

ni â'n gelwir i ddilyn ôl-troed santeiddrwydd,  
ni sy'n anwadl ar y daith,  
ni sydd angen cwmni'r saint yn gynhafiaeth i'n pererindod.

### *Translation*

*As we gather to celebrate this Holy Eucharist to the glory of God, we  
prepare ourselves by confessing our sins, we who are called to tread  
in holy footsteps, we who are lax in the way, we who have need of the  
company of the saints at journey's end.*

Let us pray together.

**Heavenly Father,  
we have sinned in thought, word and deed,  
and have failed to do what we ought to have done.  
We are sorry and truly repent.  
For the sake of your Son Jesus Christ who died for us,  
forgive us all that is past  
and lead us in his way  
to walk as children of light.  
Amen.**

Almighty God have mercy on you,  
forgive you and set you free from sin,  
and keep you in eternal life.  
**Amen.**



## Gweddi Gasgl | Collect

Gweddiwn.

**D**uw hollalluog, a gysylltaist ynghyd dy etholedigion yn un cymundeb a chymdeithas yn nirel gorff dy Fab, Crist ein Gwardwr: caniatâ inni ras felly i ddilyn dy Saint gwynfydedig mewn buchedd rinweddol a duwiol, fel y delom i'r llawenydd anhraethol hwnnw a baratoaist i'r rhai sy'n dy garu'n ddiffuant; trwy Iesu Grist ein Gwardwr.

**Amen.**

### *Translation*

*Let us pray. Almighty God, you knit together your elect in one communion and fellowship, in the mystical body of your Son Christ our Saviour: grant us grace so to follow your blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys, which you have prepared for those who unfeignedly love you; through Jesus Christ our Saviour. Amen.*

## Darlleniad | Reading

Darlleniad o'r Datguddiad i Sant Ioan y Difinydd.

**W**ele: Gwelais angel yn esgyn o godiad haul, a chanddo sêl y Duw byw. Gwaeddodd â llais uchel ar y pedwar angel y rhoddwyd iddynt awdurdod i niweidio'r ddaear a'r môr, a dywedodd: "Peidiwch â niweidio na'r ddaear na'r môr na'r coed nes inni selio gweision ein Duw ar eu talcennau." A chlywais rif y rhai a seliwyd, cant pedwar deg a phedair o filoedd wedi eu selio, o bob un o lwythau plant Israel. Ar ôl hyn edrychais, ac wele dyrfa fawr na allai neb ei rhifo, o bob cenedl a'r holl lwythau a phobloedd ac ieithoedd, yn sefyll o flaen yr orsedd ac o flaen yr Oen, wedi eu gwisgo â mentyll gwyn, a phalmwydd yn eu dwylo. Yr oeddent yn gweiddi â llais uchel: "I'n Duw ni, sy'n eistedd ar yr orsedd, ac i'r Oen y perthyn y waredigaeth!" Yr oedd yr holl angylion yn sefyll o amgylch yr orsedd a'r henuriaid a'r pedwar creadur byw, a syrthiasant ar eu hwynebau gerbron yr orsedd ac addoli Duw gan ddweud: "Amen. I'n Duw ni y bo'r mawl a'r gogoniant a'r doethineb a'r diolch a'r anrhydedd a'r gallu a'r nerth byth bythoedd! Amen." Gofynnodd un o'r henuriaid imi, "Y rhai hyn sydd wedi eu gwisgo â mentyll gwyn, pwy ydynt ac o ble y daethant?" Dywedais wrtho, "Ti sy'n gwybod." Meddai yntau wrthyf, "Dyma'r rhai sy'n dod allan o'r gorthrymder mawr; y maent wedi golchi eu mentyll a'u cannu yng ngwaed yr Oen. Am hynny, y maent o flaen gorsedd Duw, yn addoli ddydd a nos yn nheml Duw, a bydd yr un sy'n eistedd ar yr orsedd yn lloches iddynt. Ni newynant mwy ac ni sychedant mwy, ni ddaw ar eu gwarthaf na'r haul na dim gwres, oherwydd bydd yr Oen sydd yng nghanol yr orsedd yn eu bugeilio hwy, ac yn eu harwain i ffynhonnau dyfroedd bywyd, a bydd Duw yn sychu pob deigrin o'u llygaid hwy."

Clywch air bywyd i'n byd.

**Diolch a fo i Dduw.**

### Translation

*A reading from the Revelation to Saint John the Divine. / Behold: I saw an angel ascending from the rising of the sun, having the seal of the living God, and he called with a loud voice to the four angels who had been given power to damage earth and sea, saying, "Do not damage the earth or the sea or the trees, until we have marked the servants of our God with a seal on their foreheads." And I heard the number of those who were sealed, one hundred and forty-four thousand, sealed out of every tribe of the people of Israel. After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. They cried out in a loud voice, saying, "Salvation belongs to our God who is seated on the throne, and to the Lamb!" And all the angels stood around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshipped God, singing, "Amen! Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God for ever and ever! Amen." Then one of the elders addressed me, saying, "Who are these, robed in white, and where have they come from?" I said to him, "You are the one that knows." Then the elder said to me, "These are they who have come out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb. For this reason they are before the throne of God, worshipping day and night within God's temple, and the one who is seated on the throne will shelter them. They will hunger no more, and thirst no more; the sun will not strike them, nor any scorching heat; for the Lamb at the centre of the throne will shepherd them, and lead them to springs of the water of life, and God will wipe away every tear from their eyes." / Hear the word of life to the world. Thanks be to God.*

Datguddiad Revelation 7:2-4, 9-17

## Luc | Luke

Alleluia.

**Alleluia.**

Blessing and glory, wisdom and thanksgiving, honour, power and might be to our God for ever and ever.

**Alleluia.**

Grace and peace be with you.

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

Listen to the Holy Gospel according to Saint Luke.

**Glory to you, O Christ.**

*The Gospel According to Luke, 24:13-35*

*The New Testament: A Translation by David Bentley Hart*

**A**nd look: On that very day two of them were journeying to a village sixty stadia away from Jerusalem, the name of which was Emmaus, And they were talking with each other about all these events. And it happened that, as they talked and debated, Jesus himself approached and journeyed along with them; But their eyes were constrained so as not to recognize him. And he said to them, "What are these remarks you exchange with one another while walking?" And they stood still with saddened expressions. And in reply one of them, Cleopas by name, said to him, "Are you only a visitor to Jerusalem and ignorant of the things happening in it these days?" And he said to them, "What things?" and they said to him, "The things concerning Jesus the Nazarene, a man who was a prophet, mighty in work and word before God and all the people. But the chief priests and our rulers both handed him over for condemnation to death and crucified him. But we had been hoping that he was the one about to liberate Israel; and, in addition to all this, it has reached the third day since these things occurred. But some women among us also astonished us, having come to the tomb early in the morning, And, not finding his body, came and told also of having seen a vision of angels, who say that he lives. And some of those with us went to the tomb, and found it just as the women had said, but did not see him." And he said to them, "O fools, and with hearts slow to believe in all the things of which the prophets spoke: Was it not necessary for the Anointed to endure these things and to enter into his glory?" And, beginning with Moses and with all the prophets, he expounded to them the things concerning himself in all the scriptures. And they approached the village to which they were journeying, and he made as if to journey further on. And they urged him intently, saying, "Stay with us, for it is toward evening, and this day has now set." And he went inside to stay with them. And it happened that, as he reclined at table with them, he took the loaf and blessed it and, having broken it, he shared it with them; And their eyes were opened, and they recognized him; and he vanished from their sight. And they said to one another, "Was not our heart burning within us while he spoke to us on the road, as he opened up the scriptures to us?" And, rising up in that same hour, they returned to Jerusalem and found the Eleven gathered together, along with those who were with them, Saying: "The Lord truly has been raised and appeared to Simon." And they related the things that had happened on the road, and how he had been recognized by them in the breaking of the bread.

This is the Gospel of our Saviour.

**Praise to you, O Christ.**

## Pregeth | Sermon

### Tangnefedd | Peace

Rwyt ti, O Dduw, yn gweu ynghyd dy etholedigion yn un cymundeb a chymdeithas yn nirgel gorff dy Fab; ei gorff torredig, gogoneddus yn gyflawn mewn tangnefedd.

Tangnefedd y Bythol Dduw a fo gyda chwi bob amser.

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

#### *Translation*

*You, O God, knit together your elect in one communion and fellowship in the mystical body of your Son; his broken, glorious body made whole in peace. / The Peace of the Living God be always with you. And keep you in the love of Christ.*

### Emyn | Hymn

Y mae in Waredwr,  
Iesu Grist Fab Duw,  
werthfawr Oen ei Dad, Meseia,  
sanctaid, sanctaid yw.

Diolch, O Dad nefol  
am ddanfôn Crist i'n byd,  
a gadael dy Ysbryd Glân  
i'n harwain ni o hyd.

Jesus, my Redeemer,  
Name above all names,  
precious Lamb of God, Messiah,  
O for sinners slain.

Thank you, O my Father,  
for giving us your Son,  
and leaving your Spirit  
till the work on earth is done.

When I stand in glory  
I will see his face,  
and there I'll serve my King for ever  
in that holy place.

Thank you, O my Father,  
for giving us your Son,  
and leaving your Spirit  
till the work on earth is done.

Beth Redman a | and Melody Green  
Cyfieithiad | Translation:  
Miriam Davies

## Offrwm | Offertory

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 | Eucharistic Prayer

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

Iawn 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.

Yr adlewyrchir ei ogoniant ym mywydau dy saint. Ynddynt hwy rhoist inni esiamplau o ffyddlondeb a chariad. Yn eu sancteiddrwydd canfyddwn anogaeth a gobaiith. Mewn cymundeb â hwy rhannwn yn undod dy deyrnas.

Felly, gyda llu'r angylion a holl gwmpeni'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.**

### *Translation*

*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. / 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. Whose glory is reflected in the lives of your saints. In them you have given us examples of faithfulness and love. In their holiness we find encouragement and hope. In communion with them we share the unity of your 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: / Holy, holy, holy, Lord God of hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high. Blessed is he that cometh in the name of the Lord. Hosanna in the highest.*

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

Adfer ac adfywia dy holl bobl, adnewyddu ni a phawb y gweddiwn trostynt â'th ras a'th endith 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.**

*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.*

## Gweddi'r Arglwydd Lord's Prayer

Fel y dysgodd ein Hiachawdwr ni, gweddiwn yn hyderus:

Ein Tad yn y nefoedd,  
sancteiddier dy enw,  
deled dy deyrnas,  
gwneled dy ewyllys,  
ar y ddaear fel yn y nef.  
Dyro inni heddiw ein bara beunyddiol;  
a maddau inni ein troseddau,  
fel yr ym ni wedi maddau  
i'r rhai a droseddodd yn ein herbyn;  
a phaid â'n dwyn i brawf,  
ond gwared ni rhag yr Un drwg.  
Oherwydd eiddot ti yw'r deyrnas  
a'r gallu a'r gogoniant  
am byth.  
Amen.

*Translation*

*As our Saviour taught us, we boldly pray:*

## Torri 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.

## Cymun 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.**

## **Emyn Hymn**

Pyw'r rhain, fel sêr y nefoedd,  
sydd gerbron gorseddfainc Duw,  
mewn ardderchog euraid wisgoedd,  
yn cydseinio clodydd gwiw?  
Haleliwia  
yw eu gorfoleddus gân.

These are they whose hearts were riven,  
sore with woe and anguish tried,  
who in prayer full oft have striven  
with the God they glorified;  
conflict over,  
God has bid them weep no more.

These like priests have watched and waited,  
offering up to Christ their will,  
soul and body consecrated,  
day and night to serve him still:  
stars appearing,  
blest they stand before God's face.

Geiriau | Words

Heinrich Theobald Schenk (1656-1727)

Cyfieithiad | Translation

Evan Pughe (1806-1869), Frances Elizabeth Cox (1812-1897)

Cerddoriaeth | "Cwm Rhondda" John Hughes (1873-1932)

### *Translation*

*Who are these like stars appearing, / these before God's throne who stand? / each a golden crown is wearing; / who are all this glorious band? / Alleluia! Hark, they sing, / praising loud their heav'nly King.*

## **Ymadael Departing**

Grace and peace be with you.  
**And keep you in the love of Christ.**

**T**he 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.**



**Esgobaeth  
Bangor**  
The Diocese  
of Bangor

Yr Eglwys yng Nghymru  
The Church in Wales