



Y Cymun Bendigaidd

a Rhoi Llundw

The Holy Eucharist

and the Giving of Ashes

*Eglwys y Drindod Sanctaidd
yn Ardal Weinidogaeth Llandudno
ar Ddydd Mercher Llundw 2020*

*Holy Trinity Church
in the Ministry Area of Llandudno
on Ash Wednesday 2020*

Nid pwrpas y Grawys yw gwneud i ni deimlo'n dywyll am ddeugain niwrnod; nid pwrpas y Grawys yw gwneud ein hunain yn ddiflas am ddeugain niwrnod; nid pwrpas y Grawys yw rhoi'r gorau i bethau am ddeugain niwrnod, hyd yn oed. Daw'r Grawys gyda'r gwanwyn. Mae'n amser o baratoi ar gyfer uchafbwynt mawr y gwanwyn, sef y Pasg – bywyd newydd yn byrstio trwy farwolaeth. Ac wrth inni baratoi ein hunain ar gyfer y Pasg yn ystod y dyddiau hyn, trwy weddi a thrwy hunanymwadiad, nid hunanymwadiad yw'r nod sy'n ein cymell ac yn llenwi'r gorwel – yr hyn a wna yw'n cynorthwyo i ysgubo a glanhau ystafell ein meddyliau a'n calonnau fel y gall fod gan y bywyd newydd le i ddod i mewn a chymryd drosodd a'n trawsnewid pan wawria'r Pasg.

It's important to remember that the word 'Lent' itself comes from the old English word for 'spring'. It's not about feeling gloomy for forty days; it's not about making yourself miserable for forty days; it's not even about giving things up for forty days. Lent is springtime. It's preparing for that great climax of springtime which is Easter – new life bursting through death. And as we prepare ourselves for Easter during these days, by prayer and by self-denial, what motivates us and what fills the horizon is not self-denial as an end in itself but trying to sweep and clean the room of our own minds and hearts so that the new life really may have room to come in and take over and transform us at Easter.

Rowan Williams

Nid brysio yw bywyd
at ddyfodol sy'n cilio, na chwantu
am orffennol y dychymyg. Ond troi
yn awr fel Moses i weld y berth
yn llosgi'n dân, a gwyrth
y goleuni a welaist gynt ar wib,
ar doriad gwawr,
ac a fydd drachefn dragwyddoldeb
dy fachlud.

*Life is not hurrying
on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.*

*o | from "The Bright Field"
gan | by R. S. Thomas (1913-2000)*

Yr Ymgunnoll | The Gathering

Safwn i ganu
We stand to sing

Emyn | Hymn

**Jesu, lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high;
hide me, O my Saviour, hide,
till the storm of life is past;
safe into the haven guide,
O receive my soul at last!**

**Other refuge have I none;
hangs my helpless soul on thee;
leave, ah! leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.**

**Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound;
make and keep me pure within.
Thou of life the fountain art;
freely let me take of thee;
spring thou up within my heart,
rise to all eternity.**

Charles Wesley
Aberystwyth, *Joseph Parry*

Parhawn i sefyll
We continue to stand

Cyflwyniad | Introduction

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

Amen.

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

May the grace and peace of God,
who is full of compassion and tenderness,
and who calls us to conversion of heart,
be with you all.

And also with you.

Dear friends, since early days, the mystery of Christ's Passion and Resurrection has been observed with great devotion by Christians, and the Church has long prepared to celebrate the joy of Easter by observing a holy season of Lent. Lent is a time to turn aside—forty days and forty nights marked by penitence and fasting, by charitable work and study, that we might better know the saving and reconciling love of God.

I therefore invite you today to begin your observance of a holy Lent—to turn aside, to receive in ash the mark of the Cross, to hear anew Christ's call to conversion of heart, and to encounter the endless depths of God's compassion and tenderness.

Colect | Collect

Gweddiwn; let us pray.

Hollalluog a thragwyddol Dduw,
nad wyt yn casáu un dim a wnaethost
ac wyt yn maddau pechodau pawb sy'n edifeiriol,
crea a gwna ynom
galonnau newydd a drylliedig
fel y bo i ni, gan ofidio'n ddyledus am ein pechodau
a chyfaddef ein trueni,
gael gennyt ti, Dduw'r holl drugaredd,
faddeuant a gollyngdod llawn;
trwy Iesu Grist ein Hiachawdwr
sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân,
yn un Duw, yn awr ac am byth.

Amen.

Translation | *Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.*

*Eisteddwn
We sit*

Litwrgi'r Gair | The Liturgy of the Word

Darlleniad | Reading

Exodus 3:1-12

Translation over the page

Darlleniad o lyfr Exodus.

Yr oedd Moses yn bugeilio defaid ei dad-yng-nghyfraith Jethro, offeiriad Midian, ac wrth iddo arwain y praidd ar hyd cyrion yr anialwch, daeth i Horeb, mynydd Duw. Yno ymddangosodd angel yr Arglwydd iddo mewn fflam dân o ganol perth. Edrychodd yntau a gweld y berth ar dân ond heb ei difa. Dywedodd Moses, “Yr wyf am droi i edrych ar yr olygfa ryfedd hon, pam nad yw’r berth wedi llosgi.” Pan welodd yr Arglwydd ei fod wedi troi i edrych, galwodd Duw arno o ganol y berth, “Moses, Moses.” Atebodd yntau, “Dyma fi.” Yna dywedodd Duw, “Paid â dod ddim nes; tyn dy esgidiau oddi am dy draed, oherwydd y mae’r llecyn yr wyt yn sefyll arno yn dir sanctaidd.” Dywedodd hefyd, “Duw dy dadau wyf fi, Duw Abraham, Duw Isaac a Duw Jacob.” Cuddiodd Moses ei wyneb, oherwydd yr oedd arno ofn edrych ar Dduw.

Yna dywedodd yr Arglwydd, “Yr wyf wedi gweld adfyd fy mhobl yn yr Aifft a chlywed eu gwaedd o achos eu meistri gwaith, a gwn am eu doluriau. Yr wyf wedi dod i’w gwaredu o law’r Eifftiaid, a’u harwain o’r wlad honno i wlad ffrwythlon ac eang, gwlad yn llifeirio o laeth a mêl, cartref y Canaanaid, Hethiaid, Amoriaid, Peresiaid, Hefiaid a Jebusiaid. Yn awr y mae gwaedd pobl Israel wedi dod ataf, ac yr wyf wedi gweld

fel y bu'r Eifftiaid yn eu gorthrymu. Tyrd, yr wyf yn dy anfon at Pharo er mwyn iti arwain fy mhobl, yr Israeliaid, allan o'r Aifft." Ond gofynnodd Moses i Dduw, "Pwy wyf fi i fynd at Pharo ac arwain pobl Israel allan o'r Aifft?" Dywedodd yntau, "Byddaf fi gyda thi; a dyma fydd yr arwydd mai myfi sydd wedi dy anfon: wedi iti arwain y bobl allan o'r Aifft, byddwch yn addoli Duw ar y mynydd hwn."

Gwrandewch ar yr hyn y mae'r Ysbryd yn ei ddweud wrth yr Eglwys.

Diolch a fo i Dduw.

Translation | *A reading from the book of Exodus.*

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

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

Ymateb | Responsory

To you, O Christ, I lift up my soul;

O my God, in you I trust.

You are the God of my salvation;

To you, O Christ, I lift up my soul.

In you I hope all the day long.

O my God, in you I trust.

Remember, O God, your compassion and love,
for they are from everlasting.

To you, O Christ, I lift up my soul;

O my God, in you I trust.

Cerdd | Poem

“You are what you are” by D. R. Thomas

“You who give life to great and to small
You in each life are life every hour.”

You are the agitator who churns the nerves
And the bottomless peace in the core of our being.

You are the darkness that understanding cannot lighten
And the light that penetrates through every mystery.

You are the beyond who is an unattainable horizon
And the nearness who is the breath of life.

You are the Prosecutor who challenges each assertion
And the Advocate who strengthens our faith.

You are the conscience who stains every effort
And the mercy who forgives all our untruths.

You are the unknown that mocks the theologian
And the crystal riches that overflow the heart.

You are the hurricane that splinters the rocks
And the fortress that's strong in every tempest.

You are the death that ends our sufferings
And the real life that conquers death.

You are the judgement that sifts the nations
And the faithful love that orders the world.

You are the zeal of the rebel who plunders
And the compassion that reconciles in the midst of violence.

In you all things live, move and have their being,
In you is the war and peace of our essence.

*D. R. Thomas, **Gwynfyd a Gwae** (Gwasg Gomer, 1987)
Cyfieithiad | Translation: Cynthia a | and Saunders Davies yn | in Brendan O'Malley (gol. | ed.),
Cydymaith y Pererin | A Welsh Pilgrim's Manual (Gwasg Gomer, 1989)*

Ymateb | Responsory

To you, O Christ, I lift up my soul;

O my God, in you I trust.

You are the God of my salvation;

To you, O Christ, I lift up my soul.

In you I hope all the day long.

O my God, in you I trust.

Remember, O God, your compassion and love,
for they are from everlasting.

To you, O Christ, I lift up my soul;

O my God, in you I trust.

Yr Efengyl | The Gospel

John 8:1-11

Safwn

We stand

God be with you.

And also with you.

Listen to the Gospel of Christ according to Saint John.

Glory to you, O Lord.

Early in the morning Jesus came again to the temple. All the people came to him and he sat down and began to teach them. The scribes and the Pharisees brought a woman who had been caught in adultery; and making her stand before all of them, they said to him, ‘Teacher, this woman was caught in the very act of committing adultery. Now in the law Moses commanded us to stone such women. Now what do you say?’ They said this to test him, so that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. When they kept on questioning him, he straightened up and said to them, ‘Let anyone among you who is without sin be the first to throw a stone at her.’ And once again he bent down and wrote on the ground. When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him. Jesus straightened up and said to her, ‘Woman, where are they? Has no one condemned you?’ She said, ‘No one, sir.’ And Jesus said, ‘Neither do I condemn you. Go your way, and from now on do not sin again.’

This is the Gospel of our Saviour.

Praise to you, O Christ.

Pregeth | Sermon

Litwrgi’r Edifeirwch | The Liturgy of Repentance

Gwahoddiad | Invitation

In the beginning, having moved over the face of the deep and created the earth, God moulded our human form from the dust and clay, and breathed life into us.

At the beginning of Lent, we turn aside and go back to our beginnings. We remember what we were when God created us – creatures of the earth, creatures of dust and ashes, given life by the breath of God. And we remember that we are called daily to conform to God’s image in us by heeding Christ’s call to conversion of heart.

Bendithio'r lludw | Blessing the ashes

Gweddiwn; let us pray.

O Dduw ein Tad,
yr wyt yn ein llunio ni, blant y llawr, o lwch y ddaear;
boed i'r lludw hwn fod i ni
yn arwydd o'n hedifeirwch
ac yn amlygiad o'n meidroldeb;
oherwydd trwy dy ras di yn unig
y derbyniwn ni fywyd tragwyddol
yn Iesu Grist ein Hiachawdwr.
Amen.

*Translation | God our Father,
you create us from the dust of the earth:
grant that these ashes may be for us
a sign of our penitence
and a symbol of our mortality;
for it is by your grace alone
that we receive eternal life
in Jesus Christ our Saviour.
Amen.*

Rhoi'r lludw | Giving the ashes

Wash away all my iniquity
and cleanse me from my sin.
God, have mercy.

God, have mercy.

Against you, you only have I sinned
and done what is evil in your sight.
Christ, have mercy.

Christ, have mercy.

Create in me a pure heart, O God,
and renew a steadfast spirit within me.
God, have mercy.

God, have mercy.

Holy God,
holy and deep,
holy and immortal.

Have mercy on us.

*Derbyniwn y lludw ar ffurf croes ar ein talcennau, gyda'r geiriau:
We receive the ashes in the shape of a cross on our foreheads, with the words:*

Remember that you are dust, and to dust you shall return.
Turn away from sin and be faithful to Christ.

*Wedi i bawb dderbyn y lludw:
After all have received ashes:*

By your Passion and death on the Cross,
God, have mercy.

God, have mercy.

By your burial and rest in the tomb,
Christ, have mercy.

Christ, have mercy.

By your glorious Resurrection,
God, have mercy.

God, have mercy.

Holy God,
holy and deep,
holy and immortal.

Have mercy on us.

Gweddï o sicrwydd | Prayer of assurance

God, the depth of life,
by the beauty of your forgiveness
the ugliness of sin is transformed,
and the darkness of our minds
is transfigured by the light of your truth.
May the broken hearts of all who have received these ashes
be renewed by your grace,
and our minds opened again
to the Gospel of the risen Christ,
who reigns with you for ever and ever.

Amen.

Litwrgi'r Sacrament | The Liturgy of the Sacrament

Tangnefedd | Peace

Safwn
We stand

O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength. By the might of your Spirit lift us to your presence, where we may be still and know that you are God.

The peace of God be with you always.

And also with you.

Let us offer each other the sign of peace.

Emyn | Hymn

**Source and Sovereign, Rock and Cloud,
Fortress, Fountain, Shelter, Light,
Judge, Defender, Mercy, Might,
Life whose life all life endowed.
May the Church at prayer recall
that no single holy name,
but the truth behind them all,
is the God whom we proclaim.**

**Word and Wisdom, Root and Vine,
Shepherd, Saviour, Servant, Lamb,
Well and Water, Bread and Wine,
Way who leads us to I AM.
May the Church at prayer recall
that no single holy name,
but the truth behind them all,
is the God whom we proclaim.**

**Storm and Stillness, Breath and Dove,
Thunder, Tempest, Whirlwind, Fire,
Comfort, Couns'llor, Presence, Love,
Energies that never tire.**

**May the Church at prayer recall
that no single holy name,
but the truth behind them all,
is the God whom we proclaim.**

*Thomas H. Troeger
Salzburg, Jakob Hintze*

Y Diolchgarwch | The Thanksgiving

God of mercy and compassion,
your Word calls us home to faith and love.
Accept all we offer you this day;
in the name of Jesus Christ our Saviour.

Amen.

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.

Y mae bob amser yn iawn,
lle bynnag y byddwn ni,
i roi diolch a moliant i ti,
Dduw ein Tad a'n Brenin am byth,
trwy Iesu Grist, dy Fab.

Trwy ei ras medrwn drechu pob drygioni
a byw mwyach nid i ni ein hunain
ond i'r un a fu farw trosom ac a atgyfodwyd.

Translation | *It is always right,
wherever we are,
to thank you and to praise you,
God our Father and King for ever,
through Jesus Christ, your Son.*

*By his grace we are able to triumph over every evil
and to live no longer for ourselves alone
but for him who died for us and rose again.*

So here on earth,
with the angels and archangels
and with everyone in heaven
we praise your name and say:

**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.**

Father in heaven,
listen to the prayer we make in Jesus' name;
through the Holy Spirit's power, gentle as a dove,
may this bread and this wine be for us
Jesus' body and blood.

Father, we remember
when Jesus had supper with his friends
the night before he died,
he took the bread;
he thanked you, broke it, gave it to his friends and said:
Take this and eat it – this is my body,
given for you.
Do this to remember me.

Ar ôl swper, fe gymerodd Iesu y cwpan gwin;
diolchodd i ti, a'i roi i'w ffrindiau a dweud:
Yfwch o'r cwpan hwn bob un ohonoch,
am mai hwn yw fy ngwaed –
yr addewid newydd o gariad Duw.
Gwnewch hyn bob tro yr yfwch ef
i gofi o amdanaf.

Translation | *After supper, Jesus took the cup of wine;
he thanked you, gave it to his friends and said:
All of you drink from this cup,
because this is my blood –
the new promise of God's love.
Do this every time you drink it
to remember me.*

Together we remember that Jesus is always with us
and say:

**Christ has died.
Christ is risen.
Christ will come in glory.**

O Dad, wrth inni gofio dy Fab, Iesu Grist,
a fu farw ar y Groes ac a atgyfododd,
offrymwn i ti y rhoddion hyn,
a'r holl roddion yr wyt ti'n eu rhoi
mor hael inni.

Anfon dy Ysbryd Glân i fod gyda ni
a phawb sy'n rhannu'r bara hwn ac yn yfed o'r cwpan hwn.
Helpa ni i ymddiried ynot ti,
tyrd â ni'n nes at ein gilydd a'n croesawu
gyda dy holl bobl
i deyrnas ogoneddus Iesu.

***Translation** | Father, as we remember your Son, Jesus Christ,
who died on the cross and rose again,
we offer you these and all the gifts
you freely give to us.*

*Send your Holy Spirit to be with us
and all who share this bread
and drink from this cup.
Help us to trust you,
bring us closer together and welcome us,
with all your people,
into Jesus' glorious kingdom.*

All honour and glory belong to you, Father,
through Jesus, your Son,
with the Holy Spirit:
one God, for ever and ever.

Amen.

Gweddi'r Arglwydd | The Lord's Prayer

While we were still sinners, Christ died for us.
With confidence in God's love for us, let us pray as Jesus taught us:

**Ein Tad,
yr hwn wyt yn y nefoedd,
sancteiddier dy enw,
deled dy deyrnas,
gwneler dy ewyllys;
megis yn y nef, felly ar y ddaear hefyd.
Dyro i ni heddiw ein bara beunyddiol
a maddau i ni ein dyledion,
fel y maddeuwn ninnau i'n dyledwyr.
Ac nac arwain ni i brofedigaeth;
eithr gwared ni rhag drwg.
Canys eiddot ti yw'r deyrnas,
a'r gallu, a'r gogoniant,
yn oes oesoedd.
Amen.**

neu | or:

**Our Father who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

Y Torri | The Breaking

We break this bread to share in the body of Christ.

**Though we are many, we are one body,
for we all share in one bread.**

**Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Lamb of God,
you take away the sins of the world:
grant us peace.**

Y Cymun | The Communion

Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

*Rydym yn Cymuno
We make our Communion*

Emyn | Hymn

**Lord Jesus, think on me,
and purge away my sin;
from earth-born passions set me free,
and make me pure within.**

**Lord Jesus, think on me,
with care and woe oppressed;
let me thy loving servant be,
and taste thy promised rest.**

**Lord Jesus, think on me,
nor let me go astray;
through darkness and perplexity
point thou the heav'nly way.**

**Lord Jesus, think on me,
that, when the flood is past,
I may eternal brightness see,
and share thy joy at last.**

*Synesius a | and Allen William Chatfield
Southwell, William Daman*

Wedi'r Cymun | After Communion

To you, O Christ, I lift up my soul;

O my God, in you I trust.

You are the God of my salvation;

To you, O Christ, I lift up my soul.

In you I hope all the day long.

O my God, in you I trust.

Remember, O God, your compassion and love,
for they are from everlasting.

To you, O Christ, I lift up my soul;

O my God, in you I trust.

Hollalluog Dduw,
rhoddaist dy unig Fab i ni
yn aberth dros bechod
a hefyd yn batrwm o fywyd duwiol:
dyro i ni ras
fel y gallwn bob amser dderbyn yn ddiolchgar
ei roddion anhraethol,
ac ymroi beunydd
i ganlyn llwybrau bendigedig
ei fywyd sanctaidd ef;
trwy lesu Grist ein Hiachawdwr.

Amen.

Translation | Almighty God,
you have given your only Son to be for us
both a sacrifice for sin
and also an example of godly life:
give us grace
that we may always most thankfully receive
these his inestimable gifts,
and also daily endeavour to follow the blessed steps
of his most holy life;
through Jesus Christ our Saviour.
Amen.

Yr Anfon Allan | The Sending Out

Y Fendith | The Blessing

Christ give you grace
to grow in holiness,
to deny yourselves,
take up your cross
and follow him;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

Amen.

Y Gollyngdod | The Dismissal

Go in peace to love and serve our God.

In the name of Christ.

Amen.

***Yr Llyfr Gweddi Gyffredin i'w arfer yn yr Eglwys yng Nghymru:
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