

Trefn Ar Gyfer y Cymun Bendigaid Y GARAWYS



Order for Holy Communion LENT



Esgobaeth Abertawe ac Aberhonddu
The Diocese of Swansea and Brecon

1. Y DOD YNGHYD

Gellir canu emyn, salm neu anthem.

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

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

Dad nefol, y mae pob calon yn agored i ti.
Ni allwn guddio un dim oddi wrthyt.
Glanha ni â fflam dy Ysbryd Glân
er mwyn inni dy garu a'th addoli'n ffyddlon,
trwy Iesu Grist ein Harglwydd. Amen.

Arglwydd Iesu, fe'th anfonwyd i iacháu'r rhai edifeiriol.
Arglwydd, trugarha.
Arglwydd, trugarha.

Arglwydd Iesu, daethost i alw pechaduriaid.
Crist, trugarha.
Crist, trugarha.

Arglwydd Iesu, yr wyt yn ymbil trosom ar ddeheulaw'r Tad.
Arglwydd, trugarha.
Arglwydd, trugarha.

Distawrwydd

Sefyll

1. THE GATHERING

A hymn, psalm or anthem may be sung.

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

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

Heavenly Father, all hearts are open to you.
No secrets are hidden from you.
Purify us with the fire of your Holy Spirit
that we may love and worship you faithfully,
through Jesus Christ our Lord. Amen.

Lord Jesus, you were sent to heal the contrite.
Lord, have mercy.
Lord, have mercy.

Lord Jesus, you came to call sinners.
Christ, have mercy.
Christ, have mercy.

Lord Jesus, you plead for us at the right hand of the Father.
Lord, have mercy.
Lord, have mercy.

Silence

Stand

Penlinio

Kneel

Dad nefol,
yr ydym wedi pechu ar feddwl, gair a gweithred,
a heb wneud yr hyn a ddylem.
Mae'n wir ddrwg gennym,
ac yr ydym o ddifrif yn edifarhau.
Er mwyn dy Fab Iesu Grist a fu farw drosom,
maddeua inni'r cwbl a aeth heibio
ac arwain ni yn ei ffordd ef
i gerdded fel plant y goleuni. Amen.

Yr Hollalluog Dduw,
sy'n maddau i bawb sy'n wir edifeiriol,
a drugarhao wrthych, a'ch rhyddhau o bechod,
eich cadarnhau mewn daioni a'ch cadw yn y bywyd tragwyddol;
trwy Iesu Grist ein Harglwydd. Amen.

Colect y Dydd
Gweddïwn.

2. CYHOEDDI'R GAIR

Darlleniad o'r Hen Destament
Wedyn gall y darllenydd ddweud
Dyma air yr Arglwydd
Diolch a fo i Dduw.

(Salm neu Emyn)

Darlleniad o'r Testament Newydd
Wedyn gall y darllenydd ddweud
Dyma air yr Arglwydd
Diolch a fo i Dduw.

(Salm neu Emyn)

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

Almighty God,
who forgives all who truly repent,
have mercy on you and set you free from sin,
strengthen you in goodness and keep you in eternal life;
through Jesus Christ our Lord. Amen.

The Collect of the Day
Let us pray.

2. THE PROCLAMATION OF THE WORD

An Old Testament Reading
The Reader may then say;
This is the word of the Lord
Thanks be to God.

(Psalm/Hymn)

A New Testament Reading
The Reader may then say;
This is the word of the Lord
Thanks be to God.

(Psalm/Hymn)

Eistedd

Sit

Yr Efengyl
Dywed y darllenydd
Gwrandewch Efengyl Crist yn ôl Sant ...
Gogoniant i ti, O Arglwydd.

Sefyll

Ar ôl yr Efengyl dywed y darllenydd
Dyma Efengyl yr Arglwydd.
Moliant i ti, O Grist.

Y Bregeth

Eistedd

Cadarnhau'r Ffydd - Credo Nicea

Sefyll

**Credwn yn un Duw,
Y Tad, yr hollalluog,
gwneuthurwr nef a daear,
a phob peth gweledig ac anweledig.**

**Credwn yn un Arglwydd Iesu Grist,
unig Fab Duw,
a genhedlwyd gan y Tad cyn yr holl oesoedd,
Duw o Dduw, Llewyrch o Lewyrch,
gwir Dduw o wir Dduw,
wedi ei genhedlu, nid wedi ei wneuthur,
yn un hanfod â'r Tad,
a thrwyddo ef y gwnaed pob peth.
Er ein mwyn ni ac er ein hiachawdwriaeth
disgynnodd o'r nefoedd;
trwy nerth yr Ysbryd Glân daeth yn gnawd o Fair Forwyn,
ac fe'i gwnaed yn ddyn,
Fe'i croeshoeliwyd drosom dan Pontius Pilat.
Dioddefodd angau ac fe'i claddwyd.**

**Atgyfododd y trydydd dydd
yn ôl yr Ysgrythurau,
ac esgynnodd i'r nef,**

The Gospel
The reader says
Listen to the Gospel of Christ according to Saint ...
Glory to you, O Lord.

Stand

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

The Sermon

Sit

An Affirmation of the Faith - The Nicene Creed

Stand

**We believe in one God,
the Father, the almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God, begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven;
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven**

ac y mae'n eistedd ar ddeheulaw'r Tad.
A daw drachefn mewn gogoniant
i farnu'r byw a'r meirw:
ac ar ei deyrnas ni bydd diwedd.

Credwn yn yr Ysbryd Glân,
yr Arglwydd, rhoddwr bywyd,
sy'n deillio o'r Tad a'r Mab,
ac ynghyd â'r Tad a'r Mab
a gydaddolir ac a gydogoneddir,
ac a lefarodd trwy'r proffwydi.

Credwn yn un Eglwys lân gatholig ac apostolig.
Cydnabyddwn un bedydd er maddeuant pechodau.
A disgwyliwn am atgyfodiad y meirw,
a bywyd y byd sydd i ddyfod. Amen.

3. YR YMBILIAU

Penlinio

4. Y TANGNEFEDD

Sefyll

Am hynny, oherwydd ein bod wedi ein cyfiawnhau trwy ffydd, y mae gennym
feddiant ar heddwch â Duw trwy ein Harglwydd Iesu Grist.

Tangnefedd yr Arglwydd a fo gyda chwi bob amser.
A hefyd gyda thi.

Gellir cyfnewid arwydd tangnefedd.

*Gellir canu emyn, salm neu anthem.
Pan wneir casgliad fe'i dygir at yr offeiriad.*

and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

3. THE INTERCESSIONS

Kneel

4. THE PEACE

Stand

Now that we have been justified through faith, we are at peace with God through
our Lord Jesus Christ.

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

A sign of peace may be exchanged.

*A hymn, psalm or anthem may be sung.
When a collection is taken it is brought to the priest.*

5. Y DIOLCH

Sefyll

Bendigedig wyt ti, Arglwydd Dduw yr holl greadigaeth.
Trwy dy ddaioni y mae gennym y bara hwn i'w offrymu,
rhodd y ddaear a gwaith dwylo dynol.

Fe ddaw i ni yn fara'r bywyd.

Bendigedig fyddo Duw am byth.

Bendigedig wyt ti, Arglwydd Dduw yr holl greadigaeth.
Trwy dy ddaioni y mae gennym y gwin hwn i'w offrymu,
ffrwyth y winwydden a gwaith dwylo dynol.

Fe ddaw i ni yn ddiod ysbrydol.

Bendigedig fyddo Duw am byth.

Gweddï Ewcharistaid 4

Yr Arglwydd a fo gyda chwi.

A hefyd gyda thi.

Dyrchefwch eich calonnau.

Yr ydym yn eu dyrchafu at yr Arglwydd.

Diolchwn i'r Arglwydd ein Duw.

Iawn yw rhoi ein diolch a'n clod.

Iawn yn wir, ein dyletswydd a'n llawenydd
bob amser ac ym mhob lle
yw diolch i ti, Dad Sanctaidd,
hollalluog a bythfywiol Dduw,
trwy Iesu Grist ein Harglwydd.

Rhaglith briod ar gyfer y Garawys tan y Dioddefaint

A brofwyd ym mhob peth, ond na phechodd.

Trwy ei ras medrwn drechu pob drygioni

a byw mwyach nid i ni ein hunain

ond i'r un a fu fawr trosom ac a atgyfodwyd

5. THE THANKSGIVING

Stand

Blessed are you, Lord, God of all creation.
Through your goodness we have this bread to offer,
which earth has given and human hands have made.
It will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord, God of all creation.
Through your goodness we have this wine to offer,
fruit of the vine and work of human hands.
It will become our spiritual drink.

Blessed be God for ever.

Eucharistic Prayer 4

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, it is our duty and our joy
at all times and in all places
to give you thanks, holy Father,
all-powerful and everliving God,
through Jesus Christ our Lord

Proper preface for Lent until Passiontide

Who was tempted in every way, yet did not sin.

By his grace we are able to triumph over every evil

and to live no longer for ourselves alone

but for him who died for us and rose again.

Rhaglith briod Tymor y Dioddefaint

A'i darostyngodd ei hun ar wedd dynion,
gan fod yn ufudd hyd angau, ie, angau ar groes.
Fe'i drychafwyd oddi ar y ddaear
fel y tynnai bawb ato ef ei hun.

Felly, gyda llu'r angylion
a holl gwmpeini'r nef,
cyhoeddwn ogoniant dy enw
ac ymuno â hwy yn eu hemyn diderfyn o fawl:

**Sanctaid, sanctaid, sanctaid Arglwydd,
Duw gallu a nerth,
nef a daear sy'n llawn o'th ogoniant.
Hosanna yn y goruchaf.**

**Bendigedig yw'r hwn sy'n dyfod yn enw'r Arglwydd.
Hosanna yn y goruchaf.**

Pob moliant a diolch i ti, y gwir a'r bywiol Dduw,
Crëwr pob peth, Rhoddwr bywyd.
Lluniaist ni ar dy ddelw dy hun,
ond yr ydym ni wedi difwyno'r ddelw honno
a syrthio'n brin o'th ogoniant.
Rhoddwn ddiolch i ti
am anfon dy Fab i rannu ein bywyd ni;
fe'i hildiaist i farwolaeth fel y câ'r byd ei achub,
a'i atgofodi oddi wrth y meirw
fel y bo i ni fyw ynddo ef, ac yntau ynom ninnau.

Sancteiddia â'th Ysbryd y bara hwn a'r gwin hwn,
dy roddion inni,
fel y bônt i ni
yn gorff a gwaed ein Hiachawdwr, Iesu Grist.

Proper preface for Passiontide

Who, bearing the human likeness, humbled himself
and in obedience accepted death, even death on a cross.
He was lifted up from the earth
that he might draw all people to himself.

And so with the hosts of angles
and the whole company of heaven
we proclaim the glory of your name
and join in their unending hymn of praise:

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

**Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

All praise and thanks to you, true and living God,
Creator of all things, Giver of life.
You formed us in your own image;
but we have marred that image
and fall short of your glory.
We give you thanks
that you sent your Son to share our life;
you have him up to death that the world might be saved,
and you raised him from the dead
that we might live in him and he un us.

Sanctify with your Spirit this bread and wine,
your gifts to us
that they may be for us
the body and blood of our Saviour Jesus Christ.

Y nos y bradychwyd ef, cymerodd fara
ac, wedi rhoi diolch,
fe'i torrodd a'i roi i'w ddisgyblion, gan ddweud,
Cymerwch, bwyteuach; hwn yw fy nghorff a roddir drosoch:
gwnewch hyn er cof amdanaf.

Yr un modd, ar ôl swper cymerodd y cwpan;
ac wedi rhoi diolch,
fe'i rhoddodd iddynt, gan ddweud,
Yfwch o hwn, bawb,
oherwydd hwn yw fy ngwaed o'r cyfamod newydd
a dywelltir drosoch a thros lawer
er maddeuant pechodau:
gwnewch hyn bob tro yr yfwch ef
er cof amdanaf.

Gadewch inni gyhoeddi dirgelwch y ffydd:

Bu farw Crist.

Atgyfododd Crist.

Daw Crist mewn gogoniant.

Fel y gorchmynnoedd ef inni, O Dad,
yr ydym yn cofio Iesu Grist, dy Fab.
Gan gyhoeddi ei farwolaeth fuddugoliaethus,
a chan ymlawenhau yn ei atgyfodiad,
a disgwyl iddo ddod mewn gogoniant,
deuwn â'r bara hwn i ti a'r cwpan hwn.

Derbyn ein haberth o ddiolch a moliant.

Adfer ac adfywia dy holl bobl,

adnewyddda ni a phawb y gweddiwn trostynt

â'th ras a'th fendith nefol

a derbyn ni yn y diwedd gyda'th holl saint

i'r llawenydd diderfyn hwnnw a addawyd inni gan dy Fab,

ein Harglwydd Iesu Grist.

On the night he was betrayed, he took bread,
and when he had given thanks
he broke it and gave it to his disciples, saying,
Take, eat; this is my body which is given for you:
do this in remembrance of me.

In the same way, after supper he took the cup,
and when he had given thanks
he gave it to them, saying,
Drink from this, all of you;
for this is my blood of the new covenant
which is shed for you and for many
for the forgiveness of sins:
do this as often as you drink it
in remembrance of me.

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

As he commanded us, Father,
we remember Jesus Christ, your Son.
Proclaiming his victorious death,
rejoicing in his resurrection
and waiting for him to come in glory
we bring to you this bread, this cup.

Accept our sacrifice of thanks and praise.

Restore and revive your people,

renew us and all for whom we pray

with your grace and heavenly blessing,

and at the last revive us with all your saints

into that unending joy promised by your Son,

Jesus Christ our Lord.

Trwyddo ef, gydag ef, ac ynndo ef,
yn undod yr Ysbryd Glân,
eiddot ti, Dad hollalluog,
yw pob anrhydedd a gogoniant
yn oes oesoedd.

Amen.

Distawrwydd.

Fel y dysgodd ein Hiachawdwr ni, gweddiwn yn hyderus:

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

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours,
almighty Father,
for ever and ever.

Amen.

Silence.

As our Saviour taught us, we boldly pray:

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

6. Y CYMUN

Mae'r offeiriad yn torri'r bara.

Yr ydym yn torri'r bara hwn i rannu yng Nghorff Crist.
**A ninnau'n llawer, un corff ydym,
gan ein bod ni oll yn rhannu'r un bara.**

**Oen Duw,
sy'n dwyn ymaith bechodau'r byd:
trugarha wrthym.**
**Oen Duw,
sy'n dwyn ymaith bechodau'r byd:
trugarha wrthym.**
**Oen Duw,
sy'n dwyn ymaith bechodau'r byd:
dyro inni dangnefedd.**

Iesu yw Oen Duw
sy'n dwyn ymaith bechodau'r byd.
Gwyn eu byd y rhai a elwir i'w swper.
**Arglwydd, nid wyf yn deilwng i'th dderbyn,
ond dywed y gair a chaf fy iacháu.**

Neu

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

Mae'r offeiriad a'r bobl yn derbyn y cymun.

Gellir bendithio'r rhai nad ydynt yn cymuno.

Gellir canu emyn.

6. THE COMMUNION

The priest breaks the bread.

We break this bread to share in the body of Christ.
**Though we are many, we are one body
for we all share in one bread.**

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

Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.
**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

Or

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

The priest and people receive the communion.

Non-communicants may be given a blessing.

A hymn may be sung.

7. YR ANFON ALLAN

Sefyll

Diolchwch i'r Arglwydd, oherwydd graslon yw ef:
ei gariad sy'n dragywydd.

Defnyddir gweddi ôl-gymun ynghyd ag/neu un o'r gweddïau canlynol;

**Diolchwn i ti, ein Tad,
am ein porthi â chorff a gwaed dy Fab
yn y sacrament sanctaidd hwn,
y cawn trwyddo sicrwydd
o'r gobaith am fywyd tragwyddol.
Offrymwn ein hunain yn aberth bywiol i ti.
Cadw ni yng nghymdeithas ei gorff, yr Eglwys,
ac anfon ni allan yn nerth dy Ysbryd
i fyw ac i weithio er mawl a gogoniant i ti. Amen.**

Neu

**Dduw'r gwirionedd,
yr ydym wedi gweld â'n llygaid
a chyffwrdd â'n dwylo fara'r bywyd.
Cryfha ein ffydd
fel y tyfnw mewn cariad atat ti,
ac at ein gilydd,
trwy Iesu Grist, ein Harglwydd atgyfodedig. Amen.**

Yr Arglwydd a fo gyda chwi.
A hefyd gyda thi.

7. THE SENDING OUT

Stand

Give thanks to the Lord for he is gracious:
his love is everlasting.

A post-communion prayer and/or one of the following prayers is used;

**We thank you, Father,
for feeding us with the body and blood of your Son
in this holy sacrament,
through which we are assured
of the hope of eternal life.
We offer ourselves to you as a living sacrifice.
Keep us in the fellowship of his body, the Church,
and send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

Or

**God of truth,
we have seen with our eyes
and touched with our hands the bread of life.
Strengthen our faith
that we may grow in love for you
and for each other,
through Jesus Christ, our risen Lord. Amen.**

The Lord be with you.
And also with you.

Y Fendith

Rhodded Crist ras i chwi i gynyddu mewn sancteiddrwydd i ymwadu â chwi eich hunain, ac i godi eich croes a'i ddilyn ef...

Neu

Boed i Dduw'r trugaredd eich trawsffurfio trwy ei ras a rhoi i chwi'r nerth i orchfygu temtasiwn...

Neu

Bydded i'r Crist croeshoeliedig eich tynnu ato ef ei hun, sy'n sylfaen ddiogel ffydd, yn gynhaliwr cadarn gobaith ac yn sicrwydd maddeuant pechodau...

... a bendith Duw hollalluog, y Tad, y Mab, a'r Ysbryd Glân a fo yn eich plith ac a drigo gyda chwi yn wastad. **Amen.**

Ewch mewn tangnefedd i garu a gwasanaethu'r Arglwydd.
Yn enw Crist. Amen.

Gellir canu emyn.

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The Blessing

Christ give you grace to grow in holiness, to deny yourselves, take up your cross and follow him...

Or

The God of mercy transform you by his grace and give you strength to overcome temptation...

Or

Christ crucified draw you to himself, the sure ground of faith, the firm support for hope and the assurance of sins forgiven...

...and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

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

A hymn maybe sung.

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Egysbecth Abertawe ac Aberhondda
The Diocese of Swansea and Brecon