

TREFN Y GWASANAETH  
GYDA'R DARLLENIAU  
AR GYFER Y CYMUN BENDIGAID  
**THE ORDER OF SERVICE  
WITH THE READINGS  
FOR THE HOLY EUCHARIST**

*Gorffennaf ac Awst 2021*  
***July and August 2021***

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Eglwys y Drindod Sanctaidd ac Eglwys Tudno Sant  
Ardal Weinidogaeth Bro Tudno  
Esgobaeth Bangor

**Holy Trinity Church and Saint Tudno's Church**  
**The Ministry Area of Bro Tudno**  
**The Diocese of Bangor**



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Ardal Weinidogaeth  
**Bro Tudno**  
Ministry Area

# CROESO

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**Croeso i'r gwasanaeth hwn, p'un ai ydych chi yn y Drindod Sanctaidd yng nghanol Llandudno, neu yn Eglwys Tudno Sant ar y Gogarth. Mae'n dda cael eich cwmni!**

Mae'r llyfryn hwn yn cynnwys trefn y Cymun Bendigaid ar gyfer Suliau ym misoedd Gorffennaf ac Awst, yn ogystal â darlenniadau'r Sul.

Yma, heddiw, ceisiwch gwmni Duw yng Nghrist, sef y ffordd a'r gwirionedd a'r bywyd. 'Molianned popeth da a greaist di, ogoneddus Dduw!'

# WELCOME

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**Welcome to this service, whether you're at Holy Trinity in the centre of Llandudno, or at Saint Tudno's up on the Orme. It is good to have you here!**

This booklet contains the order of service for Sundays in July and August, along with the Sunday readings.

Please take time with us here today to draw near to God in Christ, who is for us the way, the truth and the life. 'May all good things created praise you, God of glory!'

# YMGYNNULL GATHERING

*Canwn emyn, os yw hynny'n bosibl; fel arall, fe wrandewn arno*

***We sing a hymn, if this is possible; otherwise we listen as the hymn is sung***

*Ar derfyn yr emyn, safwn*

***At the end of the hymn, we stand***

**Y**n enw'r Tad,  
a'r Mab,  
a'r Ysbryd Glân.

**Amen.**

## Translation

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

Grace and peace be with you.

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

May church and chancel praise you;  
may chancel and church praise you.

**May hill and valley praise you;  
may seas and orchards praise you.**

May all good things created praise you.

**We praise you, God of glory.**

*O Lyfr Du Caerfyrddin o'r drydedd ganrif ar ddeg  
From the Black Book of Carmarthen of the thirteenth century*

Let us pray together.

**H**eavenly Father,  
all hearts are open to you.  
No secrets are hidden from you.

**Purify us with the fire of your Holy Spirit  
that we may love and worship you faithfully,  
through Jesus Christ our Lord.**

**Amen.**

# CYFFESU CONFESSING

---

*Eisteddwn neu benlinwn*

***We sit or kneel***

As we prepare to celebrate,  
let us call to mind our sins.

The meaning is in the waiting,  
but we busy ourselves with inanities,  
things temporal.

Draw us into your presence,  
which is holiness.

Lord, have mercy.

**Lord, have mercy.**

It takes no time to reach your kingdom,  
where fractured lives are healed  
and the last are first,  
but our selfishness consumes us.  
Re-form us in your likeness,  
which is simplicity.

Christ, have mercy.

**Christ, have mercy.**

You bid us welcome  
but we draw back,  
weighed down by guilt and loss and fear.  
Feed us with your love,  
which is forgiveness.

Lord, have mercy.

**Lord, have mercy.**

*Yn seiliedig ar farddoniaeth | Drawn from the poetry of  
R. S. Thomas (1913-2000) a | and  
George Herbert (1593-1633)*

*Canwn, os yw hynny'n bosibl; fel arall, fe wrandewn*  
***We sing, if this is possible; otherwise we listen***

Lord, \_ have mer- cy. Lord, \_ have mer- cy.

Christ, \_ have mer- cy. Christ, \_ have mer- cy.

Lord, \_ have mer- cy. Lord, \_ have mer- cy.

Let us pray together.

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

Yr hollalluog Dduw a drugarhao wrthyh,  
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.*



# GWEDDŌ PRAYING

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Gweddiwn. Let us pray.

**O**ur Saviour, Jesus Christ,  
you have said that you are  
the way, the truth and the life.  
Suffer us not to stray from you, who are the way;  
nor to distrust you, who are the truth;  
nor to rest in anything other than you, who are the life.  
Teach us, by your Holy Spirit,  
which road to take,  
which hope to hold,  
and wherein to take our rest.  
We ask it for your own Name's sake.  
**Amen.**

*Yn seiliedig ar weddi gan | Based on a prayer by  
Erasmus (1466-1536)*

# GWRANDO LISTENING

---

*Eisteddwn*  
**We sit**

*Mae'r Darlleniadau ar gyfer y tymor wedi'u hargraffu ar y tudalennau canlynol,  
gyda threfn y gwasanaeth yn parhau wedi hynny ar dudalen 30*  
**The Readings for the season are printed on the following pages,  
with the order of service continuing thereafter on page 30**

# Y Seithfed Sul wedi'r Drindod | 18 Gorffennaf 2021

## The Seventh Sunday after Trinity | 18 July 2021

### DARLLENIAD | READING

A reading from the book of Jeremiah.

**T**hus says the Lord: Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord. Therefore, thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord. The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: 'The Lord is our righteousness.'

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### SALMYDDIAETH | PSALMODY

Let all the powers of the heavens praise the Creator,  
ascribing to God glory and strength.

**In the beauty of holiness we worship you, O God,  
giving you the honour due to your name.**

Your voice rolls over the waters,  
your glory thunders over the oceans.

**Your voice resounds through the mountains,  
echoing glory and splendour.**

Your voice splits even the cedar trees,  
breaking in pieces the cedars of Lebanon.

**Your voice whirls the sands of the desert,  
the whistling sands of the desert storm.**

Your voice makes the oaks shake and shudder,  
and strips the forest bare,

**And all in your presence cry, Glory!**



## Harbinger

*Helen Dunmore (1952-2017)*

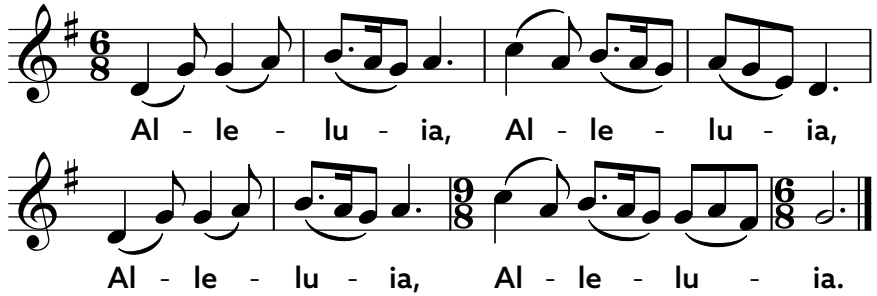
Small, polished shield-bearer  
abacus of early days  
and harbinger of life's happiness

that the world offers  
things scarlet and spotted  
to alight, hasping and unhasping  
unlikely wings,

that there can be three or thousands  
but not a plague of ladybirds  
no, a benediction of ladybirds  
to enamel the weeds.

Small, polished shield-bearer  
abacus of early days,  
harbinger of life's happiness.

*Safwn  
We  
stand*



Listen to the Gospel of Christ according to Saint Mark.

**Glory be to you, O Lord.**

**A**t that time: The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

***Alleluia, Alleluia, Alleluia, Alleluia.***

# Yr Wythfed Sul wedi'r Drindod | 25 Gorffennaf 2021

## The Eighth Sunday after Trinity | 25 July 2021

### DARLLENIAD | READING

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A reading from the second book of the Kings.

In those days: A man came from Baal-shalishah, bringing food from the first fruits to the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the Lord, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the Lord.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### SALMYDDIAETH | PSALMODY

---

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.

## Alive

*R. S. Thomas (1913-2000)*

It is alive. It is you,  
God. Looking out I can see  
no death. The earth moves, the  
sea moves, the wind goes  
on its exuberant  
journeys. Many creatures  
reflect you, the flowers  
your colour, the tides the precision  
of your calculations. There  
is nothing too ample  
for you to overflow, nothing  
so small that your workmanship  
is not revealed. I listen  
and it is you speaking.  
I find the place where you lay  
warm. At night, if I waken,  
there are the sleepless conurbations  
of the stars. The darkness  
is the deepening shadow  
of your presence; the silence a  
process in the metabolism  
of the being of love.

*Safwn  
We  
stand*



Listen to the Gospel of Christ according to Saint John.

**Glory be to you, O Lord.**

**A**t that time: Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.





When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

***Alleluia, Alleluia, Alleluia, Alleluia.***

# Y Nawfed Sul wedi'r Drindod | 1 Awst 2021

## The Ninth Sunday after Trinity | 1 August 2021

### DARLLENIAD | READING

---

A reading from the book of Exodus.

In those days: The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God."' In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.'

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### SALMYDDIAETH | PSALMODY

---

Holy God, you are creating the earth and all that is in it,  
the whole round world and all who dwell on land or sea.

**You have founded life upon the waters,  
and drawn it forth from the mysterious deeps.**

Who shall climb the mountain of God?

Who shall stand in the holy place?

**Those who have clean hands and pure hearts,  
who have not set their minds on falsehood,  
nor sworn to deceive their neighbours.**

They shall receive a blessing from God,  
and justice from the God of their salvation.

**Such is the fortune of those who draw near their Creator,  
who seek the face of the God of Jacob.**



*From*

**The Everlasting Mercy**

*John Masefield (1878-1967)*

○ Christ who holds the open gate,  
○ Christ who drives the furrow straight,  
○ Christ, the plough, ○ Christ, the laughter  
Of holy white birds flying after,

Lo, all my heart's field red and torn,  
And Thou wilt bring the young green corn,  
The young green corn divinely springing,  
The young green corn forever singing;

And when the field is fresh and fair  
Thy blessed feet shall glitter there,  
And we will walk the weeded field,  
And tell the golden harvest's yield,

The corn that makes the holy bread  
By which the soul of man is fed,  
The holy bread, the food unpriced,  
Thy everlasting mercy, Christ.

*Safwn  
We  
stand*



Listen to the Gospel of Christ according to Saint John.

**Glory be to you, O Lord.**

**A**t that time: When the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

***Alleluia, Alleluia, Alleluia, Alleluia.***

## **DARLLENIAD | READING**

---

A reading from the first book of the Kings.

In those days: Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## **SALMYDDIAETH | PSALMODY**

---

How lovely are your dwellings, O God,  
how beautiful are the holy places.

**In the days of my pilgrimage I yearn for them:  
they are temples of your living presence.**

I have a desire and longing to enter my true home:  
my heart and my flesh rejoice in the living God.

**For the sparrow has found a house for herself,  
and the swallow a nest to lay her young.**

Even so are those who dwell in your house –  
they will always be praising you.

**Blessed are those whose strength is in you,  
in whose heart are your ways.**

### Love III

*George Herbert (1593-1633)*

Love bade me welcome. Yet my soul drew back  
Guilty of dust and sin.

But quick-eyed Love, observing me grow slack  
From my first entrance in,  
Drew nearer to me, sweetly questioning,  
If I lacked any thing.

A guest, I answered, worthy to be here:

Love said, You shall be he.

I the unkind, ungrateful? Ah my dear,

I cannot look on thee.

Love took my hand, and smiling did reply,

Who made the eyes but I?

Truth Lord, but I have marred them: let my shame

Go where it doth deserve.

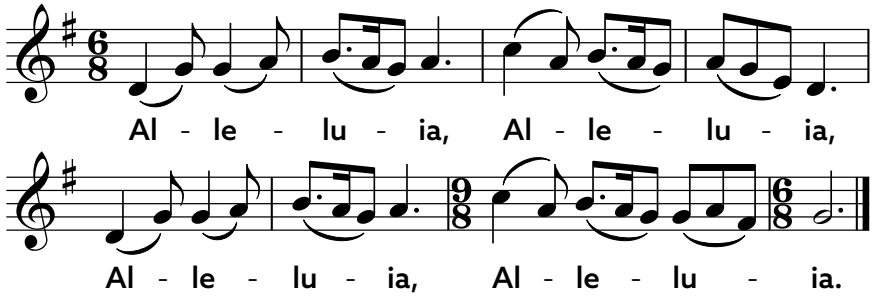
And know you not, says Love, who bore the blame?

My dear, then I will serve.

You must sit down, says Love, and taste my meat:

So I did sit and eat.

*Safwn  
We  
stand*



Listen to the Gospel of Christ according to Saint John.

**Glory be to you, O Lord.**

**A**t that time: Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

***Alleluia, Alleluia, Alleluia, Alleluia.***

### DARLLENIAD | READING

---

A reading from the book of Revelation.

**B**ehold: God's temple in heaven was opened, and the ark of his covenant was seen within his temple; and there were flashes of lightning, rumblings, peals of thunder, an earthquake, and heavy hail. A great portent appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. She was pregnant and was crying out in birth pangs, in the agony of giving birth. And she gave birth to a son, a male child, who is to rule all the nations with a rod of iron. But her child was snatched away and taken to God and to his throne; and the woman fled into the wilderness, where she has a place prepared by God, so that there she can be nourished for one thousand two hundred and sixty days. Then I heard a loud voice in heaven, proclaiming, 'Now have come the salvation and the power and the kingdom of our God and the authority of his Messiah, for the accuser of our comrades has been thrown down, who accuses them day and night before our God.'

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### SALMYDDIAETH | PSALMODY

---

Let all the powers of the heavens praise the Creator,  
ascribing to God glory and strength.

**In the beauty of holiness we worship you, O God,  
giving you the honour due to your name.**

Your voice rolls over the waters,  
your glory thunders over the oceans.

**Your voice resounds through the mountains,  
echoing glory and splendour.**

Your voice splits even the cedar trees,  
breaking in pieces the cedars of Lebanon.

**Your voice whirls the sands of the desert,  
the whistling sands of the desert storm.**

Your voice makes the oaks shake and shudder,  
and strips the forest bare,

**And all in your presence cry, Glory!**

*From*

**La Vierge à Midi | The Virgin at Noon**

*Paul Claudel (1868-1955)*

It is noon.  
I see the church open,  
and I must enter.

Mother of Jesus Christ,  
I do not come to pray.  
I have nothing to offer  
and nothing to request.

I come solely to gaze on you,  
O Mother.  
To gaze on you,  
weep for joy,  
and know this:  
that I am your child and you are there.

I come only for a moment  
while everything is at a standstill,  
at noon!

Just to be with you,  
O Mary,  
in this place where you are.  
Not to say anything  
but to gaze at your countenance,  
and let the heart sing  
in its own language;  
not to say anything  
but solely to sing  
because my heart is overflowing.



*Safwn  
We  
stand*



Listen to the Gospel of Christ according to Saint Luke.

**Glory be to you, O Lord.**

**A**t that time: Mary said, 'My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants for ever.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

***Alleluia, Alleluia, Alleluia, Alleluia.***

# Y Deuddegfed wedi'r Drindod | 22 Awst 2021

## The Twelfth Sunday after Trinity | 22 August 2021

### DARLLENIAD | READING

A reading from the first book of the Kings.

In those days: Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands to heaven. He said, 'O Lord, God of Israel, there is no God like you in heaven above or on earth beneath, keeping covenant and steadfast love for your servants who walk before you with all their heart. Have regard to your servant's prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; that your eyes may be open night and day towards this house, the place of which you said, "My name shall be there", that you may heed the prayer that your servant prays towards this place. Hear the plea of your servant and of your people Israel when they pray towards this place; O hear in heaven your dwelling-place; heed and forgive. Likewise when a foreigner, who is not of your people Israel, comes from a distant land because of your name and prays towards this house, then hear in heaven your dwelling-place, and do according to all that the foreigner calls to you, so that all the peoples of the earth may know your name and fear you, as do your people Israel, and so that they may know that your name has been invoked on this house that I have built.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### SALMYDDIAETH | PSALMODY

How lovely are your dwellings, O God,  
how beautiful are the holy places.

**In the days of my pilgrimage I yearn for them:  
they are temples of your living presence.**

I have a desire and longing to enter my true home:  
my heart and my flesh rejoice in the living God.

**For the sparrow has found a house for herself,  
and the swallow a nest to lay her young.**

Even so are those who dwell in your house –  
they will always be praising you.

**Blessed are those whose strength is in you,  
in whose heart are your ways.**

## My God, I Love Thee

*Priodolir i / Attributed to Francis Xavier (1506-1552)*

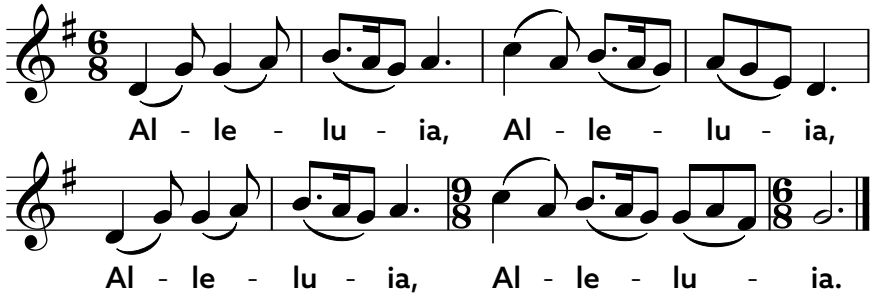
*Cyfieithiad / Translated by Edward Caswall (1814-1878)*

My God, I love thee; not because  
I hope for heaven thereby,  
nor yet because who love thee not  
are lost eternally.

Not with the hope of gaining aught,  
not seeking a reward;  
but as thyself hast loved me,  
O ever loving Lord!

So would I love thee, dearest Lord,  
and in thy praise will sing,  
solely because thou art my God  
and my most loving King.

*Safwn  
We  
stand*



Listen to the Gospel of Christ according to Saint John.

**Glory be to you, O Lord.**

**A**t that time: Jesus said, 'Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

***Alleluia, Alleluia, Alleluia, Alleluia.***

# Y Trydydd Sul ar Ddeg wedi'r Drindod | 29 Awst 2021

## The Thirteenth Sunday after Trinity | 29 August 2021

### DARLLENIAD | READING

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A reading from the Song of Solomon.

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: 'Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtle-dove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away.'

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

### SALMYDDIAETH | PSALMODY

---

Holy God, you are creating the earth and all that is in it, the whole round world and all who dwell on land or sea.

**You have founded life upon the waters,  
and drawn it forth from the mysterious deeps.**

Who shall climb the mountain of God?

Who shall stand in the holy place?

**Those who have clean hands and pure hearts,  
who have not set their minds on falsehood,  
nor sworn to deceive their neighbours.**

They shall receive a blessing from God,  
and justice from the God of their salvation.

**Such is the fortune of those who draw near their Creator,  
who seek the face of the God of Jacob.**

## Amser | Time

*D. Gwenallt Jones (1899-1968)*

*Cyfieithiad | Translated by Patrick Thomas*

The clock on the mantelpiece is cruelly round  
The roundness of sun and moon and all the science of heaven;  
And our petty little life, for all our noise and fuss and boasting,  
Is only the fingers' silent movement on its roundness.

We came from the womb beneath its small pendulum's dictatorship,  
When the hour comes we'll fall to the grave on its fingers' sign;  
And between these fingers Nature also sows and reaps and dies;  
Civilizations rise, and kingdoms fall.

In the Evangelical Calendar that hangs beneath it on the wall  
Time moves like a line from step to step;  
And through His journey from heaven to the womb,  
And from the Cross to His father's breast,  
We are lifted from the circle, above the fingers' dictatorship.

*Safwn  
We  
stand*



Listen to the Gospel of Christ according to Saint Mark.

**Glory be to you, O Lord.**

**A**t that time: When the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written, "This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines." You abandon the commandment of God and hold to human tradition.' Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.' For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

***Alleluia, Alleluia, Alleluia, Alleluia.***



PREGETH  
**SERMON**

*Eisteddwn, a cheir pregeth*  
***We sit for the sermon***

CREDO  
**CREED**

*Safwn*  
***We stand***

Together, let us affirm our faith.

**I believe and trust in God the Father,  
who created all that is.**

**I believe and trust in his Son Jesus Christ,  
who redeemed humankind.**

**I believe and trust in his Holy Spirit,  
who gives life to the people of God.**

**I believe and trust in one God,  
Father, Son and Holy Spirit.  
Amen.**

# GWEDDŌ PRAYING

---

*Eisteddwn neu benliniwn*  
**We sit or kneel**

*Offrymir ymbiliau, sy'n diweddu:*  
**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 emyn os yw hynny'n bosibl; os nad ydyw, fe eisteddwn wrth i fwrdd yr allor  
gael ei baratoi, ac yna, wrth i'r gerddoriaeth ddod i ben, fe safwn*  
**We sing a hymn if this is possible; if not, we sit as the altar table is prepared,  
and then, as the music ends, we stand**

We bring to this place our yearning for peace;  
peace 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.  
Yr wyt yn datguddio mai'r un yw d'ogoniant,  
â gogoniant dy Fab a'r Ysbryd Glân:  
tri pherson cydradd mewn mawredd,  
a diwahân mewn gogoniant,  
yn un Arglwydd, un Duw,  
i'w addoli a'i fawrygu.

### 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.  
You reveal your glory  
as the glory of your Son and the Holy Spirit:  
three persons equal in majesty,  
undivided in splendour,  
one Lord, one God,  
ever to be worshipped and adored.*

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:

*Canwn, os yw hynny'n bosibl; fel arall, fe wrandewn*

***We sing, if this is possible; otherwise we listen***



Ho-ly, ho - ly, ho-ly Lord, God of pow - er and

God of might, hea - ven and earth are

full of your glo-ry. Ho-san-na in the high-est. Ho

san - na in the high-est. Bles-sed is he who

comes in the name of the Lord.

Bles-sed is he who comes in the name of the

Lord. Ho - san - na in the

high-est, ho-san-na in the high-est.

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 drosoch a thros lawer  
er maddeuant pechodau:  
gwnewch hyn bob tro yr yfwch ef  
er cof amdanaf.

### 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:

*Canwn, os yw hynny'n bosibl; fel arall, fe wrandewn*

***We sing, if this is possible; otherwise we listen***



**Dy-ing, you destroyed our death, ris-ing, you re -**



**stored our life. Lord Je - sus, come in glo - ry.**

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**


*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.**

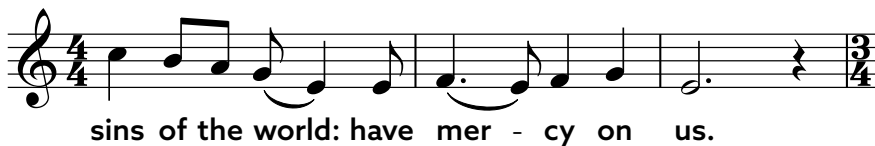
As our Saviour taught us, we boldly pray:

 **ur 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.**

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.**

*Canwn, os yw hynny'n bosibl; fel arall, fe wrandewn*

***We sing, if this is possible; otherwise we listen***



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.**

*Cymunwn*

***We make our Communion***



*Canwn emyn ar ein heistedd, os yw hynny'n bosibl;  
fel arall, fe wrandewn arno*  
***We sing a hymn, remaining seated, if this is possible;  
otherwise we listen as the hymn is sung***

## YMADAEL DEPARTING

Gweddiwn. Let us pray.

What has passed our lips as food, O God,  
**may we possess in purity of heart,**  
that what has been given to us in time  
**may be our healing for eternity.**

*Safwn ar gyfer y Fendith*  
***We stand for the Blessing***

May chancel and church praise you.  
May all good things created praise you.  
**May life eternal praise you.**  
**We praise you, God of glory.**

*O Lyfr Du Caerfyrddin o'r drydedd ganrif ar ddeg*  
*From the Black Book of Carmarthen of the thirteenth century*

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

**M**ay almighty God bless you,  
the Father, and the Son, and the Holy Spirit.  
**Amen.**

Go in the peace of Christ.  
**Thanks be to God.**

*Canwn emyn, os yw hynny'n bosibl*  
***We sing a hymn, if this is possible***





**Esgobaeth  
Bangor**  
The Diocese  
of Bangor

Yr Eglwys yng Nghymru  
The Church in Wales