Pumed Sul y Grawys

29 Mawrth 2020

Litwrgi'r Gair i'w ddefnyddio ar yr aelwyd

The Fifth Sunday of Lent

29 March 2020

Liturgy of the Word for use at home

Tarddiadau a hawlfraint *Daw deunydd yma o'r* ***Llyfr Gweddi Gyffredin i'w arfer yn yr Eglwys yng Nghymru: Gweddi Ddyddiol 2009****, hawlfraint Corff Cynrychioli yr Eglwys yng Nghymru 2009. Mae gweddill y deunydd a'r drefn yn hawlfraint Bwrdd Cyllid Esgobaeth Bangor 2020. Caniateir atgynhyrchu'r deunydd hwn gyda chydnabyddiaeth.*

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Esgobaeth Bangor
The Diocese of Bangor

Galw ar yr Ysbryd Glân
Invocation of the Holy Spirit

Rydym yn galw ar yr Ysbryd Glân a fydd yn siarad gyda ni ac yn gwrando arnom ni wrth i ni addoli, darllen a gweddïo. ***We invoke the Holy Spirit, who will speak to us and listen in us as we worship, read and pray.***

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

Tyrd, Ysbryd Glân,
llanw galonnau dy ffyddloniaid.
A chynnau ynddynt dân dy gariad.

Anfona dy Ysbryd a chrëir hwy.
Ac adnewyddi wyneb y ddaear.

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

Come, Holy Spirit,
fill the hearts of your faithful.
And kindle in them the fire of your love.

Send forth your Spirit,
and they shall be created.
And you shall renew the face of the earth.

Gweithred o edifeirwch
Act of contrition

Drwy gydnabod ein pechodau a'n hangen am faddeuant, rydym yn gofyn i Dduw gymryd y cam cyntaf yn y cyfarfod hwn. ***By acknowledging our sinfulness and our need for forgiveness, we ask God to take the initiative in this encounter.***

Trugarha wrthym, O Dduw.
Rydym wedi pechu yn dy erbyn.

Dangos i ni, O Dduw, dy drugaredd.
A dyro i ni dy iachawdwriaeth

Bydded i Dduw ein Tad faddau i ni a'n gwared oddi wrth ein holl bechodau, a rhoddi inni ras a nerth yr Ysbryd Glân.
Amen.

Have mercy on us, O God.
For we have sinned against you.

Show us, O God, your mercy.
And grant us your salvation.

May God our Father pardon and deliver us from all our sins, and grant us the grace and power of the Holy Spirit.
Amen.

Gair Duw
The word of God

Darllenwn ddarnau o'r Ysgrythur o Feibl o'n dewis; maent hefyd ar gael ar wefan yr esgobaeth. Darllenwn yn ofalus, er mwyn, fel petai, i'r enaid glywed. ***We read passages of Scripture from a Bible of our choice; they are also available on the diocesan website. We read carefully, so that the soul might hear.***

Darlleniad o'r Hen Destament
Old Testament reading
Eseciel Ezekiel 37:1-14

Darlleniad o'r Testament Newydd
New Testament reading
Rhufeiniaid | Romans 8:6-11

Darlleniad o'r Efengyl
Gospel reading
Ioan | John 11:1-45

Ar ddiwedd pob darlleniad: ***At the end of every reading:***

Gwrandewch ar yr hyn y mae'r Ysbryd yn ei ddweud wrth yr Eglwys.
Diolch a fo i Dduw.

Iesu, ein Hiachawdwr,
yn dy drugaredd iachâ ni.
Yn dy oleuni a'th diriondeb ail-grea ni.

Yn dy dosturi
dwg ras a maddeuant.
Paratoed dy gariad ni at brydferthwch y nef.

Hear what the Spirit is saying to the Church.
Thanks be to God.

Jesus, our Saviour,
in your mercy heal us.
In your light and tenderness remake us.

In your compassion
bring grace and forgiveness.
For the beauty of heaven may your love prepare us.

Myfyrdod
Meditation

Mae gwahoddiad i wrando arlein ar wefan yr esgobaeth ar fyfyrdod yr Esgob. Os na allwn wneud hynny, dyma gyfle i gael sgwrs gariadus gyda Duw ynghylch yr Ysgrythur a ddarllenwyd; cyfle i sôn pam fod rhai pethau penodol yn y testun yn arwyddocaol i ni. ***We are invited to listen online on the diocesan website to the Bishop's meditation. If we cannot do so, here is the opportunity to have a loving conversation with God about the Scripture we have read; an opportunity to talk about why particular things in the text were significant for us.***

Gweddi
Prayer

Mae gwahoddiad i weddïo gyda'r Esgob arlein ar wefan yr esgobaeth. Os na allwn wneud hynny, gellir gweddïo fel a ganlyn. Ysgrifennodd Santes Teresa o Avila mai "nid llawer o feddwl yw gweddi ond llawer o garu;" felly treuliwn amser ger bron Duw mewn tawelwch hefyd. ***We are invited to pray with the Bishop online on the diocesan website. If we cannot do so, we can pray as follows. St Teresa of Jesus wrote that "prayer is not a lot of thinking but a lot of loving;" so we also spend some time before God in silence.***

Gweddïwn ar y Tad.

Ar i'r Eglwys fod yn un wrth dystio i'r Efengyl a'i chyhoeddi.
Gweddïwn arnat ti, ein Tad.
O Dduw, trugarha.

Am heddwch a sefydlogrwydd i'r holl bobloedd, a thros arweinwyr y cenhedloedd.
Gweddïwn arnat ti, ein Tad.
O Dduw, trugarha.

Dros y claf a'r sawl sy'n dioddef, a phawb sy'n gweini ar eu hanghenion.
Gweddïwn arnat ti, ein Tad.
O Dduw, trugarha.

Am fendith ar ein cartrefi; dros ein perthnasau a'n cyfeillion a phawb a garwn.
Gweddïwn arnat ti, ein Tad.
O Dduw, trugarha.

Cyflwynwn ein hunain, a phawb y gweddïwn drostynt, i drugaredd a nodded Duw.
Dad trugarog,
derbyn y gweddïau hyn
er mwyn dy Fab,
ein Gwaredwr Iesu Grist.
Amen.

Let us pray to the Father.

For the unity of the Church in witness and proclamation of the Gospel.
We pray to you, our Father.
God, have mercy.

For the peace and stability of all peoples, and for the leaders of the nations.
We pray to you, our Father.
God, have mercy.

For the sick and suffering, and all who minister to their needs.
We pray to you, our Father.
God, have mercy.

For a blessing on our homes; for our relations and friends and all whom we love.
We pray to you, our Father.
God, have mercy.

Let us commend ourselves, and all for whom we pray, to the mercy and protection of God.
Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.

Casgliad
Conclusion

Adroddwn Weddi'r Arglwydd. ***We say the Lord's Prayer.***

Addolwn di, O Grist,
a bendithiwn di.
Oherwydd trwy dy Groes
sanctaidd fe brynaist y byd.

Drugarocaf Dduw, a waredaist ac a achubaist y byd drwy angau ac atgyfodiad dy Fab Iesu Grist: caniatâ i ni drwy ffydd ynddo ef a ddioddefodd ar y groes, orfoleddu yn nerth ei fuddugoliaeth; trwy Iesu Grist, ein Harglwydd, sy'n fyw ac yn teyrnasu gyda thi, yn undod yr Ysbryd Glân, yn un Duw, yn awr ac am byth.
Amen.

Bendithied Dduw ni,
cadwed ni rhag drwg,
a'n dwyn i fywyd tragwyddol.
Amen.

We adore you, O Christ,
and we bless you.
Because by your holy Cross
you have redeemed the world.

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.
Amen.

May God bless us,
and keep us from all evil,
and bring us to everlasting life.
Amen.

Rydyn ni'n troi'n ôl, at ein gweithgareddau pob dydd, yn cario gyda ni yr hyn rydyn ni wedi'i dderbyn yn ein meddyliau ac yn ein calonnau. "Ac felly," ysgrifenna Romero de Lima Gouvêa, "yn ôl at fywyd – i fyw mewn ffordd newydd – i newid, i dderbyn gras ac i fethu – i ddyfnhau'r gofod y mae Duw yn dymuno ei lenwi – i ddychwelyd bob dydd at ffynhonnell bywyd a chariad, Iesu, Gair Duw." | ***We turn back, to our everyday activities, carrying with us what we have received in our minds and our hearts. "And so," in the words of Romero de Lima Gouvêa, "back to life – to live in a new way – to be changed, graced and to fail – to deepen the space which God desires to fill – and to return daily to the source of life and love, Jesus, the Word of God."***