



I dtreo an tSolais Ag teacht agus ag tabhairt
freagra ar sholas Chríost i saol ár linne

At y Goleuni Cydnabod ac ymateb i oleuni Crist
yn ein cyd-destunau cyfoes

To the Light Encountering and responding
to the light of Christ in our contemporary contexts



**Esgobaeth
Bangor**
The Diocese
of Bangor



**MEATH &
KILDARE**
DIOCESES

**The 2017 Joint Clergy
Conference of the Dioceses of
Bangor and Meath & Kildare**
St George's Hotel, Llandudno
20-22 November 2017
**Cynhadledd Glerigol at y Cyd
2017 Esgobaethau Bangor a
Míth a Chil Dara**
Gwesty San Siôr, Llandudno
20-22 Tachwedd 2017

Morning Prayer

Tuesday

Boreol Weddi

Dydd Mawrth

Christ is the light of the world:

In him is life, and that life is the light of all people.

Christ is the light of the world:

**Whoever follows him will never walk in darkness
but will have the light of life.**

Christ is the light of the world:

**The light shines in the darkness,
and the darkness did not overcome it.**

We are the light of the world.

A city built on a hill cannot be hidden.

We are the light of the world.

**May our light shine before others,
so that they give glory to God in heaven.**

Matthew / Mathew 5,
John / Ioan 1,
John / Ioan 8

**Morning has broken, like the first morning,
blackbird has spoken like the first bird.
Praise for the singing! Praise for the morning!
Praise for them springing fresh from the Word!**

Words / Geiriau /
Eleanor Farjeon /
// Music / Tôn /
Bunessan / traditional
/ traddodiadol

**Sweet the rain's new fall, sunlit from heaven,
like the first dew-fall on the first grass.
Praise for the sweetness of the wet garden,
sprung in completeness where his feet pass.**

**Mine is the sunlight! Mine is the morning
born of the one light Eden saw play!
Praise with elation, praise ev'ry morning,
God's re-creation of the new day!**

O God, I hear your call to repent.

Hear me now as I remember the offences for which I seek
forgiveness.

Tawelwch / Silence

**I believe and trust in your loving forgiveness.
I know that when I truly confess and repent,
you will pour the blessing
of your forgiving grace upon me.
Amen.**

“On the hill and in the valley,
on the islands of the sea,
whichever path you take,
you shall not hide from blessed Christ.”

**Thanks be to God.
Amen.**

Seeking forgiveness
Ceisio madddeuant

Psalm
Salm

For the dawning of the light
For the sun at midday
For the shade of the evening
We give thanks to our God

Psalm / Salm 145 //
addasiad / adapted by
Jim Cotter

**For the rising of the moon
For the guiding stars
For the comets on cue
We give thanks to our God**

For the breaking of the fast
For the noontide's refreshment
For the meal round the table
We give thanks to our God

**For the greening of the woodland
For the grains of the harvest
For the fruits in their season
We give thanks to our God**

For the cry of the baby
For the flowering of youth
For the strength of maturity
We give thanks to our God

**For laws that protect us
For those on alert
For the routines of safety
We give thanks to our God**

For the hidden who serve us
For the water and power
For work taken for granted
We give thanks to our God

**For the fall of the autumn
For the quiet of winter
For the boundary of death
We give thanks to our God**

For the trust of friends
For the blessings of home
For the covenants of love
We give thanks to our God

**For the unfailingly generous
For the wisdom of years
For constant compassion
We give thanks to our God
Alleluia! Amen.**

**Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now,
and shall be for ever. Amen.**

Darlithydd Reading

John / Ioan 4:1-39

At that time: When Jesus learned that the Pharisees had heard, “Jesus is making and baptizing more disciples than John” – although it was not Jesus himself but his disciples who baptized – he left Judea and started back to Galilee. But he had to go through Samaria. So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink”. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink’, you would have asked him, and he would have given you living water.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

A few moments of quiet reflection / Ennyd o dawelwch i fyfyrrio

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water-jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

A few moments of quiet reflection / Ennyd o dawelwch i fyfyrrio

Yn y cyfamser yr oedd y disgyblion yn ei gymell, gan ddweud, "Rabbi, cymer fwyd." Dywedodd ef wrthynt, "Y mae gennyf fi fwyd i'w fwyta na wyddoch chwi ddim amdano." Ar hynny, dechreuodd y disgyblion ofyn i'w gilydd, "A oes rhywun, tybed, wedi dod â bwyd iddo?" Meddai Iesu wrthynt, "Fy mwyd i yw gwneud ewyllys yr hwn a'm hanfonodd, a gorffen y gwaith a roddodd i mi. Oni fyddwch chwi'n dweud, 'Pedwar mis eto, ac yna daw'r cynhaeaf'? Ond dyma fi'n dweud wrthynt, codwch eich llygaid ac edrychwch ar y meysydd, oherwydd y maent yn wyn ac yn barod i'w cynaeafu. Eisoes y mae'r medelwr yn derbyn ei dâl ac yn casglu ffrwyth i fywyd tragwyddol, ac felly bydd yr heur a'r medelwr yn cydlawenhau. Yn hyn o beth y mae'r dywediad yn wir: 'Y mae un yn hau ac un arall yn medi.' Anfonais chwi i fedd cynhaeaf nad ydych wedi llafurio amdano. Eraill sydd wedi llafurio, a chwithau wedi cerdded i mewn i'w llafur."

Daeth llawer o'r Samariaid o'r dref honno i gredu yn Iesu drwy air y wraig a dystiodd: "Dywedodd wrthyf bopeth yr wyf wedi ei wneud."

Translation / Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done."

Myfyrdod Reflection

The light shines in the darkness,
and the darkness did not overcome it.

Hear, O God, the prayers we lift into your light today.

We pray for all your creation – for peace and stability,
reconciliation and justice;

Be still, and know that I am God.

We pray for all your world – for courage to make a difference for
the good of all;

Goleuni'r bywyd ydwyf i.

We pray for all your Church – for all who serve you, for all who
seek answers to their prayers;

Ni all dywyllwch drechu nawr.

We pray for all your people – for those who struggle with daily
living, for those who are ill.

We share the light, the light of Christ.

These, and all our prayers we offer in the name of Jesus Christ, the
light of the world and the life of all people.

Amen.

Translation / I am the light
of life. / The darkness will
not triumph.

Hymn Emyn

Thou, whose almighty word
chaos and darkness heard,
and took their flight;
hear us, we humbly pray,
and where the gospel-day
sheds not its glorious ray,
let there be light.

Words / Geiriau /
John Marriott // Music
/ Tôn / Italian Hymn /
Felice de Giardini

Thou, who didst come to bring
on thy redeeming wing
healing and sight,
health to the sick in mind,
sight to the inly blind,
now to all human-kind
let there be light.

Spirit of truth and love,
life-giving, holy Dove,
speed forth thy flight;
move on the water's face,
bearing the lamp of grace,
and in earth's darkest place
let there be light.

Holy and blessed Three,
glorious Trinity,
Wisdom, Love, Might;
boundless as ocean's tide
rolling in fullest pride,
through the earth far and wide
let there be light.

Let us pray:

Bless to us this day.
Bless to us our time together.
Bless to us our learning and discussions.
Bless to us our sharing and conversations.
Bless to us the gift of one another.
Bless to us our meal times.
Bless to us our quiet moments.
Bless to us our social gatherings.
Bless to us our times of prayer.
Bless to us this day.
In the name of the Triune God, we pray.
Amen.

Clo Clo

Evening Prayer

Tuesday

Hwyrol Weddi

Dydd Mawrth

Christ is the light of the world:

In him is life, and that life is the light of all people.

Christ is the light of the world:

**Whoever follows him will never walk in darkness
but will have the light of life.**

Christ is the light of the world:

**The light shines in the darkness,
and the darkness did not overcome it.**

We are the light of the world.

A city built on a hill cannot be hidden.

We are the light of the world.

**May our light shine before others,
so that they give glory to God in heaven.**

Matthew / Mathew 5,
John / Ioan 1,
John / Ioan 8

**The day thou gavest, Lord, is ended,
the darkness falls at thy behest;
to thee our morning hymns ascended,
thy praise shall hallow now our rest.**

Words / Geiriau /
John Ellerton // Music
/ Tôn / St Clement /
Clement Scholfield

**We thank thee that thy Church unsleeping,
while earth rolls onward into light,
through all the world her watch is keeping,
and rests not now by day or night.**

**As o'er each continent and island
the dawn leads on another day,
the voice of prayer is never silent,
nor dies the strain of praise away.**

**So be it, Lord; thy throne shall never,
like earth's proud empires, pass away:
but stand, and rule, and grow for ever,
till all thy creatures own thy sway.**

O God, I hear your call to repent.

Hear me now as I remember the offences for which I seek forgiveness.

Tawelwch / Silence

**I believe and trust in your loving forgiveness.
I know that when I truly confess and repent,
you will pour the blessing
of your forgiving grace upon me.
Amen.**

"The gift I ask, may it not be denied me,
is peace between myself and God."

**Thanks be to God.
Amen.**

Seeking forgiveness
Ceisio madddeuant

O Lord, my heart is not lifted up,
my eyes are not raised too high;

**I do not occupy myself with things
too great and too marvellous for me.**

But I have calmed and quieted my soul,
like a weaned child with its mother;
my soul is like the weaned child that is with me.

**O Israel, hope in the Lord
from this time on and for evermore.**

Psalms / Salmu 131,
133, 134

How very good and pleasant it is
when kindred live together in unity!

**It is like the precious oil on the head,
running down upon the beard,
on the beard of Aaron,
running down over the collar of his robes.**

It is like the dew of Hermon,
which falls on the mountains of Zion.

**For there the Lord ordained his blessing,
life for evermore.**

Come, bless the Lord, all you servants of the Lord,
who stand by night in the house of the Lord!

**Lift up your hands to the holy place,
and bless the Lord.**

May the Lord, maker of heaven and earth,
bless you from Zion.

**Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now,
and shall be for ever. Amen.**

Matthew / Mathew
15:21-28

Bryd hynny: Aeth Iesu allan oddi yno ac ymadawodd i barthau Tyrus a Sidon. A dyma wraig oedd yn Gananëes o'r cyffiniau hynny yn dod ymlaen gan weiddi, "Syr, trugarha wrthyf, Fab Dafydd; y mae fy merch wedi ei meddiannu gan gythraul ac yn dioddef yn enbyd." Ond nid atebodd ef un gair iddi. A daeth ei ddisgyblion ato a gofyn iddo, "Gyr hi i ffwrdd, oherwydd y mae'n gweiddi ar ein hôl." Atebodd yntau, "Ni'm hanfonwyd at neb ond at ddefaid colledig tŷ Israel."

A few moments of quiet reflection / Ennyd o dawelwch i fyfyrion

But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

Translation / At that time: Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel."

Myfyrdod Reflection

The light shines in the darkness,
and the darkness did not overcome it.

Hear, O God, the prayers we lift into your light today.

We pray for all your creation – for peace and stability,
reconciliation and justice;

Be still, and know that I am God.

We pray for all your world – for courage to make a difference for
the good of all;

Goleuni'r bywyd ydwyf i.

We pray for all your Church – for all who serve you, for all who
seek answers to their prayers;

Ni all dywyllwch drechu nawr.

We pray for all your people – for those who struggle with daily
living, for those who are ill.

We share the light, the light of Christ.

These, and all our prayers we offer in the name of Jesus Christ, the
light of the world and the life of all people.

Amen.

Translation / I am the light
of life. / The darkness will
not triumph.

Hymn

Abide with me: fast falls the eventide;
the darkness deepens; Lord, with me abide.
When other helpers fail and comforts flee,
Help of the helpless, O abide with me.

Words / Geiriau /
Henry Francis Lyte //
Music / Tón / Eventide
/ Williams Monk

Emyn

Swift to its close ebbs out life's little day;
earth's joys grow dim, its glories pass away.
Change and decay in all around I see.
O Lord who changes not, abide with me.

Not a brief glance I beg, a passing word;
but, as thou dwell'st with thy disciples, Lord,
familiar, condescending, patient, free,
come, not to sojourn, but abide with me.

Come not in terrors, as the King of kings;
but kind and good, with healing in thy wings;
tears for all woes, a heart for every plea;
come, Friend of sinners, and thus 'bide with me.

Hold now your Word before my closing eyes.
Shine through the gloom and point me to the skies.
Heaven's morning breaks and earth's vain shadows flee;
in life, in death, O Lord, abide with me.

Let us pray:

Be, Lord Jesus,
a bright flame before me,
a guiding star above me,
a smooth path below me,
a kindly shepherd behind me:
today, tonight, and forever.
Amen.

Clo
Cloisng

Morning Prayer

Wednesday

Boreol Weddi

Dydd Mercher

Christ is the light of the world:

In him is life, and that life is the light of all people.

Christ is the light of the world:

**Whoever follows him will never walk in darkness
but will have the light of life.**

Christ is the light of the world:

**The light shines in the darkness,
and the darkness did not overcome it.**

We are the light of the world.

A city built on a hill cannot be hidden.

We are the light of the world.

**May our light shine before others,
so that they give glory to God in heaven.**

Matthew / Mathew 5,
John / Ioan 1,
John / Ioan 8

**Bring to God your new, best songs,
all creation;
raise a hymn of gratitude
for salvation;
far and wide, throughout the world,
sound his glory;
he has done amazing things -
tell the story.**

Words / Geiriau /
Martin Leckebusch /
Based on Psalm 96
/ Seiliedig ar Salm
96 // Music / Tôn
/ Llanfair / Robert
Williams

**Earth and heavens, revere the Lord,
your Creator;
why exalt some other God?
He is greater!
His are strength and majesty
never ending;
ours, the privilege of praise,
voices blending.**

**With the finest you possess
bow before him;
from the fullness of your heart,
come, adore him.
See, his beauty floods the earth –
holy splendour!
Yield to him in holy fear –
glad surrender!**

**All that lurks in human hearts
he discloses;
all that fails the test of truth
he opposes.
Let the earth rejoice in hope
of his kingdom;
all God's people, near and far,
join the anthem!**

O God, I hear your call to repent.
Hear me now as I remember the offences for which I seek forgiveness.

Tawelwch / Silence

**I believe and trust in your loving forgiveness.
I know that when I truly confess and repent,
you will pour the blessing
of your forgiving grace upon me.
Amen.**

“In the name of God, who should be praised,
whose praise is great.
God created us, God defended us,
God has rescued us.”

**Thanks be to God.
Amen.**

Light of Light you have searched me out and known me.
You know where I am and where I go,
you see my thoughts from afar.
You discern my resting places,
you are acquainted with all my ways.

Psalm / Salm 139 //
addasiad / adapted by
Jim Cotter

**Yes, and not a word comes from my lips
but you, O God, have heard it already.
You are in front of me and you are behind me,
you have laid your hand on my shoulder.
Such knowledge is too wonderful for me
So great that I cannot fathom it.**

Where shall I go from your Spirit,
where shall I flee from your presence?
If I climb to the heavens you are there,
if I descend to the depths of the earth, you are there also.

**If I spread my wings towards the morning,
and fly to the uppermost shores of the sea,
even there your hand will lead me,
and your right hand will hold me.**

If I should cry to the darkness to cover me,
and the night to enclose me,
the darkness is no darkness to you,
and the night is as clear as the day.

**For you have created me, every part of my being,
cell and tissue, blood and bone.
You have woven me in the womb of my mother;
I will praise you, so wonderfully am I made.
Awesome are your deeds
and marvellous are your works.**

You know me to the core of my being;
 nothing in me was hidden from your eyes
 when I was formed in silence and secrecy,
 in intricate splendour in the depths of the earth.
 Even as you were forming you saw my limbs,
 each part of my body shaped by your finger.

**How deep are your thoughts to me, O God;
 how great is the sum of them.
 Were I to count them they are more in number
 than the grains of sand upon the sea-shore –
 and still I would know nothing about you –
 yet still would you hold me in the palm of your hand.**

Always aware of us,
 ever-present with us,
 ceaselessly creating us –
**we respond in love,
 we tremble and adore,
 our God, mysterious and faithful.**

**Glory to the Father, and to the Son,
 and to the Holy Spirit;
 as it was in the beginning, is now,
 and shall be for ever. Amen.**

Acts / Actau 8:26-40

Nawr: Llefardd angel yr Arglwydd wrth Philip: "Cod," meddai, "a chymmer daith tua'r de, i'r ffordd sy'n mynd i lawr o Jerwsalem i Gasa." Ffordd anial yw hon. Cododd yntau ac aeth. A dyma ŵr o Ethiop, eunuch, swyddog uchel i Candace brenhines yr Ethiopiaid, ac yn ben ar ei holl drysor hi; yr oedd hwn wedi dod i Jerwsalem i addoli, ac yr oedd yn dychwelyd ac yn eistedd yn ei gerbyd, yn darllen y proffwyd Eseia. Dywedodd yr Ysbryd wrth Philip, "Dos a glŷn wrth y cerbyd yna." Rhedodd Philip ato a chlywodd ef yn darllen y proffwyd Eseia, ac meddai, "A wyt ti'n deall, tybed, beth yr wyt yn ei ddarllen?" Meddai yntau, "Wel, sut y gallwn i, heb i rywun fy nghyfarwyddo?" Gwahoddodd Philip i ddod i fyny ato ac eistedd gydag ef.

A few moments of quiet reflection / Ennyd o dawelwch i fyfyrrio

Now the passage of the scripture that he was reading was this: "Like a sheep he was led to the slaughter, and like a lamb silent before its shearer, so he does not open his mouth. In his humiliation justice was denied him. Who can describe his generation? For his life is taken away from the earth." The eunuch asked Philip, "About whom, may I ask you, does the prophet say this, about himself or about someone else?"

Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about Jesus. As they were going along the road, they came to some water; and the eunuch said, "Look, here is water! What is to prevent me from being baptized?"

A few moments of quiet reflection / Ennyd o dawelwch i fyfyrrio

Translation / Now: An angel of the Lord said to Philip, "Get up and go towards the south to the road that goes down from Jerusalem to Gaza." (This is a wilderness road.) So he got up and went. Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship and was returning home; seated in his chariot, he was reading the prophet Isaiah. Then the Spirit said to Philip, "Go over to this chariot and join it." So Philip ran up to it and heard him reading the prophet Isaiah. He asked, "Do you understand what you are reading?" He replied, "How can I, unless someone guides me?" And he invited Philip to get in and sit beside him.

He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. When they came up out of the water, the Spirit of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing.

But Philip found himself at Azotus, and as he was passing through the region, he proclaimed the good news to all the towns until he came to Caesarea.

Myfyrdod Reflection

The light shines in the darkness,
and the darkness did not overcome it.
Hear, O God, the prayers we lift into your light today.

We pray for all your creation – for peace and stability,
reconciliation and justice;
Be still, and know that I am God.

We pray for all your world – for courage to make a difference for
the good of all;

Goleuni'r bywyd ydwyf i.

We pray for all your Church – for all who serve you, for all who
seek answers to their prayers;

Ni all dywyllwch drechu nawr.

We pray for all your people – for those who struggle with daily
living, for those who are ill.

We share the light, the light of Christ.

These, and all our prayers we offer in the name of Jesus Christ, the
light of the world and the life of all people.

Amen.

Translation / I am the light
of life. / The darkness will
not triumph.

Hymn

Immortal, invisible, God only wise,
in light inaccessible hid from our eyes,
most blessed, most glorious, the Ancient of Days,
Almighty, victorious, thy great name we praise.

Words / Geiriau
/ Walter Smith //
Music / Tôn / St
Deino / traditional /
traddodiadol

Emyn

Unresting, unhasting, and silent as light,
nor wanting, nor wasting, thou rulest in might;
thy justice, like mountains, high soaring above
thy clouds, which are fountains of goodness and love.

To all, life thou givest, to both great and small,
in all life thou livest, the true life of all;
we blossom and flourish as leaves on the tree,
and wither and perish, but naught changeth thee.

Great Father of glory, pure Father of light,
thine angels adore thee, all veiling their sight;
all praise we would render, O help us to see
'tis only the splendour of light hideth thee!

Clo

Let us pray:

O God,
Open my eyes to see the wonder of creation.
Open my ears to listen to the voices of others.
Open my mind to learn new things today.
Open my hands to receive from those around me.
Open my heart to share my story of life.
Open my mouth to speak words of truth and wisdom.
Open my whole being to the rhythm of your Spirit.
In the name of the Triune God, we pray.
Amen.

Cloisng

Holy Eucharist
Wednesday
Cymun Bendigaid
Dydd Mercher

Emynn
Hymn

I heard the voice of Jesus say,
 “Come unto me and rest;
 lay down, thou weary one, lay down
 thy head upon my breast!”
 I came to Jesus as I was,
 so weary worn and sad;
 I found in him a resting-place,
 and he has made me glad.

Words / Geiriau
 / Horatius Bonar
 // Music / Tŷn /
 Kingsfold / traditional
 / traddodiadol

I heard the voice of Jesus say,
 “Behold, I freely give
 the living water; thirsty one,
 stoop down, and drink, and live!”
 I came to Jesus, and I drank
 of that life-giving stream;
 my thirst was quenched, my soul revived,
 and now I live in him.

I heard the voice of Jesus say,
 “I am this dark world’s Light;
 look unto me, thy morn shall rise,
 and all thy day be bright!”
 I looked to Jesus, and I found
 in him my Star, my Sun;
 and in that Light of life I’ll walk,
 till traveling days are done.

Gatgwmng
Ymgynnu

Christ is the light of the world:
In him is life, and that life is the light of all people.
 Christ is the light of the world:
**Whoever follows him will never walk in darkness
 but will have the light of life.**
 Christ is the light of the world:
**The light shines in the darkness,
 and the darkness did not overcome it.**
 We are the light of the world.
A city built on a hill cannot be hidden.
 We are the light of the world.
**May our light shine before others,
 so that they give glory to God in heaven.**

Matthew / Mathew 5,
 John / Ioan 1,
 John / Ioan 8

Grace, mercy and peace
 from God our Father and the Lord Jesus Christ
 be with you all
and also with you.

Seeking forgiveness
Cerisio madddeuant

God so loved the world that he gave his only Son, so that everyone
 who believes in him may not perish but may have eternal life.
 Those who do what is true come to the light, so that it may be
 clearly seen that their deeds have been done in God.

In prayer, let us confess those times when we have turned away
 from the light of Christ and when our deeds have not been done in
 God.

Almighty God, our heavenly Father,
 we have sinned in thought and word and deed,
 and in what we have left undone.
 We are truly sorry and we humbly repent.
 For the sake of your Son, Jesus Christ,
 have mercy on us and forgive us,
 that we may walk in newness of life
 to the glory of your name.
 Amen.

Almighty God,
 who forgives all who truly repent,
 have mercy on you,
 pardon and deliver you from all your sins,
 confirm and strengthen you in all goodness,
 and keep you in eternal life;
 through Jesus Christ our Lord.

Amen.

Let us pray.

Almighty God,
 who called your Church to witness that in Christ
 you were reconciling the world to yourself:
 help us so to proclaim the good news of your love
 that all who hear it may be united with you;
 through him who died for us and rose again,
 and reigns with you and the Holy Spirit,
 one God, now and for ever.

Amen.

To you, O God, I lift up my soul, and in you I trust;
 do not let me be put to shame,
 do not let my enemies exult over me.

Psalm / Salm 25

**Do not let those who wait for you be put to shame;
 let them be ashamed who are wantonly treacherous.**

Make me to know your ways O God; teach me your paths.
 Lead me in your truth, and teach me,
 for you are the God of my salvation,
 for you I wait all day long.

**Be mindful of your mercy, and of your steadfast love,
 for they have been from of old.**

Do not remember the sins of my youth, or transgressions;
 according to your steadfast love
 remember me for your goodness sake.

**Good and upright is God, instructing sinners in the way,
 leading and teaching the humble in what is right.**

For those who keep God's covenant and decrees,
 the paths will be of steadfast love and faithfulness.
 You offer friendship to those who know you and keep the covenant.

**My eyes are turned to my God,
 and my feet will be plucked out from the net.**

Turn to me O God, and be gracious, for I am lonely and afflicted.
 Relieve me from the troubles of my heart
 and bring out from my distress.

**Consider my affliction and trouble,
 forgive me all my sins.
 Guard my life, deliver me,**

**do not let me be put to shame
for in you I take refuge.**

May integrity and uprightness preserve me,
for I wait for you.

**Redeem Israel, O God, out of all its troubles.
Amen.**

**Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now,
and shall be for ever. Amen.**

Yr Arglwydd a fo gyda chwi.

A hefyd gyda thi.

Gwrandewch Efengyl Crist yn ôl Sant Luc.

Gogoniant i ti, O Arglwydd.

Bryd hynny: Yr oedd dyn o blith y Phariseaid, o'r enw Nicodemus, aelod o Gyngor yr Iddewon. Daeth hwn at Iesu liw nos a dweud wrtho, "Rabbi, fe wyddom iti ddod atom yn athro oddi wrth Dduw; ni allai neb wneud yr arwyddion hyn yr wyt ti'n eu gwneud oni bai fod Duw gydag ef." Atebodd Iesu ef: "Yn wir, yn wir, rwy'n dweud wrthy, oni chaiff rhywun ei eni o'r newydd ni all weld teyrnas Dduw." Meddai Nicodemus wrtho, "Sut y gall neb gael ei eni ac yntau'n hen? A yw'n bosibl, tybed, i rywun fynd i mewn i groth ei fam eilwaith a chael ei eni?" Atebodd Iesu: "Yn wir, yn wir, rwy'n dweud wrthy, oni chaiff rhywun ei eni o ddŵr a'r Ysbryd ni all fynd i mewn i deyrnas Dduw. Yr hyn sydd wedi ei eni o'r cnawd, cnawd yw, a'r hyn sydd wedi ei eni o'r Ysbryd, ysbryd yw. Paid â rhyfeddu imi ddweud wrthy, 'Y mae'n rhaid eich geni chwi o'r newydd.' Y mae'r gwynt yn chwythu lle y myn, ac yr wyt yn clywed ei sŵn, ond ni wyddost o ble y mae'n dod nac i ble y mae'n mynd. Felly y mae gyda phob un sydd wedi ei eni o'r Ysbryd." Dywedodd Nicodemus wrtho, "Sut y gall hyn fod?" Atebodd Iesu ef: "A thithau yn athro Israel, a wyt heb ddeall y pethau hyn?"

"Yn wir, yn wir, rwy'n dweud wrthy mai am yr hyn a wyddom yr ydym yn siarad, ac am yr hyn a welsom yr ydym yn tystiolaethu; ac eto nid ydych yn derbyn ein tystiolaeth. Os nad ydych yn credu ar ôl imi lefaru wrthy ch am bethau'r ddaear, sut y credwch os llefaraf wrthy ch am bethau'r nef? Nid oes neb wedi esgyn i'r nef ond yr un a ddisgynnodd o'r nef, Mab y Dyn. Ac fel y dyrchafodd Moses y sarff yn yr anialwch, felly y mae'n rhaid i Fab y Dyn gael ei ddyrchafu, er mwyn i bob un sy'n credu gael bywyd tragwyddol ynddo ef."

"Do, carodd Duw y byd gymaint nes iddo roi ei unig Fab, er mwyn i bob un sy'n credu ynddo ef beidio â mynd i ddistryw ond cael bywyd tragwyddol. Oherwydd nid i gondemnio'r byd yr anfonodd Duw ei Fab i'r byd, ond er mwyn i'r byd gael ei achub trwyddo ef. Nid yw neb sy'n credu ynddo ef yn cael ei gondemnio, ond y mae'r sawl nad yw'n credu wedi ei gondemnio eisoes, oherwydd ei fod heb gredu yn enw unig Fab Duw. A dyma'r condemniad, i'r goleuni ddod i'r byd ond i ddynion garu'r tywyllwch yn hytrach na'r goleuni, am fod eu gweithredoedd yn ddrwg. Oherwydd y mae pob un

John / Ioan 3:1-21

Translation / 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: There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

sy'n gwneud drwg yn casáu'r goleuni, ac nid yw'n dod at y goleuni rhag ofn i'w weithredoedd gael eu dadlennu. Ond y mae'r sawl sy'n gwneud y gwirionedd yn dod at y goleuni, fel yr amlygir mai yn Nuw y mae ei weithredoedd wedi eu cyflawni."

Dyma Efengyl yr Arglwydd.

Moliant i ti, O Grist.

What have we heard? / Beth 'da ni 'di glywed?

How have we been challenged and comforted? / Beth fu'n heriol neu gysurus?

How will we seek to enable others to encounter and respond to the light of Christ? / Sut y byddwn ni'n galluogi eraill i ganfod ac ymateb i oleuni Crist?

Between each reflection, we sign a verse / Rhwng pob myfyrdod, canwn un o'r rhain

Be still, and know that I am God.

Goleuni'r bywyd ydwyf i.

Ni all dywyllwch drechu nawr.

We share the light, the light of Christ.

Christ is the light of the world:
In him is life, and that life is the light of all people.
We meet in his name and share his peace.

The peace of the Lord be always with you
and also with you.

Let us offer one another a sign of peace.

**A gift each day, our daily bread
reveals your faithful love,
you keep your pilgrim people fed
with manna from above.
We live, not by this bread alone,
but by your holy Word:
so feed our hearts, and make us one
in you, O Christ our Lord.**

**All are invited, called from far
and near, to eat this fare;
As all we have, and all we are,
are gifts to grow and share.
You call us now as servants, guests,
as sisters, brothers, friends:
to gather and be richly blessed
with life that never ends.**

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

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

Words / Geiriau /
Ally Barrett // Music
/ Tôn / Noel / Arthur
Sullivan

**In broken body, life-blood shed,
true love was once made known.
In pouring wine and breaking bread
that love again is shown.
We are your body, fed today
for strength, for grace, for good:
break us and send us out, we pray,
to bring the world its food.**

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

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.

Father, Lord of all creation,
we praise you for your goodness and your love.
When we turned away you did not reject us.
You came to meet us in your Son,
welcomed us as your children
and prepared a table where we might feast with you.

In Christ you shared our life
that we might live in him and he in us.

**He opened wide his arms upon the cross and,
with love stronger than death,
he made the perfect sacrifice for sin.**

Lord Jesus Christ, our redeemer,
on the night before you died
you came to table with your friends.

Taking bread, you gave thanks, broke it
and gave it to them saying,
Take, eat: this is my body which is given for you;
do this in remembrance of me.

**Lord Jesus, we bless you:
you are the bread of life.**

At the end of supper
you took the cup of wine, gave thanks, and said,
Drink this, all of you; this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins;
do this in remembrance of me.

**Lord Jesus, we bless you:
you are the true vine.**

Praise to you, Lord Jesus Christ:
**dying, you destroyed our death,
rising, you restored our life;
Lord Jesus, come in glory.**

Thanksgiving
Diolchgarwch

Communion Cymun

Holy Spirit, giver of life,
come upon us now;
may this bread and wine be to us
the body and blood of our Saviour Jesus Christ.

**As we eat and drink these holy gifts
make us, who know our need of grace,
one in Christ, our risen Lord.**

Father, Son, and Holy Spirit, Blessed Trinity:
with your whole Church throughout the world
we offer you this sacrifice of thanks and praise
and lift our voice to join the song of heaven,
for ever praising you and saying:

**Holy, Holy, Holy Lord,
God of power and might.
Heaven and earth are full of your glory.
Hosanna in the highest.**

Thanks be to you, our God, for your gift beyond words.

Amen. Amen. Amen.

As our Saviour Christ has taught us, we are bold to say

Our Father / Ein Tad

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

**We being many are one body,
for we all share in the one bread.**

Jesus Christ is the Lamb of God,
who has taken 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.**

After Communion / Wedi'r Cymun

Let us pray.

Eternal Giver of love and power,
your Son Jesus Christ has sent us into all the world
to preach the gospel of his kingdom:
confirm us in this mission,
and help us to live the good news we proclaim;
through Jesus Christ our Lord.

Amen.

Hymn Emyn

God is Love: let heav'n adore him;
 God is Love: let earth rejoice;
 let creation sing before him,
 and exalt him with one voice.
 He who laid the earth's foundation,
 he who spread the heav'ns above,
 he who breathes through all creation,
 he is Love, eternal Love.

Words / Geiriau /
 Timothy Rees // Music
 / Tŷn / Blaenwern
 / William Penfro
 Williams

God is Love: and he enfoldeth
 all the world in one embrace;
 with unfailing grasp he holdeth
 every child of every race.
 And when human hearts are breaking
 under sorrow's iron rod,
 then they find that selfsame aching
 deep within the heart of God.

God is Love: and though with blindness
 sin afflicts the souls of all,
 God's eternal loving-kindness
 holds and guides us when we fall.
 Sin and death and hell shall never
 o'er us final triumph gain;
 God is Love, so Love for ever
 o'er the universe must reign.

Blessing Bendith

Christ the Son be manifest to you,
 that your lives may be a light to the world:
 and the blessing of God almighty,
 the Father, the Son and the Holy Spirit,
 be with you and remain with you always.

Amen.

Go in peace to love and serve the Lord
 in the name of Christ. Amen.

Almighty God, who enkindled in the heart of Brigid the living flame of your love: stir the cold embers of our hearts and lead us to the well-springs of eternal life; through Jesus Christ our Lord. Amen.

Almighty God, who inspired your bishop Deiniol to gather around him a community to live the common life: grant that we, who honour his memory, may work to build up the family of your Church in faith and hope and love; through Jesus Christ our Lord. Amen.

Dduw hollalluog, a enynnaist yng nghalon Ffraid fflam fywiol dy gariad: cynnau farwor oer ein calonnau ninnau ac arwain ni at ffynhonnau'r bywyd tragwyddol; trwy Iesu Grist ein Harglwydd. Amen.

Hollalluog Dduw, a ysbrydolaist dy esgob Deiniol i gasglu o'i gwmpas gymuned o Gristnogion i gyd-fyw bywyd cytun; caniatâ i ni, sy'n anrhydeddu'r cof amdano weithio i atgyfnerthu teulu dy Eglwys mewn ffydd, gobaith a chariad; trwy Iesu Grist ein Harglwydd. Amen.

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Bangor**
The Diocese
of Bangor

Yr Eglwys yng Nghymru
The Church in Wales