

CROES
GOBAITH
CENHAD
AETH
CROSS
HOPE
MISSION



Cynhadledd Glerigol 2021

Yn dilyn deunaw mis o her, gofal a thystiolaethu, rydym yn ymgynnull fel clerigion trwyddedig o bob cwr o'r esgobaeth, i fyfyrto, i ymddiddan ac i edrych tua'r dyfodol.

CROES

Ar ein diwrnod cyntaf, 14 Medi, gŵyl y Grog, rydym yn cwrdd wyneb yn wyneb am y tro cyntaf ers yn gynnar yn 2020, yn ymgynnull gyda'n Heskob o gylch bwrdd yr allor, a threulio amser gyda'n gilydd dros ginio a mewn grwpiau archidiaconal. Yn ein haddoliad, byddwn yn myfyrto ar y Crist croeshoeliedig, ac yn myfyrto ar yr ychydig fisoedd diwethaf yng nghysgod a goleuni ei Groes.

GOBAITH

Dros y ddau ddiwrnod canlynol, rydyn ni'n cwrdd ar Zoom. Ar ein diwrnod Zoom cyntaf, 15 Medi, bydd Dr Gillian Straine yn ein hannerch. Bydd Gillian yn ein gwahodd i fyfyrto ar ein lles ein hunain ac ar effaith Covid, cyn gorffen gyda myfyrdodau ar ddisgrifiad y Pab Ffransis o dyst Cristnogol yn ystod y pandemig: "heintiad o obaith."

CENHADAETH

Ar ein hail ddiwrnod Zoom, 16 Medi, byddwn yn clywed o bedwar cyd-destun yn Esgobaeth Bangor, gan fyfyrto ar bopeth a fu a hefyd edrych i'r dyfodol. Gan fyfyrto ar bopeth a glywsom, byddwn yn canolbwyntio ar ein cenhadaeth am y blynyddoedd i ddod.



**Esgobaeth
Bangor**
The Diocese
of Bangor

Yr Eglwys yng Nghymru
The Church in Wales

2021 Clergy Conference

Following eighteen months of challenge, care and witness, we gather together as licensed clergy from across the diocese, to reflect, to confer and to look to the future.

CROSS

On our first day, 14 September, the feast of the Holy Cross, we meet in person for the first time since early in 2020, gathering with our Bishop around the altar-table, and spending time with one another again around the lunchtable and in archidiaconal groups. In our worship, we will reflect on Christ crucified, and reflect on the last few months in the shadow and the light of his Cross.

HOPE

Over the following two days, we meet by Zoom. Our first Zoom day, 15 September, we will be addressed by Dr Gillian Straine. Gillian will invite us to reflect on our own wellbeing and on the impact of Covid, before concluding with reflections on Pope Francis's description of Christian witness during the pandemic: "a contagion of hope."

MISSION

On our second Zoom day, 16 September, we will hear from four contexts within the Diocese of Bangor, reflecting on all that has been and also looking to the future. Reflecting on all we have heard, we will focus on our mission for the years to come.

Rhaglen

14 MEDI | CROES | TUDALENNAU 7-25

Eglwys y Drindod Sanctaidd a Gwesty San Sior, Llandudno

11am Cymun Bendigaid gŵyl y Grog

12.15pm - 2.30pm Cinio, ac yna ymgynnull mewn grwpiau archddiaconol

15 MEDI | GOBAITH | TUDALENNAU 26-35

[Cyfarfod ar Zoom o'r ddolen hon](#)

ID y cyfarfod: 881 6679 2877

Cyfrinair: 476982

9.30am Cynnull a lectio divina *Tudalennau 38-43*

10am Lles glerigol - ffynnu yn yr anhrefn

11am Paned ac amser i fyfyrion bersonol

11.30am Effeithiau Cofid – diwinyddiaeth, trawma ac anghenion cymunedol

12.45pm Hoe am ginio ac amser i fyfyrion bersonol

2pm "Heintiad o obaith" – arwain ar ôl Cofid a chenhadaeth iechyd

3pm - 3.30pm Trafodaeth i gloi

16 MEDI | CENHADAETH | TUDALENNAU 36-37

Cyfarfod ar Zoom

9.30am Cynnull a lectio divina *Tudalennau 38-43*

10am Myfyrdodau o ddau gyd-destun yn yr esgobaeth

11am Paned ac amser i fyfyrion bersonol

11.30am Myfyrdodau o ddau gyd-destun yn yr esgobaeth

12.45pm Hoe am ginio ac amser i fyfyrion bersonol

2pm - 3pm "Bywyd tragwyddol yn dod yn ôl i'r byd hwn" –

sganio'r gorwel cenhadol mewn trafodaeth ar y cyd gyda'r Esgob

Programme

14 SEPTEMBER | CROSS | PAGES 7-25

Holy Trinity Church and St George's Hotel, Llandudno

11am Holy Eucharist of the feast of the Holy Cross

12.15pm - 2.30pm Lunch, followed by gathering together in archidiaconal groups

15 SEPTEMBER | HOPE | PAGES 26-35

[Meeting on Zoom from this link](#)

Meeting ID: 881 6679 2877

Passcode: 476982

9.30am Gathering and lectio divina *Pages 38-43*

10am Clergy wellbeing – flourishing in the chaos

11am Coffee and time for personal reflection

11.30am Impacts of Covid – theology, trauma and community needs

12.45pm Lunch break and time for personal reflection

2pm “A contagion of hope” – leadership after Covid and health mission

3pm - 3.30pm Closing discussion

16 SEPTEMBER | MISSION | PAGES 36-37

Meeting on Zoom

9.30am Gathering and lectio divina *Pages 38-43*

10am Reflections from two contexts within the diocese

11am Coffee and time for personal reflection

11.30am Reflections from two contexts within the diocese

12.45pm Lunch break and time for personal reflection

2pm - 3pm “Eternal life coming back to this world” – scanning the missional horizon in a plenary discussion with the Bishop

CROES CROSS

*Rhaid ar orchudd wyneb yn yr eglwys, a rhaid ei gadw ymlaen wrth ganu.
Dylid cadw pellter cymdeithasol addas.*

*A face voering is required in church, and must be kept on while singing.
A suitable social distance should be maintained at all times.*

YMGYNNULL GATHERING

Safwn ar gyrhaeddiad yr Esgob

We stand as the Bishop enters

God is love:

And love is from God.

Jesus is love:

A love revealed on the Holy Cross.

The Spirit is love:

And inspires us to love one another.

In the love of God we meet together,
and with the love of God surrounding us
we remember these past months of the pandemic,
the challenges, the weariness, the uplifting moments,
those who have suffered, from the virus, from anxiety and isolation,
those who have died and those who mourn,
those who have cared, served and ministered,
those who have found new gifts to share.

Ennyd o atgof tawel

A few moments of silent recollection

We walk in faith the way of the Cross.
We walk the way of redemption.
The God of love and healing walks with us.

Gras a thangnefedd a fo gyda chwi.

A'th gadw di yng nghariad Crist.

Translation

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

In the depth of human suffering,
in the mystery of loss,
in the cry of desolation
we are walking with the Cross.

Pan fo calon drom yn gwegian
dan holl ormes galar du,
ti sydd yno, yn cyd-gerdded
pererindod Calfari.

Translation *When our hearts are sore and aching, / grieving, weary
with the strain, / God walks with us, bearing witness /
to the love that holds our pain.*

When the bonds of love are broken,
and the ties of trust are torn,
God keep vigil with our neighbour,
calling us to hope newborn.

Yng ngriddfanau'r greadigaeth,
gydol galar, poen a loes,
ar hir lwybrau iachawdrwiaeth,
ti yw'n gobaith, Crist y Groes.

Translation *In and through creation's suffering, / in the mystery of
loss, / on the road to our redemption / God is walking
with the Cross.*

*Geiriau | Words: Jan Berry
Tôn | Music: **The Servant Song**, Richard Gillard*

CYFFESU CONFESSING

Eisteddwn neu benlinwn

We sit or kneel

In the wonder and frailty of our humanity, we pray:
**Listen to my prayer, O God, goal of my desire.
I have wished the sign of the Cross on my sins,
and to bear the Cross of Christ on my shoulder.**

Ennyd o fyfyrto tawel i roi ger bron Dduw ein camwedd a'n hangen am faddeuant

A time of quiet reflection we offer to God our wrongdoing and need of forgiveness

In the wonder and beauty of our humanity, we pray:
**Beautiful is the realisation of every hope,
beautiful, too, the place where minds meet.
Beautiful is the touch of redemption.
Beautiful, too, is our delight and praise of God's generosity.**

God comes to us with cleansing and forgiveness.
Jesus comes to us to take the yoke of all that burdens us.
The Holy Spirit comes to us as our guide on the path of faith.
Yr hollalluog Dduw a drugarhao wrthyich,
maddau ichwi a'ch rhyddhau o bechod,
a'ch cadw yn y bywyd tragwyddol.

Amen.

Translation

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

*Yn seiliedig ar awdl gan | Adapted from and ode by
Einion ap Gwalchmai (fl. 1203-1223)*

GWEDDÏO

PRAYING

Gweddiwn. Let us pray.

Duw'r Cread cyfan,
anfonaist dy Fab i ddatgelu ffordd Gwaredigaeth,
sy'n ffordd y Grog.

Wrth i ni godi ein croes a cherdded llwybr ffydd,
bydded ein baich yn ysgafn
ac i'n cariad orlifo
yng ngofal ei gilydd
a'r byd a geraist i'r eithaf.
Yn enw Iesu Grist.

Amen.

Translation

God of all Creation, you sent your Son to reveal the way of Redemption, the way of the Holy Cross. As we take up our cross and walk the path of faith, may our burden be light and our love overflowing in the care of one another and the world you loved to the end. In the name of Jesus Christ. Amen.

GWRANDO

LISTENING

Eisteddwn

We sit

GENESIS 28:10-22

A reading from the book of Genesis.

In those days: Jacob left Beer-sheba and went towards Haran. He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. And he dreamed that there was a ladder

set up on the earth, the top of it reaching to heaven; and the angels of God were ascending and descending on it. And the Lord stood beside him and said, "I am the Lord, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and to your offspring; and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring. Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you." Then Jacob woke from his sleep and said, "Surely the Lord is in this place – and I did not know it!" And he was afraid, and said, "How awesome is this place! This is none other than the house of God, and this is the gate of heaven."

So Jacob rose early in the morning, and he took the stone that he had put under his head and set it up for a pillar and poured oil on the top of it. He called that place Bethel; but the name of the city was Luz at the first. Then Jacob made a vow, saying, "If God will be with me, and will keep me in this way that I go, and will give me bread to eat and clothing to wear, so that I come again to my father's house in peace, then the Lord shall be my God, and this stone, which I have set up for a pillar, shall be God's house; and of all that you give me I will surely give one-tenth to you."

Hear what the Spirit is saying to the Church.

Thanks be to God.

SALM 30 | PSALM 30

Out of the depths I cried out,
seared with pain and with grief.

Where are you, O God?

How long must I suffer?

You drew me up from the deeps,
like a prisoner out of a dungeon,
flickering and trembling with life.

**You brought me out of a land full of gloom,
a place of hollow silence and cold.**

You melted my paralyzed fear:
the warmth of your Sun coursed through my veins.

Heaviness and weeping last through the night, yet day breaks into singing and joy.

I will praise you, O God, for you have made me whole.
I will give you thanks in the midst of your people.

CERDD | POEM

Corff Crist

Dwylo yn debyg i'r rhain
A bwniwyd ar y Pren:
Traed fel ein traed ni
A dyllwyd: pen fel ein pen
A gariodd y gwaradwyddus ddrain.

Y fath anrhydedd, y fath orfoledd, O Gnawd,
Oedd cael rhoi corff i Fab Duw;
Corff Iddew ym Methlehem,
Corff marwol dynol-ryw:
Y Corff a weddnewidiwyd yn y bedd
Yn Gorff catholig fyw.

Translation

Christ's Body

*Hands like these
Were hammered on the Tree:
Feet like our feet
Were pierced: a head like our head
Bore the shameful thorns.*

*What an honour, what a joy it was, O Flesh,
To give the son of God a body;
A Judean body at Bethlehem,
The mortal body of humanity:
The Body that was transformed in the grave
Into a living catholic Body.*

*D. Gwenallt Jones (1899-1968)
Cyfieithiad | Translation: Cynthia Davies | and Saunders
Davies (1937-2018)*

EMYN | HYMN

For the years of praise and praying,
thanks be to God,
Through each life your will obeying
thanks be to God.

For each sign of faithful growing,
every time of truthful knowing,
love for those in need outpouring,
thanks be to God.

Yma'n un yn deulu gobaith
deuwn ynghŷd.
Yma'i brofi'r ddwyfol afiaith,
deuwn ynghŷd.
Cariad inni oll yn famiaith;
cariad fyddo'n un llafurwaith;
profi'r cariad 'rôl hir hiraeth
â'n dwg ynghŷd.

Translation

In this house of hope and healing / our gifts we bring. / To this place of love's revealing / our gifts we bring. / Signs of thankfulness declaring, / tools for witness and for sharing, / pledge of faith, both deep and daring, / our gifts we bring.

To the tasks which lie before us,
Christ, lead us on.
Come now, quicken, nerve, restore us:
Christ, lead us on.
Freed from bonds that once controlled us,
to a truer beauty mould us,
as your arms of love enfold us,
Christ, lead us on.

*Geiriau | Words: Leith Fisher
Tôn | Music: **Ar Hyd y Nos**, Alaw Gymreig | Welsh melody*

Gwrandewch Efengyl Crist yn ôl Sant Ioan.

Gogoniant i ti, O Arglwydd.

Bryd hynny: Yr oedd dyn o blith y Phariseaid, o'r enw Nicodemus, aelod o Gyngor yr Iddewon. Daeth hwn at Iesu liw nos a dweud wrtho, "Rabbi, fe wyddom iti ddod atom yn athro oddi wrth Dduw; ni allai neb wneud yr arwyddion hyn yr wyt ti'n eu gwneud oni bai fod Duw gydag ef." Atebodd Iesu ef: "Yn wir, yn wir, rwy'n dweud wrthyf, oni chaiff rhywun ei eni o'r newydd ni all weld teyrnas Dduw." Meddai Nicodemus wrtho, "Sut y gall neb gael ei eni ac yntau'n hen? A yw'n bosibl, tybed, i rywun fynd i mewn i groth ei fam eilwaith a chael ei eni?" Atebodd Iesu: "Yn wir, yn wir, rwy'n dweud wrthyf, oni chaiff rhywun ei eni o ddŵr a'r Ysbryd ni all fynd i mewn i deyrnas Dduw. Yr hyn sydd wedi ei eni o'r cnawd, cnawd yw, a'r hyn sydd wedi ei eni o'r Ysbryd, ysbryd yw. Paid â rhyfeddu imi ddweud wrthyf, 'Y mae'n rhaid eich geni chwi o'r newydd.' Y mae'r gwynt yn chwythu lle y myn, ac yr wyt yn clywed ei sŵn, ond ni wyddost o ble y mae'n dod nac i ble y mae'n mynd. Felly y mae gyda phob un sydd wedi ei eni o'r Ysbryd." Dywedodd Nicodemus wrtho, "Sut y gall hyn fod?" Atebodd Iesu ef: "A thithau yn athro Israel, a wyt heb ddeall y pethau hyn? Yn wir, yn wir, rwy'n dweud wrthyf mai am yr hyn a wyddom yr ydym yn siarad, ac am yr hyn a welsom yr ydym yn tystiolaethu; ac eto nid ydych yn derbyn ein tystiolaeth. Os nad ydych yn credu ar ôl imi lefaru wrthyfch am bethau'r ddaear, sut y credwch os llefaraf wrthyfch am bethau'r nef? Nid oes neb wedi esgyn i'r nef ond yr un a ddisgynnodd o'r nef, Mab y Dyn. Ac fel y dyrchafodd Moses y sarff yn yr anialwch, felly y mae'n rhaid i Fab y Dyn gael ei ddyrchafu, er mwyn i bob un sy'n credu gael bywyd tragwyddol ynddo ef. 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. Oherwydd nid i gondemnio'r byd yr anfonodd Duw ei Fab i'r byd, ond er mwyn i'r byd gael ei achub trwyddo ef."

Dyma Efengyl yr Arglwydd.

Moliant i ti, O Grist.

Translation

Listen to the Gospel of Christ according to Saint John. Glory be to you, O Lord. / At that time: here was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these

signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him." / This is the Gospel of the Lord. Praise to you, O Christ.

PREGETH | SERMON

GWEDDŌ PRAYING

Eisteddwn neu benliniwn tra offrymir ymbiliau, sy'n diweddu:

We sit or kneel as prayers of intercession are offered, which conclude:

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

CYMUN EUCCHARIST

Canwn ar ein heistedd

We remain seated to sing

Faithful One, so unchanging,
Ageless One, you're my rock of peace.
Lord of all I depend on you,
I call out to you again and again.
I call out to you again and again.

You are my rock in times of trouble
You life me up when I fall down
All through the storm
Your love is the anchor,
My hope is in you alone.

Brian Doerksen

Cyfieithiad | Translation: Dafydd Timothy

Blessed be your name in the land that is plentiful
Where your streams of abundance flow,
blessed be your name.
Blessed be your name when I'm found in the desert place
Though I walk through the wilderness, blessed be your name.

Every blessing you pour out
I'll turn back to praise
When the darkness closes in, Lord,
still I will say:

Blessed be the name of the Lord
Blessed be your name
Blessed be the name of the Lord
Blessed be your glorious name.

Ffyddlon Un, digyfnewid
Oesol Un, ti yw craig fy hedd.
Arnat ti rwy'n dibynnu,
Galwaf arnat ti drachefn a thrachefn,
Galwaf arnat ti drachefn a thrachefn.

Ti yw fy nghraig pan ddaw trafferthion,
Fe'm deli'n dynn pan lithraf fi;
Gydol y storm
Dy gariad yw'r angor,
Mae 'ngobaith ynot ti yn llwyr.

*Brian Doerksen
Cyfieithiad | Translation: Dafydd Timothy*

Bendigedig wyt, pan mae'r tir yn cynhyrchu'i ffrwyth,
A'th ddigonedd yn llifo'n rhwydd; bendigedig wyt.
Bendigedig wyt, pan mae'r byd fel diffeithwch im,
Ac rwy'n crwydro'r anialwch crin, bendigedig wyt.

Wrth i't arllwys dy fendithion,
Canaf dy glod,
Wrth i'r t'wyllwch gau amdanaf,
Dewisaf ddweud:

*Bendigedig wyt f'Arglwydd Dduw,
Bendigedig wyt.
Bendigedig wyt, f'Arglwydd Dduw,
Bendigedig yw dy enw byw.*

Blessed be your name when the sun's shining down on me
When the world's "all as it should be", Blessed be your name
Blessed be your name on the road marked with suffering
Though there's pain in the offering, Blessed be your name.

*You give and take away,
You give and take away,
My heart will choose to say,
Lord blessed be your name.*

*Beth Redman a | and Matt Redman
Cyfieithiad | Translation: Arfon Jones*

There is a Redeemer,
Jesus, God's own Son,
Precious Lamb of God, Messiah,
Holy One.

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

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

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

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

Bendigedig wyt pan mae'r haul yn tywynnu'n braf,
Ac mae'r byd 'fel y dylai fod'; Bendigedig wyt.
A bendigedig wyt, pan mae'r diodde a'r baich yn drwm,
Er bod poen yn yr offrwm hwn – Bendigedig wyt.

*Ti'n rhoi a chymryd yn ôl,
Ti'n rhoi a chymryd yn ôl,
Rwy'n dal i ddewis dweud
Mai bendigedig wyt.*

*Beth Redman a | and Matt Redman
Cyfieithiad | Translation: Arfon Jones*

Ymae in Waredwr,
Iesu Grist Fab Duw,
Werthfawr Oen ei Dad, Meseia,
Sanctaid, sanctaid yw.

*Diolch, O Dad nefol
Am ddanfôn Crist i'n byd,
A gadael dy Ysbryd Glân
I'n harwain ni o hyd.*

Iesu fy Ngwaredwr,
Enw ucha'r nef,
Annwyl Fab ein Duw, Meseia
'N aberth yn ein lle.

Yna caf ei weled
Ryw ddydd yn y ne'
A'i addoli ef yn Frenin
Yn y sanctaid le.

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

Safwn
We stand

We bring to this place our yearning for peace –
healing and redemption for our souls and for all creation.

The peace of the Lord be with you always.

And also with you.

We bring to this place the bread that sustains us.

It will become for us the Bread of Life.

We bring to this place the wine that mellows us.

It will become for us the Lifeblood of the World.

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

lawn yn wir, ein dyletswydd a'n llawenydd
bob amser ac ym mhob lle
yw diolch i ti, Dad Sanctaidd,
hollalluog a bythfywiol Dduw,
trwy Iesu Grist ein Harglwydd.
A'i darostyngodd ei hun ar wedd dynion,
gan fod yn ufudd hyd angau, ie, angau ar groes.
Fe'i dyrchafwyd oddi ar y ddaear
fel y tynnai bawb ato ef ei hun.

Translation

*It is indeed right, it is our duty and our joy at all times
and in all places to give you thanks, holy Father,
all-powerful and ever-living God, through Jesus Christ
our Lord. Who, bearing the human likeness, humbled
himself and in obedience accepted death, even death
on a cross. He was lifted up from the earth that he
might draw all people to himself.*

And so with the hosts of angels
and all the company of heaven
we proclaim the glory of your name
and join in their unending hymn of praise:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Parhawn i sefyll

We continue to stand

All praise and thanks to you, true and living God,
Creator of all things, Giver of life.
You formed us in your own image;
but we have marred that image
and fall short of your glory.
We give you thanks
that you sent your Son to share our life;
you gave him up to death that the world might be saved,
and you raised him from the dead
that we might live in him and he in us.

Sanctify with your Spirit this bread and wine,
your gifts to us,
that they may be for us
the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread,
and when he had given thanks
he broke it and gave it to his disciples, saying,
Take, eat; this is my body which is given for you:
do this in remembrance of me.

Yr un modd ar ôl swper cymerodd y cwpan,
ac, wedi rhoi diolch,
fe'i rhoddodd iddynt, gan ddweud,
Yfwch o hwn bawb,
oherwydd hwn yw fy ngwaed o'r cyfamod newydd
a dywelltir dros och a thros lawer
er maddeuant pechodau:
gwnewch hyn bob tro yr yfwch ef
er cof amdanaf.

Gadewch inni gyhoeddi dirgeledd y ffydd:

Bu farw Crist.
Atgyfododd Crist.
Daw Crist mewn gogoniant.

Fel y gorchmynnodd ef inni, O Dad,
yr ydym yn cofio Iesu Grist, dy Fab.
Gan gyhoeddi ei farwolaeth fuddugoliaethus,
a chan ymlawenhau yn ei atgyfodiad,
a disgwyl iddo ddod mewn gogoniant,
deuwn â'r bara hwn a'r cwpan hwn i ti.
Derbyn ein haberth o ddiolch a moliant.

Translation

In the same way after supper he took the cup, and when he had given thanks he gave it to them, saying, Drink from this, all of you, for this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins: do this as often as you drink it in remembrance of me. / Let us proclaim the mystery of faith: Christ has died. Christ is risen. Christ will come in glory. As he has commanded us, Father, we remember Jesus Christ, your Son. Proclaiming his victorious death, rejoicing in his resurrection and waiting for him to come in glory we bring to you this bread, this cup. Accept our sacrifice of thanks and praise.

Restore and revive your people,
renew us and all for whom we pray
with your grace and heavenly blessing,
and at the last receive us with all your saints
into that unending joy promised by your Son,
Jesus Christ our Lord.

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours, almighty Father,
for ever and ever.

Amen.

Eisteddwn neu benlinwn

We sit or kneel

As our Saviour taught us, we boldly pray:

E in Tad...

The bread which we break
is a sharing in the Body of Christ.

The wine which we bless
is a sharing in the Blood of Christ.

Come now and receive the sacrament of love.

In faith we come, in faith we receive.

Amen.

Cymunwn

We make our Communion

YMADAEL DEPARTING

Safwn

We stand

EMYN | HYMN

When I survey the wondrous Cross
on which the Prince of glory died,
my richest gain I count but loss,
and pour contempt on all my pride.

N'ad im ymddiried tra bwyf byw
ond yn dy angau di, fy Nuw;
dy boenau di a'th farwol glwy'
gaiff fod yn ymffrost imi mwy.

Poen a llawenydd dan y loes,
tristwch a chariad ar y groes;
ble bu rhinweddau fel y rhain
erioed o'r blaen dan goron ddrain.

Translation

*When our hearts are sore and aching, / grieving, weary
with the strain, / God walks with us, bearing witness /
to the love that holds our pain. / See, from his head, his
hands, his feet, / sorrow and love flow mingled down. /
Did e'er such love and sorrow meet, / or thorns
compose so rich a crown?*

**Were the whole realm of nature mine,
that were a present far too small.
Love so amazing, so divine,
demands my soul, my life, my all.**

*Geiriau | Words: Isaac Watts (1674-1748)
Cyfieithiad | Translation: William Williams (1717-1791)
Tôn | Music: **Rockingham**, Edward Miller (1735-1807)
ac eraill | and others*

Parhawn i sefyll

We continue to stand

Fed and renewed in this Eucharist,
offering ourselves and our service to God,
**We walk in faith the way of the Cross,
we walk the way of redemption,
we walk with joy and hope,
trusting in the God of love and healing
who walks by our side.**

Gras a thangnefedd a fo gyda chwi.
A'th gadw di yng nghariad Crist.

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

Translation

Christ crucified draw you to himself, the sure ground of faith, the firm support for hope and the assurance of sins forgiven and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. Amen.

GO BATH HOPE



Ar ddydd Mercher, cawn gwmi Dr Gillian Straine, a fydd yn arwain y tri sesiwn. Gillian yw Prif Swydddog Gweithredol Urdd Iechyd a Sant Raffael. Mae Gillian wedi ymrwyo'n angerddol i iechyd, iachâd a'r bywyd Cristnogol. Mae hi'n oroeswr canser, yn offeiriad Anglicanaidd, yn ddiwinydd a'n wyddonydd sydd â diddordeb mawr mewn cyfathrebu ac addysgu. Mae ganddi ddoethuriaeth mewn Ffiseg o Goleg Imperial Llundain ac MA mewn Diwinyddiaeth o Brifysgol Rhydychen. Mae hi'n arbennig o awyddus i ddod ag astudio gwyddoniaeth i sgysiau am iachâd Cristnogol. Hi yw awdur **Introducing Science and Religion: A path through polemic** (SPCK, 2014), **The Limits of Science?** (CSP, 2017) a **Cancer: A Pilgrim Companion** (SPCK, 2017). Bydd Gillian yn ein gwahodd i fyfyrio ar ein lles ein hunain ac ar effaith Covid, cyn gorffen gyda myfyrdodau ar ddisgrifiad y Pab Ffransis o dyst Cristnogol yn ystod y pandemig: "heintiad o obaith."

On Wednesday, we will be joined by Dr Gillian Straine, who will lead the three sessions. Gillian is the Chief Executive Officer of the Guild of Health and St Raphael, passionately committed to health, healing and Christian living. She is a cancer survivor, Anglican priest, theologian and scientist with a strong interest in communication and teaching. She has a doctorate in Physics from Imperial College London and an MA in Theology from the University of Oxford. She is particularly keen to bring the study of science into conversations about Christian healing. She is the author of **Introducing Science and Religion: A path through polemic** (SPCK, 2014), **The Limits of Science?** (CSP, 2017) and **Cancer: A Pilgrim Companion** (SPCK, 2017). Gillian will invite us to reflect on our own wellbeing and on the impact of Covid, before concluding with reflections on Pope Francis's description of Christian witness during the pandemic: "a contagion of hope."





Dyma ennyd o Atgyfodiad i'r Eglwys. Mae Cofid wedi rhoi cyfle i fywyd newydd yng Nghrist na ellir ei anwybyddu. Ni allwn ofni, oherwydd "a ydych heb ddeall fod pawb ohonom a fedyddiwyd i Grist Iesu wedi ein bedyddio i'w farwolaeth? Trwy'r bedydd hwn i farwolaeth fe'n claddwyd gydag ef, fel, megis y cyfodwyd Crist oddi wrth y meirw mewn amlygiad o ogoniant y Tad, y byddai i ninnau gael byw ar wastad bywyd newydd. Oherwydd os daethom ni yn un ag ef trwy farwolaeth ar lun ei farwolaeth ef, fe'n ceir hefyd yn un ag ef trwy atgyfodiad ar lun ei atgyfodiad ef" (Rhufeiniaid 6:3-5). Gyda nerth yr Ysbryd Glân, gallwn ysgrifennu pennod newydd yn hanes dirgel a gogoneddus cariad Duw tuag atom. Awn ati!"

This is a Resurrection moment for the Church. Covid has provided an opportunity for new life in Christ that cannot be ignored. We cannot be afraid, because "do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried by him with baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his" (Romans 6:3-5). With the power of the Holy Spirit, we can write a new chapter in the mysterious and glorious history of God's love for us. Let us begin!

*Y Chwaer | Sister Nuala
Kenny, **A Post Pandemic
Church - Prophetic
Possibilities**, Novalis
Publishing (2021)*

Heddiw mae cyhoeddiad yr Eglwys yn adleisio ledled y byd: "Atgyfododd Crist!" Fel fflam newydd mae'r Newydd Da hwn yn cyfodi yn y nos: yn nos ein byd sydd eisoes yn wynebu heriau hanesyddolac sydd bellach yn cael ei ormesu gan bandemig sy'n rhoi'n teulu dynol cyfan ar brawf. Yng nghanol y nos hwn, mae llais yr Eglwys yn datgan: "Mae Crist, fy ngobaith, wedi'i gyfodi!" Mae hwn yn "heintiad" gwahanol, neges a drosglwyddir o galon i galon – oherwydd mae pob calon ddynol yn awchu am y Newydd Da hwn. Mae'n heintiad o obaith: "Mae Crist, fy ngobaith, wedi'i gyfodi!". Nid yw hon yn fformiwla o hud a lledrith sy'n gwneud i broblemau ddiplannu. Na, nid dyna yw atgyfodiad Crist. Yn hytrach, buddugoliaeth cariad dros wraidd drygioni a geir, buddugoliaeth nad yw'n "osgoi" dioddefaint a marwolaeth, ond sy'n mynd trwyddynt, gan agor llwybr yn yr affwys, gan drawsnewid drygioni yn ddaioni: dyma nod unigryw gallu Duw.



Today the Church's proclamation echoes throughout the world: "Jesus Christ is risen!" Like a new flame this Good News springs up in the night: the night of a world already faced with epochal challenges and now oppressed by a pandemic severely testing our whole human family. In this night, the Church's voice rings out: "Christ, my hope, has arisen!" This is a different "contagion", a message transmitted from heart to heart – for every human heart awaits this Good News. It is the contagion of hope: "Christ, my hope, is risen!". This is no magic formula that makes problems vanish. No, the resurrection of Christ is not that. Instead, it is the victory of love over the root of evil, a victory that does not "by-pass" suffering and death, but passes through them, opening a path in the abyss, transforming evil into good: this is the unique hallmark of the power of God.

*Y Pab | Pope Francis, **Urbi et Orbi**, Dydd y Pasg |
Easter Day 2020*

Arwain ar ôl Cofid a chenhadaeth iechyd

1.

Pa boblogaeth ydych chi'n ei gwasanaethu'n uniongyrchol fel aelodau / ymlynwyr?

2.

Sut mae Cofid wedi effeithio arnyn nhw?

3.

Ble mae'r bylchau mewn gwasanaeth a chenhadaeth? Beth ydych chi wedi'i ddeall sydd angen ei wneud?

4.

Beth ydych chi'n dda yn ei wneud? Beth ydych chi'n dda yn ei wneud nawr?

5.

Oes gennych chi'r egni / sgiliau / adnoddau i wneud prosiect sy'n wynebu allanol?

6.

Ydych chi'n well yn gwneud prosiect mewnol i'ch cymuned?

7.

Beth sydd eisoes yn digwydd y gallech chi ychwanegu ato?

8.

Gyda phwy mae angen i chi weithio?

9.

Sut y byddwch chi'n adnoddau ac yn cynnal hyn?

10.

Sut byddwch chi'n nodi pa effaith rydych chi wedi'i chael? Mae offer am ddim ar gael a all eich helpu i ddadansoddi effaith a gwerthuso

Leadership after Covid and health mission

1.
What population do you serve directly as members / adherents?
2.
How has Covid impacted on them?
3.
Where are the gaps in service and mission? What have you discerned needs to be done?
4.
What are you good at? What are you now good at?
5.
Do you have the energy / skills / resources to do an external facing project?
6.
Are you better doing an internal project for your community?
7.
What is already going on you could add to?
8.
Who do you need to work with?
9.
How will you resource and sustain this?
10.
How will you identify what impact you have had? There are free tools available which can help you do impact analysis and evaluations

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CENHAD AETH MISSION



Ar ddydd Iau, awn ar daith o amgylch yr esgobaeth – yn y sesiwn gyntaf i Fro Arwylti a Bro Padrig; ac yn yr ail sesiwn i Fro Dwylan a Bro Deiniol. Holwn bedwar cwestiwn:

Beth fu'ch profiad o arweinyddiaeth ordeiniedig yn ystod y pandemig?

Sut ydych chi'n asesu cyflwr / bywiogrwydd eich Ardal Weinidogaeth, gan ystyried blaenoriaethau esgobaethol "Addoli Duw", "Tyfu'r Eglwys" a "Caru'r Byd", a meysydd cynllunio eiddo a chyllid?

Tuag at ba flaenoriaethau a gweithgareddau cenhadol y byddwch chi'n cyfeirio eich egni personol ac egni eich Ardal Weinidogaeth yn ystod y ddwy flynedd nesaf?

Sut allwn ni weddio drosoch chi a'ch Ardal Weinidogaeth?

On Thursday, we take a virtual tour of the diocese – in the first session visiting Bro Arwylti and Bro Padrig; and in the second session, Bro Dwylan and Bro Deiniol. We ask four questions:

What has been your experience of ordained leadership during the pandemic?

How do you assess the condition / vibrancy of your Ministry Area, considering the diocesan priorities of "Worshipping God", "Growing the Church" and "Loving the world", and the planning areas of property and finance?

Towards which mission priorities and activities will you be directing your personal energy and that of your Ministry Area during the coming two years?

How can we pray for you and your Ministry Area?

Darlleniadau 9.30am

Dydd Mercher

Aydych heb ddeall fod pawb ohonom a fedyddiwyd i Grist Iesu wedi ein bedyddio i'w farwolaeth? Trwy'r bedydd hwn i farwolaeth fe'n claddwyd gydag ef, fel, megis y cyfodwyd Crist oddi wrth y meirw mewn amlygiad o ogoniant y Tad, y byddai i ninnau gael byw ar wastad bywyd newydd. Oherwydd os daethom ni yn un ag ef trwy farwolaeth ar lun ei farwolaeth ef, fe'n ceir hefyd yn un ag ef trwy atgyfodiad ar lun ei atgyfodiad ef. Oherwydd y mae'r sawl sydd wedi marw wedi ei ryddhau oddi wrth bechod. Ac os buom ni farw gyda Christ, yr ydym yn credu y cawn fyw gydag ef hefyd, a ninnau'n gwybod na fydd Crist, sydd wedi ei gyfodi oddi wrth y meirw, yn marw mwyach. Collodd marwolaeth ei harglwyddiaeth arno ef. Yn gymaint ag iddo farw, i bechod y bu farw, un waith am byth; yn gymaint â'i fod yn fyw, i Dduw y mae'n byw. Felly, yr ydych chwithau i'ch cyfrif eich hunain fel rhai sy'n farw i bechod, ond sy'n fyw i Dduw, yng Nghrist Iesu.

Rhufeiniaid 6:3-11

Dydd Iau

Ymae Crist eisoes, yn yr amser priodol, a ninnau'n ddiymadferth, wedi marw dros yr annuwiol. Go brin y bydd neb yn marw dros un cyfiawn. Efallai y ceir rhywun yn ddigon dewr i farw dros un da. Ond prawf Duw o'r cariad sydd ganddo tuag atom ni yw bod Crist wedi marw drosom pan oeddem yn dal yn bechaduriaid. A ninnau yn awr wedi ein cyfiawnhau trwy ei waed ef, y mae'n sicrach fyth y cawn ein hachub trwyddo ef rhag y digofaint. Oherwydd os cymodwyd ni â Duw trwy farwolaeth ei Fab pan oeddem yn elynion, y mae'n sicrach fyth, ar ôl ein cymodi, y cawn ein hachub trwy ei fywyd. Ond heblaw hynny, yr ydym hefyd yn gorfoleddu yn Nuw trwy ein Harglwydd Iesu Grist; trwyddo ef yr ydym yn awr wedi derbyn y cymod.

Rhufeiniaid 5:6-11

9.30am readings

Wednesday

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried by him with baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Romans 6:3-11

Thursday

While we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Romans 5:6-11

Ffurf syml ar gyfer lectio divina 9.30am

Galw ar yr Ysbryd Glân

Rydym yn galw ar yr Ysbryd Glân a fydd yn siarad gyda ni ac yn gwranddo arnom ni wrth i ni addoli, darllen a gweddïo.

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.

Gweithred o edifeirwch

Drwy gydnabod ein pechodau a'n hangen am faddeuant, rydym yn gofyn i Dduw gymryd y cam cyntaf yn y cyfarfod hwn.

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.

A simple form for 9.30am lectio divina

Invocation of the Holy Spirit

We invoke the Holy Spirit, who will speak to us and listen in us as we worship, read and pray.

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.

Act of contrition

By acknowledging our sinfulness and our need for forgiveness, we ask God to take the initiative in this encounter.

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.

Lectio a meditatio

Cawn ein gwahodd i ddarllen darn o'r Ysgrythur yn ofalus, er mwyn, fel petai, i'r enaid ei glywed. Efallai y byddai o gymorth ddarllen y darn fwy nag unwaith, mewn mwy nag un iaith. Dyma'r cyfle i ddod i ddeall y testun, ac i gnoi, yn treulio ac yn ail dreulio'r testun – yma, rydym yn profi'i flas. Mae'n gyfle i sylwi ar beth sy'n tynnu'n sylw. A yw'n berson? Gair? Delwedd? Ystum? Pam fod hynny wedi neidio allan ataf i?

Oratio a contemplatio

Dyma gyfle i gael sgwrs gariadus gyda Duw a'n gilydd ynghylch y testun; cyfle i sôn pam fod rhai pethau penodol yn y testun yn arwyddocaol i ni. Mae sgwrs gariadus yn annog myfyrio, gan alluogi i gysyniadau "fod" o'n mewn.

Imitatio

Adroddwn Weddi'r Arglwydd.

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

Amen.

Rydyn ni'n troi'n ôl at weithgareddau'r dydd, gan gludo gyda ni yr hyn rydyn ni wedi'i dderbyn yn ein meddyliau ac yn ein calonnau.

Lectio and meditatio

We are invited to read a passage of Scripture carefully, so that it might be heard by the soul. It may be helpful to read the passage more than once, in more than one language. Here is the opportunity to understand the text, and to ruminate, masticate, regurgitate the text – to taste it and experience its flavour. It's an opportunity to notice what draws our attention. Is it a person? A word? An image? A gesture? Why has this jumped out at me?

Oratio and contemplatio

Here is the opportunity to have a prayerful conversation with God and one another about the text; an opportunity to talk about why particular things in the text were significant for us. Prayerful conversation invites contemplation, allowing reflections to “be” within us.

Imitatio

We say the Lord's Prayer.

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

Amen.

We return to the work of the day, carrying with us what we have received in our minds and our hearts.

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The Church in Wales

