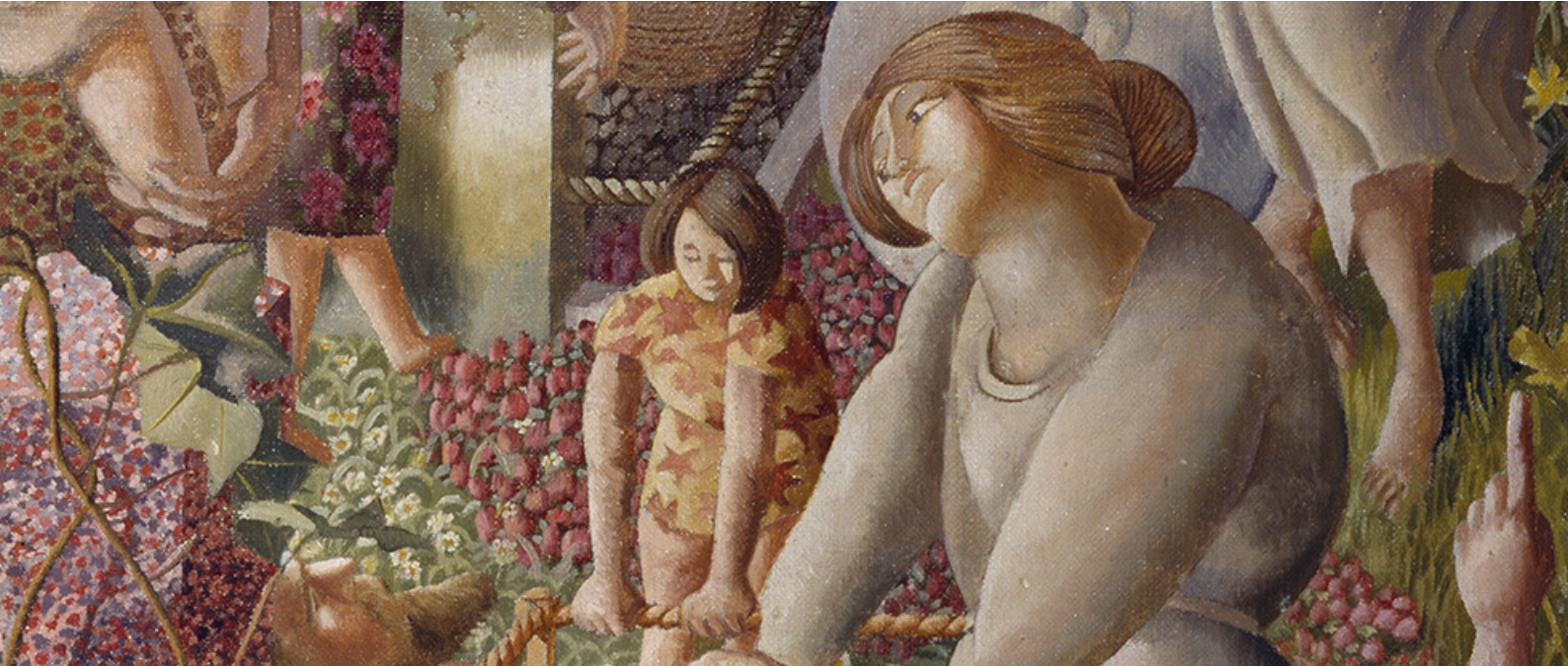


Fe ddaw...
He will come...



Diwrnod Tawel Adfent 2017
Archddiaconiaeth Meirionnydd
Eglwys Sant Ioan, Bermo
5 Rhagfyr 2017
The Meirionnydd Archdeaconry
Advent 2017 Quiet Day
St John's Church, Barmouth
5 December 2017



**Esgobaeth
Bangor**
The Diocese
of Bangor

Cymun Bendigaid
Addoliad agoriadol

Holy Eucharist
Opening worship

Emyn / Hymn

Geiriau / Words
Charles Wesley
Cyfieithiad
anhysbys /
Anonymous
translation
Tôn / Music
"Helmsley",
anhysbys /
anonymous

**Wele'n dyfod ar gymylau
farnwr byd a Brenin nef;
myrdd myrddiynau sydd o'i seintiau
yn ei amgylchynu ef;
alelwia!
Iesu a deyrnasa byth.**

Every eye shall now behold him
robed in dreadful majesty;
those who set at nought and sold him,
pierced and nailed him to the tree,
deeply wailing
shall the true Messiah see.

Those dear tokens of his passion
still his dazzling body bears,
cause of endless exultation
to his ransomed worshippers:
with what rapture
gaze we on those glorious scars!

Yea, amen! Let all adore thee,
high on thine eternal throne;
Saviour, take the power and glory:
claim the kingdom for thine own:
O come quickly!
Alleluia! Come, Lord, come.

Translation / Lo, he comes
with clouds descending, /
once for favoured sinners
slain; / thousand thousand
saints attending / swell the
triumph of his train: / alleluia!
/ God appears on earth to
reign.

Ymgynnull / Gathering

**Parhawn i sefyll
We remain standing**

Genesis 1
Salm / Psalm 80
Ioan / John 8

Dyweddod Duw, "Bydded goleuni."
A bu goleuni; a gwelodd Duw fod y goleuni yn dda.

Adfer ni, O Dduw:
bydded llewyrch dy wyneb arnom, a gwareder ni.

Dywed Iesu: "Myfi yw goleuni'r byd:
**ni bydd neb sy'n fy nghanlyn i byth yn rhodio yn y
tywyllwch, ond bydd ganddo oleuni'r bywyd."**

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

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

Translation / God said, "Let
there be light." And there
was light; and God saw
that the light was good. /
Restore us, O God: let your
face shine, that we may be
saved. / "I am the light of the
world: whoever follows me
will never walk in darkness
but will have the light of life."
// 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.

Cyffes / Confession

Parhawn i sefyll
We remain standing

Heavenly Father,
you have created a universe of light:
forgive us when we return to darkness.
Lord, have mercy.

Lord, have mercy.

Lord Jesus,
you are the light of the world:
cleanse and heal our blinded sight.
Christ, have mercy.

Christ, have mercy.

Holy Spirit,
you give us light in our hearts:
renew us in faith and love.
Lord, have mercy.

Lord, have mercy.

Almighty God,
who in Jesus Christ has given us
a kingdom that cannot be destroyed,
forgive us our sins,
open our eyes to God's truth,
strengthen us to do God's will
and give us the joy of his kingdom,
through Jesus Christ our Lord.

Amen.

Colect / Collect

Parhawn i sefyll
We remain standing

Yr Arglwydd a fo gyda chwi.

A hefyd gyda thi.

Gweddïwn.

Hollalluog Dduw,
dyro inni ras i ymwrthod â gweithredoedd y tywyllwch
ac i wisgo arfau'r goleuni,
yn awr yn y bywyd marwol hwn
a brofwyd gan dy Fab Iesu Grist
pan ymwelodd â ni mewn gostyngedd mawr;
fel y bo i ni yn y dydd diwethaf,
pan ddaw drachefn yn ei fawredd gogoneddus
i farnu'r byw a'r meirw,
gyfodi i'r bywyd anfarwol;
trwyddo ef sy'n fyw ac yn teyrnasu
gyda thi a'r Ysbryd Glân,
yn un Duw, yn awr ac am byth.

Amen.

Eisteddwn
We sit

Translation / The Lord be with you. And also with you. / Let us pray. / Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Darlleniad / Reading

Y llythyrau at y saith eglwys

The letters to the seven churches

Datguddiad 2 a 3
/ Revelation 2 & 3

o gyfieithiad
newydd o'r
Testament
Newydd gan
David Bentley
Hart

from a new
translation of the
New Testament
by David Bentley
Hart

Write this to the angel of the assembly in Ephesus: "The one who wields the seven stars in his right hand, who walks amid the seven lamp stands, says this: 'I know your works, and your labour and endurance, and that you cannot bear evil men, and have tested those who claim to be Apostles and are no such thing, and have found them to be false, and you have endurance, and have borne up because of my name, and have not grown weary. But I hold it against you that you have abandoned your first love. Therefore remember from where you have fallen, and change your heart, and practice the works you practiced at first; and, if not, I am coming to you, and will remove your lamp stand from its place - unless you change your heart. Whoever has an ear, let him hear what the Spirit says to the assemblies.

To the one who conquers, I shall grant it to him to eat from the tree of life, which is in God's paradise."

And to the angel of the assembly in Smyrna write: "The first and the last, who became dead and who lived, says these things: 'Do not fear the things you are about to suffer. See: The Slanderer is about to cast some of you into prison so that you may be tested. Be faithful unto death and I will grant you the chaplet of life. Whoever has an ear, let him hear what the Spirit says to the assemblies.

The one who conquers will by no means be harmed by the second death."

And to the angel of the assembly in Pergamum write: "The one who has the sharp two-edged sword says these things: 'I know where you dwell - there where the throne of the Accuser is - and that you hold fast to my name, and did not renounce my faith even in the days of Antipas, my witness, my faithful one, who was killed by your right side, there where the Accuser dwells. But I hold a few things against you, because you have some persons there who hold onto the teachings of Balaam, who taught Balak to throw down a snare before the sons of Israel, to eat sacrifices offered to idols, and to engage in whoring. Therefore change your hearts; and, if not, I am coming to you quickly, and will wage war on them with the sword of my mouth. Whoever has an ear, let him hear what the Spirit says to the assemblies.

I will impart to the one who conquers some of the hidden manna, and will give him a white stone, and a new name inscribed on the stone, which no one will know except the one who receives it."

To the angel of the assembly in Thyatira write: "The Son of God, who has eyes like a flame of fire, and his feet like fine brass, says these things: 'I know your works and love and faith and ministry, as well as your endurance, and your last works are more plentiful than your first. But I hold it against you that you tolerate the woman Jezebel, who calls herself a prophetess, and she teaches and deceitfully persuades my slaves to whore about and to eat sacrifices offered to idols. And I gave her time so that she might change her heart, and she does not wish to turn her heart away from her whoring. Look: I cast her onto a sickbed, and those who commit adultery with her into great affliction, should they fail to turn their hearts from her works; and all the assemblies shall know that I am the one who searches hearts, and I will pay out to you each according to your works. Whoever has an ear, let him hear what the Spirit says to the assemblies.

To the one who conquers, and who abides by my works until the end, I will give the Morning Star."

And to the angel of the assembly in Sardis write: "The one who has the seven Spirits of God and the seven stars says these things: 'I know your works - that you have won a name for being alive, yet you are dead. Be vigilant, fortify the things that remain that are moribund, for I have not found your works to be fulfilled in the eyes of my God; remember, therefore, how you have received and listened, and keep watch and change your hearts. Should you not be vigilant, then, I shall come like a thief, and you surely would not know at what hour I shall come upon you. Whoever has an ear, let him hear what the Spirit says to the assemblies.

The one who conquers shall be wrapped in white garments, and I most certainly will not expunge his name from the book of life, and I will acknowledge his name before my Father and before his angels."

And to the angel of the assembly in Philadelphia write: "The holy one, the true one, who holds the key of David, the one who opens - and none shall close - and who closes - and none opens - says these things: 'I know and see your works. See: I have provided an opened door before you, one that none can close, for you have small power, yet you have kept my word and not denied my name. Because you have kept my instruction to endure, I also will keep you from the hour of trial that is about to come upon the whole inhabited world, to test those who dwell upon the earth. I am coming very quickly; hold fast to what you have. Whoever has an ear, let him hear what the Spirit says to the assemblies.

The one who conquers, I will make him a pillar in the sanctuary of my God, and he shall surely not go out of it any longer, and I will inscribe upon his name my God's name and the name of my God's city - the New Jerusalem descending out of heaven from my God."

And to the angel of the assembly in Laodicea write: "The Amen, the witness faithful and true, the origin of God's creation, says these things: 'I know your works - that you are neither hot nor cold. I would that you were cold or hot. Thus, since you are lukewarm, and neither hot nor cold, I am about to vomit you from my mouth. For you say, "I am rich, and have been enriched, I need nothing," and you do not realise that you are someone wretched and pitiable and destitute and blind and naked. I counsel you to buy gold refined by fire from me so that you may be rich, and white garments so that you may be clad and the shame of your nakedness may not be made manifest, and salve to anoint your eyes so that you may see. As many as I love I rebuke and discipline; so be zealous and change your heart. Whoever has an ear, let him hear what the Spirit says to the assemblies.

Look: I stand at the door and knock; should anyone hear my voice and open the door I will enter in to him, and I will dine with him and he with me."

Salm / Psalm

Salm 80, rhan i /
Psalm 80, part i

Give ear, O Shepherd of Israel,
you who lead Joseph like a flock!
You who are enthroned upon the cherubim,
shine forth before Ephraim and Benjamin and Manasseh.

**Stir up your might,
and come to save us!
Restore us, O God;
let your face shine, that we may be saved.**

You brought a vine out of Egypt;
you drove out the nations and planted it.
You cleared the ground for it;
it took deep root and filled the land.

**The mountains were covered with its shade,
the mighty cedars with its branches;
it sent out its branches to the sea,
and its shoots to the River.**

Why then have you broken down its walls,
so that all who pass along the way pluck its fruit?
The boar from the forest ravages it,
and all that move in the field feed on it.

**Stir up your might,
and come to save us!
Restore us, O God;
let your face shine, that we may be saved.**

Cerdd/ Poem
Advent Calendar
Rowan Williams

He will come like last leaf's fall.
One night when the November wind
has flayed the trees to the bone, and earth
wakes choking on the mould,
the soft shroud's folding.

He will come like frost.
One morning when the shrinking earth
opens to mist, to find itself
arrested in the net
of alien, sword-set beauty.

He will come like dark.
One evening when the bursting red
December sun draws up the sheet
and penny-masks its eye to yield
the star-snowed fields of sky.

He will come, will come,
will come like crying in the night,
like blood, like breaking,
as the earth writhes to toss him free.
He will come like child.

Tawelwch
Silence

Salm / Psalm

Salm 80, rhan ii /
Psalm 80, part ii

Give ear, O Shepherd of Israel,
you who lead Joseph like a flock!
You who are enthroned upon the cherubim,
shine forth before Ephraim and Benjamin and Manasseh.

**Stir up your might,
and come to save us!
Restore us, O God;
let your face shine, that we may be saved.**

Turn again, O God of hosts;
look down from heaven, and see;
have regard for this vine,
the stock that your right hand planted.

**They have burned it with fire, they have cut it down;
may they perish at the rebuke of your countenance.**

But let your hand be upon the one at your right hand,
the one whom you made strong for yourself.
Then we will never turn back from you;
give us life, and we will call on your name.

**Stir up your might,
and come to save us!
Restore us, O God;
let your face shine, that we may be saved.**

Efengyl / Gospel

*Y mae eich rhyddhad yn
agosáu / Your redemption is
drawing near*

Yr Arglwydd a fo gyda chwi.

A hefyd gyda thi.

Gwrandewch Efengyl Crist yn ôl Sant Luc.

Gogoniant i ti, O Arglwydd.

Luc / Luke 21

Bryd hynny: Wrth i rywrai sôn am y deml, ei bod wedi ei haddurno â meini gwych a rhoddion cysegredig, meddai Iesu, "Am y pethau hyn yr ydych yn syllu arnynt, fe ddaw dyddiau pryd ni adewir maen ar faen; ni bydd yr un heb ei fwrw i lawr." Gofynasant iddo, "Athro, pa bryd y bydd hyn? Beth fydd yr arwydd pan fydd hyn ar ddigwydd?" Meddai yntau, "Gwylwch na chewch eich twyllo. Oherwydd fe ddaw llawer yn fy enw i gan ddweud, 'Myfi yw', ac, 'Y mae'r amser wedi dod yn agos'. Peidiwch â mynd i'w canlyn.

"Canys cyfyd cenedl yn erbyn cenedl, a theyrnas yn erbyn teyrnas. Bydd daeargrynfâu dirfawr, a newyn a phlâu mewn mannau. Bydd argoelion arswydus ac arwyddion enfawr o'r nef. Ond cyn hyn oll byddant yn gosod dwylo arnoch ac yn eich erlid. Fe'ch traddodir i'r synagogau ac i garchar, fe'ch dygir gerbron brenhinoedd a llywodraethwyr o achos fy enw i; hyn fydd eich cyfle i dystiolaethu.

Translation of the Gospel

/ The Lord be with you. And also with you. / Listen to the Gospel of Christ according to Saint Luke. Glory to you, O Lord.

At that time: When some were speaking about the temple, how it was adorned with beautiful stones and gifts dedicated to God, Jesus said, "As for these things that you see, the days will come when not one stone will be left upon another; all will be thrown down." They asked him, "Teacher, when will this be, and what will be the sign that this is about to take place?" And he said, "Beware that you are not led astray; for many will come in my name and say, 'I am he!' and, 'The time is near!' Do not go after them.

"For nation will rise against nation, and kingdom against kingdom; there will be great earthquakes, and in various places famines and plagues; and there will be dreadful portents and great signs from heaven. But before all this occurs, they will arrest you and persecute you; they will hand you over to synagogues and prisons, and you will be brought before kings and governors because of my name. This will give you an opportunity to testify. So make up your minds not to prepare your defence in advance; for I will give you words and a wisdom that none of your opponents will be able to withstand or contradict. You will be betrayed even by parents and brothers, by relatives and friends; and they will put some of you to death. You will be hated by all because of my name. But not a hair of your head will perish. By your endurance you will gain your souls.

"There will be signs in the sun, the moon, and the stars,

Penderfynwch beidio â phryderu ymlaen llaw ynglŷn â'ch amddiffyniad; fe roddaf fi i chwi huoddedd, a doethineb na all eich holl wrthwynebwyr ei wrthsefyll na'i wrth-ddweud. Fe'ch bradychir gan eich rhieni a'ch ceraint a'ch perthnasau a'ch cyfeillion, a pharant ladd rhai ohonoch. A chas fyddwch gan bawb o achos fy enw i. Ond ni chollir yr un blewyn o wallt eich pen. Trwy eich dyfalbarhad meddiannwch fywyd i chwi eich hunain.

“Bydd arwyddion yn yr haul a'r lloer a'r sêr. Ar y ddaear bydd cenhedloedd mewn cyfyngder yn eu pryder rhag trymru ac ymchwyllyd y môr. Bydd pobl yn llewygu gan ofn wrth ddisgwyl y pethau sy'n dod ar y byd; oherwydd ysgydwir nerthoedd y nefoedd. A'r pryd hwnnw gwelant Fab y Dyn yn dyfod mewn cwmwl gyda nerth a gogoniant mawr. Pan ddechreu'r pethau hyn ddigwydd, ymunionwch a chodwch eich pennau, oherwydd y mae eich rhyddhad yn agosáu.”

Yna adroddodd ddameg wrthynt: “Edrychwch ar y ffigysbren a'r holl goed. Pan fyddant yn dechrau deilio, fe wyddoch eich hunain o'u gweld fod yr haf bellach yn agos. Felly chwithau, pan welwch y pethau hyn yn digwydd, byddwch yn gwybod fod teyrnas Dduw yn agos. Cymerwch ofal, rhag i'ch meddyliau gael eu pylu gan ddiota a meddwi a gofalon bydol, ac i'r dydd hwnnw ddod arnoch yn ddisymwth fel magl; oherwydd fe ddaw ar bawb sy'n trigo ar wyneb y ddaear gyfan. Byddwch effro bob amser, gan ddeisyf am nerth i ddianc rhag yr holl bethau hyn sydd ar ddigwydd, ac i sefyll yng ngŵydd Mab y Dyn.”

Dyma Efengyl yr Arglwydd.
Moliant i ti, O Grist.

Emyn / Hymn

Geiriau / Words
Charles Wesley
Cyfieithaid /
Translation Denzil
Ieuan John
Tôn / Music “Cross
of Jesus”, John
Stainer

**Come, thou long-expected Jesus,
born to set thy people free,
from our fears and sins release us,
let us find our rest in thee.**

**Ti yw nerth a gobaith pobloedd
Sydd yn wan a llwm eu gwedd,
Ti sy'n rhannu'r fendith nefol,
Ti wyt frenin gras a hedd.**

**Born thy people to deliver,
born a child and yet a king,
born to reign in us for ever,
now thy gracious kingdom bring.**

**By thine own eternal Spirit,
rule in all our hearts alone;
by thine all-sufficient merit
raise us to thy glorious throne.**

and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see the Son of Man coming in a cloud with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.”

Then he told them a parable: “Look at the fig tree and all the trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day does not catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.”

This is the Gospel of the Lord. Praise to you, O Christ.

Translation of the hymn verse / Israel's strength and consolation, / hope of all the earth thou art, / dear desire of every nation, / joy of every longing heart.

Myfyrdod gychwynnol / Introductory reflection

Tangnefedd / Peace

Hyn yw trugaredd calon ein Duw –
fe ddaw â'r wawrddydd oddi uchod i'n plith,
i lewyrchu ar y rhai sy'n eistedd yn nhywyllwch cysgod angau
ac i gyfeirio ein traed i ffordd tangnefedd.

Tangnefedd yr Arglwydd a fo gyda chwi bob amser.

A hefyd gyda thi.

Translation / In the tender compassion of our God the dawn from heaven will break upon us, to shine on those who live in darkness, under the shadow of death, and to guide our feet into the way of peace. / The peace of the Lord be always with you. / And also with you.

Diolchgarwch / Thanksgiving

Wise and gracious God,
you spread a table before us;
nourish your people with the word of life,
and the bread of heaven.

Amen.

Yr Arglwydd a fo gyda chwi.

A hefyd gyda thi.

Dyrchefwch eich calonnau.

Yr ydym yn eu dyrchafu at yr Arglwydd.

Diolchwn i'r Arglwydd ein Duw.

Iawn yw rhoi ein diolch a'n clod.

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;
a ddaeth i'n plith yng nghyflawniad yr amser
gan agor inni ffordd iachawdwriaeth.
Gwyliwn yn awr am y dydd
pan ddaw drachefn i farnu'r byd,
gan ddatguddio goleuni ei bresenoldeb,
fel y gwelwn ei allu a'i ogoniant.
Felly, yma ar y ddaear,
a chyda'r angylion a'r archangylion
a phawb yn y nefoedd
moliannwn dy enw a dweud:

**Sanctaidd, sanctaidd, sanctaidd Arglwydd,
Duw gallu a nerth,**

Nef a daear sy'n llawn o'th ogoniant.

Hosanna yn y goruchaf.

Bendigedig yw'r hwn sy'n dod yn enw'r Arglwydd.

Hosanna yn y goruchaf.

O Dad yn y nefoedd,
gwrando'r weddi a gyflwynwn yn enw Iesu;
trwy nerth yr Ysbryd Glân, yn dirion fel colomen,

Translation / 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. / 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. Who in the fullness of time came among us opening to us the way of salvation. Now we watch for the day when he comes again to judge the world, revealing the light of his presence that we may behold his power and glory. 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

bydded y bara hwn a'r gwin hwn i ni
 yn gorff a gwaed Iesu.
 O Dad, cofiwn
 pan gafodd Iesu swper gyda'i ffrindiau
 y noson cyn ei farw,
 fe gymerodd y bara, a diolch i ti;
 fe'i torrodd, a'i roi i'w ffrindiau a dweud:
 Cymerwch hwn a'i fwyta – dyma fy nghorff,
 a roddir drosoch chi.
 Gwnewch hyn i gofio amdanaf.
 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 gofio amdanaf.

Gyda'n gilydd cofiwn fod Iesu bob amser gyda ni
 a dweud:

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

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.
 Ti, o Dad, biau bob anrhydedd a gogoniant,
 trwy Iesu, dy Fab,
 gyda'r Ysbryd Glân:
 yn un Duw, yn oes oesoedd.

Amen.

Gweddi'r Arglwydd / The Lord's Prayer

Fel y dysgodd ein Hiachawdwr ni, gweddiwn yn hyderus. As our
 Saviour taught us, we boldly pray:

Ein Tad / Our Father

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. 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. / 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.

Cymun / Communion

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.**

Dewch, derbyniwn gorff a gwaed ein Harglwydd Iesu Grist,
a roddwyd drosom,
ac ymborthwn arno yn ein calonnau
trwy ffydd gan roi diolch.

Translation / Come, let us
receive the body and blood
of our Lord Jesus Christ,
given for us, and feed on him
in our hearts by faith with
thanksgiving.

Wedi'r Cymun / After Communion

Yr Arglwydd a fo gyda chwi.

A hefyd gyda thi.

Gweddiwn.

O Dduw ein gwaredwyr, deffro ein calonnau
i baratoi'r ffordd ar gyfer dyfodiad dy Fab;
fel, â meddyliau wedi eu puro gan ras ei ddyfodiad,
y bo i ni dy wasanaethu'n ffyddlon gydol ein dyddiau;
trwy Iesu Grist ein Harglwydd.

Amen.

Translation / The Lord be
with you. And also with you.
/ Let us pray. / God our
deliverer, awaken our hearts
to prepare the way for the
advent of your Son; that, with
minds purified by the grace
of his coming, we may serve
you faithfully all our days;
through Jesus Christ our
Lord.

Amen.

Cloi / Close

Blessed be God, Father, Son and Holy Spirit.

And blessed be God's kingdom, now and for ever.

Blessed is the King who comes in the name of the Lord.

Peace in heaven and glory in the highest.

Our help is in the name of the Lord.

Who made heaven and earth.

Let us bless the Lord

Thanks be to God.



Philip Larkin

Aubade

Philip Larkin

I work all day, and get half-drunk at night.
Waking at four to soundless dark, I stare.
In time the curtain-edges will grow light.
Till then I see what's really always there:
Unresting death, a whole day nearer now,
Making all thought impossible but how
And where and when I shall myself die.
Arid interrogation: yet the dread
Of dying, and being dead,
Flashes afresh to hold and horrify.

The mind blanks at the glare. Not in remorse
– The good not done, the love not given, time
Torn off unused – nor wretchedly because
An only life can take so long to climb
Clear of its wrong beginnings, and may never;
But at the total emptiness for ever,
The sure extinction that we travel to
And shall be lost in always. Not to be here,
Not to be anywhere,
And soon; nothing more terrible, nothing more true.

This is a special way of being afraid
No trick dispels. Religion used to try,
That vast moth-eaten musical brocade
Created to pretend we never die,
And specious stuff that says *No rational being
Can fear a thing it will not feel*, not seeing
That this is what we fear – no sight, no sound,
No touch or taste or smell, nothing to think with,
Nothing to love or link with,
The anaesthetic from which none come round.

Myfyrdod i / Reflection i

And so it stays just on the edge of vision,
A small unfocused blur, a standing chill
That slows each impulse down to indecision.
Most things may never happen: this one will,
And realisation of it rages out
In furnace-fear when we are caught without
People or drink. Courage is no good:
It means not scaring others. Being brave
Lets no one off the grave.
Death is no different whined at than withstood.

Slowly light strengthens, and the room takes shape.
It stands plain as a wardrobe, what we know,
Have always known, know that we can't escape,
Yet can't accept. One side will have to go.
Meanwhile telephones crouch, getting ready to ring
In locked-up offices, and all the uncaring
Intricate rented world begins to rouse.
The sky is white as clay, with no sun.
Work has to be done.
Postmen like doctors go from house to house.





Cynnau'r goleuni
Addoliad cyn cinio

Kindling the light
Worship before lunch

Ymgynnull / Gathering

Parhawn i eistedd
We remain seated

Genesis 1
Salm / Psalm 80
Ioan / John 8

Dyweddodd Duw, "Bydded goleuni."

A bu goleuni; a gwelodd Duw fod y goleuni yn dda.

Adfer ni, O Dduw:

bydded llewyrch dy wyneb arnom, a gwareder ni.

Dywed Iesu: "Myfi yw goleuni'r byd:

ni bydd neb sy'n fy nghanlyn i byth yn rhodio yn y tywyllwch, ond bydd ganddo oleuni'r bywyd."

Translation / God said, "Let there be light." And there was light; and God saw that the light was good. / Restore us, O God: let your face shine, that we may be saved. / "I am the light of the world: whoever follows me will never walk in darkness but will have the light of life."

Darlleniad / Reading

Nef a daear newydd

A new heaven and a new earth

Genesis 1
Salm / Psalm 80
Ioan / John 8

Darlleniad o Ddatguddiad Ioan.

Yna gwelais nef newydd a daear newydd; oherwydd yr oedd y nef gyntaf a'r ddaear gyntaf wedi mynd heibio, ac nid oedd môr mwyach. A gwelais y ddinas sanctaidd, Jerwsalem newydd, yn disgyn o'r nef oddi wrth Dduw, wedi ei pharatoi fel priodferch wedi ei thecáu i'w gŵr. Clywais lais uchel o'r orsedd yn dweud, "Wele, y mae preswylfa Duw gyda'r ddynoliaeth; bydd ef yn preswyllo gyda hwy, byddant hwy yn bobloedd iddo ef, a bydd Duw ei hun gyda hwy, yn Dduw iddynt. Fe sych bob deigr yn o'u llygaid hwy, ac ni bydd marwolaeth mwyach, na galar na llefain na phoen. Y mae'r pethau cyntaf wedi mynd heibio."

Yna dywedodd yr hwn oedd yn eistedd ar yr orsedd, "Wele, yr wyf yn gwneud pob peth yn newydd." Dywedodd hefyd, "Ysgrifenna, oherwydd dyma eiriau ffyddlon a gwir." A dywedodd wrthyf, "Y mae'r cwbl ar ben! Myfi yw Alfa ac Omega, y dechrau a'r diwedd. Rhoddaf fi i'r sychedig ddiod yn rhodd o ffynnon dŵr y bywyd. Caiff y rhai sy'n gorchfygu etifeddu'r pethau hyn; byddaf yn Dduw iddynt, a byddant hwythau'n blant i mi. Ond y llwfr, y di-gred, y ffiaidd, y llofruddion, y puteinwyr, y dewiniaid, yr eilunaddolwyr, a phawb celwyddog, eu rhan hwy fydd y llyn sy'n llosgi gan dân a brwmstan, hynny yw yr ail farwolaeth."

A theml ni welais yn y ddinas, oherwydd ei theml hi yw'r Arglwydd Dduw, yr Hollalluog, a'r Oen. Nid oes arni angen na'r haul na'r lleud i dywynnu arni, oherwydd gogoniant Duw sy'n ei goleuo, a'i lamp hi yw'r Oen. A bydd y cenedloedd yn rhodio yn ei goleuni hi, a brenhinoedd y ddaear yn dwyn eu gogoniant i mewn iddi. Byth ni chaeir ei phyrth y dydd, ac ni bydd nos yno. A byddant yn dwyn i mewn iddi ogoniant ac anrhydedd y cenedloedd.

Tawelwch
Silence

Translation / A reading from the Revelation of John

Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away."

And the one who was seated on the throne said, "See, I am making all things new." Also he said, 'Write this, for these words are trustworthy and true.' Then he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give water as a gift from the spring of

Cynnau'r goleuni / Kindling the light

**A fwrdd yr allor, caiff y gannwyll gyntaf ei goleuo
The first candle is lit on the altar-table**

We light our first candle –
a single light that the deepest darkness cannot conquer –
small – insignificant –
but a sign of hope.

Let it speak to us of the tiny flame of hope buried within us –
the stubborn little light that refuses to be extinguished
by all that life throws at it.

**Caiff yr ail gannwyll ei goleuo
The second candle is lit**

We light our second candle –
a companion to the first –
equally small – equally insignificant –
but witnessing to the hope that another light brings.

Let it speak to us of the light of companionship –
of our families and our friends –
of strangers –
and kindnesses found in unexpected places –
all that restores our hope and sustains our faith.

**Caiff y drydedd gannwyll ei goleuo
The third candle is lit**

We light our third candle –
recalling nights of watching and waiting –
sleepless – anxious –
when dawn seemed to ebb further on the horizon
and hope seemed forlorn.

Let it speak to us of the sureness of morning –
of the passing of darkness and suffering –
and the promise of an eternal light
dawning for those we have loved and lost
and dawning for us, too –
in resurrection and love.

**Mae gwahoddiad yn awr i ni gynnau ein kannwyll ein hunain ar
fwrdd yr allor
We are now invited to light our own candle on the altar-table**

We light our own candles.
Let them speak to us of faith and hope and love –
of being together in this place of peace and wholeness –
of our companionship this day –
of our confidence
that we are held eternally in the hand of the One
who brought light into being –
a light that thrives in the depths of darkness,
a light that cannot and will not be quenched.

the water of life. Those who
conquer will inherit these
things, and I will be their God
and they will be my children.
But as for the cowardly, the
faithless, the polluted, the
murderers, the fornicators,
the sorcerers, the idolaters,
and all liars, their place will
be in the lake that burns with
fire and sulphur, which is the
second death.”

I saw no temple in the city,
for its temple is the Lord
God the Almighty and the
Lamb. And the city has no
need of sun or moon to shine
on it, for the glory of God is
its light, and its lamp is the
Lamb. The nations will walk
by its light, and the kings
of the earth will bring their
glory into it. Its gates will
never be shut by day—and
there will be no night there.
People will bring into it the
glory and the honour of the
nations.

Cloi / Close

We wait for your loving kindness, O God,

In the midst of your temple.

Will you not give us life again

That your people may rejoice in you.

He who receives our prayers says:

Surely I come quickly;

I am the root and offspring of David;

I am the bright morning star.

Our help is in the name of the Lord.

Who made heaven and earth.

Let us bless the Lord

Thanks be to God.

Church Going

Philip Larkin

Once I am sure there's nothing going on
I step inside, letting the door thud shut.
Another church: matting, seats, and stone,
And little books; sprawlings of flowers, cut
For Sunday, brownish now; some brass and stuff
Up at the holy end; the small neat organ;
And a tense, musty, unignorable silence,
Brewed God knows how long. Hatless, I take off
My cycle-clips in awkward reverence,

Move forward, run my hand around the font.
From where I stand, the roof looks almost new –
Cleaned, or restored? Someone would know: I don't.
Mounting the lectern, I peruse a few
Hectoring large-scale verses, and pronounce
'Here endeth' much more loudly than I'd meant.
The echoes snigger briefly. Back at the door
I sign the book, donate an Irish sixpence,
Reflect the place was not worth stopping for.

Yet stop I did: in fact I often do,
And always end much at a loss like this,
Wondering what to look for; wondering, too,
When churches will fall completely out of use
What we shall turn them into, if we shall keep
A few cathedrals chronically on show,
Their parchment, plate and pyx in locked cases,
And let the rest rent-free to rain and sheep.
Shall we avoid them as unlucky places?

Myfyrdod ii / Reflection ii

Or, after dark, will dubious women come
 To make their children touch a particular stone;
 Pick simples for a cancer; or on some
 Advised night see walking a dead one?
 Power of some sort will go on
 In games, in riddles, seemingly at random;
 But superstition, like belief, must die,
 And what remains when disbelief has gone?
 Grass, weedy pavement, brambles, buttress, sky,

A shape less recognisable each week,
 A purpose more obscure. I wonder who
 Will be the last, the very last, to seek
 This place for what it was; one of the crew
 That tap and jot and know what rood-lofts were?
 Some ruin-bibber, randy for antique,
 Or Christmas-addict, counting on a whiff
 Of gown-and-bands and organ-pipes and myrrh?
 Or will he be my representative,

Bored, uninformed, knowing the ghostly silt
 Dispersed, yet tending to this cross of ground
 Through suburb scrub because it held unspilt
 So long and equably what since is found
 Only in separation – marriage, and birth,
 And death, and thoughts of these – for which was built
 This special shell? For, though I've no idea
 What this accoutred frowsty barn is worth,
 It pleases me to stand in silence here;

A serious house on serious earth it is,
In whose blent air all our compulsions meet,
Are recognised, and robed as destinies.
And that much never can be obsolete,
Since someone will forever be surprising
A hunger in himself to be more serious,
And gravitating with it to this ground,
Which, he once heard, was proper to grow wise in,
If only that so many dead lie round.



Rhannu'r goleuni
Addoliad cyn ymadael

Sharing the light
Closing worship

Ymgynnull / Gathering

Safwn
We stand

Genesis 1
Salm / Psalm 80
Ioan / John 8

Dyweddodd Duw, "Bydded goleuni."

A bu goleuni; a gwelodd Duw fod y goleuni yn dda.

Adfer ni, O Dduw:

bydded llewyrch dy wyneb arnom, a gwareder ni.

Dywed Iesu: "Myfi yw goleuni'r byd:

ni bydd neb sy'n fy nghanlyn i byth yn rhodio yn y tywyllwch, ond bydd ganddo oleuni'r bywyd."

Translation / God said, "Let there be light." And there was light; and God saw that the light was good. / Restore us, O God: let your face shine, that we may be saved. / "I am the light of the world: whoever follows me will never walk in darkness but will have the light of life."

Emyn / Hymn

Geiriau / Words W.
Rhys Nicholas
Tôn / Music
"Berwyn", Caradog
Roberts

**Tyrd atom ni, O Grëwr pob goleuni,
tro di ein nos yn ddydd;
pâr inni weld holl lwybrau'r daith yn gloywi
dan lewyrch gras a ffydd.**

**Tyrd atom ni, Arweinydd pererinion,
dwg ni i ffordd llesâd;
tydi dy hun sy'n tywys drwy'r treialon,
O derbyn ein mawrhad.**

**Tyrd atom ni, O Dad ein Harglwydd Iesu,
i'n harwain ato ef;
canmolwn fyth yr hwn sydd yn gwaredu,
bendigaid Fab y nef.**

Eisteddwn
We sit

Rhannu'n goleuni / Sharing the light

Caiff y goleuni ei rannu yn ystod y darlleniad
The light is shared during the reading

In the beginning, the universe was dark and cold –
and the Spirit hovered and brooded
and God whispered:
"Let there be light"

In the beginning was the Word
whose speech shaped the entire cosmos,
whose breath filled all things
with a living, breathing light,
a light that thrives in the depths of darkness,
a light that cannot and will not be quenched

Soon after the beginning
God handed the light to human beings –
to Adam and to Eve

And they handed the light on to their children –
to Cain who turned from the light –
and to Abel who lived and died in the light –
and to all their children

And their children handed the light on to their children –
to Noah who lived when the world turned dark
with cloud and flood –
until God set a rainbow in the sky
filled with all the colours of light

And Noah handed the light on to his children

And they handed it on to their children

Who handed it on to their children

Who handed it on to their children

Until, one night, God spoke to a man
in the dark of the desert,
“Look at the stars – look at the stars –
look at the stars Abram.
Take the light to a new homeland –
Take the light – and take a new name –
You shall be Abraham and your wife shall be Sarah”

And Abraham took the light and gave it to Isaac

Who gave it to Jacob

Who gave it to Joseph

Who gave it to the Hebrews who lived in Egypt

Until it became a dark place –
and God spoke to another man
at the west end of the wilderness.

The light became a burning bush
and Moses approached and heard God’s voice –
“Take this light to my people –
let them be free”

And Moses took the light to God’s people –
and led them into the desert –
the light a pillar of fire by night,
that they might walk by day and by night
to a Promised Land

And the light passed to Joshua –
to Deborah –
to Gideon –
and on and on
until it passed to Samson
who was blinded –
but still trusted the light.

The light passed to Ruth, the Moabite –
who handed it to Obed –
who handed it to Jesse –
who handed it to David

And the light passed to Hannah –
who gave it to Samuel –
who saw the light in David and named him king

And David passed the light to Solomon
and Solomon passed the light on to generations of kings

But the kingdom began to grow dark –
so God handed the light to the prophets:
to Elijah and Elisha –
to Jeremiah and to Micah –
to Hosea and to Amos –

And the light burnt in the darkness of Exile
in the hope of rebuilding:
through invasion and suffering
the light did not go out

The people who walk in darkness have seen a great light
On those who lived in shadows –
on them God’s light has shone

Then an angel appeared to Mary
speaking again of the Word
whose breath filled all things
with a living, breathing light,
a light that thrives in the depths of darkness,
a light that cannot and will not be quenched

And an angel appeared in a dream to Joseph
speaking again of the living, breathing light

And in the dark of a stable in the town of Bethlehem
where Love stands watching
and Faith holds wide the door
the dark night wakes –
the glory breaks –
and Word is light once more

And dwelt
and taught
and healed
and prayed
and washed the feet
and broke the bread
and kissed
and bled
and died

And was entombed
and quenched?

But in twilight
just before sunrise –
quietly –
amid the glistening of the morning dew –
darkness gave way to an eternal dawn

whose wounded, resurrected breath filled all things
with a living, breathing light,
a light that thrives in the depths of darkness,
a light that cannot and will not be quenched

The Light of the World returned to the Father
but passed the living, breathing light on to his disciples –
to Peter – to Mary –
to the Twelve –

And the light appeared to Saul
and Saul became Paul
and took the light to the nations –

And some took the light into desert places

And some to the east

And some to the south

And some to the north

The light dwelt with Benedict and Scholastica

The light went with Columba and Aidan
and Hilda and Beuno

The light kindled with Gregory and Augustine –
in abbeys and monasteries –
on islands and in glens

The light passed on to Hildegard –
to Dominic –
to Thomas –
to Eckhart –
to Luther

To Francis and to Clare –
whose lives glowed with the power of simplicity

To Julian and Margery –
whose lives were hidden until the world was ready

To William Salesbury and William Morgan –
who breathed it into black ink and type

The light passed to those who loved God's Word –
who translated it, and painted it,
and made it poetry and praise

The light passed to those who sought
to understand God's creation –
and explored its wonders

The light passed to those who saw the dignity of God
in all human beings –
and fought to bring justice to the poor
and freedom to those who were slaves

The light passed to chapels and revivals –
to new continents and peoples –
to Ann Griffiths and to William Williams –

to Paul Miki and to Charles Lwanga –
to Dietrich and to Maximillian –
to Martin Luther King and to Mother Teresa

to us

The light waits
and shines –
a light that thrives in the depths of darkness,
a light that cannot and will not be quenched

The light waits
and shines –

The dark night ever waking –
the glory always breaking –
and Word is light once more

Safwn â'n canhwylau ynghyn i ganu'r emyn
We stand with our candles lit to sing the hymn

Emyn / Hymn

**God, that madest earth and heaven,
darkness and light;
who the day for toil hast given,
for rest the night:
may thine angel-guards defend us,
slumber sweet thy mercy send us,
holy dreams and hopes attend us,
this livelong night.**

**Holy Father, throned in heaven,
all holy Son,
Holy Spirit, freely given,
blest Three in One:
grant us grace, we now implore thee,
till we lay our crowns before thee
and in worthier strains adore thee
while ages run.**

Rydym yn parhau i sefyll â'n canhwylau ynghyn
We remain standing with our candles lit

Ymadael / Departing

We wait for your loving kindness, O God,
In the midst of your temple.

The light of life send upon us;
The joy of peace send upon us;
 The gladness of goodwill send upon us.
In judgement and justice draw near;
 in your merciful loving kindness draw near;
with the blessing of peace draw near.

The Lord be with you:
And also with you.

May God the Father, who loved the world so much that he sent his only Son, give you grace to prepare for eternal life.

May God the Son, who comes to us as Redeemer and Judge, reveal to you the path from darkness to light.

May God the Holy Spirit, by whose working the Virgin Mary conceived the Christ, help you bear the fruits of holiness.

And the blessing of God Almighty,
 the Father, the Son, and the Holy Spirit,
 be with you and remain with you always.
Amen.

God said, "Let there be light."
And there was light; and God saw that the light was good.

Restore us, O God:
let your face shine, that we may be saved.

Jesus says, "I am the light of the world:
**whoever follows me will never walk in darkness
 but will have the light of life."**
Amen.

Caiff y canhwylau eu diffodd
 Our candles are extinguished

Ffur ar Gyffes a Gollyngdod

Gall yr offeiriad ddarllen un o'r brawddegau canlynol neu frawddegau priodol eraill o'r Ysgrythur

Dywedodd ein Harglwydd Iesu Grist, Dewch ataf fi, bawb sy'n flinedig ac yn llwythog, ac fe roddaf fi orffwystira i chwi.

Gall yr offeiriad fendithio'r sawl sy'n edifarhau, gan ddweud

Yr Arglwydd a fo yn dy galon ac ar dy wefusau, fel y gelli di gyffesu dy bechodau yn onest ac yn ddidwyll ac adnabod y gwirionedd sy'n dy wneud yn rhydd; yn enw'r Tad, a'r Mab, a'r Ysbryd Glân.

Amen.

Yna mae'r gyffes yn dilyn, gan ddefnyddio'r geiriau hyn neu eiriau priodol eraill

Cyffesaf i Dduw hollalluog, ac o'th fl aen di, fy mod wedi pechu ar feddwl, gair a gweithred, a heb wneud yr hyn y dylwn fod wedi'i wneud. Rwy'n cofio'n neilltuol y pechodau canlynol...

Am y rhain, a'm holl bechodau eraill na allaf yn awr eu dwyn i gof, mae'n ddrwg gennyf ac rwyf yn wir yn edifarhau; rwy'n benderfynol o fyw bywyd gwell; gofynnaf yn ostyngedig i Dduw faddau imi; gofynnaf am ollyngdod yn ei enw ef, ac am dy help a'th arweiniad di.

Gall yr offeiriad gynnig cyngor ac awgrymu gweithred fer a phriodol o ddiolchgarwch am faddeuant Duw.

Mae'r offeiriad yn rhoi gollyngdod i'r sawl sy'n edifarhau, gan ddefnyddio'r geiriau a ganlyn

Ein Harglwydd Iesu Grist, a roddodd allu i'w Eglwys i ollwng pob pechadur sy'n wir edifeiriol ac yn credu ynndo, o'i fawr drugaredd a faddeuo i ti dy holl gamweddau. A thrwy ei awdurdod a roddwyd i mi, rwy'n rhoi gollyngdod iti oddi wrth dy holl bechodau, yn enw'r Tad, a'r Mab, a'r Ysbryd Glân.

Amen. Diolch a fo i Dduw.

Mae'r offeiriad yn anfon allan y sawl a fo'n edifarhau â'r geiriau hyn neu â geiriau priodol eraill

Ond ffrwyth yr Ysbryd yw cariad, llawenydd, tangnefedd, goddefgarwch, caredigrwydd, daioni, ffyddlondeb, addfwynder a hunan-ddisgyblaeth.

Duw a roddo iti'r gras i gynyddu mewn sancteiddrwydd, i gerdded yn ei ffyrdd ef, ffyrdd gwirionedd a thangnefedd, ac i ddwyn ffrwyth ei Ysbryd yn llawen.

A bendith Duw Hollalluog, y Tad, y Mab a'r Ysbryd Glân, a fo arnat ti ac a rhoso gyda thi yn oes oesoedd.

Amen.

Mae'r Arglwydd wedi dy ryddhau oddi wrth bechod. Dos mewn tangnefedd; a gweddia tros of fi nnau, sy'n bechadur hefyd.

A form of Confession & Absolution

The priest may read one of the following or other appropriate sentences from Scripture

Our Lord Jesus Christ said, Come to me, all whose works are hard, whose load is heavy; and I will give you rest.

The priest may bless the penitent, saying

The Lord be in your heart and on your lips, that you may confess your sins in honesty and sincerity and know the truth that sets you free; in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

The confession then follows, using these or other appropriate words

I confess to almighty God, and before you, that I have sinned in thought, word and deed, and failed to do what I ought to have done. I remember especially the following sins...

For these and all my other sins, which I cannot now remember, I am very sorry and truly repent; I resolve to lead a better life; I humbly ask for God's forgiveness, for absolution in his name, and for your help and guidance.

The priest may offer counsel and suggest an appropriate short act of thanksgiving for God's forgiveness.

The priest absolves the penitent, using the following words

Our Lord Jesus Christ, who has left power to his Church to absolve all sinners who truly repent and believe in him, of his great mercy forgive you all your offences. And, by his authority committed to me, I absolve you from all your sins, in the name of the Father, and of the Son, and of the Holy Spirit.

Amen. Thanks be to God.

The priest dismisses the penitent using these or other appropriate words

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and selfcontrol.

God give you grace to grow in holiness, to walk in his ways of truth and peace, and joyfully to bear the fruit of his Spirit.

And the blessing of God almighty, the Father, the Son and the Holy Spirit, be upon you and remain with you always.

Amen.

The Lord has set you free from sin. Go in peace; and pray for me, a sinner.



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The Diocese
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