



Cadeirlan Deiniol Sant  
ym Mangor  
Saint Deiniol's Cathedral  
in Bangor

# BUCHIEDD BANGOR



**TYMHORAU'R  
ADFENT  
A'R  
NADOLIG  
THE  
SEASONS OF  
ADVENT &  
CHRISTMAS**



**Cadeirlan  
Deiniol Sant  
ym Mangor**

**Saint Deiniol's  
Cathedral  
in Bangor**



**CYLCHGRAWN  
CADEIRLAN  
DEINIOL SANT  
YM MANGOR  
THE MAGAZINE  
OF SAINT  
DEINIOL'S  
CATHEDRAL  
IN BANGOR**

**27.11.2022-29.1.2023  
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# CROESO WELCOME

*Gareth Jones*

## Croeso i'r rhifyn Nadoligaidd hwn o **Buchedd Bangor**, cylchgrawn **Cadeirlan Deiniol Sant ym Mangor.**

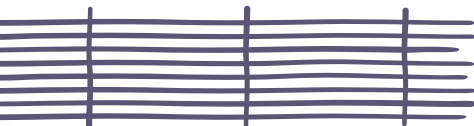
"Buchedd" yw'r enw a roddir ar gofnod o fywyd rhywun, a cheir bucheddau'r saint o'r Canol Oesoedd sy'n adrodd hanes rhai o brif seintiau Celtaidd Cymru.

Mae **Buchedd Bangor**, felly, yn rhyw fath o gofnod o fywyd ein cymuned ni o gyfeillion Crist ym Mangor yr awr hon. Fe geir yma gymysgedd o ddefnydd ysbrydol a gwybodaeth ymarferol am ein bywyd ar y cyd.

O'n blaenau y mae dau o dymhorau mawrion yr Eglwys. Yn ystod yr Adfent, pan fydd y dyddiau'n fyr, rydyn ni'n paratoi'r ffordd, yn disgwylgar, ar gyfer Iesu Grist, a ddaeth yn ein plith yn ein cnawd dynol ym Methlehem, a fydd yn dod atom ni eto ym mhenllanw popeth, ac y daw ei Ysbryd cariadus i gofleidio pob un ohonom heddiw. O Ddydd Nadolig hyd at Ddygwyl Fair y Canhwyllau, rydym yn dathlu, gyda goleuni a llawenydd, annedd Duw yn ein plith, yn effro i amlygiadau o gariad Duw yn ein calonnau ac o'n cwmpas.

Cariad Duw gyda ni – dyna ichi obaith, a neges, ac argyhoeddiad i'w gynnal, ei drysori a'i rannu gyda chymaint o angerdd ag erioed eleni, mor llym ac unig y gall bywyd fod i gynifer y dyddiau hyn.

Diolch am fod yn rhan o'r gwaith o gynnal, coleddu a rhannu cariad Duw yn y Gadeirlan ac ym Mro Deiniol. Fel arfer, dyma eich gwahoddiad i fod yn rhan lawn o ddefodau a dathliadau'r tymhorau hyn, ac i wahodd eraill i ymuno â ni wrth i ni baratoi am ei ddyfodiad a chyfarch ein Gwarddwr yr Adfent a'r Dolig hwn.



## Welcome to this Advent & Christmastide issue of **Buchedd Bangor**, the magazine of Saint Deiniol's Cathedral in Bangor.

"Buchedd" is the old Welsh name given to a record of someone's life, and "bucheddau'r saint" (the "lives of the saints") are those medieval collections of works telling the story of the Age of the Saints.

**Buchedd Bangor** is, therefore, a sort of record of the life of our community of Christ's companions here in Bangor at this time. It offers a mixture of devotional material and practical knowledge about our life together.

Ahead of us lie two of the great seasons of the Church. During Advent, when the days are short, we prepare the way, expectantly, for Jesus Christ, who came among us in our human flesh in Bethlehem, who will come to us again at the culmination of all things, and whose Spirit of love comes to each of us this day. From Christmas Day until Candlemas, we celebrate, with light and joy, God's dwelling among us, alert for manifestations of God's love in our hearts and all around us.

The God of love with us – here is a hope, a message, a conviction to hold, cherish and share this year with as much passion as ever, so harsh and lonely can life seem for so many at this time.

Thank you for being part of the work of holding, cherishing and sharing God's love at the Cathedral and in Bro Deiniol. As ever, this is your invitation to be fully involved in the rites and celebrations of these seasons, and to invite others to join us as we await and greet our Saviour this Advent and Christmas.

**Oddi wrth yr Is-Ddeon From the Sub-Dean Canon Siôn Rhys Evans**

*Yn eiddo ian,  
Siôn*



# PANED HEFO JOHN HARVEY

**Ym mhob rhifyn o Buchedd Bangor, rydym yn cwrdd ag aelod o gymuned y Gadeirlan. Y tro hwn, rydyn ni'n cwrdd ag Archddiacon Ynys Môn, yr Hybarch John Harvey.**

**Yn holi mae Naomi Wood, ein Cyfarwyddwr Cyfathrebu esgobaethol a'n Gweinidog Teulu yn y Gadeirlan ac ym Mro Deiniol.**



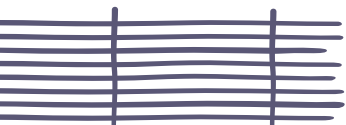
Naomi Wood

## **Dywedwch ychydig wrthyf am John**

Rwy'n berson sy'n mynd yn angerddol am bethau. Gall fod yn eithaf diwahaniaeth: te, Elvis Presley, yr amgylchedd, gwneud bara. Mae fy ngwraig, Sally, yn teimlo'n blin gen i iawn oherwydd pan fyddaf yn ymddiddori mewn rhywbeth mae'n rhaid i mi wybod popeth amdano a chael yr holl offer a'i wneud yn iawn. Mae'n rhaid fy mod i'n iau na deg oed pan ddes i ar draws caneuon Elvis Presley am y tro cyntaf. Gwelodd Mam a Dad fy mod i'n mwynhau a rhoi eu hen LPs i mi. Rwy'n meddwl bod pobl yn meddwl y byddwn wedi tyfu allan ohono ond nid wyf erioed wedi tyfu allan o unrhyw beth mewn gwirionedd. Roeddwn i'n arfer dod adref o'r eglwys ar fore Sul a chwarae LPs "Gospel" Elvis a byddai "Mor fawr wyt ti" yn seinio'n uchel.

## **Pryd wnaethoch chi teimlo galwad i'r offeiriadaeth yn gyntaf a sut y datblygodd hynny?**

Mae'r ymdeimlad hwnnw o alwad wedi bod yno ers dyddiau ysgol gynradd. Roedd fy nain yn arfer mynd â ni i Eglwys San Siôr ar y lan orllewinol yn Llandudno lle roedd ysgol Sul a chôr. Roeddwn yn blentyn tal iawn a olygai fy mod wedi cael gwahoddiad i wasanaethu wrth yr allor ac i ddal y groes, felly o fod yn saith oed roeddwn yn gwasanaethu yn yr eglwys. Cefais Fedydd Esgob cyn fy mod yn naw oherwydd fy mod yn rhan o'r eglwys a'r hyn oedd yn digwydd yno. Byddai pobl yn dweud wrtha i wedyn, "Beth



# GETTING TO KNOW JOHN HARVEY

**In each edition of Buchedd Bangor, we meet another member of the Cathedral community. This time, we meet the Archdeacon of Anglesey, the Venerable John Harvey.**

Asking the questions is Naomi Wood, our diocesan Director of Communications and our Family Minister at the Cathedral and in Bro Deiniol.

## **Tell me a little about John**

I'm a person who gets passionate about things. It can be quite indiscriminate: tea, Elvis Presley, the environment, bread making. My wife, Sally, gets really frustrated because when I get interested in something I have to know everything about it and have all the equipment and get it right. I must have been younger than ten when I first encountered Elvis Presley songs and my Mum and Dad saw that I was enjoying it and gave me their old LPs. I think people thought I'd grow out of it but I've never really grown out of anything. I used to come home from church on a Sunday morning and put on Elvis's gospel LPs and "How great thou art" would just blast out.

## **When did you first sense a call to the priesthood and how did it develop?**

That sense of call has been there since primary school days. My grandmother used to take us to Saint George's Church on the west shore in Llandudno where there was a Sunday school and a choir. I was a very tall child which meant I was invited to serve at the altar and to hold the cross, so from the age of about seven or eight I was serving in church. They had me Confirmed before I was nine because I was just a part of the church and what was going on there. People would say to me then, "What will you do when you're grown up?" and I would always



fyddwch chi'n ei wneud pan fyddwch chi wedi tyfu i fyny?" a byddwn bob amser yn ateb, "Rydw i'n mynd i fod yn offeiriad." Fi oedd y plentyn rhyfedd hwnnw yn yr ysgol uwchradd. "Fo 'di'r ffŵl sy'n mynd i fod yn ficar!" – er bod gen i rai ffrindiau cefnogol iawn hefyd.

Ond nid oedd yn ysgwyd y synnwyr o alwad o gwbl. Roedd mor amlwg â hynny o'r dechrau. Doedd dim byd arall, erioed wedi gwneud argraff ddigon mawr i mi feddwl, "O, mi wna'i hynny yn lle." Roedd pobl yn yr eglwys yn ymwybodol o fy ymdeimlad o alwad a chafodd ei annog yn dawel.

### **Beth mae eich ffydd yn ei olygu i chi?**

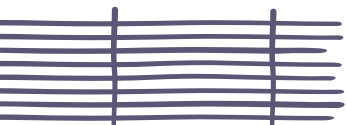
Mae popeth i mi wedi'i wreiddio yn y mewnwleidiad yn Efengyl Ioan, "Do, carodd Duw y byd gymaint nes iddo roi ei unig Fab, er mwyn i bob un sy'n credu ynddo ef beidio â mynd i ddistryw ond cael bywyd tragwyddol" – haelioni mwyaf Duw. Felly, os oes un gair, "Gras" ydyw. Rwy'n byw yn y rhyfeddod llwyr annisgwyl ohono. Rwy'n hiraethu am weld eraill yn deffro i'r gras y maent eisoes yn byw ynddo ac rwy'n mwynhau dod o hyd i ffyrdd o'u helpu i wneud hynny. Mae'r byd natur wedi bod yn lle pwerus iawn lle rydw i wedi profi Duw gyda'r synnwyr o ryfeddod a'r mawrder a'r gogoniant – ein bod ni'n rhan annatod o hyn oll. Mae hyn i gyd yn greadigaeth Duw, mae'r cyfan yn annwyl i Dduw.

### **Beth sydd wedi'ch helpu i'ch cynnal drwy'r weinidogaeth?**

Rhywbeth sydd wedi bod yn llinyn trwy gydol fy mywyd yw Cursillo. Mae'n fudiad adnewyddu o fewn yr Eglwys ar gyfer pobl llewg ac ordeiniedig gyda'i gilydd. Mae'n benwythnos preswyl sy'n mynd â chi trwy gwrs byr ar y bywyd Cristnogol – ychydig fel cwrs adnewyddu Bedydd Esgob ond gyda ffocws ar sut ydych chi'n mynd i roi hynny ar waith trwy weithredau apostolaidd. Anogir y rhai sy'n mynd ar y cwrs i fod yn rhan o grwpiau bach er mwyn barhau i annog ei gilydd a chyfarfod i weddi, astudio a gweithredu. Es i hefyd i Lincoln i wneud fy hyfforddiant diwinyddol ac mae'r cyfeillgarwch a wnaethom yn y brifysgol wedi parhau ac yn ehangach nag os oeddwn wedi aros yng Nghymru. Mae cyfeillgarwch o wahanol lefydd wedi bod yn bwysig iawn ac yna'r cysylltiadau sydd ganddynt. Maen nhw'n rhoi'r synnwyr hwnnw ichi nad ydych chi ar eich pen eich hun.

### **Rhywbeth sydd wedi codi sawl gwaith yn ein sgwrs yw "cysylltu". A yw hynny'n rhywbeth sy'n bwysig yn y weinidogaeth i chi?**

Mae'n dod â phobl at ei gilydd ac yn creu cymuned. Mae'n rhoi'r synnwyr hwnnw i bobl, "Da ni'n eich nabod chi," neu "Da chi'n ein nabod ni." Mae'n hawdd iawn i ddod yn ynysig neu deimlo'n anghymesur, boed hynny'n lleol, o fewn sefydliad neu ble bynnag. Mae pobl yn poeni amdanoch chi oherwydd maen nhw'n eich adnabod chi ac maen nhw'n ymddiried ynoch chi. Os oes gennym ni angen dynol mor ddwfn am gysylltiad, a ninnau'n gwneud hynny oherwydd ein bod yn ei deimlo ynom ein hunain, a gydag angen dynol dwfn i berthyn, ac os yw'r eglwys i ymgorffori'r perthyn hwnnw yng Nghrist yna dylai pobl deimlo eu bod yn cael eu croesawu a'u





reply, "I'm going to be a priest." I was that weird kid in secondary school. "He's the idiot who's going to be a vicar!" – though I also had some very supportive friends.

But it didn't shake the sense of call at all. It was that clear from the start. Nothing else ever, ever made a big enough impression for me to think, "Oh, I could do that instead." It was known at church and was quietly encouraged.

### **What does your faith mean to you?**


Everything for me is rooted in the insight in John's Gospel, "For God so loved the world that he gave his only son that whoever believes in him shall not perish but have everlasting life" – the ultimate generosity of God. So, if there's one word, it's "Grace". I am living in the sheer unexpected wonder and amazement of it. I long to see others wake up into the grace in which they are already living and I enjoy finding ways of helping them to do that. The natural world has been a very powerful place where I've experienced God – the sense of the awesomeness and the wonder and the glory that we are integral parts of all this. All this is God's creation, all is beloved by God.



cofleidio pan fyddant yn ein cwmni. Dylech wybod eich bod yn cael eich gwerthfawrogi fel unigolyn a'ch gweld fel person.

**Rydych chi bellach wedi camu nôl o weinidogaeth y “rheng flaen” i rôl yr Archddiacon. Ydy hynny'n rhywbeth y byddwch chi'n ei gollu?**

Rwy'n angerddol am y weinidogaeth honno ac rwyf bob amser yn teimlo fy mod yn cael fy ngalw iddi ac wedi ymrwymo'n ddwfn iddi ond dywedwyd wrthyf fod y profiad sydd gennyf yn rhywbeth y gallaf ei rannu ac annog eraill i'w wneud. Mae yna rhywbeth am annog a chefnogi pobl i wneud yr hyn rydw i wrth fy modd yn ei wneud. Efallai nad ydw i'n ymwneud cymaint ag ef bellach ond rwy'n

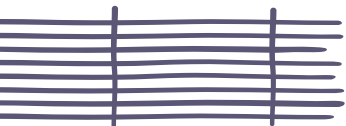


**SO, IF THERE'S ONE WORD, IT'S “GRACE”. I LIVE IN THE SHEER UNEXPECTED WONDER OF IT. I LONG TO SEE OTHERS WAKE UP INTO THE GRACE IN WHICH THEY ARE ALREADY LIVING.**

angerddol iawn am yr hyn y mae ganddynt y fraint a'r pleser o'i wneud – a'r her o'i wneud hefyd.

**Pe bai rhywun yn dod atoch chi yn dweud eu bod yn credu bod Duw yn gofyn iddyn nhw gynnig mwy i fywyd yr Eglwys, beth fyddwch chi'n ei ddweud?**

Byddwn yn ei gwahodd i adrodd ei stori wrthyf ac yna archwilio'r stori honno o'r hyn sydd wedi dod â nhw i'r pwynt hwnnw. Mae yna beth maen nhw'n ei adnabod drostynt eu hunain sy'n arwain at y sgwrs yn digwydd, ond yn aml iawn mae cymaint o bethau eraill yn digwydd hefyd. Weithiau mae'r sgyrsiau hynny'n arwain at “Waw, doeddwn i ddim wedi sylweddoli mai dyna oedd yn digwydd yn fy mywyd i!” Mae'n wir i gyd yn ras. **[B]**



### **What's helped to sustain you through ministry?**

Something that's been a long running thread in my life is Cursillo. It's a renewal movement within the Church for both lay and ordained together. It's a residential weekend which takes you through a short course on the Christian life – a bit like a Confirmation renewal course but with a focus on how are you going to put that into practice through apostolic action. Those who go on the course are encouraged to be part of small groups to keep encouraging each other and meeting for prayer, study and action. I also went to Lincoln to do my theological training and the friendships we made at university have carried on and are broader than had we stayed in Wales. Friendships from various places have been really important and then connections that they have. They give you that sense that you are not alone.

### **Something that's come up many times in our conversation is being connected. Is that something that is important in ministry for you?**

It brings people together and creates a community. It gives people that sense of, "We know who you are," or "You know who I am." It's very easy to become isolated or to feel out of step whether that's locally, within an organisation, or wherever. People care about you because they know you and they trust you. If we have such a deep human need for connection, and we do because we feel it in ourselves, and a deep human need to belong, and if the Church is to embody that belonging in Christ then people should feel welcomed and embraced when they are with us. You should know that you are valued as an individual and seen as a person.

### **You've now stepped away from that "front line" ministry to the role of Archdeacon. Is that something you'll miss?**

I'm passionate about that ministry and always felt called to it and am deeply committed to it but it was put to me that the experience I have is something I can share and encourage others to do. There's something about encouraging, supporting people to do what I love doing. I may not be engaged in it as much anymore but I'm deeply passionate about what they have the privilege and pleasure of doing – and the challenge of doing too.

### **If someone came to you saying that they think God is asking them to offer more to the life of the Church, what might you say?**

I'd invite them to tell me their story and then explore that story of what's brought them to that point. There's what they recognise for themselves which results in the conversation taking place, but there's often so much else going on as well. Sometimes those conversations lead to a "Wow, I hadn't realised that's what was going on in my life!" It really is all grace. [B]



# DOS ALLAN I'R DŴR DWFN



**R**oedd y tywydd yn yr haf 2020, os allwch chi droi'ch meddwl yn ôl mor bell, yn garedig iawn. A diolch amdano, oherwydd doedd fawr ddim byd arall i fod yn hapus yn ei gylch. Roeddem yn dal i lywio trwy'n bywyd gyda chyfyngiadau Cofid wedi'u gosod arnom... heb allu cyfarfod â ffrindiau na theulu yn y ffyrdd arferol, cymerodd llawer ohonom at yr awyr agored: roedd yn gyfle i archwilio ardaloedd newydd ac anghyfarwydd.

Wrth gyfarfod ffrind hanner ffordd yng nghefn gwlad Swydd Rhydychen ar ddiwrnod crasboeth, dyma'r ddau ohonom yn dewis manteisio ar y tywydd heulog a mynd i nofio yn afon Tafwys. Wel, doeddwn i erioed wedi bod yn "nofio gwyllt" o'r blaen, ond roeddwn wedi cwmpo mewn cariad gyda'r syniad ac felly, nawr oedd fy nghyfle i'w brofi.

Yr hyn sy'n wahanol ynghylch nofio gwyllt yw nad ydych chi'n gallu gweld gwaelod y "pwll": dydych chi ddim yn gallu gweld y "pennau" bas a dwfn. Doeddwn i ddim wedi arfer â nofio a theimlo hesg yn crafu fy nghoesau. Fel nofiwr brwd roedd yr holl brofiad yn gyfarwydd a hefyd yn eithaf cythryblus, gan nad oeddwn yn gallu gweld o dan wyneb y dŵr – roeddwn mewn ffordd yn ddall – a'm corff wedi'i lethu gan y teimladau newydd oedd, ar yr wyneb, yn rywbeth cyffredin a chyfarwydd iawn.

# PUT OUT INTO THE DEEP WATER

**Pregethwyd y bregeth hon gan y Parchg Dominic Holroyd ar y Chweched Sul wedi'r Drindod, 24 Gorffennaf 2022.**

Y llithoedd oedd Datguddiad 15:2-4 a Luc 5:1-11, a'r thema yn ei cyfres bregethu ar foeseg Gristnogol oedd "Profiad".

**The Revd Dominic Holroyd preached this sermon on the Sixth Sunday after Trinity, 24 July 2022.**

The lessons were Revelation 15:2-4 and Luke 5:1-11, and the theme in our sermon series on Christian ethics was "Experience".

**T**he weather in the summer of 2020, if you can cast your mind back that far, was very kind, and thank goodness for that, because there was little else to be happy about as we continued to navigate life with Covid restrictions placed on us... and not being able to meet with friends and family in the usual ways, many of us took to the great outdoors: it was an opportunity to explore new and unfamiliar areas.


Wanting to see a friend on a baking hot day, we met halfway in rural Oxfordshire, and opting to take advantage of the sunny weather, we went swimming in the river Thames. Now I had not been "wild swimming" before this, but I had rather fallen in love with the idea, and so now was my opportunity to try it out.

What's different about wild swimming is that you can't see the bottom of the "pool": you couldn't make out the shallow and deep 'ends', nor was I used to swimming and feeling reeds brush past my legs. As a keen swimmer the whole experience was both familiar, and quite unsettling, since I could not see below the surface of the water – I was in effect blind – and my body overwhelmed by the new sensations in what was, on the surface, a very ordinary and familiar thing to do.

Our human experiences – and subsequent interpretations – inform

Ein profiadau dynol – a’r dehongliadau o’r profiadau – sy’n ein gwneud ni yr bobl ydym ni mewn mwy o ffyrdd nag yr ydym ni – a’r Eglwys – yn ei sylweddoli. Ein magwraeth, ein geneteg a’n diwinyddiaeth, pob un yn effeithio ac yn ein helpu i ffurfio’n barn a’n meddyliau ar amrywiaeth eang o bynciau. Rwy’n siŵr petawn yn gofyn i chi heddiw drafod perchnogaeth ail gartrefi, y byddai amrywiaeth barn yn cael ei fynegi, gyda phob un ohonom yn dod â’n gwleidyddiaeth a’n rhagfarnau ein hunain - ein profiad – i’r drafodaeth.

Pan fyddwn yn meddwl am ein profiad fel ffynhonnell o awdurdod dros ein Ffydd, mae’n rhaid i ni fod yn ofalus. Yn union fel y mae’n rhaid i ni fod yn ofalus pan fyddwn yn ystyried Ysgrythur, neu



## **RWY’N GWEDDIO Y BYDD GENNYM HYDER I WELD EIN BYWYDAU A’N PROFIADAU FEL FFYNONELLAU CYFOETHOG O DDATGELIAD PARHAUS DUW, A PHROFI’R HELAETHRWYDD SYDD GAN DDUW I’W ROI I NI**

Draddodiad, neu Reswm, oherwydd ar eu pen eu hunain, ac allan o’r cyd-destun, maen nhw’n gallu achosi cymaint o niwed. Dywedodd diwinydd yr ugeinfed ganrif Karl Barth unwaith, “Mae lesu’n fy ngharu i. Rwy’n gwybod hyn oherwydd mae’r Beibl yn dweud hynny wrthyf.” Roedd yn eithriadol o amheus o unrhyw honiadau y gellid adnabod Duw trwy brofiadau dynol ar wahân i’r rhai sy’n cael eu tystiolaethu gan ysgrythur. Ac roedd ganddo achos da, fel diwinydd yr 20fed Ganrif, i weld sut mae diwinyddiaeth sy’n tarddu o brofiad dynol yn gallu cael eu hystumio gan bechod dynion. Felly, mae’n rhaid cofio mai unigolion ydym ni wedi’n ffurfio mewn byd pechadurus, ac, ar eu pen eu hunain, efallai nad yw ein profiadau dynol a’r myfyrdodau yn codi o hynny, bob amser yn unol ag ewyllys Duw. Mae ymwybyddiaeth o ddatguddiad parhaus o Dduw yn stori’r cread yn oruchaf, ond does dim amheuaeth bod ein profiadau ni ein hunain yn gallu datgelu rhywbeth o natur Duw.

Gofynnwch i Gatholigion o ble maen nhw’n cael eu diwinyddiaeth ac mae’n debyg y dywedan nhw y Pab, bydd efengylwyr yn dweud y Beibl, ac Anglicanwyr, wel... bydd angen pwyllgor arnoch i benderfynu ar hynny... ond mae’n annhebyg y byddai’r un ohonom yn pwyntio at ein profiad dynol fel ffynhonnell awdurdod diwinyddol. A ydym yn amau ein gallu i weld Duw yn y pob dydd, neu, yn debycach, a ydym yn araf i sylweddoli sut mae Duw yn dod at bob un ohonom yn y bywydau sefydlog rydym yn eu byw?

the people we are in more ways than we – and the Church – give credit too. Our upbringing, our genetics, and our theology, each impact and help inform our views and thoughts on a whole manner of topics, and I'm sure if I asked you today to discuss second home ownership, there would be a variety of opinions expressed, with each of us bringing our own politics and prejudices – our experience – to the table.

When we think of our experience as a source of authority for our Faith, we must be careful, just as we must be careful when we consider Scripture, or Tradition, or Reason, since, taken on their own, and out of context, can cause much harm. Twentieth century theologian Karl Barth once said, "Jesus loves me. This I know since the Bible tells me so." He was profoundly suspicious of any claims that God might be known through human experiences other than those testified to by scripture. And he had good cause, as a theologian of the 20th century, to see how theologies derived from human experience can be so distorted by human sinfulness. So we must remember that we are broken individuals in a fallen world, and, taken on their own, our human experiences and subsequent reflections, may not always be aligned to the will of God. An awareness of the ongoing revelation of God in the story of creation is paramount, but there is no doubt that our own experiences can reveal something of the nature of God.

Ask a Catholic where they get their theology from and they will likely say the Pope, an evangelical will say the Bible, and, an Anglican, well... you'd need a committee to decide on that... but it's unlikely that any of us would point to our human experience as a source of theological authority. Do we doubt our ability to see God in the every-day, or, more likely, are we slow to recognise how God comes to each of us in the embodied lives we lead?

We might feel that we have not studied the scriptures deeply enough, or that we do not live remarkable enough lives, and so lack confidence... yet all the while we are living, learning, feeling, working, loving, suffering, and rejoicing, we are becoming human beings with rich and deep resources of wisdom and knowledge. Just because someone may not have read the writings of the Desert Fathers, does not mean that the desert spaces in their own life will not be a rich source of knowledge and insight, perhaps even more so than the writings of the Desert Fathers themselves. Or maybe a mother wishes to know more about the Marian tradition, but does not see that her own motherhood might be a well which can provide an abundance of water. Or maybe just because we have not felt the pain and humiliation of crucifixion, does not mean that those times we have been ostracised ought not to help us understand those events of Good Friday. Could it just be that even our own experiences of human life, might, in some way, carry some authority as sources of wisdom of the God who made us?

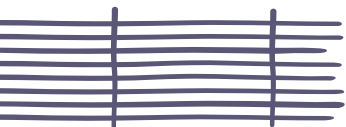
Our individual experiences may be powerful enough, but consider our collective experiences as the body of Christ – the Church –



Efallai ein bod yn teimlo nad ydym wedi astudio'r ysgrythurau'n ddigon dwfn, neu nad ydym yn byw bywydau digon hynod ac felly'n colli hyder... eto'r holl amser rydym yn byw, dysgu, teimlo, gweithio, caru, dioddef a gorfoleddu, rydym yn dod yn fodau dynol gydag adnoddau o ddoethineb a gwybodaeth gyfoethog a dwfn. Nid yw'r ffaith nad yw rhywun efallai, wedi darllen ysgrifau Tadau'r Anialwch, yn golygu na fydd y manau anialwch yn eu bywydau eu hunain yn ffynhonnell gyfoethog o wybodaeth a mewnwediad, efallai hyd yn oed yn fwy nag ysgrifau Tadau'r Anialwch eu hunain. Neu efallai bod mam yn dymuno mwy am draddodiad Mair, ond heb weld fod bod yn fam ei hun efallai'n ffynnon a allai ddarparu toreth o ddŵr. Neu efallai, nid yw'r ffaith nad ydym wedi teimlo poen a darostyngiad y croeshoeliad yn golygu na ddylai'r adegau rydym wedi cael ein hesgymuno ein helpu i ddeall digwyddiadau Dydd Gwener Grogolith. A yw'n bosibl fod hyd yn oed ein profiadau ni ein hunain o fywyd dynol, efallai, mewn rhyw ffordd, yn cario ychydig o awdurdod fel ffynonell o ddoethineb y Duw a'n creodd?

Gallai ein profiadau unigol fod yn ddigon nerthol, ond ystyriwch ein profiadau cyfunol fel corff Crist – fel yr Eglwys – ac mai inni gyfoeth anhygoel. Gallai brwydrau dynol am bŵer geisio distewi'r syniadau a ddaeth o brofiadau'r gwan, ond mae'r Apostol Paul yn ein hatgoffa ein bod yn gorff, ac nad yw'r corff yn gallu gweithio'n iawn oni bai bod yr holl rannau ohono'n gweithio gyda'i gilydd. Ac wrth i ni ddod i allu myfyrio'n fwy medrus ar arwyddocâd ein profiad bywyd ni ein hunain, rhaid i ni hefyd geisio datblygu math gwirioneddol o ostyngeddwrwydd o flaen profiadau bywyd pobl eraill, oherwydd mae eu profiad nhw hefyd yn ffynhonnell o wybodaeth. Dyna pam y bydd llawer ohonom yn ceisio ehangu ein profiad ein hunain: bydd profiadau o rannau eraill o'r byd, cenhedloedd eraill, pobloedd eraill a thraddodiadau eglwysi eraill, nid yn unig yn ddiddorol ac yn ychwanegu amrywiaeth at fywyd, bydd hefyd yn dangos i ni wirioneddau am y byd, amdanom ni a hyd yn oed am Dduw.

Ein bywydau a'r byd yw theatrau gogoniant Duw. Ac yn union fel gydag unrhyw ddrama dda, mae gan ein holl fywydau eu huchelfannau a'u hiselfannau, gyda chyfleoedd i ddysgu rhagor am ein hunain, am eraill a, hyd yn oed, efallai, am Dduw. Canlyniad uniongyrchol o'u profiad dynol o'r dwyfol oedd y ffaith fod Simon, Iago ac Ioan, wedi dod i gredu, gadael popeth a dilyn Iesu. Rwy'n gweddïo hefyd y bydd gennym hyder i weld ein bywydau a'n profiadau fel ffynonellau cyfoethog o ddatgeliad parhaus Duw, fel y byddwn ni hefyd, yn union fel y disgyblion hynny, yn cael hyder i gymryd cam allan i'r anhysbys, i nofio yn y dŵr anghyfarwydd, profi'r helaethrwydd sydd gan Dduw i'w gynnig i ni, ac, mewn ymateb, dilyn Duw'n agosach fyth. **[B]**





and surely we have something really wonderfully rich. The human struggles for power may seek to silence the insight gleaned from the experiences of the weak, but Saint Paul reminds us that we are a body, and a body cannot function properly without all parts of it working together. And as we become more skilled at reflecting on the significance of our own life experience, we must also try to develop a proper kind of humility before the life experiences of others, for their experience is also a source of knowledge. This is why many of us will seek to expand our own experience: experiences of other parts of the world, other nations, peoples, and church traditions, will not only be interesting and add diversity to life, but will also give us insight into truths about the world, about us, and even about God.

Our lives and the world are the theatres of God's glory. And just like with any good play, our lives all have their highs and their lows, with opportunities to learn more about ourselves, about others, and, maybe even about God. For Simon, and James, and John, it was a direct result of their human experience of the divine that they came to believe, leaving everything and following Jesus. I pray too that we might have the confidence to see our lives and experiences as rich sources of God's on-going revelation, so that, just like those disciples, we too will have the courage to take a step out into the unknown, to swim in the unfamiliar water, experience the richness that God has to offer us, and, in response, follow God more nearly.

[B]



# CYD-WEDDIWN

## PENNOD 1

Mae Esgobion yr Eglwys yng Nghymru wedi ein gwahodd, yn ystod 2023, i ganolbwyntio ar feithrin bywyd gweddigar. Bydd pob rhifyn o Fuchedd Bangor eleni yn cynnwys erthygl ar destun neu arddull gweddi.

Mae'r erthygl gyntaf hon yn atgynhyrchu pregeth yr Is-Ddeon yn y Cymun ar Gân dros y Meirw a Ddygwyl i Meirw, pan y bu inni ymgynnull fel cymuned i weddio dros yr ymadawedig.



**R**ydyn ni'n cael rhywfaint o waith wedi'i wneud i Dŵr Ysgefintwn ym mhen gorllewinol y Gadeirlan ar hyn o bryd. Adeiladwyd y tŵr gan Tomas Ysgefintwn, Esgob Bangor, ym mlynnyddoedd cynnar yn yr unfed ganrif ar bymtheg. Roedd Ysgefintwn hefyd yn abad mynachlog Beaulieu yn ne Lloegr, ac fe ymddengys iddo weithredu'n Esgob Bangor yn bennaf o'i fynachlog Seisnig ac o "Bangor House", tŷ dinesig Esgobion Bangor yn Llundain rhywle yng nghyrrion Fleet Street. Mae'n debyg i'w ymdeimlad o euogrwydd am ei esgelustod esgobol gyfrannu at haelioni Esgob Ysgefintwn tua'r Gadeirlan. "Tomas Ysgefintwn a adeiladodd hwn," maddai'r arysgrif Ladin erfyniol uwchben y Drws Gorllewinol. Fel pob esgob da, roedd gan Tomas Ysgefintwn offeiriad

# ON PRAYER

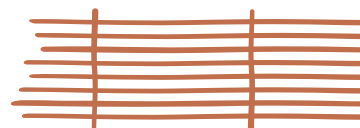
## CHAPTER 1

The Bishops of the Church in Wales have invited us, during 2023, to deepen our life of prayer. Each issue of **Buchedd Bangor** this year will include an article reflecting on a means or object of prayer and praying.

This first article reproduces the Sub-Dean's sermon at the Choral Requiem Eucharist on the Commemoration of All Souls, as we gathered as a community to pray for the departed.

**W**e're having some works done to the Skeffington Tower

at west end of the Cathedral at the moment. The tower was built by Thomas Skeffington, Bishop of Bangor, in the early part of the sixteenth century. Skeffington was also abbot of the monastery of Beaulieu in Hampshire, and seems to have been Bishop of Bangor mainly from his English monastery and from Bangor House, the Bishops of Bangor's London townhouse somewhere off Fleet Street. Bishop Skeffington's sense of guilt at not spending enough time up here may have contributed to his generosity to the Cathedral. "Thomas Skeffington built this," it says, perhaps a little pleadingly, in Latin above the West Door. Like all good bishops, Thomas Skeffington had an industrious



cynorthwyol diwyd o'r enw William Glynne, a wnaeth lawer o'r gwaith yn y Gadeirlan ar ei ran. "William Glynne adeiladodd y rhan fwyaf o hwn," fyddai'r arysgrif gywirach, am wn i.

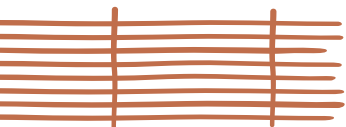
A dyna ichi dreigl amser. A phedwar cant a naw deg o flynyddoedd yn ddiweddarach, mae tŵr William Glynne yn gollwng dŵr, ac felly rhaid ailbwyntio'r uniadau rhwng y meini. A thra bod y sgaffaldiau i fyny yno, rydyn ni hefyd yn adfer wyneb y cloc Sioraidd. Cerddais i mewn i Gapel Mair ddoe, ac y mae dwylaw y cloc, wedi eu hamddifadu am ysbaid o'u tro cyson ar wyneb y cloc, wedi eu dwyn i lawr o'r twr, yno'n disgwyl i gael eu hadfer mewn aur. Mae'n rhyfedd eu gweld nhw'n agos, mor anghyffredin o llonydd, ar fin cael eu gwneud yn fwy prydf berth.

Mae na gyffelybiaeth yno i'r hyn a wnawn ni heno. Rydyn ni wedi dod yma i weddiö dros yr ymadawedig, dros y rhai sydd wedi marw, ac i'w cymeradwyo i brydferthwch coflaid Duw. Rydyn ni wedi dod yma i syllu'n agos, am ennyd, ar farwolaeth, ar golled, ar bethau y byddwn ni'n eu cadw fel arfer ymhell oddi wrthym, er ein bod ni'n gwybod bod y cloc yn dal i droi. Rydyn ni wedi dod yma oblegid treiglo wna amser; fe ddaw'n gorchwylion i ben; meddalu wna'n hatgofion o'n hanwyliaid, fel mae'n rhaid iddynt, oblegid byddai'r boen yn rhy finiog fel arall – ond rydyn ni wedi dod yma heno am y gwyddom ni fod 'na yfory – adeg ac amser pan na byddo na thywyllwch na thanbeidrwydd, ond pan y'u gwelont hwy gyda ni drachefn, yng ngoleuni cyson tragwyddoldeb.

Cyn i ni Gymuno heno, bydd y Côr yn canu'r *Agnus Dei*. Heno, ychwanegir at y geiriau a glywn bob Sul, "Oen Duw, sy'n dwyn ymaith bechodau y byd," yn ngosodiad John Rutter o'r *Requiem*, eiriau o Lyfr Job yn yr Hen Destament. "Dyn a aned o wraig sydd fyr o ddyddiau," ebe'r Côr. Nid celwydd cysurus gewch chi yma yn y Gadeirlan. Dim addewidion ffug fan hyn. Byr yw'n dyddiau, a cholled fydd doll a dalwn ni oll os y carwn.

Ond ar ddiwedd yr *Agnus Dei*, yn dawel bach, ond mor gyson yn ei ffordd ei hun â'r curiad ar gychwyn y symudiad, clywn eiriau'n cael eu canu o'r Efengyl yn ôl Sant Ioan. "Myfi yw'r atgyfodiad a'r bywyd." Mae'r cloc yn troi eto, oherwydd, i ni, nid yw'r diwedd yn derfyn. Nid yw Duw, sydd i ni'n Ffynhonnell a Thynged, yn gorffen, ond yn cynnull ac yn adfer. O ludw a lwch y llawr daethom ac i lwch y dychwelwn. Ond yr ydym yn dyfod o Fywyd, hefyd; a Bywyd a bery, ac yn y Bywyd hwnnw y mae'n byw a'n bod elfennol ni'n dragywydd – ein byw ni – chi; fi; William; Tomas; a phawb a enwwn ni heno. Dyn a aned o wraig sydd fyr o ddyddiau. Ond Crist, yr hwn a fyddwn ninnau, yw yr atgyfodiad a'r bywyd tragwyddol. Mae'n ymddangos i'r dwylo stopio. Ond, yn ddisglar euraidd, maent ar dro eto. Haleliwia.

[B]



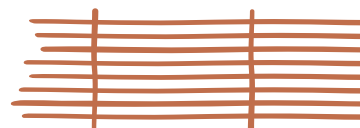
assistant priest called William Glynne, who did a lot of the work at the Cathedral on the Bishop's behalf. "William Glynne built most of this," a more accurate inscription might say.

Time passes. Four hundred and ninety years on, William Glynne's tower is leaking, and so the mortar joints are being repointed. And while the scaffolding's up there, we're also getting the Georgian clock-face restored. I walked into the Lady Chapel yesterday, and there are the clock's hands, removed for a while from their constant turning across the face of the clock, taken down from the tower, and waiting to be regilded. It's odd seeing them up close, so still in their own way, waiting to be made more beautiful.

It's not a bad metaphor for what we're up to tonight. We've come here to pray for the departed, for those who have died, and to commend them to the beauty of God's keeping. We've come here to look up close, for a moment, at death, at loss, at things we usually keep far away from us, though we know the clock still turns. We've come here because time passes, our achievements weather away, our memories of loved ones soften, as they must for the pain would be too sharp otherwise – but we have come here tonight because we know that there is tomorrow, an equal eternity – a time when there will be neither darkness nor dazzling, but when they with us will see again, in an equal light.

Before we make our Communion this evening, the Choir will sing the *Agnus Dei*. Tonight, the words we hear every Sunday, "O Lamb of God, that takest away the sins of the world," are augmented in John Rutter's setting of the *Requiem* by words from the Book of Job in the Old Testament. "Man that is born of a woman hath but a short time to live," the Choir sings. We don't lie here at the Cathedral. We don't make false promises. We have but a short time to live, and loss will be the lot of all of us, if we love.

But at the end of the *Agnus Dei*, softly, but as steady in its own way as the beat with which the movement begins, we hear sung words from the Gospel according to Saint John. "I am the resurrection and the life." The clock turns again, because for us no end is final. God, who is our Source and our Destiny, does not end, but gathers up and restores. From dust we came and we will return. But we come from Life, too; and Life endures, and in that Life we all live and will for ever: Thomas. William. You. Me. And all whom we shall name. Man that is born of a woman hath but a short time to live. But Christ, whom we all become, is the resurrection and the life eternal. The hands seem to stop. But, gleaming, they turn again. Alleluia. [B]





# EIN CYMDOGAETH YM MANGOR OUR BANGOR NEIGHBOURHOOD

Saif Cadeirlan Deiniol Sant ar ganol stryd fawr hiraf Cymru – 1,265m, neu oddeutu milltir, o un pen i'r llall. Ond, yn ddiweddar, mae pryderon wedi codi ynghylch y nifer cynyddol o siopau gwag, a'r gostyngiad yn nifer y siopwyr yma.

Ond mae digon o newydd da o'n cwmpas. Dros yr ychydig rifynnau nesaf, fe fydd **Buchedd Bangor** yn

gwneud ei ran i gefnogi ein Stryd Fawr a chwrdd â rhai o'r bobl sy'n gweithio at geisio gwneud canol y ddinas yn le ffynniannus.

Yn gyntaf, **Oli Yates**, rheolwr Blue Sky Café, sy'n sgwrsio gyda ni am gynnyrch lleol, cyflwr y Stryd Fawr a sut i wneud y baned goffi orau. Bu Oli'n sgwrsio â'n gohebydd lleol, **Chris Dearden**.



Saint Deiniol's Cathedral stands at the centre of the longest high street in Wales – 1,265m or around a mile long. But recently there's been concern at the number of empty shops, and lower numbers of people shopping here. But there's plenty of good news all around us. Over the next few editions, **Buchedd Bangor** will be doing its bit to support our

High Street and meeting some of the people who are working to make our city centre a thriving place.

First, **Oli Yates**, the manager of Blue Sky Café talks to us about local produce, the state of the High Street and how to make the perfect cup of coffee. Oli was speaking to our resident reporter, **Chris Dearden**.

**“M**ae pobl weithiau’n gofyn imi sut dwi’n llwyddo i dynnu lluniau a phatrymau gan ddefnyddio ewyn llefrith ar ben paned o goffi. Mater o brofiad ydy hi’n rhannol – fe wnes i amcangyfrif y diwrnod o’r blaen imi dreulio 10,000 o oriau ‘mywyd yn gwneud paneidiau o goffi.

Ond mae gofyn dysgu’r sylfeini cofiwch. Rhaid dysgu c’nesu’r llefrith i’r tymheredd a’r trwch iawn, fel bo chi’n medru ei weithio fel paent. Unwaith ichi feistroli hynny, dim ond rhyw ddau batrwm sylfaenol sy ‘na, ac mae popeth arall yn dibynnu arnoch chi’n eu llunio i greu cynllun o’ch dewis.

Mae’n bosib y bydd gan un coffi galon yn batrwm, un arall tiwlip. Mae’n golygu fod pob coffi’n wahanol, pob un, efallai, â’i gymeriad bach unigryw ei hun – sy’n adlewyrchu, mewn ffordd, y modd mae Blue Sky Café wedi esblygu a thyfu dros y ddau ddegawd diwethaf.

Rydyn ni wastad wedi ceisio defnyddio cymaint o gynnyrch lleol â phosib, a’i goginio a’i gyflwyno yn ein ffordd ein hunain, tra’n creu awrygylch braf.

Mae’r enw, Blue Sky Café, yn deillio o’r ffenestri to yn yr ardal fwyta i fyny’r grisiau, ond hefyd oherwydd inni sylweddoli fod angen ychydig o feddwl heb orwelion arnon ni wrth sefydlu’r lle.

Roedd hynny’n cynnwys cael ychydig o feinciau er mwyn i bobl ddefnyddio caffi fel man cyfarfod, neu hyd yn oed i alluogi pobl i droi at ei gilydd ac esgor ar sgwrs.

Ond roedd hefyd yn cynnwys y fwydlen. Cymerwch rhywbeth mor syml â chyw iâr a sglods: bob amser yn un o’n seigiau mwyaf poblogaidd. Dyma ni’n dweud wrth ein gilydd: “maen nhw’n gwneud hyn mewn caffis ymhobman, fell sut allen ni sicrhau ei fod yn drawiadol, tra’n para i apelio at gymaint o bobl ac yn rhywbeth y gellid ei weini am bris rhesymol?”

Fel gyda chymaint o bethau, mae hi’n fater o ganfod cydbwysedd. Felly, rydyn ni’n defnyddio cyw iâr o ansawdd da, ei grilio dros olog ac fe dreulion ni cryn amser yn datblygu ein marinâd in hunain. Ac mae’r sylwadau a gawn gan gwsmeriaid yn amgrymu y bu hi’n werth yr ymdrech.

Rydyn ni parhau i fentro pethau newydd yn ogystal â chynnig yr hen ffefrynnau; wrth gwrs, eto yma, mater o gydbwysedd ydy hi – gwybod be’ mae pobl yn ei hoffi, ond cadw pethau’n ffres... o apelio at ystod eang o hoffterau, ond gwneud yn siwr ein bod yn dal fod yn unigryw yn yr hyn a wnawn a’r ffordd rydyn ni’n ei wneud o.

Mae’r cydbwysedd hwnn wedi datblygu’n fwyfwy pwysig dros amser. Mae’r hinsawdd economaidd bresennol yn golygu ein bod yn arbennig o ymwybodol o’r angen i gadw’n prisiau’n rhesymol, ond hefyd i wneud ein rhan yn cefnogi cynhyrchwyr lleol.





“P

People sometimes ask me how I manage to draw patterns and pictures using the milk foam on top of a cup of coffee. It's partly down to experience – I worked out the other day that I've spent 10,000

hours of my life making coffee.

There are the basics to learn though. It's about heating the milk up to the right temperature and consistency, so you can work with it like paint. Once you've done that, there are only actually two basic patterns, and everything else is down to how you work them into a design of your choice.

Maybe one coffee will have a heart, then the next one can have a tulip. It does mean that every coffee is different, maybe just a little bit unique - it sort of sums up the way Blue Sky Café has evolved and grown over the last two decades.

We've always tried to use as much local produce as we can, and to cook and present it in our own way, while creating a nice atmosphere.

The name Blue Sky Café actually comes from the skylights in the upstairs eating area which provide most of the light, but also because we realised we needed a bit of blue sky thinking when the place was set up.

That included having some bench seating so people could use the café as a meeting place, or even just strike up conversations with others around them.

But it also included the menu. Take something as simple as chicken and chips; always one of our most popular dishes. We said to ourselves: "they do this in cafes everywhere, so how can we make sure ours stands out, while still appealing to lots of people and being something we can serve at a reasonable price?"


As with many things, it's about striking a balance. So we use good quality chicken, we char grill it, and we spent a bit of time developing

**ONE THING THAT HAS HELPED IS THAT THERE IS NOW AN APPETITE - LITERALLY - FOR LOCALLY SOURCED PRODUCE, SO WE'RE ABLE TO WORK WITH LOCAL ORGANISATIONS TO GET OUR INGREDIENTS**

Un peth a fu'n gymorth inni ydy fod awch bellach – yn llythrennol – am gynnyrch o ffynnonellau lleol. Fel canlyniad, medrwn weithio gyda mudiadau megis fferm gydweithredol Moel-y-ci yn Nhegarth a chydweithfa Tyddyn Teg ger Bethel ar gyfer rhai o'n cynhwysion.

Wrth reswm, dydy pobl ddim am holi hanes achau pob taten, neu bwy rostiodd y coffi, ond mae'r pethau hyn i gyd yn cyfrannu at y darlun mwy o bwy ydyn ni a'r hyn rydyn ni'n ei gynnig i bobl. Mae'n cael ei gyfleu yn y bwyd a'r diodydd sy'n cael eu gweini ganddon ni a sut rydyn ni'n trin pobl pan ddown nhw trwy'r drws aton ni.

Mae'n ymddangos fel petai'n gweithio. Mae Bangor yn ddinas gymnharol facha does 'na fawr o dwristiaeth fel y cyfryw ynghlwm



## **RYDW I'N GWERTHFAWROGI'R YMDEIMLAD O RYFEDDOD SYDD I'W GAEL ODDI FEWN I ADEILADAU CYSEGREDIG CYMRU – MAE'R NODWEDDION HYNNY I'W CAEL YN HELAETH YN Y GADEIRLAN**

â'r lle, felly rydyn ni'n dibynnu ar bobl leol. Mae llawer o'n cwsmeriaid yn ffyddloniaid ac rydyn ni wir yn gwerthfawrogi eu cefnogaeth, sydd wedi ein galluogi i dyfu'r busnes i'r pwynt lle'n bod wedi medru cyflogi oddeutu 15 o bobl ac wedi agor yr hyn a elwir yn far cwrw lawr grisiau er mwyn rhyddhau'r pwysedd ar y gofod gwreiddiol y caffi i fyny grisiau.

Yn dechnegol, rydyn ni wedi'n lleoli ychydig y tu cefn i'r Stryd Fawr mewn adeilad sy'n adnabyddus fel yr Ambassador Hall – edrychwch am yr arwydd ac anelu trwy'r fynedfa fach gyferbyn â siop sgidiau Clark's. Daeth ein hadeilad i fod nghanol y 1800au, a bu'n gapel, yn warws, ond hefyd yn glwb jas y niwedd y 1930au a dechrau'r 1940au, yn ogystal â gym a chyflenwyr adeiladwyr ar wahanol adegau.

Er mod i'n treulio fy nyddiau'n gweithio mewn adeilad a fu unwaith yn gapel Cymraeg, ac imi fynychu Ysgol Friars, faswn i ddim yn disgrifio fy hun fel addolwr selog. Ond mi rydw i'n gwerthfawrogi'r ymdeimlad o ryfeddod a thangnefedd sydd i'w gael oddi fewn i rai o adeiladau cysegredig Cymru – mae'r nodweddion hynny i'w cael yn helaeth yng Nghadeirlan Deiniol Sant.



our own marinade. And the comments we get from customers suggest it was worth the effort.

We do keep trying new things as well as the old favourites, of course, again, it's about the balance of knowing what people like, but keeping things fresh... of appealing to a wide range of tastes, but making sure that we are always distinctive in what we do and how we do it.

That balance has become more important over time. The current economic climate means we're only too conscious of the need to keep our prices reasonable, but also to do our bit by supporting local producers.

One thing that has helped is that there is now an appetite – literally – for locally sourced produce. So we're able to work with organisations like the Moel-y-ci community farm in Tregarth and the Tyddyn Teg co-operative near Bethel to get some of our ingredients.

Obviously, people don't sit down and ask where every last potato has come from, or who roasted the coffee, but all these things make up a bigger picture of who we are and what we're offering people. It comes across in the food and drinks we serve and in how we treat people when they walk through the door.

It seems to be working. Bangor is a relatively small city and there isn't much tourism here, so we rely on locals. Many people come here regularly, and we're really grateful to them for their support, which has enabled us to grow the business to the point where we're now employing around 15 people and have opened what we call the taproom downstairs to take the pressure off the original café space upstairs.

We're technically just behind the High Street in a building called "Ambassador Hall" – look out for the sign and head





Yr hyn sy'n bwysig i mi ydy fod yr eglwys yn rhan o'r gymuned. Dydy llawer o bobl o'm cenhedlaeth i ac iau ddim yn mynd i'r eglwys wrth reddf, nac hyd yn oed yn gweld pam y byddai'n berthnasol i'w bywydau, felly, does bosib mai'r ffordd orau i geisio pontio o'r newydd ydy fod yr eglwys gadeiriol yno i bobl ar adegau pan fo'r gymuned yn dod ynghyd – popeth o ddramâu ysgol a Sul y Cofio i'r ŵyl gwrw ddiweddar.

Rydyn ni'n byw mewn cyfnod lle mae pobl yn chwilio am ymdeimlad o gymuned, boed hynny mewn caffi sy'n defnyddio cynnyrch lleol ac yn cadw golwg ar ei brisiau neu gadeirlan sy'n teimlo ei bod yno i bobl trwy'r amseroedd da a'r drwg.

Yr her i ni'n dau dy i barhau i wrando a chadw'r egni cadarnhaol i lifo yma yng nghanol dinas Bangor. **[9]**



through the small entrance opposite Clark's shoe shop. Our building started its days in the mid 1800s, and has been a chapel, and a warehouse, but also a jazz club in the late 1930s and early 1940s as well as a gym and a builders' merchants at various times.

Even though I spend my working days in a building that was once a Welsh chapel, and went to Friars School, I wouldn't describe myself as a regular churchgoer. But I do appreciate the sense of wonder and peace that you can get inside some of Wales's sacred buildings – Saint Deiniol's Cathedral has both in huge amounts.

What is important to me is that the church is part of the community. Many people of my generation and younger don't automatically go

## **WE LIVE IN A TIME WHEN PEOPLE ARE LOOKING FOR A SENSE OF COMMUNITY, WHETHER THAT BE A CAFÉ SOURCING LOCAL INGREDIENTS OR A CHURCH WHICH IS THERE FOR PEOPLE**

to church, or even see why it's relevant to their lives, and surely the best way to start bridging that gap is for the cathedral to be there for people at times when the community comes together – everything from school plays and Remembrance Sunday to the recent beer festival.

We live in a time when people are actually looking for a sense of community, whether that be a café that sources local ingredients and keeps an eye on its prices or a cathedral church which feels like it's there for people in good times and bad.

The challenge for us both is to keep listening and keep the positive energy flowing here in Bangor city centre. [B]





**I**ntemera  
ta et miser  
icordia be  
nedicta  
singulari  
atque incomparabilis uir  
go dei genitrix maria. gra  
tissimum dei templum.  
spiritus sancti sacramentum.  
ianua regni celorum per  
quam post deum totus  
vivit orbis terrarum. De  
te enim dei filius uerus  
et omnipotens deus sua  
sanctissimam fecit ma



EIN CYMDOGAETH YM MANGOR  
OUR BANGOR NEIGHBOURHOOD

# O GASGLIADAU STORIEL FROM THE STORIEL COLLECTION

**Llyfr Oriau**, *Horae Beatae Mariae Virginis*, diwedd y bedwaredd ganrif ar ddeg i'r bymthegfed ganrif (Archifau Bangor IIsgr./3)

**Book of Hours**, *Horae Beatae Mariae Virginis*, late fourteenth-fifteenth century (Archives Bangor MS/3)

Storiel, the county museum and gallery for Gwynedd, is our neighbour in the Cathedral Close.

In collaboration with the Friends of Storiel, **Buchedd Bangor** features in each issue an object from Storiel's collection.

Mae Storiel, amgueddfa ac oriel sirol Gwynedd, yn gymydog inni yng Nghlos y Gadeirlan.

Mewn cydweithrediad â Chyfeillion Storiel, mae **Buchedd Bangor** yn cynnwys gwrthrych o gasgliad Storiel ym mhob rhifyn.



## Mae Sue Niebrzydowski, Athro Llenyddiaeth Ganoloesol ym Mhrifysgol Bangor, yn cyfwyno gwrthrych y rhifyn hwn.

**R**oedd y Llyfr Oriau, llyfr gweddi a oedd yn boblogaidd rhwng y bedwaredd ganrif ar ddeg a'r unfed ganrif ar bymtheg, yn enwedig ymysg merched, yn gymorth allweddol a gwerthfawr i fynegiant o dduwioldeb personol. Yn amrywiaeth o weddiâu i'r Forwyn Fair, yn Lladin fel arfer, wedi eu cynllunio i'w defnyddio yn yr eglwys a'r cartref, mae Llyfrau Oriau'n amrywio o gynnyrch uchel ei statws, wedi ei wneud â llaw ar gyfer uchelwyr, i gopiâu mwy dirodres ar gyfer y rhai â llai o fodd. Roedd y Llyfr Oriau yn cynnwys wyth set o weddiâu defosiynol i Fair, un ar gyfer pob un o'r wyth awr ganonaidd pan fyddai mynachod a lleianod yn ymgynnull i weddio.

Mae harddwch Llyfr Oriau i'w weld yn amlwg ar ffolio 22 llsg./3 Bangor, lle mae'r sgrifellwr a'r darlunydd wedi cyfuno eu doniau i gynhyrchu'r weddi "*O Intemerata*" (O ddifrycheulyd a thragwyddol fendigaid) i'r Forwyn Fair. Dechreuau'r weddi gyda phriflythyren 'O' binc am bum llinell ac mae ei thestun wedi'i amgylchynu gan ymyl wyrdd tywyll o fioled fraith (*Viola tricolor*) sgroledig sy'n ymgripiwr naturiol, gyda choeden wedi ei lluniadu drosti. Defnyddir yr un canghennau hyn fel llenwyr llinell drwy'r llawysgrif gyfan.

Roedd y fioled fraith neu'r fioled drilliw yn nodwedd amlwg mewn gerddi canoloesol ac yn cael ei defnyddio ar un adeg i drin clefyd y galon, a chredid bod trwyth o'r planhigyn yn gwella calon doredig.

Wrth edrych yn agosach, gellir gweld yng nghanghennau'r goeden fwnci a dau aderyn (o wahanol blu), a'r isaf ohonynt yn disgyn i lawr tuag at lyffant gwyrdd llachar sy'n cymryd ei le yng nghornel chwith isaf y border is.

Mewn bwystoriau canoloesol (gwyddoniadur o anifeiliaid lle rhoddwyd dehongliad moesol i rinweddau creadur) roedd epaod neu fwnciod yn gysylltiedig â'r diafol ac â gwatwar drwgweithredwyr. Roedd y llyffant yn adnabyddus am fyw ymysg coed, fel yn y darluniad hwn, ac am ei glebran cyson anwaraidd. Mae cynffonnau fforchog yr adar yn llsg./3 Bangor yn awgrymu mai gwenoliaid ydyn nhw, wedi eu nodi mewn bwystoriau am beidio â bwydo ar y ddaear, dim ond ar yr hyn y maen nhw'n ei ddal yn yr awyr, ymddygiad sy'n dynodi bod y rhai nad oes ganddynt ddefnydd i bethau daearol yn ceisio'r rhai hynny sy'n gysylltiedig â'r nefoedd.

Pan gaiff ei darllen neu ei llefaru, mae'r weddi "*O Intemerata*" yn gofyn am drugaredd gan Fam Duw. Mae'r creaduriaid sy'n byw yng nghanghennau'r goeden yn atgoffa'r darlunydd bod y Diafol yn disgwyl i ddal y rhai anwyliadwrus sy'n clebran, ac y dylai Cristnogion da, fel gwenoliaid, ystyried a gwerthfawrogi'r pethau nefol, nid y pethau daearol. Fel y dengys y creaduriaid bywiog yn y llyfr gweddi hwn, nid oedd angen difrifoldeb bob amser i fynegi duwioldeb.

Mae'r Llyfr Oriau yn rhan o'r arddangosfa, **Angerdd am Lyfrau**, sydd i'w gweld yn Storiell tan ddiwedd Rhagfyr 2022.





**Sue Niebrzydowski, Professor in Medieval Literature at Bangor University, introduces this issue's object.**

**T**he Book of Hours, a prayer book popular between the fourteenth and sixteenth centuries, particularly with women, was a key and treasured aid to the expression to personal piety. A miscellany of prayers to the Virgin Mary, usually in Latin, designed for use in church and at home, Books of Hours range from handcrafted, high-status products for the nobility to more modest copies for those of lesser means. The Book of Hours contained eight sets of devotional prayers to Mary, one of for each of the eight canonical hours at which monks and nuns gathered for prayer.

The beauty of a Books of Hour is clearly demonstrated on folio 22 of Bangor MSS/3 where scribe and illustrator have combined their talents in producing the "*O Intemerata*" (O Unspotted and forever blessed) prayer to the Virgin. The prayer commences with a pink, five-line capital "O" and its text is surrounded by a dark green border of scrolled "heartsease" (*Viola tricolor* or "wild pansy") that has a naturally creeping habit, over which is drawn a tree. These same branches are used as line fillers throughout the manuscript.

A staple in medieval gardens, the viola or heartsease was once used to treat heart disease, and an infusion of the plant was thought to cure a broken heart.

On closer inspection detectable in the tree's branches are a monkey and two birds (of different plumage), the lower of which swoops down towards a bright green frog that occupies the bottom left-hand corner of the lower border.

In medieval bestiaries (encyclopedia of animals in which the qualities of a creature were given moral interpretation) apes or monkeys were associated with the devil and for mocking evil doers. The frog was understood to live among trees, as in this illustration, and for its constant chattering in an uncouth manner. The forked tails of the birds in Bangor MS/3 suggest that they are swallows, noted in bestiaries for not feeding on the ground but only what they catch in the air, behaviour that signifies those who have no use for earthly things seek those associated with Heaven.

When read or spoken, the "*O Intemerata*" prayer requests Mercy from the Mother of God. The creatures dwelling in the branches of the reader that the Devil is waiting to entrap the unwary who chatter, and that good Christians, like swallows, should have their minds on and value heavenly rather than earthly matters. As these lively creatures in this prayer-book demonstrate, the expression of piety did not always require solemnity.

The Book of Hours forms part of the exhibition, **A Passion for Books**, which can be seen at Storiel until the end of December 2022.



EIN CYMDOGAETH YM MANGOR  
OUR BANGOR NEIGHBOURHOOD

# EIN HACHOS DA DROS Y DOLIG OUR CHRISTMAS GOOD CAUSE



Nod **Piws** – sefydliad bywiog sydd wedi'i leoli yng Ngogledd Orllewin Cymru, ac sydd eisioes yn gweithio a 100 o deuluoedd – yw annog mynediad i bawb, ac yn enwedig y rhai ohonom sydd â chyflyrau ac anableddau cudd.

The aim of **Piws** – a vibrant organisation based in North West Wales, already working with 100 families – is to encourage access for all, and especially those of us who have hidden conditions and disabilities.



**M**ae **Piws** yn gweithio gyda chwmnïau, busnesau a chyrchfannau i helpu teuluoedd a'r rhai sydd ag amodau ac anableddau gweladwy a chudd i gael eu croesawu, eu deall a derbyn darpariaeth gyfiawn.

Mae **Piws** yn cael ei arwain gan Davina Carey-Evans, sydd wedi bod yn ffrind agos i'r Gadeirlan yn ystod ei chyfnod fel Uchel Siryf Gwynedd. Mae gan fab Davina, Benjamin, awtistiaeth ddifrifol, ac mae hi'n ofalwr i aelodau eraill o'i theulu sydd â chyflyrau cudd. "Fel gofalwr," dywed Davina, "byddwn i'n ymweld â'r un lleoedd wastad oherwydd hygyrchedd, boed hynny'n staff cynorthwyol, toiledau neu rywbeth arall. Byddwn yn mynd yn ôl i'r un mannau'n barhaus oherwydd mae'n rhy frawychus i fynd i leoedd newydd."

Mae cyflyrau ac anableddau cudd yn effeithio ar nifer fawr o unigolion a theuluoedd yn ein cymunedau. Mae gan dros 80% o anableddau cofrestredig namau cudd, ac mae gan hanner cartrefi Cymru gysylltiad ag anabledd.

Mewn partneriaeth â'r elusen genedlaethol Nimbus Disability, mae **Piws** wedi lansio ymgyrch i hybu ymwybyddiaeth a chofrestriad o'r Cerdyn Mynediad o fewn y diwydiant lletygarwch a hamdden yng Ngogledd Cymru. Mae'r cerdyn yn hysbysu darparwyr yn gyflym ac yn gyfrinachol am y cymorth y gall fod ei angen ar ddeiliaid cymorth wrth gael mynediad i'w hatyniadau a'u gwasanaethau trwy amrywiaeth o symbolau anabledd neu nam. Mae'r cerdyn yn un rhan o ymdrech i annog newid diwylliannol, i wella lles, hyrwyddo amrywiaeth, codi ymwybyddiaeth a gwella mynediad a chroeso i bawb.

Bydd y Gadeirlan yn rhoi grant i gefnogi gwaith hanfodol **Piws** o roddion a dderbynir ym mhob un o'n gwasanaethau Nadolig arbennig eleni.

**P****iws** works with companies, business and destinations to help families and those with visible and hidden conditions and disabilities to be welcomed, understood and catered for.

**Piws** is spearheaded by Davina Carey-Evans, who has been a close friend of the Cathedral during her tenure as High Sheriff of Gwynedd. Davina's son, Benjamin, has severe autism, and she is a carer for other members of her family with hidden conditions. "As a carer," Davina says, "I would only ever visit certain places because of the accessibility factor whether that was helpful staff, toilets or something else. I would continually go back to the same places because it's actually too scary to go to new places."

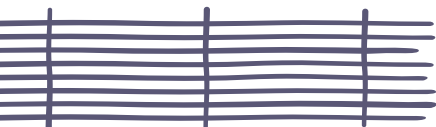
Hidden conditions and disabilities affect a large number of individuals and families in our communities. Over 80% of registered disabilities have hidden impairments, and half of Welsh homes have a connection to disability.

In partnership with the national charity Nimbus Disability, **Piws** has launched a campaign to boost awareness and registration of the Access Card within the hospitality and leisure industry in North Wales. The card informs providers quickly and discreetly about the support holders may need when accessing their attractions and services through a range of disability or impairment symbols. The card is one part of an effort to encourage a cultural change, to improve wellbeing, promote diversity, raise awareness and improve access and welcome for all.

The Cathedral will make a grant to support the vital work of **Piws** from donations received at all of our Christmas special services this year.



**DYDDIADUR  
TYMHORAU'R  
ADFENT  
A'R  
NADOLIG  
DIARY  
THE  
SEASONS OF  
ADVENT &  
CHRISTMAS**



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**27** Tachwedd | Sul yr Adfent  
November | Advent Sunday

**8.15am**  
Holy Eucharist

**9.15am**  
Cymun Bendigaid ar Gân

Offeren Fer, Palestrina  
Hosanna i Fab Dafydd, Victoria  
Wachet Auf, BWV 645, Bach

**11.00am**  
Choral Holy Eucharist

Short Communion Service, Batten  
Hosanna to the Son of David, Weelkes  
Fantasia on "Veni Emmanuel", Harris

**3.30pm**  
Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Stark  
Evening Service in G, Wood  
O God, from heaven look below,  
Praetorius  
Es ist ein ros entsprungen, Brahms

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**28** Tachwedd | Dydd Llun  
28 November | Monday

**12.30pm**  
Cymun Bendigaid | Holy Eucharist

**5.30pm**  
Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Stark  
Evening Service in G for Lower Voices,  
Sumsion  
I will lift up mine eyes, Walker  
Rorate Caeli, Demessieux

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**29** Tachwedd | Dydd Mawrth  
29 November | Tuesday

**9.30am**  
Camau Bach

**12.30pm**  
Cymun Bendigaid | Holy Eucharist

**5.30pm**  
Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Nardone  
Edinburgh Service, Byram-Wigfield  
Constitues eos, Ravello  
Nun komm, der Heiden Heiland, Kniller

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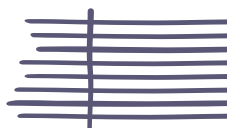
**30** Tachwedd | Dydd Mercher |  
Dygwyl Sant Andreas  
30 November | Wednesday | Saint  
Andrew's Day

**12.30pm**  
Cymun Bendigaid | Holy Eucharist

Missa Deus Genitor Alme, Anonymous

**8.00pm**  
Gwynnos | Vigil

O Radiant Dawn, Macmillan  
Te lucis ante terminum, Tallis



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**1 Rhagfyr | Dydd Iau**  
**1 December | Thursday**

**11.15am**  
**Datganiad | Recital**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**2.00pm Eglwys y Groes**  
**Cymun Bendigaid | Holy Eucharist**

**7.30pm**  
**Gwynos Diwrnod Aids y Byd | World Aids Day Vigil**

In Paradisum, Faure  
The Lord is my shepherd, Rutter  
Funeral Ikos, Tavener  
God be in my head, Walford–Davies

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**2 Rhagfyr | Dydd Gwener**  
**2 December | Friday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**3 Rhagfyr | Dydd Sadwrn**  
**3 December | Saturday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**4 Rhagfyr | Ail Sul yr Adfent**  
**4 December | The Second Sunday of Advent**

**8.15am**  
**Holy Eucharist**

**9.15am**  
**Cymun Bendigaid ar Gân**

Cymun Deiniol, Ogdon  
Pan fo'r stormydd, Williams  
Wachet auf!, Peeters

**11.00am**  
**Choral Holy Eucharist**

Mass of the Quiet Hour, Oldroyd  
And the glory of the Lord, Handel  
Prelude in F minor, BWV 534, Bach

**12.15pm**  
**Cinio Dewch i Rannu | Bring & Share Lunch**

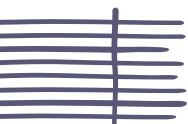
**6.00pm**  
**Naw Llith a Charol yr Adfent | Nine Lessons & Carols of Advent**

Matin Responary, Palestrina  
Hosanna i Fab Dafydd, Victoria  
Rorate Caeli, Rheinberger  
The Tree of Life, Poston  
Ave Maria, Bruckner  
Zion hort die Wachter, Bach  
Nun komm der Heiden Heiland, BWV 599, Bach

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**5 Rhagfyr | Dydd Llun**  
**5 December | Monday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**



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**6 Rhagfyr | Dydd Mawrth**  
**6 December | Tuesday**

**9.30am**  
**Camau Bach**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Aston  
Collegium Magdalenae Oxoniense  
Service, White  
Rejoice greatly, Handel  
Herr Christ, der einig Gottes Sohn,  
BuxWV 191, Buxtehude

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**7 Rhagfyr | Dydd Mercher**  
**7 December | Wednesday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

Missa Deus Genitor Alme, Anonymous

**8.00pm**  
**Gwynnos | Vigil**

The Truth from Above, Vaughan  
Williams  
Hail, gladdening light, Stainer

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**8 Rhagfyr | Dydd Iau | Dygwyl Fair y**  
**Gaeaf**  
**8 December | Thursday | The Festival**  
**of the Conception of the Blessed**  
**Virgin Mary**

**11.15am**  
**Datganiad | Recital**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**2.00pm Eglwys y Groes**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Cymun Bendigaid ar Gân | Choral Holy**  
**Eucharist**

Missa Brevis, Britten  
Tota pulchra es, Duruflé  
Toccata on Ave Maris Stella, Peeters

**6.30pm**  
**Cyfarfod Cynulleidfaol y Gaeaf |**  
**Winter Congregational Meeting**

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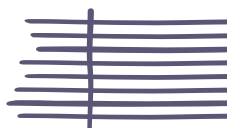
**9 Rhagfyr | Dydd Gwener**  
**9 December | Friday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**10 Rhagfyr | Dydd Sadwrn**  
**10 December | Saturday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**



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**11 Rhagfyr | Trydydd Sul yr Adfent**  
**December | The Third Sunday of**  
**Advent | Gaudete**

**8.15am**  
**Holy Eucharist**

**9.15am**  
**Cymun Bendigaid ar Gân**

Offeren Glyn Rhosyn, Wynn Jones  
Ond pwy a oddef, Handel  
Chorale Improvisation on "Wachet auf",  
Karg-Elert

**11.00am**  
**Choral Holy Eucharist**

Communion Service in A Minor, Darke  
Gaudete!, Anonymous  
Toccata on "Nun Freut Euch", Rogg

**3.00pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Sumsion  
Evening Service in E minor, Purcell  
Thus saith the Lord, Handel  
Wachet auf!, Peeters

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**12 Rhagfyr | Dydd Llun**  
**12 December | Monday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**6.00pm**  
**Carolau ar Wib | Carols with The**  
**Snowman**

The Snowman, Blake  
Fantasia on Christmas Carols, Vaughan  
Williams

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**13 Rhagfyr | Dydd Mawrth**  
**13 December | Tuesday**

**9.30am**  
**Camau Bach**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Darke  
Fauxbourdon Service, MacDonald  
If God be for us, Handel  
Nun komm der Heiden Heiland, BWV  
659, Bach

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**14 Rhagfyr | Dydd Mercher**  
**14 December | Wednesday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

Missa Deus Genitor Alme, Anonymous

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**15 Rhagfyr | Dydd Iau**  
**15 December | Thursday**

**11.15am**  
**Datganiad | Recital**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**2.00pm Eglwys y Groes**  
**Cymun Bendigaid | Holy Eucharist**

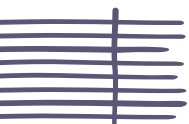
**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Tomkins  
Evening Service in B flat, Purcell  
And he shall purify, Handel  
Voluntary in B flat Major, Purcell

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**16 Rhagfyr | Dydd Gwener**  
**16 December | Friday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**





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17 Rhagfyr | Dydd Sadwrn  
17 December | Saturday

12.30pm

Cymun Bendigaid | Holy Eucharist

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**18** Rhagfyr | Pedwerydd Sul yr  
Adfent

18 December | The Fourth Sunday of  
Advent

8.15am

Holy Eucharist

9.15am

Cymun Bendigaid ar Gân

Cymun y Cymry II, Harper  
Tystiolaeth Ioan, Gibbons  
Prelwd yn C leiaf, BWV 546, Bach

11.00am

Choral Holy Eucharist

Missa brevissima, Eberlin  
Every valley shall be exalted, Handel  
Rhapsody on Helmsley, Lloyd Webber

6.00pm

Meseia | Messiah, George Frideric  
Handel

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19 Rhagfyr | Dydd Llun  
19 December | Monday

12.30pm

Cymun Bendigaid | Holy Eucharist

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20 Rhagfyr | Dydd Mawrth  
20 December | Tuesday

9.30am

Camau Bach

12.30pm

Cymun Bendigaid | Holy Eucharist

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21 Rhagfyr | Dydd Mercher | Dygwyl  
yr Apostol Tomas  
21 December | Wednesday | Saint  
Thomas's Day

12.30pm

Cymun Bendigaid | Holy Eucharist

Missa Deus Genitor Alme, Anonymus

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22 Rhagfyr | Dydd Iau

22 December | Thursday

11.15am

Datganiad | Recital

12.30pm

Cymun Bendigaid | Holy Eucharist

6.00pm

Naw Llith a Charol y Nadolig | Nine  
Lessons & Carols of Christmas

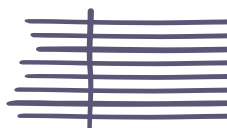
Adam lay ybounden, Ord  
The Truth from Above, Vaughan  
Williams  
Hymn to the Virgin, Britten  
O magnum mysterium, Poulenc  
Sussex Carol, Willcocks  
Rhos Bethlehem, Warlock  
Benedicamus Domino, Warlock  
Noël Parisien, Quef

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23 Rhagfyr | Dydd Gwener  
23 December | Friday

12.30pm

Cymun Bendigaid | Holy Eucharist



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**24 Rhagfyr | Dydd Sadwrn | Noswyl y Nadolig**

**24 December | Saturday | Christmas Eve**

**4.00pm**

**Gwasaneth y Preseb | Christmas Crib Service**

**6.00pm Eglwys y Groes**

**Cymun Bendigaid | Holy Eucharist**

**10.30pm**

**Carolau | Carols**

**11.00pm**

**Cymun Bendigaid ar Gân | Choral Holy Eucharist**

Messe de Minuit, Charpentier  
Hodie Christus natus est, Sweelinck  
Dieu parmi nous, Messiaen

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**25 Rhagfyr | Dydd Nadolig**  
**December | Christmas Day**

**8.15am**

**Holy Eucharist**

**9.15am**

**Cymun Bendigaid ar Gân**

Offeren Fer y Capel Brenhinol, Caesar  
Ar fore dydd Nadolig, Traditional  
In dulci jubilo, BWV 729, Bach

**11.00am**

**Choral Holy Eucharist**

Missa Brevis, Dove  
God is with us, Tavener  
Toccata, Dubois

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**26 Rhagfyr | Dydd Llun | Gŵyl Steffan Sant**

**26 December | Monday | Saint Stephen's Day**

**12.30pm**

**Cymun Bendigaid | Holy Eucharist**

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**27 Rhagfyr | Dydd Mawrth | Dygwyl Sant Ioan**

**27 December | Tuesday | Saint John's Day**

**12.30pm**

**Cymun Bendigaid | Holy Eucharist**

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**28 Rhagfyr | Dydd Mercher | Dygwyl y Gwirioniaid**

**28 December | Wednesday | Holy Innocents' Day**

**12.30pm**

**Cymun Bendigaid | Holy Eucharist**

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**29 Rhagfyr | Dydd Iau**

**29 December | Thursday**

*Nid oes gwasanaeth am 12.30pm, nac am 2pm*

*There is no service at 12.30pm, or at 2pm*

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**30 Rhagfyr | Dydd Gwener**

**30 December | Friday**

*Nid oes gwasanaeth am 12.30pm*

*There is no service at 12.30pm*

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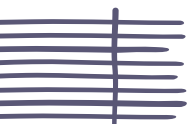
**31 Rhagfyr | Dydd Sadwrn**

**31 December | Saturday**

*Nid oes gwasanaeth am 12.30pm*

*There is no service at 12.30pm*

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**1 Ionawr | Ail Sul y Nadolig**  
**January | The Second Sunday of Christmas**

**8.15am**  
**Holy Eucharist**

**9.15am**  
**Cymun Bendigaid ar Gân**

Cymun Bendigaid ar Gân  
Offeren Deiniol, Rees  
Tres magi de gentibus, Lang  
Miniwét Trwmped, Hollins

**11.00am**  
**Choral Holy Eucharist**

Communion Service, Merbecke  
In the bleak mid-winter, Darke  
Allegro con brio from Sonata IV,  
Mendelssohn

**3.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, plaengan |  
plainchant  
Magnificat tertii toni, Binchois  
A new year carol, Britten  
In dulci jubilo, BWV 608, Bach

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**2 Ionawr | Dydd Llun**  
**2 January | Monday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**3 Ionawr | Dydd Mawrth**  
**3 January | Tuesday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, plaengan |  
plainchant  
Magnificat secundi toni, Dunstable  
There is no rose, Traditional  
Voluntary in D minor, Croft

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**4 Ionawr | Dydd Mercher**  
**4 January | Wednesday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**  
Missa Rex Genitor, Anonymous

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**5 Ionawr | Dydd Iau**  
**5 January | Thursday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**2.00pm Eglwys y Groes**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, plaengan |  
plainchant  
Evening Service in B minor, Davey  
Coventry Carol, traddodiadol |  
traditional  
Master Tallis's Testament, Howells

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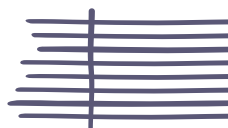
**6 Ionawr | Dydd Gwener**  
**6 January | Friday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**7 Ionawr | Dydd Sadwrn**  
**7 January | Saturday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**



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**8 Ionawr | Dygwyl yr Ystwyll**  
**January | The Festival of the Epiphany**

**8.15am**  
**Holy Eucharist**

**9.15am**  
**Cymun Bendigaid ar Gân**

Cymun ar Emyn-Donau Cymreig,  
Cooper  
Rhos Bethlehem, Warlock  
Wie schön leuchtet der Morgenstern,  
Pachelbel

**11.00am**  
**Choral Holy Eucharist**

Mass in G, Schubert  
There shall a star, Mendelssohn  
Prelude on Stuttgart, Peeters

**3.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Spicer  
Evening Service in F, Dyson  
Here is the little door, Howells  
Fantasy on the tune "Babylon's  
Streams", Harris

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**9 Ionawr | Dydd Llun**  
**9 January | Monday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Plainchant  
Evening Service in B flat, Stanford  
The Lamb, Tavener  
Christ, unser Herr, zum Jordan kam,  
BWV 68, Bach

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**10 Ionawr | Dydd Mawrth**  
**10 January | Tuesday**

**9.30am**  
**Camau Bach**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Brown  
Evening Service in F, Long  
In freezing Winter's night, Britten  
Carol, Whitlock

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**11 Ionawr | Dydd Mercher**  
**11 January | Wednesday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

Missa Rex Genitor, Anonymus

**8.00pm**  
**Gwynos | Vigil**

That youngè Child, Britten  
Mother of God, here I stand, Tavener

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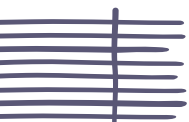
**12 Ionawr | Dydd Iau**  
**12 January | Thursday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**2.00pm Eglwys y Groes**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Spicer  
Evening Service on Znamenny Chants,  
Ogdon  
O lewyrch wyneb, Cooper  
Prelude on Song 34, Stanford



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**13 Ionawr | Dydd Gwener**  
**13 January | Friday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**14 Ionawr | Dydd Sadwrn**  
**14 January | Saturday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**15 Ionawr | Gŵyl Bedydd Crist**  
**January | The Festival of the**  
**Baptism of Christ**

**8.15am**  
**Holy Eucharist**

**9.15am**  
**Cymun Bendigaid ar Gân**

Offeren Gyntaf, Bezkorowajnyj  
O Dduw, rhanna'th fendithio, Rutter  
Allegro, Walther

**11.00am**  
**Choral Holy Eucharist**

Communion Service in D, Leighton  
Listen, sweet dove, Grayston Ives  
Solemn Prelude on "Cranham", Visser

**6.00pm**  
**Ceremony of Carols, Benjamin Britten**

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**16 Ionawr | Dydd Llun**  
**16 January | Monday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5:30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, plaengan |  
plainchant  
Evening Service in A, Sumsion  
Brightest and Best, Archer  
Les Mages, Messiaen

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**17 Ionawr | Dydd Mawrth**  
**17 January | Tuesday**

**9.30am**  
**Camau Bach**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion (3-rhan) | Responses (3-  
part), Archer  
Gwasanaeth Ffalsbwrdon, Cooper  
Disgwylia o'r mynyddoedd,  
Mendelssohn  
Prelude in C, Massenet

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**18 Ionawr | Dydd Mercher**  
**18 January | Wednesday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**8.00pm**  
**Gwynos | Vigil**

Evening Service in G, Moore  
Adam sat weeping at the gates of  
Paradise, Schnittke



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**19 Ionawr | Dydd Iau**  
**19 January | Thursday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**2.00pm Eglwys y Groes**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Clucas  
Evening Service in C, Stanford  
Beati quorum via, Stanford  
Noël: "Ah! ma voisine, es-tu fâchée",  
Balbastre

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**20 Ionawr | Dydd Gwener**  
**20 January | Friday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**21 Ionawr | Dydd Sadwrn**  
**21 January | Saturday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**22 Ionawr | Pumed Sul y Nadolig**  
**January | The Fifth Sunday of**  
**Christmas**

**8.15am**  
**Holy Eucharist**

**9.15am**  
**Cymun Bendigaid ar Gân**

Cymun y Cymry I, Harper  
Mi eisteddais dan ei gysgod, Bairstow  
Marche de Procession, Guilmant

**11.00am**  
**Choral Holy Eucharist**

Communion Service in D, Vaughan  
Williams  
Cana's guest, Allain  
Epilogue, Howells

**3.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Clucas  
Gwasanaeth Hwyrrol Cyntaf, Cooper  
Lead me, Lord, Wesley  
Mr Henry Purcell's Promenade, Atkinson

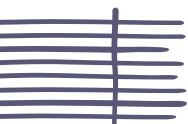
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**23 Ionawr | Dydd Llun**  
**23 January | Monday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Plainchant  
Fauxbourdon Service, Morley  
A Prayer of King Henry VI, Ley  
Wie schön leuchtet der Morgenstern,  
Richter



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**24 Ionawr | Dydd Mawrth**  
**24 January | Tuesday**

**9.30am**  
**Camau Bach**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Aston  
Berkshire Service, Archer  
Say to them of a fearful heart, Wesley  
Postlude in D, Gibbs

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**25 Ionawr | Dydd Mercher | Dygwyl**  
**Tröedigaeth Paul**  
**25 January | Wednesday | The Festival**  
**of the Conversion of Saint Paul**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**  
Missa Rex splendens

**8.00pm**  
**Gwynnos | Vigil**

Evening Service in E, Wood  
O most merciful, Wood

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**26 Ionawr | Dydd Iau**  
**26 January | Thursday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

**2.00pm Eglwys y Groes**  
**Cymun Bendigaid | Holy Eucharist**

**5.30pm**  
**Gosber ar Gân | Choral Evensong**

Ymatebion | Responses, Rose  
Evening Service in F, Darke  
And I saw a new heaven, Bainton  
Nachspiel, Bruckner

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**27 Ionawr | Dydd Gwener**  
**27 January | Friday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**28 Ionawr | Dydd Sadwrn**  
**28 January | Saturday**

**12.30pm**  
**Cymun Bendigaid | Holy Eucharist**

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**29 Ionawr | Dygwyl Fair y**  
**Canhwyllau**  
**29 January | Candlemas Day**

**8.15am**  
**Holy Eucharist**

**9.15am**  
**Cymun Bendigaid ar Gân**

Cymun Bangor, Glyn  
Nunc dimittis, Holst  
Fanfare | Ffanffer, Whitlock

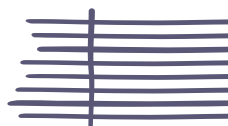
**11.00am**  
**Choral Holy Eucharist**

Mass for Four Voices, Byrd  
When to the temple Mary went, Eccard  
Toccata, Vann

**6.00pm**  
**Naw Llith a Charol y Canhwyllau | Nine**  
**Lessons & Carols of Candlemas**

Senex puerum portabat, Byrd  
When to the temple Mary went, Eccard  
Nunc dimittis, Burgon  
Lux aurumque, Whitacre  
Gosber, Cusworth  
Fantasia and Toccata in D minor,  
Stanford

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# DEFODAU ARBENNIG YR ADFENT A'R NADOLIG THE SPECIAL OBSERVANCES OF ADVENT & CHRISTMAS

Yn ogystal â'n defodau ar y Sul, a Chymun Hanner Nos y Nadolig sy'n cynnwys perfformiad cerddorfaol o'r "Messe de minuit pour Noël" gan Marc-Antoine Charpentier (1643-1704), mae ein dyddiadur yr Adfent a'r Nadolig hwn yn cynnwys cyfoeth o ddefodau cerddorol, gweddigar a llawen.

In addition to our Sunday observances, and a Midnight Eucharist of Christmas featuring an orchestral performance of the "Messe de minuit pour Noël" by Marc-Antoine Charpentier (1643-1704), our diary this Advent and Christmastide features a wealth of musical, prayerful and joyful observances.



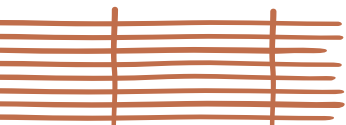
## NAW LLITH A CHAROL YR ADFENT NINE LESSONS & CAROLS OF ADVENT

Wrth i'n paratoadau Nadolig ddechrau, ymunwch â ni am gerddoriaeth, darlleniadau a gweddïau yng ngolau kannwyll yn y Gadeirlan, wrth i ni ddisgwyl yn eiddgar am enedigaeth Crist, goleuni'r byd

As our Christmas preparations begin, join us for music, readings and prayers by candlelight at the Cathedral, as we wait with great expectation for the birth of Christ, the light of the world

## DYDD SUL 4 RHAGFYR 2022 SUNDAY 4 DECEMBER 2022 6.00PM

Mae mynediad yn rhad ac am ddim, ac mae croeso cynnes i bawb  
Entrance is free, and all are welcome







## **CAROLAU AR WIB** **CAROLS WITH** **THE SNOWMAN**

Cyngerdd gaeaf teuluol yn cynnwys perfformiad o *The Snowman* gan Howard Blake gyda thafluniad fideo, a'r *Fantasia on Christmas Carols* gan Ralph Vaughan Williams

A family winter concert including a performance of Howard Blake's *The Snowman* with video projection, and Ralph Vaughan Williams's *Fantasia on Christmas Carols*

**DYDD LLUN**  
**12 RHAGFYR 2022**  
**MONDAY**  
**12 DECEMBER 2022**  
**6.00PM**

**£5 Pris llawn** Full price  
**Plant am ddim** Children free

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## **MESEIA** **MESSIAH**

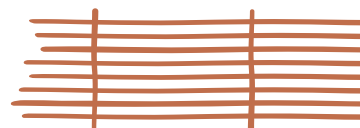
**GEORGE FRIDERIC HANDEL**  
**CÔR A CHERDDORFA**  
**CADEIRLAN DEINIOL SANT**  
**THE CHOIR & ORCHESTRA**  
**OF SAINT DEINIOL'S**  
**CATHEDRAL**  
**JOE COOPER**  
**ARWEINYDD | CONDUCTOR**

Perfformiad cerddorfaol o gampwaith gogoneddus George Frideric Handel, yn awyrgylch godidog Cadeirolan Deiniol Sant ym Mangor

An orchestral performance of George Frideric Handel's wonderful masterpiece, in the glorious surroundings of Saint Deiniol's Cathedral in Bangor

**DYDD SUL**  
**18 RHAGFYR 2022**  
**SUNDAY**  
**18 DECEMBER 2022**  
**6.00PM**

**£12 Pris llawn** Full price  
**£8 Consesiynau** Concessions  
**Plant am ddim** Children free





**NAW LLITH A  
CHAROL  
Y NADOLIG  
NINE LESSONS  
& CAROLS OF  
CHRISTMAS**

Ar drothwy'r Nadolig, ymunwch â ni wrth i ni deithio i Fethlehem, gyda darlleniadau traddodiadol a charolau yng ngolau kannwyll yn adrodd hanes genedigaeth Crist

On the threshold of Christmas, join us as we journey to Bethlehem, with traditional readings and carols by candlelight telling the story of Christ's birth

**DYDD IAU  
22 RHAGFYR 2022  
THURSDAY  
22 DECEMBER 2022  
6.00PM**

Mae mynediad yn rhad ac am ddim, ac mae croeso cynnes i bawb  
Entrance is free, and all are welcome

I fod yn siwr o'ch sedd, archebwch eich sedd am ddim

To be sure of a seat, reserve your seat for free



**GWASANAETH Y  
PRESEB  
CHRISTMAS CRIB  
SERVICE**

Ymunwch â ni am wasanaeth cyfeillgar i'r teulu i gyd wrth i ni adrodd hanes yr angylion a'r bugeiliaid, a Mair a Joseff ar y noswyl Nadolig gyntaf un

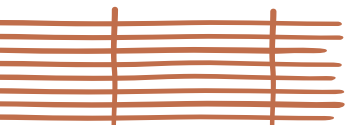
Dewch wedi'ch gwisgo fel bugail, dafad neu angel a helpwch ni i ail-fyw'r hanes hefo'n gilydd

Join us for a family friendly service as we tell the story of the angles, the shepherds, and Mary and Joseph on the first Christmas night

Come dressed as a shepherd, a sheep or an angel and help us to live the story together

**DYDD SADWRN  
24 RHAGFYR 2022  
SATURDAY  
24 DECEMBER 2022  
4.00PM**

Mae mynediad yn rhad ac am ddim, ac mae croeso cynnes i bawb  
Entrance is free, and all are welcome





## **BRITTEN A CEREMONY OF CAROLS**

**BENJAMIN BRITTEN  
CÔR CADEIRLAN DEINIOL  
SANT**

**THE CHOIR OF SAINT  
DEINIOL'S CATHEDRAL**

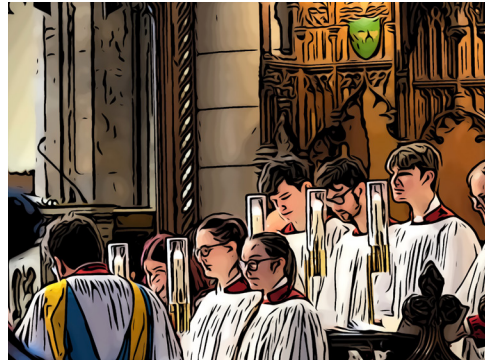
**JOE COOPER  
ARWEINYDD | CONDUCTOR  
ANGHARAD WYN JONES  
TELYN | HARP**

Perfformiad cerddorfaol o gampwaith gogoneddus George Frideric Handel, yn awyrgylch godidog Cadeirlan Deiniol Sant ym Mangor

An orchestral performance of George Frideric Handel's wonderful masterpiece, in the glorious surroundings of Saint Deiniol's Cathedral in Bangor

**DYDD SUL  
15 IONAWR 2023  
SUNDAY  
15 JANUARY 2023  
6.00PM**

£5 Pris llawn Full price  
Plant am ddim Children free



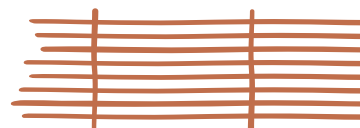
## **NAW LLITH A CHAROL Y CANHWYLLAU NINE LESSONS & CAROLS OF CANDLEMAS**

Ar ddiwedd dathliadau'r Nadolig, ymunwch â ni wrth i ni deithio gyda Mair, Joseff a'r plentyn i Gaersalem, ar gyfer defod olaf y tymor, gan ddal y golau o'n blaenau, a chan weddio yng ngoleuni'r fflam dros bopeth a fydd

At the end of Christmastide's celebrations, join us as we travel with Mary, Joseph and the Christ child to Jerusalem, for the final observance of the season, holding the light ahead of us, and praying by the candle's flame for all that will be

**DYDD SUL  
29 IONAWR 2023  
SUNDAY  
29 JANUARY 2023  
6.00PM**

Mae mynediad yn rhad ac am ddim, ac mae croeso cynnes i bawb  
Entrance is free, and all are welcome



**DATGANIADAU  
PANED  
11.15AM  
PANED A CHACEN  
O 10.45AM**

Bob bore lau, rydym yn eich gwahodd i ymuno â ni am baned, cacen, a chyfle i glywed datganiad gan artistiaid lleol, cenedlaethol a rhyngwladol dawnus.

Darperir lluniaeth o 10.45am, gyda'r gerddoriaeth yn dechrau am 11.15am. Mae mynediad am ddim, ond croesewir rhoddion tuag at ffioedd y perfformwyr a chenhadaeth y Gadeirlan.

**22 TACHWEDD  
HARRY SULLIVAN  
ORGAN**

Mae Ysgolhaig Organ y Gadeirlan yn perfformio datganiad gan gynnwys gweithiau gan y cyfansoddwr Ffrengig, César Franck.

**1 RHAGFYR  
LLEISIAU'R COLLEDIG**

Mae aelodau Côr y Gadeirlan yn perfformio datganiad arbennig ar gyfer Diwrnod Aids y Byd, gan gynnwys caneuon a cherddi gan bobl sydd wedi'u heffeithio'n bersonol gan y clefyd.

**8 RHAGFYR  
WILLIAM REYNOLDS  
ORGAN**

Mae Cyfarwyddwr Cerdd Eglwys y Santes Fair, Abertawe yn cyflwyno rhaglen a fydd yn cynnwys *Trydedd Sonata yn C leiaf* Guillemant a'r tair cyntaf o *Goralau Schübler* gan Bach.

**15 RHAGFYR  
JEFFREY WILLIAMS  
BARITON**

Mae Jeffery'n Ysgolhaig Preswyl Gwadd mewn cerddoriaeth ym Mhrifysgol Bangor, yn cynnal ymchwil i Ganeuon Celf Cymreig.

**19 IONAWR  
JOE COOPER A SIMON  
OGDON  
PIANO**

Mae Joe Cooper a Simon Ogdon yn dychwelyd i agor 2023 gyda deuawdau piano gan y cyfansoddwyr Rhamantaidd Ffrengig.

**26 IONAWR  
ENSEMBLE JAZZ  
PRIFYSGOL BANGOR**

Yn cynnwys myfyrwyr yr ail a'r drydedd flwyddyn yn bennaf, daeth y grŵp at ei gilydd fel rhan o Fodiwlau Perfformio Prifysgol Bangor i alluogi myfyrwyr i gael profiad o berfformio gyda'i gilydd yn y traddodiad jazz.



# COFFEE-BREAK RECITALS 11.15AM COFFEE AND CAKE FROM 10.45AM

Every Thursday morning, we invite you to join us for a coffee, cake, and a chance to hear a recital from talented local, national and international artists.

Refreshments will be provided from 10.45am, with the music starting at 11.15am. Admission is free, but donations toward the performers' fees and the Cathedral's mission are welcome.

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## 22 NOVEMBER HARRY SULLIVAN ORGAN

The Cathedral Organ Scholar performs a recital including works by the French composer, César Franck.

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## 1 DECEMBER VOICES OF THE LOST

Members of the Cathedral Choir perform a special recital for World Aids Day featuring songs and poems by people who have been personally affected by the disease.

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## 8 DECEMBER WILLIAM REYNOLDS ORGAN

The Director of Music at Saint Mary's Church, Swansea, presents a programme that will include Guilman's *Third Sonata in C minor* and the first three of Bach's *Schübler Chorales*.

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## 15 DECEMBER JEFFREY WILLIAMS BARITONE

Current Visiting Scholar in Residence in Music at Bangor University, Jeffery is conducting research into Welsh Art Song.

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## 19 JANUARY JOE COOPER AND SIMON OGDON PIANO

Joe Cooper and Simon Ogdon return to open 2023 with piano duets by the French Romantics.

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## 26 JANUARY BANGOR UNIVERSITY JAZZ ENSEMBLE

Made up primarily of second and third year students, the group came together as part of Bangor University Performance Modules to enable students to gain experience performing together in the jazz tradition.



# THEMÂU'N PREGETHU

## **“A daeth y Gair yn gnawd a phreswyllo yn ein plith” Ioan 1:14**

Yn ystod yr Adfent rydym yn paratoi'r ffordd ar gyfer y Gair. Dros y Dolih, dathlwn y Gair a wnaethpwyd yn gnawd, yn preswyllo gyda ni. Nid yw'r paratoad a'r dathlu hwn ar gyfer rhyw ddigwyddiad hanesyddol, oherwydd mae Crist, y Gair, wedi'i eni ynom ni heddiw a phob dydd. Ein tasg feunyddiol yw paratoi a dathlu – gwir “adnabod” Duw yn ein plith. Mae gair Duw yn y Beibl, i ni, yn ffordd hollbwysig o adnabod gwir Air Duw yn ein plith. Mae ein hastudiaeth o'r Beibl yn baratoad ar gyfer adnabod Duw; ein myfyrdod llawen ar eiriau'r Beibl yn ddathliad o Dduw yn preswyllo yn ein meddyliau a'n calonnau. Mae'r Beibl yn gasgliad cyfoethog o ysgrifau, a bydd ein pregethau yn y gyfres hon yn archwilio'r ystod o weithiau ac ymadroddion a ganfyddwn wrth ddarllen a chlywed ac adnabod gair Duw yn y Beibl.

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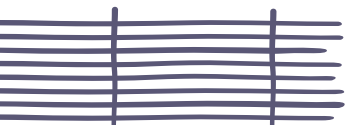
**“A daeth y Gair yn gnawd  
a phreswyllo yn ein plith” |  
Cyflwyniad i'r gyfres**

27 Tachwedd | Sul yr Adfent  
Yr Is-Ddeon yn pregethu

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**“Ac mi wn mai gwir yw'r  
dystiolaeth” | Y llyfrau Hanes**

4 Rhagfyr | Ail Sul yr Adfent  
Yr Is-Ddeon yn pregethu



# OUR SERMON SERIES

**“And the Word became flesh and dwelt among us”**

**John 1:14**

During Advent we prepare the way for the Word. At Christmas, we celebrate the Word made flesh, dwelling with us. This preparation and celebration is not for an historical event – for Christ, the Word, is born in us today and every day. Our daily task is to prepare and to celebrate – to truly “know” God among us. The word of God in the Bible is, for us, a vital way of knowing the true Word of God among us. Our study of the Bible is a preparation for knowing God; our joyful meditation on the Bible’s words a celebration of God dwelling in our minds and hearts. The Bible is a rich collection of writings, and our sermons in this series will explore the range of works and expressions we discover when the word of God in Bible is read and heard and known.

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**“And the Word became flesh and dwelt among us” | An introduction to the series**

27 November | Advent Sunday

The Sub-Dean preaching

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**“And I know that his testimony to me is true” | The History and Narrative books**

4 December | The Second Sunday of Advent

The Sub-Dean preaching



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**“Wele fi’n anfon fy nghennad  
o’th flaen” | Y Proffwydi**

11 Rhagfyr | Trydydd Sul yr Adfent

Y Canon dros Fywyd Cynulleidfaol yn  
pregethu

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**“Y mae gair ein Duw yn sefyll  
hyd byth” | Ysgrifau’r Apocalyps**

18 Rhagfyr | Pedwerydd Sul yr Adfent

Yr Is-Ddeon yn pregethu

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**“Mewn ardderchogrwydd  
purdeb gwiw” | Yr Efengylau**

1 Ionawr | Ail Sul y Nadolig

Yr Is-Ddeon yn pregethu

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**“Fe ddaw’r cenhedloedd at dy  
oleuni” | Ysgrifau’r Doethineb**

8 Ionawr | Dygwyl yr Ystwyll

Yr Is-Ddeon yn pregethu

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**“Ti yw fy Mab, yr Anwylyd” | Yr  
Epistolau**

15 Ionawr | Gŵyl Bedydd Crist

Y Canon Emeritus yn pregethu

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**“Fe hyn y’th folaf tra bwyf byw”  
| Y Salmau**

22 Ionawr | Pumed Sul y Nadolig

Y Canon dros Fywyd Cynulleidfaol yn  
pregethu

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**“Yn unol â’r hyn sydd wedi ei  
ysgrifennu yng nghyfraith Duw” |  
Y Gyfraith**

29 Ionawr | Dygwyl Fair y Canhwyllau

Yr Is-Ddeon yn pregethu

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**“See, I am sending my messenger ahead of you” | The Prophets**

11 December | The Third Sunday of Advent

The Canon for Congregational Life preaching

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**“The word of our God will stand for ever” | The Apocalyptic writings**

18 December | The Fourth Sunday of Advent

The Very Revd Prof. Gordon McPhate

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**“O, the majesty and magnificence of God’s presence” | The Gospels**

1 January | The Second Sunday of Christmas

The Sub-Dean preaching

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**“Nations shall come to your light” | The Wisdom writings**

8 January | The Festival of the Epiphany

The Canon Secundus preaching

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**“You are my Son, the Beloved” |**

**The Epistles**

15 January | The Festival of the Baptism of Christ

The Canon Emeritus preaching

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**“So will I bless you as long as I live” | The Psalms**

22 January | The Fifth Sunday of Christmas

The Canon for Congregational Life preaching

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**“As it is written in the law of God” | The Law**

29 January | Candlemas Day

The Revd John Prysor-Jones preaching



**HEFYD...  
ALSO...**



**CINIO  
DEWCH I  
RANNU  
BRING &  
SHARE  
LUNCH**

Dydd Sul 4 Rhagfyr  
Sunday 4 December  
12.15pm

**CADEIRLAN.EGLWYSYNGNGHYMRU.ORG.UK**  
**DILYNWCH NI AR FACEBOOK, TWITTER AC INSTAGRAM**  
**CADEIRLAN.CHURCHINWALES.ORG.UK**  
**FOLLOW US ON FACEBOOK, TWITTER AC INSTAGRAM**

**Cadeirlan ac Eglwys Archesgobol  
Deiniol Sant ym Mangor  
The Cathedral & Metropolitan  
Church of Saint Deiniol in Bangor**

Esgob ac Archesgob Cymru |  
Bishop and Archbishop of Wales  
**Y Parchediacaf | The Most Revd  
Andrew T. G. John**

Is-Ddeon | Sub-Dean  
**Canon Siôn B. E. Rhys Evans**  
sionrhys@eglwysyngnghymru.org.uk

Canon dros Fywyd Cynulleidfaol  
Canon for Congregational Life  
**Canon Tracy Jones**  
tracyjones@eglwysyngnghymru.org.uk

Cyfarwyddwr Cerdd | Director of Music  
**Joe Cooper**  
joecooper@eglwysyngnghymru.org.uk

Organydd | Organist  
**Martin Brown**  
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Gweinidog Teulu | Family Minister  
**Naomi Wood**  
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Cwstos | Custos  
**Simon Taylor**  
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Trysorydd | Treasurer  
**Kelly Edwards**  
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Gweinyddwr Litwrgi  
Liturgy Administrator  
**Sam Jones**  
samjones@eglwysyngnghymru.org.uk

Rheolwr Prosiect Cadwraeth a Datblygu  
Conservation & Development Project  
Manager  
**Simon Ogdon**  
simonogdon@eglwysyngnghymru.org.uk

Canon Emeritws | Canon Emeritus  
**Canon Angela Williams**

Aelodau'r Coleg Offeiriadol  
Members of the 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**

Darllenydd | Reader  
**Elma Taylor**

Pensaer y Gadeirlan | Cathedral Architect  
**Simon Malam**

**Ar y clawr** | Portread o ran o ffenestr liw  
Ddwyreiniol y Gadeirlan

**On the cover** | A depiction of part of  
the Eastern stained glass window of the  
Cathedral

**Cabidwl y Gadeirlan  
Cathedral Chapter**

Clerc y Cabidwl | Chapter Clerk  
**Robert Jones**  
robertjones@eglwysyngnghymru.org.uk

Esgob Cynorthwyol ac Archddiacon  
Bangor | Assistant Bishop & Archdeacon  
of Bangor  
**Y Gwir Barchg | The Rt Revd Mary Stallard**

Archddiacon Meirionnydd  
Archdeacon of Meirionnydd  
**Yr Hyb. | The Ven. Andrew Carroll Jones**

Archddiacon Ynys Môn a Phrebandari  
Llanfair | Archdeacon of Anglesey &  
Prebendary of Llanfair  
**Yr Hyb. | The Ven. John Harvey**

Prebendari Penmynydd  
Prebendary of Penmynydd  
**Canon Dylan Williams**

Canon Drysorydd | Canon Treasurer  
**Canon Siôn B. E. Rhys Evans**

Canon Ganghellor | Canon Chancellor  
**Canon Emlyn Cadwaladr Williams**

Canon Bencantor | Canon Precentor  
**Canon Robert Townsend**

Canon Primus  
**Canon Tracy Jones**

Ganon Secundus  
Canon Secundus  
**Canon David Thomas Morris**

Canon Tertius  
**Canon Kim Williams**

Canon Quintus  
**Canon Alan Gyle**

Canon Mygedol | Honorary Canon  
**Canon Jane Coutts**

Canon Mygedol | Honorary Canon  
**Canon Janet Gough**

Canon Mygedol | Honorary Canon  
**Canon Nick Golding**

**Yn ogystal â'r rhai a enwir yma, caiff  
bywyd y Gadeirlan ei gynnal gan  
stiwardiaid, aelodau'r Côr a'u teuluoedd,  
gweision bwrdd yr allor, trefnwyr blodau,  
tîm y Banc Bwyd, cydweithwyr Tîm  
Deiniol, a haelioni llawer o rai eraill.**  
In addition to those named here, the life  
of the Cathedral is sustained by stewards,  
Choir members and their families, servers,  
the Foodbank team, flower arrangers,  
colleagues from Tîm Deiniol, and the  
generosity of many others.

**A DAETH  
Y GAIR YN  
GNAWD A  
PHRESWYLIO  
YN EIN PLITH  
AND THE  
WORD  
BECAME  
FLESH AND  
DWELT  
AMONG US**

**IOAN | JOHN 1:14**



**Esgobaeth  
Bangor**  
The Diocese  
of Bangor

Yr Eglwys yng Nghymru  
The Church in Wales