

The background is a vibrant, abstract composition of thick, expressive brushstrokes in shades of red, blue, yellow, and purple. Overlaid on this are numerous black, wavy lines, each filled with a regular pattern of small yellow dots, creating a sense of movement and rhythm.

*#gweinidogaeth2020*  
*#ministry2020*

Addoliad  
Worship



# Boreol Weddi Dydd Llun Monday's Morning Prayer

Salm / Psalm 90  
Exodus 3:1-6

## Ymgynnull / Gathering

We come to you as Abraham did,  
**Gazing at your promise in the night sky,  
the fullness of life you intend for us.**

We come to you as Lazarus did,  
**Startled as you deliver us from oppression,  
as you wake us from distance and death.**

We come to you as Mary Magdalen did,  
**Knowing you,  
known by you,  
wanting nothing more than your presence.**

We come to you,  
who came first to us,  
**As Spirit  
within us and inbetween us,  
breathing relationship,  
blazing love.**

We come to you,  
Father, Son and Holy Spirit.  
**Blessed be God for ever.**

## Colect / Collect

Dduw ein hynafiaid a'n hyfory,  
ti yn unig sydd waredigaeth rhag llesgedd ein cyfnos  
drwy wawr dy bresenoldeb,  
rhyddid dy alwad,  
a gwir natur dy drugaredd bywiol.  
Yn ein gweinidogaethau, a thrwyddynt,  
boed i'th air yngan addewid,  
dy sacramentau gyhoeddi coflaid,  
a'th Ysbryd fendithio'r Eglwys a'th holl bobl sanctaidd.  
Gofynnwn hyn yn enw Iesu,  
sydd inni'n Addewid a Gwardwr, yn Bresenoldeb a Chyfaill.  
**Amen.**

God of our forebears and our future, you alone deliver us from the darkness of decline and despair into the hope of your presence, the liberty of your demands, and the reality of your life-giving mercy. In and through our ministries, let your word speak of your promise, your sacraments herald your embrace, and your Spirit bless the Church and all your holy people. This we ask through Jesus, who is Promise, Deliverer, Presence and Friend. Amen.

Geiriau / Words:  
David J. Evans  
Cyfieithiad /  
Translation: R.  
Glyn Jones  
Tôn / Tune: Be  
Still, David J.  
Evans

## Emyn / Hymn

**Be still, for the presence of the Lord,  
the Holy One, is here;  
come bow before him now  
with reverence and fear:  
in him no sin is found –  
we stand on holy ground.  
Be still, for the presence of the Lord,  
the Holy One, is here.**

**Distewch, cans gogoniant Crist ei hun  
o'n cylch lewyrcha'n gry';  
fe lysg â sanctaidd dân,  
mawr ei ysblander fry:  
brawychus yw ei nerth,  
Breswlydd mawr y berth;  
distewch, cans gogoniant Crist ei hun  
o'n cylch lewyrcha'n gry'.**

**Be still, for the power of the Lord  
is moving in this place;  
He comes to cleanse and heal,  
to minister his grace –  
no work too hard for him.  
In faith receive from him.  
Be still, for the power of the Lord  
is moving in this place.**

Be still, for the glory of the Lord is shining all around; / he burns with holy fire, with splendour he is crowned: / how awesome is the sight - our radiant King of light! Be still, for the glory of the Lord is shining all around.

## Salm / Psalm

Lord, you have been our dwelling-place  
in all generations.  
Before the mountains were brought forth,  
or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.

**You turn us back to dust,  
and say, 'Turn back, you mortals.'  
For a thousand years in your sight  
are like yesterday when it is past,  
or like a watch in the night.**

You sweep them away; they are like a dream,  
like grass that is renewed in the morning;  
in the morning it flourishes and is renewed;  
in the evening it fades and withers.

**For we are consumed by your anger;  
by your wrath we are overwhelmed.  
You have set our iniquities before you,  
our secret sins in the light of your countenance.**

For all our days pass away under your wrath;  
our years come to an end like a sigh.  
The days of our life are seventy years,  
or perhaps eighty, if we are strong;

even then their span is only toil and trouble;  
they are soon gone, and we fly away.

**Who considers the power of your anger?  
Your wrath is as great as the fear that is due to you.  
So teach us to count our days  
that we may gain a wise heart.**

## Darlleniad / Reading

Darlleniad o lyfr Exodus.

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

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

**Diolch a fo i Dduw.**

## Salm / Psalm

Turn, O Lord! How long?  
Have compassion on your servants!  
Satisfy us in the morning with your steadfast love,  
so that we may rejoice and be glad all our days.  
Make us glad for as many days as you have afflicted us,  
and for as many years as we have seen evil.

**Let your work be manifest to your servants,  
and your glorious power to their children.  
Let the favour of the Lord our God be upon us,  
and prosper for us the work of our hands –  
O prosper the work of our hands!**

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

## Myfyrdod / Reflection

Yr Esgob / The Bishop

## Gweddi / Prayer

Mewn tangnefedd gweddiwn ar Dduw hollalluog.

Dros ein teuluoedd, ein ffrindiau a'n cymdogion yng Nghymru, a thros bawb on hamgylch yma yn eu gwaith a'u bywyd beunyddiol.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros ein cymunedau gartref, ein cenedl a'i llywodraethau; dros bawb sy'n gweithio o blaid cyfiawnder, rhyddid a heddwch.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros iawn ddefnydd o'th greadigaeth; dros y rhai sy'n dioddef newyn, ofn, anghyfiawnder neu orthrwm.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros bawb sydd mewn perygl, galar neu unrhyw fath o drallod; dros y claf, y digyfaill a'r anghenus a thros bawb sy'n gweini arnynt.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros Andy, ein hesgob, dros Sarah, Esgob Llundain, a thros Dimau a Chynghorau ein Hardaloedd Gweinidogaeth.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros heddwch, cenhadaeth ac undod yr Eglwys; dros bawb sy'n cyhoeddi'r Efengyl a phawb sy'n chwilio am y gwirionedd.

Dad trugarog,  
**derbyn y gweddïau hyn  
er mwyn dy Fab,  
ein Gwardwr Iesu Grist. Amen.**

Fel y dysgodd Iesu, gweddiwn ninnau. As Jesus taught, we pray.  
**Ein Tad / Our Father**

In peace let us pray to almighty God. / For our families, friends and neighbours in Wales, and for those around us here in their daily life and work. / For our home community, for our nation and its governments; for all who work for justice, freedom and peace. / For the right use of your creation; for the victims of hunger, fear, injustice or oppression. / For all in danger, sorrow or any kind of trouble; for those who are sick, lonely or in need and for those who serve and care for them. For Andy, our bishop, for Sarah, Bishop of London, for our Ministry Area Teams and Ministry Area Councils. / For the peace, mission and unity of the Church; for all who proclaim the Gospel and all who search for truth.

Geiriau / Words:  
Alan Gaunt  
Tôn / Tune: St  
Clement, C. C.  
Scholefield

## **Emyn / Hymn**

**Come, living God, when least expected,  
when minds are dull and hearts are cold,  
through sharpening word and warm affection  
revealing truths as yet untold.**

**Tyrd, dryllia'r bedd lle guddiwn d'arfaeth,  
tyrd, cloffa'r parch sy'n mudo'th rym,  
tyrd, bloeddia obaith d'atgyfodiad;  
yn nerth dy gariad dal ni'n dynn.**

**Come now, as once you came to Moses  
within the bush alive with flame,  
or to Elijah on the mountain,  
by silence pressing home your claim.**

**Tyrd atom nawr, a ninnau'n effro  
i'th weld yng nghanol helbul byd,  
dy batrwm byw mewn gair a gweithred,  
dy ddelwedd ynom oll o hyd.**

**Then, through our gloom, your Son will meet us  
as vivid truth and living Lord,  
exploding doubt and disillusion  
to scatter hope and joy abroad.**

**Then we will share his radiant brightness  
and, blazing through the dread of night,  
illuminate by love and reason,  
for those in darkness, faith's delight.**

## **Cloi / Close**

God of Abraham,  
of burning bush and holy ground,

**Turn us aside  
and speak your promise.**

God of Lazarus,  
of cloud and flame and parted sea,

**Strong to Deliver,  
save us, body and soul.**

God of Mary Magdalen  
of manna and wine,  
of Body and Blood,

**Be present in healing and wholeness,  
in the Church and in the world.**

God, the Holy Spirit,  
God who is relationship,

**Breathe and blaze in us,  
One in your love.**

And the blessing of God almighty,  
who is Promise, Deliverer, Presence and Relationship,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**Amen.**

Break from the tomb in which  
we hide you / to speak again  
in startling ways; / break  
through the words in which  
we bind you / to resurrect  
our lifeless praise.

So, let our minds be sharp to  
read you / in sight or sound  
or printed page, / and let us  
greet you in our neighbours,  
/ in ardent youth or mellow  
age.



## Cymun y Gynhadledd Conference Eucharist

Mae'n Cymun Bendigaid syml yn defnyddio geiriau cyfarwydd.  
Ceir ar y daflen hon ddim mwy na chyfieithiad o'r Efengyl, a'r  
emynau i'w canu.

Our simple Holy Eucharist uses familiar words. This sheet provides  
only a translation of the Gospel, and the hymns to be sung.

Exodus 5:1-22  
Salm / Psalm 96:1-3, 10-13  
Ioan / John 5:1-9  
Myfyrdod / Reflection **Barry Morgan**

Geiriau / Words:  
Wedi ei addasu  
o emyn Affro-  
Americanaidd /  
Adapted from an  
Afro-American  
spiritual  
Tôn / Tune:  
Repton, C. H. H.  
Parry

### Wrth gyffesu / As we confess

When Israel was in Egypt's land,  
"O let my people go,"  
oppressed so hard they could not stand  
when Israel was in Egypt's land,  
"O let my people go, O let my people go."

Fe glywodd Moses alwad Duw  
"Fy mhobl fydd yn rhydd,"  
roedd ef i'w harwain wrth y llyw,  
do, clywodd Moses alwad Duw,  
"Fy mhobl fydd yn rhydd, fy mhobl fydd yn rhydd."

As Israel stood by water's side,  
"O let my people go,"  
at God's command it did divide  
as Israel stood by water's side,  
"O let my people go, O let my people go."

A hwythau ar y glannau draw,  
"Fy mhobl fydd yn rhydd,"  
molasant Dduw â salm ddi-daw  
a hwythau ar y glannau draw,  
"Fy mhobl fydd yn rhydd, fy mhobl fydd yn rhydd."

O, let us all from bondage flee,  
"O let my people go,"  
and let us all in Christ be free,  
from death and sin and bondage flee,  
"O let my people go, O let my people go."

The Lord told Moses what to  
do, / to lead the children of  
Israel through.

When they had reached the  
other shore / they sang the  
song of triumph over.

## Cyfieithiad o'r Efengyl / Translation of the Gospel

At that time: There was a festival of the Jews, and Jesus went up to Jerusalem. Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. In these lay many invalids - blind, lame, and paralysed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." Jesus said to him, "Stand up, take your mat and walk." At once the man was made well, and he took up his mat and began to walk. Now that day was a sabbath.

Geiriau / Words:  
Sylvia G. Dunstan  
Tôn / Tune:  
Hyfrydol, R. H.  
Pritchard

### Wrth baratoi bwrdd yr allor / As the altar-table is prepared

All who hunger, gather gladly;  
holy manna is our bread.  
Come from wilderness and wandering.  
Here, in truth, we will be fed.  
You that yearn for days of fullness,  
all around us is our food.  
Taste and see the grace eternal.  
Taste and see that God is good.

Pawb sy'n awchu, pawb sy'n chwilio,  
pawb sy'n llwgu, croeso fydd;  
wedi'r crwydro a'r  
dewch i wledd y trydydd dyed.  
Ni'r colledig, wasgaredig,  
nawr yng nghorlan cymun Duw.  
Dewch i wledd y gras sy'n achub,  
profwch yma ddyfnder byw.

All who hunger, sing together;  
Jesus Christ is living bread.  
Come from loneliness and longing.  
Here, in peace, we have been led.  
Blest are those who from this table  
live their lives in gratitude.  
Taste and see the grace eternal.  
Taste and see that God is good.

All who hunger, never  
strangers; / seeker, be a  
welcome guest. / Come from  
restlessness and roaming.  
/ Here, in joy, we keep  
the feast. / We that once  
were lost and scattered /  
in communion's love have  
stood. / Taste and see the  
grace eternal. / Taste and  
see that God is good.

Geiriau / Words:  
Fred Kaan  
Tôn / Tune: Quem  
Pastores

## Wedi'r Cymun / After Communion

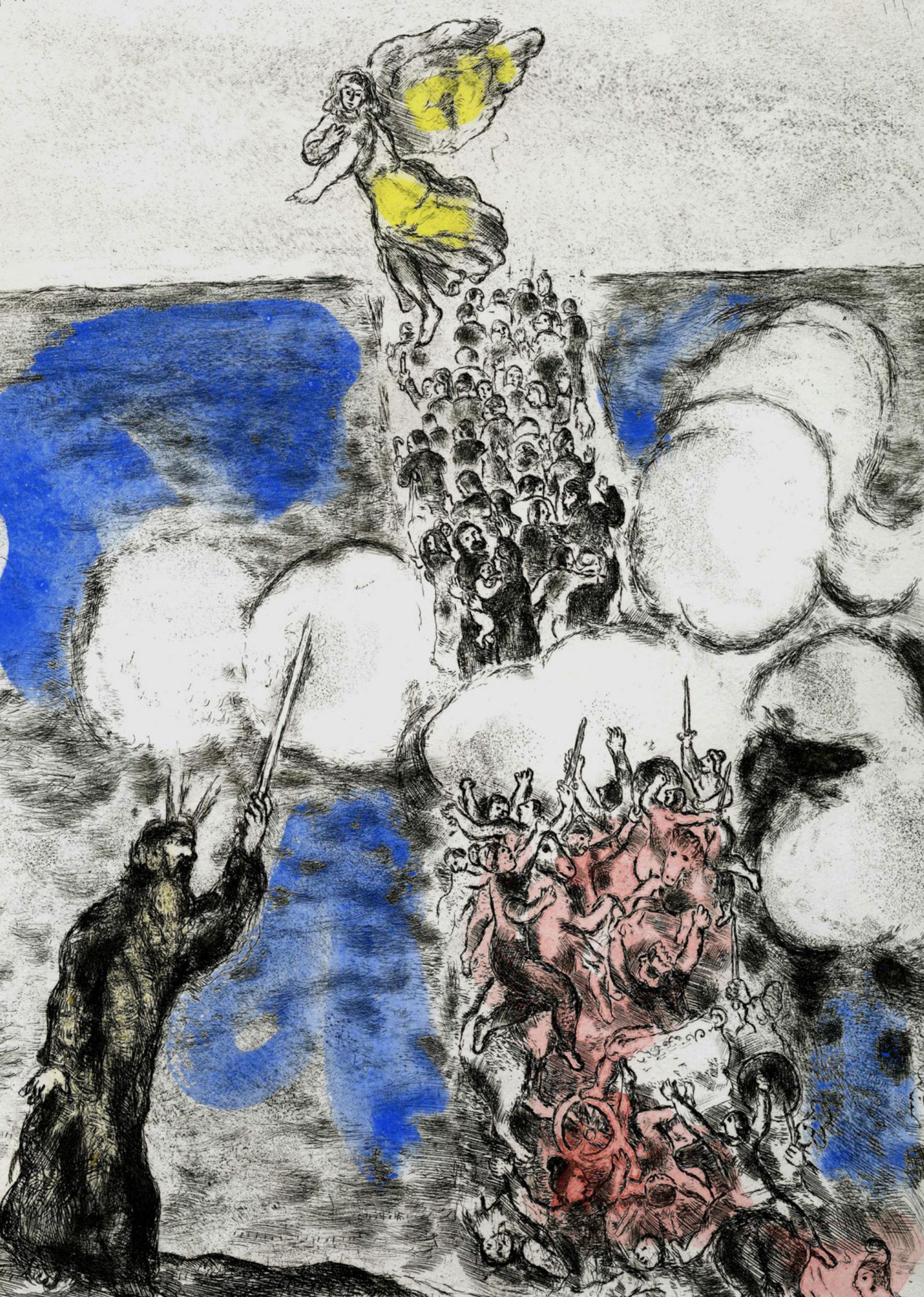
Father, who in Jesus found us,  
God, whose love is all around us,  
who to freedom new unbound us,  
keep our hearts with joy aflame.

Am y rhodd o'th hun i'n porthi,  
am y corff i'n plethu'n deulu,  
am y gras i'n llwyr ddiwallu,  
Dduw afradlon, molwn di.

Wrth i'n adael bwrdd y cyflawn  
tywys ni i fyw yn gyfiawn  
ac i dystio am yr Uniawn;  
moes dy fendith ar ein gwaith.

Through our calling closely knitted,  
daily to your praise committed,  
for a life of service fitted,  
let us now your love proclaim.

For the sacramental  
breaking, / for the honour of  
partaking, / for your life our  
lives re-making, / young and  
old, we praise your name.  
// From the service of this  
table / lead us to a life more  
stable; / for our witness  
make us able; / blessing on  
our work proclaim.



## Boreol Weddi Dydd Mawrth Tuesday's Morning Prayer

Salm / Psalm 116  
Exodus 13:17 – 14:30

### Ymgynnull / Gathering

We come to you as Abraham did,  
**Gazing at your promise in the night sky,  
the fullness of life you intend for us.**

We come to you as Lazarus did,  
**Startled as you deliver us from oppression,  
as you wake us from distance and death.**

We come to you as Mary Magdalen did,  
**Knowing you,  
known by you,  
wanting nothing more than your presence.**

We come to you,  
who came first to us,  
**As Spirit  
within us and inbetween us,  
breathing relationship,  
blazing love.**

We come to you,  
Father, Son and Holy Spirit.  
**Blessed be God for ever.**

### Colect / Collect

Dduw ein hynafiaid a'n hyfory,  
ti yn unig sydd waredigaeth rhag llesgedd ein cyfnos  
drwy wawr dy bresenoldeb,  
rhyddid dy alwad,  
a gwir natur dy drugaredd bywiol.  
Yn ein gweinidogaethau, a thrwyddynt,  
boed i'th air yngan addewid,  
dy sacramentau gyhoeddi coflaid,  
a'th Ysbryd fendithio'r Eglwys a'th holl bobl sanctaidd.  
Gofynnwn hyn yn enw Iesu,  
sydd inni'n Addewid a Gwaredwr, yn Bresenoldeb a Chyfaill.  
**Amen.**

God of our forebears and our future, you alone deliver us from the darkness of decline and despair into the hope of your presence, the liberty of your demands, and the reality of your life-giving mercy. In and through our ministries, let your word speak of your promise, your sacraments herald your embrace, and your Spirit bless the Church and all your holy people. This we ask through Jesus, who is Promise, Deliverer, Presence and Friend. Amen.

Geiriau / Words:  
William Williams  
Cyfieithiad /  
Translation:  
Joseph Morris  
Tôn / Tune:  
Amazing Grace

## Emyn / Hymn

**Pererin wyf mewn anial dir  
yn crwydro yma a thraw,  
ac yn rhyw ddisgwyl bob yr awr  
fod tŷ fy Nhad gerllaw.**

**Ac mi debygaf clywaf sŵn  
nefolaidd rai o'm blaen,  
wedi gorchfygu a mynd drwy  
dymhestloedd dŵr a tân.**

**Tyrd, Ysbryd Sanctaidd, ledia'r ffordd,  
bydd imi'n niwl a tân;  
ni cherdda' i'n gywir hanner cam  
oni byddi di o'm blaen.**

**I long for thy divine abode,  
where sinless myriads dwell,  
who ceaseless sing thy boundless love,  
and all thy glories tell.**

A pilgrim am I in a desert  
land / wandering hither and  
yon, / and in a kind of hope  
every hour / that my Father's  
house is at hand. // And I  
shall most likely hear / some  
heavenly sound before me, /  
having overcome and gone  
through / tempests of water  
and fire. // Come, Holy Spirit,  
widen the way, / be to me  
cloud and fire; / I will not  
walk correctly half a step /  
except thou be before me.

## Salm / Psalm

I love the Lord, because he has heard  
my voice and my supplications.  
Because he inclined his ear to me,  
therefore I will call on him as long as I live.  
The snares of death encompassed me;  
the pangs of Sheol laid hold on me;  
I suffered distress and anguish.  
Then I called on the name of the Lord:  
'O Lord, I pray, save my life!'

**Gracious is the Lord, and righteous;  
our God is merciful.  
The Lord protects the simple;  
when I was brought low, he saved me.  
Return, O my soul, to your rest,  
for the Lord has dealt bountifully with you.**

For you have delivered my soul from death,  
my eyes from tears,  
my feet from stumbling.  
I walk before the Lord  
in the land of the living.

**I kept my faith, even when I said,  
'I am greatly afflicted';  
even when I said in my consternation,  
'Everyone is a liar.'**

## Darlleniad / Reading

Darlleniad o lyfr Exodus.

Pan ollyngodd Pharo y bobl yn rhydd, nid arweiniodd Duw hwy ar hyd ffordd gwlad y Philistiaid, er bod honno'n agos. "Oherwydd," meddai, "gallai'r bobl newid eu meddwl pan welant ryfel, a dychwelyd i'r Aifft." Felly arweiniodd hwy ar hyd ffordd yr anialwch i gyfeiriad y Môr Coch, ac aeth yr Israeliaid allan o wlad yr Aifft gan ddwyn eu harfau rhyfel. Cymerodd Moses esgyrn Joseff gydag ef, oherwydd yr oedd Joseff wedi gosod yr Israeliaid dan lw, drwy ddweud, "Bydd Duw yn sicr o ymweld â chwi, a'r pryd hwnnw yr ydych i ddwyn fy esgyrn oddi yma gyda chwi." Aethant ymaith o Succoth a gwersyllu yn Etham, ar gwr yr anialwch. Yr oedd yr Arglwydd yn mynd o'u blaen mewn colofn o niwl yn ystod y dydd i'w harwain ar y ffordd, ac mewn colofn o dân yn ystod y nos i'w goleuo; felly gallent deithio ddydd a nos. Ni symudwyd y golofn niwl oedd o flaen y bobl yn ystod y dydd na'r golofn dân oedd o'u blaen yn ystod y nos.

Dywedodd yr Arglwydd wrth Moses, "Dywed wrth yr Israeliaid am ddychwelyd a gwersyllu o flaen Pihahiroth, rhwng Migdol a'r môr; yr ydych i wersyllu wrth y môr gyferbyn â Baal-seffon. Bydd Pharo'n meddwl bod yr Israeliaid wedi eu dal yn y wlad a'u cau i mewn gan yr anialwch. Yna, byddaf fi'n caledu ei galon, a bydd ef yn eu herlid; felly, fe enillaf ogoniant i mi fy hun ar draul Pharo a'i holl fyddin, a chaiff yr Eifftiaid wybod mai myfi yw'r Arglwydd." Gwnaeth yr Israeliaid fel y gorchmynnwyd iddynt.

Pan ddywedwyd wrth frenin yr Aifft fod y bobl wedi ffoi, newidiodd agwedd Pharo a'i weision tuag atynt, ac meddent, "Beth yw hyn a wnaethom? Yr ydym wedi rhyddhau'r Israeliaid o'n gwasanaeth!" Felly paratôdd Pharo ei gerbyd ac aeth â'i fyddin gydag ef; cymerodd hefyd chwe chant o gerbydau dethol, a'r holl gerbydau eraill oedd yn yr Aifft, a chapten ar bob un. Caledodd yr Arglwydd galon Pharo brenin yr Aifft, ac erlidiodd hwnnw'r Israeliaid wrth iddynt fynd ymaith yn fuddugoliaethus. Aeth yr Eifftiaid ar eu hôl gyda holl feirch Pharo a'i gerbydau, ei farchogion a'i fyddin, a'u goddiweddyd tra oeddent yn gwersyllu wrth y môr gerllaw Pihahiroth, gyferbyn â Baal-seffon.

Wrth i Pharo nesáu, edrychodd yr Israeliaid i fyny a gweld yr Eifftiaid yn dod ar eu holau, ac yn eu dychryn gwaeddodd pobl Israel ar yr Arglwydd. Dywedasant wrth Moses, "Ai am nad oedd beddau yn yr Aifft y dygaist ni i'r anialwch i farw? Pam y gwnaethost hyn i ni, a dod â ni allan o'r Aifft? Onid oeddem wedi dweud wrthynt yn yr Aifft am adael llonydd inni wasanaethu'r Eifftiaid? Byddai'n well inni eu gwasanaethu hwy na marw yn yr anialwch." Dywedodd Moses wrth y bobl, "Peidiwch ag ofni; byddwch gadarn ac edrychwch ar y waredigaeth y mae'r Arglwydd yn ei rhoi i chwi heddiw, oherwydd ni fyddwch yn gweld yr Eifftiaid a welsoch heddiw byth mwy. Bydd yr Arglwydd yn ymladd drosoch; am hynny, byddwch dawel." Dywedodd yr Arglwydd wrth Moses, "Pam yr wyt yn gweiddi arnaf? Dywed wrth yr Israeliaid am fynd ymlaen. Cod dithau dy wialen, ac estyn dy law allan dros y môr i'w rannu, er mwyn i'r Israeliaid fynd trwy ei ganol ar dir sych. Byddaf finnau'n caledu calonau'r Eifftiaid er mwyn iddynt eu dilyn, ac enillaf ogoniant ar draul Pharo a'i holl fyddin, ei gerbydau a'i farchogion. Caiff yr Eifftiaid wybod mai myfi yw'r Arglwydd pan enillaf ogoniant ar draul Pharo a'i gerbydau a'i farchogion."

Symudodd angel Duw, a fu'n mynd o flaen byddin Israel, ac aeth y

When Pharaoh let the people go, God did not lead them by way of the land of the Philistines, although that was nearer; for God thought, "If the people face war, they may change their minds and return to Egypt." So God led the people by the roundabout way of the wilderness toward the Red Sea. The Israelites went up out of the land of Egypt prepared for battle. And Moses took with him the bones of Joseph who had required a solemn oath of the Israelites, saying, "God will surely take notice of you, and then you must carry my bones with you from here." They set out from Succoth, and camped at Etham, on the edge of the wilderness. The Lord went in front of them in a pillar of cloud by day, to lead them along the way, and in a pillar of fire by night, to give them light, so that they might travel by day and by night. Neither the pillar of cloud by day nor the pillar of fire by night left its place in front of the people.

Then the Lord said to Moses: "Tell the Israelites to turn back and camp in front of Pihahiroth, between Migdol and the sea, in front of Baal-zephon; you shall camp opposite it, by the sea. Pharaoh will say of the Israelites, 'They are wandering aimlessly in the land; the wilderness has closed in on them.' I will harden Pharaoh's heart, and he will pursue them, so that I will gain glory for myself over Pharaoh and all his army; and the Egyptians shall know that I am the Lord." And they did so. When the king of Egypt was told that the people had fled, the minds of Pharaoh and his officials were changed toward the people, and they said, "What have we done, letting Israel leave our service?" So he had his chariot made ready, and took his army with him; he took six hundred picked chariots and all the other chariots of Egypt with officers over all of them. The Lord hardened the heart of Pharaoh king of Egypt and he pursued the Israelites, who were going out boldly. The Egyptians pursued them, all Pharaoh's horses and chariots, his chariot drivers and his army; they overtook them camped by the sea, by Pihahiroth, in front of Baal-zephon.

As Pharaoh drew near, the Israelites looked back, and there were the Egyptians advancing on them. In great fear the Israelites cried out to the Lord. They said to Moses, "Was it because there were no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us, bringing us out of Egypt? Is this not the very thing we told you in Egypt, 'Let us alone and let us serve the Egyptians'? For it would have been better for us to serve the Egyptians than to die in the wilderness." But Moses said to the people, "Do not be afraid, stand firm, and see

tu ôl iddynt; a symudodd y golofn niwl a fu o'u blaen, a safodd y tu ôl iddynt, gan aros rhwng byddin yr Aifft a byddin Israel. Yr oedd y cwmwl yn dywyllwch, ond yn goleuo trwy'r nos i'r Israeliaid; ac ni ddaeth y naill ar gyfyl y llall trwy'r nos.

Estynnodd Moses ei law dros y môr, a thrwy'r nos gyrrodd yr Arglwydd y môr yn ei ôl â gwynt cryf o'r dwyrain. Gwnaeth y môr yn sychdir, a holltwyd y dyfroedd. Aeth yr Israeliaid trwy ganol y môr ar dir sych, ac yr oedd y dyfroedd fel mur ar y naill ochr a'r llall. Erlidiodd yr Eifftiaid hwy, ac aeth holl feirch Pharo, ei gerbydau a'i farchogion, ar eu holau i ganol y môr. Yn ystod gwyliadwriaeth y bore, edrychodd yr Arglwydd ar fyddin yr Eifftiaid trwy'r golofn dân a'r cwmwl, a daliodd hwy trwy gloi olwynion eu cerbydau a'i gwneud yn anodd iddynt yrru ymlaen. Yna dywedodd yr Eifftiaid, "Gadewch inni ffoi oddi wrth Israel, oherwydd y mae'r Arglwydd yn ymladd drostynt hwy yn erbyn yr Aifft."

Dywedodd yr Arglwydd wrth Moses, "Estyn dy law allan dros y môr er mwyn i'r dyfroedd lifo'n ôl dros yr Eifftiaid a'u cerbydau a'u marchogion." Felly estynnodd Moses ei law dros y môr, ac erbyn y bore yr oedd y môr wedi dychwelyd i'w le. Ceisiodd yr Eifftiaid ffoi rhagddo, ond bwriodd yr Arglwydd hwy i ganol y môr. Dychwelodd y dyfroedd a gorchuddio'r cerbydau a'r marchogion, a holl fyddin Pharo oedd wedi dilyn yr Israeliaid i'r môr, heb adael yr un ohonynt ar ôl. Ond cerddodd yr Israeliaid trwy ganol y môr ar dir sych, ac yr oedd y dyfroedd fel mur ar y naill ochr a'r llall.

Felly achubodd yr Arglwydd Israel o law'r Eifftiaid y diwrnod hwnnw, a gwelsant yr Eifftiaid yn gorwedd yn farw ar lan y môr.

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

**Diolch a fo i Dduw.**

## Salm / Psalm

What shall I return to the Lord  
for all his bounty to me?  
I will lift up the cup of salvation  
and call on the name of the Lord,  
I will pay my vows to the Lord  
in the presence of all his people.

**Precious in the sight of the Lord  
is the death of his faithful ones.  
O Lord, I am your servant;  
I am your servant, the child of your serving-maid.  
You have loosed my bonds.**

I will offer to you a thanksgiving sacrifice  
and call on the name of the Lord.

**I will pay my vows to the Lord  
in the presence of all his people,  
in the courts of the house of the Lord,  
in your midst, O Jerusalem.  
Praise the Lord!**

the deliverance that the Lord will accomplish for you today; for the Egyptians whom you see today you shall never see again. The Lord will fight for you, and you have only to keep still."

Then the Lord said to Moses, "Why do you cry out to me? Tell the Israelites to go forward. But you lift up your staff, and stretch out your hand over the sea and divide it, that the Israelites may go into the sea on dry ground. Then I will harden the hearts of the Egyptians so that they will go in after them; and so I will gain glory for myself over Pharaoh and all his army, his chariots, and his chariot drivers. And the Egyptians shall know that I am the Lord, when I have gained glory for myself over Pharaoh, his chariots, and his chariot drivers." The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night.

Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, "Let us flee from the Israelites, for the Lord is fighting for them against Egypt."

Then the Lord said to Moses, "Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers." So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore.

## Myfyrdod / Reflection

Mary Stallard

### Gweddi / Prayer

Mewn tangnefedd gweddiwn ar Dduw hollalluog.

Dros ein teuluoedd, ein ffrindiau a'n cymdogion yng Nghymru, a thros bawb on hamgylch yma yn eu gwaith a'u bywyd beunyddiol.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros ein cymunedau gartref, ein cenedl a'i llywodraethau; dros bawb sy'n gweithio o blaid cyfiawnder, rhyddid a heddwch.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros iawn ddefnydd o'th greadigaeth; dros y rhai sy'n dioddef newyn, ofn, anghyfiawnder neu orthrwm.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros bawb sydd mewn perygl, galar neu unrhyw fath o drallod; dros y claf, y digyfaill a'r anghenus a thros bawb sy'n gweini arnynt.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros Andy, ein hesgob, dros Sarah, Esgob Llundain, a thros Dimau a Chynghorau ein Hardaloedd Gweinidogaeth.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros heddwch, cenhadaeth ac undod yr Eglwys; dros bawb sy'n cyhoeddi'r Efyngyl a phawb sy'n chwilio am y gwirionedd.

Dad trugarog,  
**derbyn y gweddiâu hyn  
er mwyn dy Fab,  
ein Gwaredwr Iesu Grist. Amen.**

Fel y dysgodd Iesu, gweddiwn ninnau. As Jesus taught, we pray.  
**Ein Tad / Our Father**

In peace let us pray to almighty God. / For our families, friends and neighbours in Wales, and for those around us here in their daily life and work. / For our home community, for our nation and its governments; for all who work for justice, freedom and peace. / For the right use of your creation; for the victims of hunger, fear, injustice or oppression. / For all in danger, sorrow or any kind of trouble; for those who are sick, lonely or in need and for those who serve and care for them. For Andy, our bishop, for Sarah, Bishop of London, for our Ministry Area Teams and Ministry Area Councils. / For the peace, mission and unity of the Church; for all who proclaim the Gospel and all who search for truth.

Geiriau / Words:  
 Sant Ioan o  
 Ddamascus / St  
 John of Damascus  
 Cyfieithiad /  
 Translation: J. M.  
 Neale  
 Tôn / Tune: Ave  
 Virgo Virginum, J.  
 Horn

## Emyn / Hymn

**Come, you faithful, raise the strain  
 of triumphant gladness!  
 God has brought forth Israel  
 into joy from sadness,  
 loosed from Pharaoh's bitter yoke  
 Jacob's sons and daughters;  
 led them with unmoistened foot  
 through the Red Sea waters.**

**Dyma wanwyn gwir ein byd:  
 Crist a ddaeth o'i gystudd;  
 wedi carchar tridiau du  
 gwawriodd fore rhyddid.  
 Gaeaf pechod ddaeth i ben;  
 gwres ei haul sy'n dadmer  
 calon galed – ynddi 'nawr  
 Duw sydd wedi'i adfer.**

**Neither could the gates of death,  
 nor the tomb's dark portal,  
 nor the watchers, nor the seal,  
 hold you as a mortal:  
 but today, among your own,  
 you appear, bestowing  
 your deep peace, which ever more  
 passes human knowing.**

**Halelwia! Rhoddwn fawl  
 i'n Duw hollalluog,  
 a orchfygodd d'wyllwch bedd  
 gyda'i Haul godidog.  
 Alleluia! With the Son,  
 God the Father praising;  
 Alleluia! Yet again  
 to the Spirit raising.**

'Tis the spring of souls today:  
 / Christ has burst his prison,  
 / and from three days' sleep  
 in death / as a sun has risen.  
 / All the winter of our sins, /  
 long and dark, is flying / from  
 the Light to whom we give /  
 laud and praise undying.

Alleluia! Now we cry / to  
 our Lord immortal, / who,  
 triumphant, burst the bars /  
 of the tomb's dark portal.

## Cloi / Close

God of Abraham,  
of burning bush and holy ground,

**Turn us aside  
and speak your promise.**

God of Lazarus,  
of cloud and flame and parted sea,

**Strong to Deliver,  
save us, body and soul.**

God of Mary Magdalen  
of manna and wine,  
of Body and Blood,

**Be present in healing and wholeness,  
in the Church and in the world.**

God, the Holy Spirit,  
God who is relationship,

**Breathe and blaze in us,  
One in your love.**

And the blessing of God almighty,  
who is Promise, Deliverer, Presence and Relationship,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**Amen.**



## Hwylol Weddi Dydd Mawrth Tuesday's Evening Prayer

Salm / Psalm 63  
Exodus 16:1-35

### Ymgynnull / Gathering

Deuwn atat fel y daeth Abraham,  
**Gan geisio d'addewid yn y lloer,  
bywyd bythol dy fwriad dwyfol.**

Deuwn atat fel y daeth Lasarus,  
**Yn synnu i ti ein gwaredu,  
a'n deffro o ddieithrwyd y bedd.**

Deuwn atat fel y daeth Mair Fadlen,  
**Yn d'adnabod  
am i ti ein hadnabod ninnau,  
yn ysu am agosatrwydd dy bresenoldeb.**

Deuwn atat,  
yr hwn ddaeth gyntaf atom ni,  
**Yr Ysbryd  
ynom a rhyngom,  
anadl ein perthynas,  
fflam ein cariad.**

Deuwn atat,  
Dad, Mab ac Ysbryd Glân.  
**Bendigedig fyddo Duw am byth.**

We come to you as Abraham did, Gazing at your promise in the night sky, the fullness of life you intend for us. / We come to you as Lazarus did, Startled as you deliver us from oppression, as you wake us from distance and death. / We come to you as Mary Magdalen did, Knowing you, known by you, wanting nothing more than your presence. / We come to you, who came first to us, As Spirit within us and inbetween us, breathing relationship, blazing love. / We come to you, Father, Son and Holy Spirit. Blessed be God for ever.

### Colect / Collect

God of our forebears and our future,  
you alone deliver us from the darkness of decline and despair  
into the hope of your presence,  
the liberty of your demands,  
and the reality of your life-giving mercy.  
In and through our ministries,  
let your word speak of your promise,  
your sacraments herald your embrace,  
and your Spirit bless the Church and all your holy people.  
This we ask through Jesus,  
who is Promise, Deliverer, Presence and Friend.  
**Amen.**

Geiriau / Words:  
Susan Briehl  
Tôn / Tune:  
Rhosymedre, John  
Edwards

### Emyn / Hymn

**O God of Exodus,  
of mercy sweet and strong,  
on freedom's shore we dance  
and sing you Miryam's song.  
Across the deadly waters chill  
you bring you sons and daughters still  
with Christ, in whom we now belong.**

You call your servant band  
to trust in you alone,  
and guide us by your hand  
on paths as yet unknown  
beyond our stubborn, fearful ways,  
your faithful promise is our home.

Pob bore manna ddaw  
yn wledd o'th gariad rhad  
i'n nerthu a'n rhyddháu  
i'w rannu'n ddinacâd  
a phob pererin yn y wledd  
yn porthi gwin a bara'r nef  
yng nghwmni'r Mab a chroeso'r Tad.

Then when our journey's done,  
our pilgrimage complete,  
a song will still be sung  
of mercy strong and sweet,  
and stories we from elders heard,  
of wondrous deeds and saving Word,  
children's children will repeat.

Each morning manna fair,  
/ a feast of finest grace, /  
reshapes our hearts to share  
/ your gifts in every place. /  
Till with all pilgrims freely fed  
/ by common cup and broken  
bread / we taste your peace,  
behold your face.

## Salm / Psalm

O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.

So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
I will lift up my hands and call on your name.

## Darlleniad / Reading

Darlleniad o lyfr Exodus.

Aeth holl gynulliad pobl Israel ymaith o Elim, ac ar y pymthegfed dydd o'r ail fis wedi iddynt adael gwlad yr Aifft, daethant i anialwch Sin, sydd rhwng Elim a Sinai. Dechreuodd holl gynulliad pobl Israel rwnach yn erbyn Moses ac Aaron yn yr anialwch, a dweud wrthynt, "O na fyddai'r Arglwydd wedi gadael inni farw yng ngwlad yr Aifft, lle'r oeddem yn cael eistedd wrth y crochanau cig a bwyta ein gwala o fwyd; ond yr ydych chi wedi ein harwain allan yma i'r anialwch er mwyn lladd y dyrfa hon i gyd â newyn."

Dywedodd yr Arglwydd wrth Moses, "Byddaf yn glawio arnoch fara o'r nefoedd, a bydd y bobl yn mynd allan a chasglu bob dydd ddogrn diwrnod, er mwyn i mi eu profi a gweld a ydynt am ddilyn fy nghyfraith ai peidio. Ond ar y chweched dydd y maent i baratoi dwywaith cymaint ag y byddent yn ei gasglu ar ddiwrnod arall." Yna dywedodd Moses ac Aaron wrth yr holl Israeliaid, "Yn yr hwyr cewch wybod mai'r Arglwydd a'ch arweiniodd allan o wlad yr Aifft,

The whole congregation of the Israelites set out from Elim; and Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. 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

ac yn y bore cewch weld ei ogoniant, oherwydd y mae wedi clywed eich grwgnach yn ei erbyn. Pwy ydym ni, eich bod yn grwgnach yn ein herbyn?" Dywedodd Moses hefyd, "Fe rydd yr Arglwydd i chwi gig i'w fwyta yn yr hwyr, a'ch gwala o fara yn y bore, oherwydd y mae wedi clywed eich grwgnach yn ei erbyn. Felly, pwy ydym ni? Nid yn ein herbyn ni y mae eich grwgnach, ond yn erbyn yr Arglwydd."

Dywedodd Moses wrth Aaron, "Dywed wrth holl gynulliad pobl Israel, 'Dewch yn agos at yr Arglwydd, oherwydd y mae ef wedi clywed eich grwgnach.' " A thra oedd Aaron yn siarad â hwy, a hwythau'n edrych tua'r anialwch, ymddangosodd gogoniant yr Arglwydd mewn cwmwl. Dywedodd yr Arglwydd wrth Moses, "Yr wyf wedi clywed grwgnach yr Israeliaid; dywed wrthynt, 'Yn y cyfnos cewch fwyta cig, ac yn y bore cewch eich gwala o fara; yna byddwch yn gwybod mai myfi yw'r Arglwydd eich Duw.' "

Yn yr hwyr daeth soffleir a gorchuddio'r gwerysll, ac yn y bore yr oedd haen o wlith o'i amgylch. Pan gododd y gwllith, yr oedd caenen denau ar hyd wyneb yr anialwch, mor denau â llwydrew ar y ddaear. Gwelodd yr Israeliaid ef, a dweud wrth ei gilydd, "Beth yw hwn? Oherwydd nid oeddent yn gwybod beth ydoedd. Dywedodd Moses wrthynt, "Hwn yw'r bara a roddodd yr Arglwydd i chwi i'w fwyta. Dyma a orchynnodd yr Arglwydd: 'Y mae pob un i gasglu ohono gymaint ag a all ei fwyta; cymerwch omer yr un ar gyfer pawb sydd yn eich pabell.' " Gwnaeth yr Israeliaid hyn; yr oedd rhai'n casglu llawer, eraill ychydig, ac wedi iddynt ei fesur wrth yr omer, nid oedd gormod gan y sawl a gasglodd lawer, na phrinder gan y sawl a gasglodd ychydig. Yr oedd pob un yn casglu cymaint ag a allai ei fwyta. Dywedodd Moses wrthynt, "Peidied neb â chadw dim ohono'n weddill hyd drannoeth." Ond ni wrandawsant arno, a chadwodd rhai beth ohono'n weddill hyd drannoeth; magodd bryfed, a dechreuodd ddrewi, ac yr oedd Moses yn ddig wrthynt. Casglasant bob bore gymaint ag a allent ei fwyta, ond pan boethai'r haul, fe doddai.

Ar y chweched dydd casglasant ddwywaith cymaint o fara, dau omer yr un, a daeth holl swyddogion y cynulliad at Moses i fynegi hyn iddo. Dywedodd yntau wrthynt, "Dyma a orchynnodd yr Arglwydd: 'Bydd yfory yn ddydd o orffwys, ac yn Saboth wedi ei gysegro i'r Arglwydd.' Felly pobwch yr hyn y bydd ei angen arnoch, a berwi'r hyn y bydd arnoch ei eisiau; yna rhwch o'r neilltu bopeth sydd yn weddill, a chadwch ef hyd y bore." Fe'i cadwasant hyd y bore, fel yr oedd Moses wedi gorchymyn, ac ni ddrewodd na magu pryfed. Yna dywedodd Moses, "Bwytechw ef heddiw, oherwydd y mae'r dydd hwn yn Saboth i'r Arglwydd; ni chewch mohono yn y maes heddiw. Am chwe diwrnod y casglwch ef, ond ar y seithfed dydd, sef y Saboth, ni bydd dim ohono ar gael." Aeth rhai o'r bobl allan ar y seithfed dydd i'w gasglu, ond ni chawsant ddim. Dywedodd yr Arglwydd wrth Moses, "Am ba hyd yr ydych am wrthod cadw fy ngorchmynion a'm cyfreithiau? Edrychwch, yr Arglwydd a roddodd y Saboth i chwi; am hynny, fe rydd i chwi ar y chweched dydd fara am ddau ddiwrnod. Arhoswch gartref, bawb ohonoch, a pheidied neb â symud oddi yno ar y seithfed dydd." Felly gorffwysodd y bobl ar y seithfed dydd.

Rhododd tŷ Israel yr enw manna arno; yr oedd fel had coriander, yn wyn, a'i flas fel afrlladen wedi ei gwneud o fêl. Dywedodd Moses, "Dyma a orchynnodd yr Arglwydd: 'Llanwer omer ohono i'w gadw ar gyfer y cenedlaethau a ddaw, er mwyn iddynt weld y bara a rois i chwi i'w fwyta yn yr anialwch pan ddygais chwi allan o wlad yr Aiff.' " Dywedodd Moses wrth Aaron, "Cymer grochan, a

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 said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days." So Moses and Aaron said to all the Israelites, "In the evening you shall know that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, because he has heard your complaining against the Lord. For what are we, that you complain against us?" And Moses said, "When the Lord gives you meat to eat in the evening and your fill of bread in the morning, because the Lord has heard the complaining that you utter against him—what are we? Your complaining is not against us but" against the Lord. Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. 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. This is what the Lord has commanded: 'Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.' " The Israelites did so, some gathering more, some less. But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed. And Moses said to them, "Let no one leave any of it over until morning." But they did not listen to Moses; some left part of it until morning, and it bred worms and became foul. And Moses was angry with them. Morning by morning they gathered it, as much as each needed; but when the sun grew hot, it melted.

rho ynddo omer lawn o'r manna, a'i osod o flaen yr Arglwydd, i'w gadw ar gyfer y cenedlaethau a ddaw." Gosododd Aaron ef o flaen y dystiolaeth i'w gadw, fel yr oedd yr Arglwydd wedi gorchymyn i Moses. Bu'r Israeliaid yn bwyta manna am ddeugain mlynedd, nes iddynt ddod i wlad gyfannedd ar gyrion gwlad Canaan.

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

**Diolch a fo i Dduw.**

## Salm / Psalm

My soul is satisfied as with a rich feast,  
and my mouth praises you with joyful lips  
when I think of you on my bed,  
and meditate on you in the watches of the night;

**for you have been my help,  
and in the shadow of your wings I sing for joy.  
My soul clings to you;  
your right hand upholds me.**

But those who seek to destroy my life  
shall go down into the depths of the earth;  
they shall be given over to the power of the sword,  
they shall be prey for jackals.

**But the king shall rejoice in God;  
all who swear by him shall exult,  
for the mouths of liars will be stopped.**

## Myfyrdod / Reflection

Lynda Cowan

## Gweddi / Prayer

Be exalted, O God, above the heavens.

**May your glory cover the earth.**

Renew your Church in holiness.

**And give your people the blessing of peace.**

Let your way be known on earth.

**And guide us in the paths of justice and truth.**

Do not let the least, O God, be forgotten.

**Nor the hope of the lost be taken away.**

O God, hear our prayer.

**For we put our trust in you.**

Fel y dysgodd Iesu, gweddiwn ninnau. As Jesus taught, we pray.

**Ein Tad / Our Father**

On the sixth day they gathered twice as much food, two omers apiece. When all the leaders of the congregation came and told Moses, he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy sabbath to the Lord; bake what you want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning.'" So they put it aside until morning, as Moses commanded them; and it did not become foul, and there were no worms in it. Moses said, "Eat it today, for today is a sabbath to the Lord; today you will not find it in the field. Six days you shall gather it; but on the seventh day, which is a sabbath, there will be none." On the seventh day some of the people went out to gather, and they found none. The Lord said to Moses, "How long will you refuse to keep my commandments and instructions? See! The Lord has given you the sabbath, therefore on the sixth day he gives you food for two days; each of you stay where you are; do not leave your place on the seventh day." So the people rested on the seventh day. The house of Israel called it manna; it was like coriander seed, white, and the taste of it was like wafers made with honey.

Moses said, "This is what the Lord has commanded: 'Let an omer of it be kept throughout your generations, in order that they may see the food with which I fed you in the wilderness, when I brought you out of the land of Egypt.'" And Moses said to Aaron, "Take a jar, and put an omer of manna in it, and place it before the Lord, to be kept throughout your generations." As the Lord commanded Moses, so Aaron placed it before the covenant, for safekeeping. The Israelites ate manna forty years, until they came to a habitable land; they ate manna, until they came to the border of the land of Canaan.

Geiriau / Words:  
Bernhard Severin  
Ingemann  
Cyfieithiad /  
Translation: S.  
Baring-Gould, Elis  
Wyn o Wyrfaï  
Tôn / Tune:  
Corvedale,  
Maurice Bevan

## Emyn / Hymn

Through the night of doubt and sorrow  
onward goes the pilgrim band,  
singing songs of expectation,  
marching to the promised land.  
Clear before us through the darkness  
gleams and burns the guiding light;  
pilgrim clasps the hand of pilgrim,  
stepping fearless through the night.

Un yw golau presenoldeb  
Duw i'r gwardigol lu,  
yn disgleirio ar eu hwyneb  
a gwasgaru dychryn du.  
Un yw amcan taith yr anial,  
bywiol ffydd, un hefyd yw;  
un y taer ddisgwyliad dyfal,  
un y gobaith ddyry Duw.

One the strain that lips of thousands  
lift as from the heart of one;  
one the conflict, one the peril,  
one the march in God begun:  
One the gladness of rejoicing  
on the far eternal shore,  
where the one almighty Father  
reigns in love for evermore.

One the light of God's own  
presence / o'er his ransomed  
people shed, / chasing far  
the gloom and terror, /  
brightening all the path we  
tread; / one the object of our  
journey, / one the faith which  
never tires, / one the earnest  
looking forward, / one the  
hope our God inspires.

## Cloi / Close

Dduw Abraham,  
Dduw'r berth danllyd a'r tir sanctaidd,  
**Tro ni o'r neilltu,  
i glywed geiriau d'addewid.**

Dduw Lazarus,  
Dduw'r niwl a'r tân a'r dyfroedd hollt,  
**Gwared ni a'n hachub ni,  
gorff ac enaid.**

Dduw Mair Fadlen  
Dduw'r manna a'r gwin,  
Dduw Gorff a Gwaed,  
**Dyro dy bresenoldeb i iacháu ac adfywio  
dy Eglwys a'th fyd.**

Dduw sydd Ysbryd Glân,  
Dduw sydd berthynas,  
**Ennyn ynom ni a rhyngom ni  
fflam dy gariad.**

A bendith Duw hollalluog,  
sydd inni'n Addewid a Gwaredwr, yn Bresenoldeb a Chyfaill,  
y Tad, y Mab, a'r Ysbryd Glân,  
a fo yn eich plith ac a drigo gyda chwi yn wastad.  
**Amen.**

God of Abraham, of burning  
bush and holy ground, Turn  
us aside and speak your  
promise. / God of Lazarus, of  
cloud and flame and parted  
sea, Strong to Deliver, save  
us, body and soul. / God of  
Mary Magdalen of manna  
and wine, of Body and Blood,  
Be present in healing and  
wholeness, in the Church  
and in the world. / God,  
the Holy Spirit, God who is  
relationship, Breathe and  
blaze in us, One in your love.  
/ And the blessing of God  
almighty, who is Promise,  
Deliverer, Presence and  
Relationship, the Father, the  
Son, and the Holy Spirit, be  
among you and remain with  
you always. Amen.



## Boreol Weddi Dydd Mercher Wednesday's Morning Prayer

Salm / Psalm 51  
Exodus 17:1-15

### Ymgynnull / Gathering

We come to you as Abraham did,  
**Gazing at your promise in the night sky,  
the fullness of life you intend for us.**

We come to you as Lazarus did,  
**Startled as you deliver us from oppression,  
as you wake us from distance and death.**

We come to you as Mary Magdalen did,  
**Knowing you,  
known by you,  
wanting nothing more than your presence.**

We come to you,  
who came first to us,  
**As Spirit  
within us and inbetween us,  
breathing relationship,  
blazing love.**

We come to you,  
Father, Son and Holy Spirit.  
**Blessed be God for ever.**

### Colect / Collect

Dduw ein hynafiaid a'n hyfory,  
ti yn unig sydd waredigaeth rhag llesgedd ein cyfnos  
drwy wawr dy bresenoldeb,  
rhyddid dy alwad,  
a gwir natur dy drugaredd bywiol.  
Yn ein gweinidogaethau, a thrwyddynt,  
boed i'th air yngan addewid,  
dy sacramentau gyhoeddi coflaid,  
a'th Ysbryd fendithio'r Eglwys a'th holl bobl sanctaidd.  
Gofynnwn hyn yn enw Iesu,  
sydd inni'n Addewid a Gwaredwr, yn Bresenoldeb a Chyfaill.  
**Amen.**

God of our forebears and our future, you alone deliver us from the darkness of decline and despair into the hope of your presence, the liberty of your demands, and the reality of your life-giving mercy. In and through our ministries, let your word speak of your promise, your sacraments herald your embrace, and your Spirit bless the Church and all your holy people. This we ask through Jesus, who is Promise, Deliverer, Presence and Friend. Amen.

Geiriau / Words:  
Herbert O'Driscoll  
Tôn / Tune:  
Ebenezer, Thomas  
Williams

## Emyn / Hymn

“Let my people seek their freedom  
in the wilderness awhile,  
from the slave pens of the Delta,  
from the ghettos on the Nile”:  
So God spoke from out of Sinai,  
so God spoke and it was done,  
and a people crossed the waters  
toward the rising of the sun.

“Let my people seek their freedom  
in the wilderness awhile,  
from the aging shrines and structures,  
from the cloister and the aisle”:  
so the Son of God has spoken,  
and the storm clouds are unfurled,  
for God’s people must be scattered  
to be servants in the world.

When we murmur on the mountains  
for the old Egyptian plains,  
when we miss our ancient bondage,  
and the hope, the promise, wanes;  
then the rock shall yield its water  
and the manna fall by night,  
and with visions of a future  
shall we march toward the light.

Ac yng nghanol bwrlwm heddiw,  
holl brysurau’n canrif ni,  
yma ’nghanol pob temtasiwn,  
gwir yn brin a rhith yn llw,  
clywn o’r canol awch y cread  
am beth dyfnach, am un tryw,  
ac i’r canol down â’r Iesu,  
frawd yr oesoedd, fythol Dduw.

In the maelstrom of the  
nations, / in the journeying  
into space, / in the clash  
of generations, / in the  
hungering for grace, / in the  
agony and glory, / we are  
called to newer ways / by the  
Lord of our tomorrows / and  
the God of earth’s todays.

## Salm / Psalm

Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.  
Wash me thoroughly from my iniquity,  
and cleanse me from my sin.

**For I know my transgressions,  
and my sin is ever before me.  
Against you, you alone, have I sinned,  
and done what is evil in your sight,  
so that you are justified in your sentence  
and blameless when you pass judgement.  
Indeed, I was born guilty,  
a sinner when my mother conceived me.**

You desire truth in the inward being;  
therefore teach me wisdom in my secret heart.  
Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.  
Let me hear joy and gladness;  
let the bones that you have crushed rejoice.  
Hide your face from my sins,  
and blot out all my iniquities.

**Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.**

Then I will teach transgressors your ways,  
and sinners will return to you.  
Deliver me from bloodshed, O God,  
O God of my salvation,  
and my tongue will sing aloud of your deliverance.

## Darlleniad / Reading

Darlleniad o lyfr Exodus.

Aeth holl gynulliad pobl Israel ymaith o anialwch Sin a symud o le i le fel yr oedd yr Arglwydd yn gorchymyn, a gwersyllu yn Reffidim; ond nid oedd yno ddŵr i'w yfed. Felly dechreuodd y bobl ymryson â Moses, a dweud, "Rho inni ddŵr i'w yfed." Ond dywedodd Moses wrthynt, "Pam yr ydych yn ymryson â mi ac yn herio'r Arglwydd?" Yr oedd y bobl yn sychedu yno am ddŵr, a dechreuasant rwgnach yn erbyn Moses, a dweud, "Pam y daethost â ni i fyny o'r Aifft? Ai er mwyn ein lladd ni a'n plant a'n hanifeiliaid â syched?" Felly galwodd Moses ar yr Arglwydd a dweud, "Beth a wnaif â'r bobl hyn? Y maent bron â'm llabyddio!" Dywedodd yr Arglwydd wrtho, "Cerdda o flaen y bobl gyda rhai o henuriaid Israel, a chymer yn dy law y wialen y trewaist y Neil â hi, a dos ymlaen. Pan weli fi'n sefyll o'th flaen ar graig yn Horeb, taro'r graig, a daw dŵr allan ohoni, a chaiff y bobl yfed." Gwnaeth Moses hyn ym mhresenoldeb henuriaid Israel. Galwodd enw'r lle yn Massa a Meriba, oherwydd

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our

ymryson yr Israeliaid ac am iddynt herio'r Arglwydd trwy ofyn, "A yw'r Arglwydd yn ein plith, ai nac ydyw?"

Pan ddaeth Amalec i ymladd yn erbyn Israel yn Reffidim, dywedodd Moses wrth Josua, "Dewis dy wŷr, a dos ymaith i ymladd yn erbyn Amalec; yfory, fe gymeraf finau fy lle ar ben y bryn, â gwialen Duw yn fy llaw." Gwnaeth Josua fel yr oedd Moses wedi dweud wrtho, ac ymladdodd yn erbyn Amalec; yna aeth Moses, Aaron a Hur i fyny i ben y bryn. Pan godai Moses ei law, byddai Israel yn trechu; a phan ostyngai ei law, byddai Amalec yn trechu. Pan aeth ei ddwylo'n flinedig, cymerwyd carreg a'i gosod dano, ac eisteddodd Moses arni, gydag Aaron ar y naill ochr iddo a Hur ar y llall, yn cynnal ei ddwylo, fel eu bod yn gadarn hyd fachlud haul. Felly, gorchfygodd Josua Amalec a'i bobl â min y cleddyf.

Dywedodd yr Arglwydd wrth Moses, "Ysgrifenna hyn mewn llyfr yn goffadwriaeth, a mynega'r peth yng nghlyw Josua, sef fy mod am ddileu yn llwyr oddi tan y nefoedd bob atgof am Amalec." Yna adeiladodd Moses allor a'i henwi'n Jehofa-nissi, a dweud, "Llaw ar faner yr Arglwydd! Bydd rhyfel rhwng yr Arglwydd ac Amalec o genhedlaeth i genhedlaeth."

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

**Diolch a fo i Dduw.**

## Salm / Psalm

O Lord, open my lips,  
and my mouth will declare your praise.  
For you have no delight in sacrifice;  
if I were to give a burnt-offering, you would not be pleased.  
The sacrifice acceptable to God is a broken spirit;  
a broken and contrite heart, O God, you will not despise.

**Do good to Zion in your good pleasure;  
rebuild the walls of Jerusalem,  
then you will delight in right sacrifices,  
in burnt-offerings and whole burnt-offerings;  
then bulls will be offered on your altar.**

## Myfyrdod / Reflection

Kathy Jones

children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Then Amalek came and fought with Israel at Rephidim. Moses said to Joshua, "Choose some men for us and go out, fight with Amalek. Tomorrow I will stand on the top of the hill with the staff of God in my hand." So Joshua did as Moses told him, and fought with Amalek, while Moses, Aaron, and Hur went up to the top of the hill. Whenever Moses held up his hand, Israel prevailed; and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary; so they took a stone and put it under him, and he sat on it. Aaron and Hur held up his hands, one on one side, and the other on the other side; so his hands were steady until the sun set. And Joshua defeated Amalek and his people with the sword.

Then the Lord said to Moses, "Write this as a reminder in a book and recite it in the hearing of Joshua: I will utterly blot out the remembrance of Amalek from under heaven." And Moses built an altar and called it, The Lord is my banner.

## Gweddi / Prayer

Mewn tangnefedd gweddiwn ar Dduw hollalluog.

Dros ein teuluoedd, ein ffrindiau a'n cymdogion yng Nghymru, a thros bawb on hamgylch yma yn eu gwaith a'u bywyd beunyddiol.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros ein cymunedau gartref, ein cenedl a'i llywodraethau; dros bawb sy'n gweithio o blaid cyfiawnder, rhyddid a heddwch.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros iawn ddefnydd o'th greadigaeth; dros y rhai sy'n dioddef newyn, ofn, anghyfiawnder neu orthrwm.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros bawb sydd mewn perygl, galar neu unrhyw fath o drallod; dros y claf, y digyfaill a'r anghenus a thros bawb sy'n gweini arnynt.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros Andy, ein hesgob, dros Sarah, Esgob Llundain, a thros Dimau a Chynghorau ein Hardaloedd Gweinidogaeth.

Tawelwch / Silence

Dduw, yn dy drugaredd,  
**gwrando ein gweddi.**

Dros heddwch, cenhadaeth ac undod yr Eglwys; dros bawb sy'n cyhoeddi'r Efengyl a phawb sy'n chwilio am y gwirionedd.

Dad trugarog,  
**derbyn y gweddïau hyn  
er mwyn dy Fab,  
ein Gwaredwr Iesu Grist. Amen.**

Fel y dysgodd Iesu, gweddiwn ninnau. As Jesus taught, we pray.  
**Ein Tad / Our Father**

In peace let us pray to almighty God. / For our families, friends and neighbours in Wales, and for those around us here in their daily life and work. / For our home community, for our nation and its governments; for all who work for justice, freedom and peace. / For the right use of your creation; for the victims of hunger, fear, injustice or oppression. / For all in danger, sorrow or any kind of trouble; for those who are sick, lonely or in need and for those who serve and care for them. For Andy, our bishop, for Sarah, Bishop of London, for our Ministry Area Teams and Ministry Area Councils. / For the peace, mission and unity of the Church; for all who proclaim the Gospel and all who search for truth.

Geiriau / Words:  
Richard Gillard  
Tôn / Tune:  
Servant Song,  
Richard Gillard

## Emyn / Hymn

Frawd, chwaer, dyma law i'th helpu,  
rho dy law di ynnddi hi,  
minnau'n gafael ynot tithau,  
Crist, a thi, a mi, yn dri.

Pererinion ym ar siwrnai,  
ar y cyd hyd erwau'r daith,  
yma ym yn gefn i'n gilydd,  
teithio'r filltir, rhannu'r baich.

I will hold the Christlight for you  
in the night-time of your fear;  
I will hold my hand out to you,  
speak the peace you long to hear.

I will weep when you are weeping;  
when you laugh I'll laugh with you;  
I will share your joy and sorrow,  
till we've seen this journey through.

When we sing to God in heaven,  
we shall find such harmony,  
born of all we've known together  
of Christ's love and agony.

Frawd, chwaer, dyma law i'th helpu,  
rho dy law di ynnddi hi,  
minnau'n gafael ynot tithau,  
Crist, a thi, a mi, yn dri.

Brother, sister, let me serve  
you; / let me be as Christ to  
you; / pray that I may have  
the grace to / let you be  
my servant too. // We are  
pilgrims on a journey, / and  
companions on the road;  
/ we are here to help each  
other / walk the mile and  
bear the load.

## Cloi / Close

God of Abraham,  
of burning bush and holy ground,

**Turn us aside  
and speak your promise.**

God of Lazarus,  
of cloud and flame and parted sea,

**Strong to Deliver,  
save us, body and soul.**

God of Mary Magdalen  
of manna and wine,  
of Body and Blood,

**Be present in healing and wholeness,  
in the Church and in the world.**

God, the Holy Spirit,  
God who is relationship,

**Breathe and blaze in us,  
One in your love.**

And the blessing of God almighty,  
who is Promise, Deliverer, Presence and Relationship,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**Amen.**



## Addoliad i Gloi Closing Worship

Salm / Psalm 100  
Exodus 35:20-29, 40:34-38

### Ymgynnull / Gathering

Deuwn atat fel y daeth Abraham,  
**Gan geisio d'addewid yn y lloer,  
bywyd bythol dy fwriad dwyfol.**

Deuwn atat fel y daeth Lasarus,  
**Yn synnu i ti ein gwaredu,  
a'n deffro o ddieithrwch y bedd.**

Deuwn atat fel y daeth Mair Fadlen,  
**Yn d'adnabod  
am i ti ein hadnabod ninnau,  
yn ysu am agosatrwydd dy bresenoldeb.**

Deuwn atat,  
yr hwn ddaeth gyntaf atom ni,  
**Yr Ysbryd  
ynom a rhyngom,  
anadl ein perthynas,  
fflam ein cariad.**

Deuwn atat,  
Dad, Mab ac Ysbryd Glân.  
**Bendigedig fyddo Duw am byth.**

### Colect / Collect

God of our forebears and our future,  
you alone deliver us from the darkness of decline and despair  
into the hope of your presence,  
the liberty of your demands,  
and the reality of your life-giving mercy.  
In and through our ministries,  
let your word speak of your promise,  
your sacraments herald your embrace,  
and your Spirit bless the Church and all your holy people.  
This we ask through Jesus,  
who is Promise, Deliverer, Presence and Friend.  
**Amen.**

We come to you as Abraham did, Gazing at your promise in the night sky, the fullness of life you intend for us. / We come to you as Lazarus did, Startled as you deliver us from oppression, as you wake us from distance and death. / We come to you as Mary Magdalen did, Knowing you, known by you, wanting nothing more than your presence. / We come to you, who came first to us, As Spirit within us and inbetween us, breathing relationship, blazing love. / We come to you, Father, Son and Holy Spirit. Blessed be God for ever.

Geiriau / Words:  
David J. Evans  
Cyfieithiad /  
Translation: R.  
Glyn Jones  
Tôn / Tune: Be  
Still, David J.  
Evans

## Emyn / Hymn

Be still, for the presence of the Lord,  
the Holy One, is here;  
come bow before him now  
with reverence and fear:  
in him no sin is found –  
we stand on holy ground.  
Be still, for the presence of the Lord,  
the Holy One, is here.

Distewch, cans gogoniant Crist ei hun  
o'n cylch lewyrcha'n gry';  
fe lysg â sanctaidd dân,  
mawr ei ysblander fry:  
brawychus yw ei nerth,  
Breswlydd mawr y berth;  
distewch, cans gogoniant Crist ei hun  
o'n cylch lewyrcha'n gry'.

Be still, for the power of the Lord  
is moving in this place;  
He comes to cleanse and heal,  
to minister his grace –  
no work too hard for him.  
In faith receive from him.  
Be still, for the power of the Lord  
is moving in this place.

Be still, for the glory of the  
Lord is shining all around; /  
he burns with holy fire, with  
splendour he is crowned: /  
how awesome is the sight -  
our radiant King of light! Be  
still, for the glory of the Lord  
is shining all around.

## Salm / Psalm

Cenwch yn llafar i'r Arglwydd, yr holl ddaear.  
Gwasanaethwch yr Arglwydd mewn llawenydd:  
deuwch o'i flaen ef â chân.

Gwybyddwch mai yr Arglwydd sydd Dduw:  
efe a'n gwnaeth, ac nid ni ein hunain:  
ei bobl ef ydym, a defaid ei borfa.

Make a joyful noise to the  
Lord, all the earth. Worship  
the Lord with gladness;  
come into his presence with  
singing. / Know that the Lord  
is God. It is he that made us,  
and we are his; we are his  
people, and the sheep of his  
pasture.

## Darlleniad / Reading

A reading from the Book of Exodus.

Then all the congregation of the Israelites withdrew from the presence of Moses. And they came, everyone whose heart was stirred, and everyone whose spirit was willing, and brought the Lord's offering to be used for the tent of meeting, and for all its service, and for the sacred vestments. So they came, both men and women; all who were of a willing heart brought brooches and earrings and signet rings and pendants, all sorts of gold objects, everyone bringing an offering of gold to the Lord. And everyone who possessed blue or purple or crimson yarn or fine linen or goats' hair or tanned rams' skins or fine leather, brought them. Everyone who could make an offering of silver or bronze brought it as the Lord's offering; and everyone who possessed acacia wood of any use in the work, brought it. All the skillful women spun with

their hands, and brought what they had spun in blue and purple and crimson yarns and fine linen; all the women whose hearts moved them to use their skill spun the goats' hair. And the leaders brought onyx stones and gems to be set in the ephod and the breastpiece, and spices and oil for the light, and for the anointing oil, and for the fragrant incense. All the Israelite men and women whose hearts made them willing to bring anything for the work that the Lord had commanded by Moses to be done, brought it as a freewill offering to the Lord.

When the work was completed, the cloud covered the tent of meeting, and the glory of the Lord filled the tabernacle. Moses was not able to enter the tent of meeting because the cloud settled upon it, and the glory of the Lord filled the tabernacle. Whenever the cloud was taken up from the tabernacle, the Israelites would set out on each stage of their journey; but if the cloud was not taken up, then they did not set out until the day that it was taken up. For the cloud of the Lord was on the tabernacle by day, and fire was in the cloud by night, before the eyes of all the house of Israel at each stage of their journey.

Listen to what the Spirit is saying to the Church.

**Thanks be to God.**

## Salm / Psalm

Ewch i mewn i'w byrth ef â diolch, ac i'w gynteddau â mawl:  
diolchwch iddo, a bendithiwch ei enw.

**Canys da yw yr Arglwydd:  
ei drugaredd sydd yn dragywydd;  
a'i wirionedd hyd genhedlaeth a chenedlaeth.**

Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. / For the Lord is good; his steadfast love endures for ever, and his faithfulness to all generations.

## Myfyrdod / Reflection

Yr Esgob / The Bishop

## Gweddi / Prayer

Be exalted, O God, above the heavens.

**May your glory cover the earth.**

Renew your Church in holiness.

**And give your people the blessing of peace.**

Let your way be known on earth.

**And guide us in the paths of justice and truth.**

Do not let the least, O God, be forgotten.

**Nor the hope of the lost be taken away.**

O God, hear our prayer.

**For we put our trust in you.**

Fel y dysgodd Iesu, gweddiwn ninnau. As Jesus taught, we pray.

**Ein Tad / Our Father**

Geiriau / Words:  
William Williams  
Cyfieithiad /  
Translation: Peter  
Williams  
Tôn / Tune: Cwm  
Rhondda, John  
Hughes

## Emyn / Hymn

Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but thou art mighty,  
hold me with thy powerful hand.  
Bread of heaven,  
feed me till I want no more.

Colofn dân rho'r nos i'm harwain,  
a rho golofn niwl y dydd;  
dal fi pan fwy'n teithio'r manau  
geirwon yn ffordd y sydd;  
rho im fanna  
fel na bwyf yn llwfrhau.

Agor y ffynhonnau melys  
sydd yn tarddu o'r graig i maes;  
'r hyd yr anial mawr canlyned  
afon iachawdwriaeth gras;  
rho im hynny:  
dim i mi ond dy fwynhau.

When I tread the verge of Jordan,  
bid my anxious fears subside;  
Death of death, and hell's destruction  
land me safe on Canaan's side.  
Songs of praises  
I will ever give to thee.

Give a column of fire to lead  
me at night, / and give a  
column of fog during the  
day. / Hold me when I will be  
travelling places / which are  
rough along my way. / Give  
me manna, / so that I shall  
not faint. // Open now the  
crystal fountain / whence  
the healing stream doth  
flow; / let the fire and cloudy  
pillar / lead me all thy journey  
through. / Strong Deliverer, /  
be thou still my Strength and  
Shield.

## Cloi / Close

Dduw Abraham,  
Dduw'r berth danllyd a'r tir sanctaidd,  
**Tro ni o'r neilltu,  
i glywed geiriau d'addewid.**

Dduw Lazarus,  
Dduw'r niwl a'r tân a'r dyfroedd hollt,  
**Gwared ni a'n hachub ni,  
gorff ac enaid.**

Dduw Mair Fadlen  
Dduw'r manna a'r gwin,  
Dduw Gorff a Gwaed,  
**Dyro dy bresenoldeb i iacháu ac adfywio  
dy Eglwys a'th fyd.**

Dduw sydd Ysbryd Glân,  
Dduw sydd berthynas,  
**Ennyn ynom ni a rhyngom ni  
fflam dy gariad.**

A bendith Duw hollalluog,  
sydd inni'n Addewid a Gwaredwr, yn Bresenoldeb a Chyfaill,  
y Tad, y Mab, a'r Ysbryd Glân,  
a fo yn eich plith ac a drigo gyda chwi yn wastad.  
**Amen.**

God of Abraham, of burning bush and holy ground, Turn us aside and speak your promise. / God of Lazarus, of cloud and flame and parted sea, Strong to Deliver, save us, body and soul. / God of Mary Magdalen of manna and wine, of Body and Blood, Be present in healing and wholeness, in the Church and in the world. / God, the Holy Spirit, God who is relationship, Breathe and blaze in us, One in your love. / And the blessing of God almighty, who is Promise, Deliverer, Presence and Relationship, the Father, the Son, and the Holy Spirit, be among you and remain with you always. Amen.

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**Esgobaeth  
Bangor**  
The Diocese  
of Bangor

Yr Eglwys yng Nghymru  
The Church in Wales

