



Beth y mae

# DUW

yn ei geisio gennym?

What does God require of us?



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Yr Wythnos Weddi am Undeb Cristnogol 2013



Yn 1989, pan ailymrwymodd yr Eglwys i'r weledigaeth eciwmenaidd o undod gweladwy llawn, datganasant yn glir y byddent o hyn allan "nid yn ddiethriaid ond yn gyd-bererinion". Y mae'r ddelwedd o 'bererindod', sy'n ymddangos dro ar ôl tro mewn diwinyddiaeth ac ysbrydoledd Cristnogol, yn un bwerus a phwysig i'r mudiad eciwmenaidd. Y mae pererindota'n golygu cerdded, ac ar gyfer yr Wythnos Weddi am Undeb Cristnogol eleni gofynnir inni fyfyrion ar ein pererindod eciwmenaidd: sut yr ydym yn cydgerdded ac yn rhodio'n ostyngedig gyda Duw.

Eleni, felly, gwahoddwn chwi i fyfyrion ar y daith hon ac, yn bwysicach efallai, am ein bod yn teithio gyda Duw, ar y ffaith bod yn rhaid teithio dan un â gwneud beth sy'n iawn, bod yn gariadus ym mhob peth a bod yn ostyngedig. Cynorthwyir ni yn ein myfyrdodau gan brofiadau a dirnadaethau Cristnogion yn India wrth iddynt weithio a gweddio dros Deyrnas Dduw.

Gydol 2012 ac am ran o 2013 y mae gan Eglwys Ynghyd ym Mhrydain ac Iwerddon brosiect a elwir 'y Gymdeithas Dda' sy'n ymchwilio i sut y mae eglwys lleol yn byw'r alwad hon. Yr ydym yn holi eglwysi mewn lleoedd gwahanol iawn yn y DU beth yw ystyr bod yn 'gymdeithas dda'. Y mae'r hyn a ganfuasom yn hynod o ffyddlon i'r alwad i wneud beth sy'n iawn, bod yn gariadus a rhodio'n ostyngedig gyda Duw.

Felly, beth amdanoch chwi, eich eglwys a'ch cymuned? Beth y mae gwneud beth sy'n iawn a rhodio'n ostyngedig gyda Duw yn ei olygu i chwi? Rhowch wybod inni! Cymeradwyaf i chwi yr adnoddau hyn at yr Wythnos Weddi am Undeb Cristnogol 2013 a gobethiaf y byddant yn gymorth i chwi fyfyrion ar y pethau hyn.

*Y Parchg Bob Fyffe,*

*Ysgrifennydd Cyffredinol Eglwys Ynghyd ym Mhrydain ac Iwerddon*

In 1989 when the Churches committed themselves afresh to the ecumenical vision of full visible unity, they stated clearly that they were to be “no longer strangers but pilgrims together”. The image of ‘pilgrimage’, which recurs throughout Christian theology and spirituality, is a powerful and important one for the ecumenical movement. Pilgrimage implies walking and for this year’s Week of Prayer for Christian Unity we are asked to reflect upon our ecumenical pilgrimage: how we walk together and walk humbly with God.

So, this year, we are inviting you to reflect upon this journey and, perhaps more importantly, that as we make this journey with God, the walking is always to be accompanied by acting justly, being loving in all things, and being humble. We are helped in our reflections by the experiences and insights of Christians in India as they pray and work for the Kingdom of God.

Throughout 2012 and into 2013, CTBI has been undertaking research into how local churches are living out this call, under the title of ‘Good Society’. We are asking churches in very different settings around the UK what it means to be a ‘good society’. What we have found is a remarkable faithfulness to the call to act justly, to be loving, and to walk humbly with God.

So what about you, your church and your community? What does it mean for you to act justly and to walk humbly with God? Let us know! I commend to you these resources for the Week of Prayer for Christian Unity 2013 and hope that they may help you ponder these things.

*Revd Bob Fyffe, General Secretary, Churches Together in Britain and Ireland*





## Cyflwyniad i thema eleni

Seiliwyd adnoddau Prydain ac Iwerddon at yr Wythnos Weddi am Undeb Cristnogol 2013 ar y deunydd rhyngwladol a luniwyd eleni gan Fudiad Cristnogol y Myfyrwyr yn India ar y cyd â Ffederasiwn Gatholig Prifysgolion India a Chyngor Eglwysi India.

Wrth fyfyrion ar arwyddocâd yr Wythnos Weddi am Undeb Cristnogol daethant i'r casgliad, yn wyneb yr anghyflawned mawr a wneir â Dalitiaid yn India ac yn yr Eglwys, bod yr ymchwil am undeb gweladwy yn gysylltiedig â diddymu'r gyfundrefn gast fel y gall y tlodion o'r tlodion gyfrannu at undeb. Golyga'r gyfundrefn gast y gwthir y Dalitiaid i gyrrion cymdeithas, eu tan-gynrychioli'n wleidyddol, eu hecsbloetio'n economaidd a'u darostwng yn ddiwylliannol. Y mae gan bron 80% o Gristnogion India gefndir Dalit.

Yn ystod yr Wythnos Weddi, bydd Cristnogion ledled y byd yn archwilio mewn brawdoliaeth eciwmenaidd ystyr gwneud beth sy'n iawn, caru teyrngarwch a rhodio'n ostyngedig gyda Duw (Micha 6:6-8). Datblygir y thema hon dros yr wyth niwrnod gan gymryd cerdded yn drosiad. I'r cymunedau Dalit, ni ellir gwahanu cerdded tuag at ryddid oddi wrth gerdded tuag at undeb. Felly, y mae ein cydgerdded yr wythnos hon â'r Dalitiaid, ac â phawb sy'n hiraethu am gyflawned, yn rhan annatod o'r weddi am undeb Cristnogol.

Dylai Cristnogion India ymwrthod â rhaniadau cast, fel y dylai Cristnogion ledled y byd ymwrthod â'r rhaniadau rhynddynt. 'A aeth Crist yn gyfran plaid?' (1 Corinthiaid 1:13). Wrth inni ymgynnnull i weddio am yr undeb a ewyllysia Crist i'w Eglwys, gelwir arnom i ddileu muriau o'r fath sy'n ein gwahanu.

## **Introduction to this year's theme**

The British and Irish resources for the Week of Prayer for Christian Unity 2013 are based on the international material compiled this year by the Student Christian Movement of India (SCMI), along with the All India Catholic University Federation and the National Council of Churches in India.

In reflecting on the significance of the Week of Prayer for Christian Unity they decided that in a context of great injustice to Dalits in India and in the Church, the search for visible unity cannot be disassociated from the dismantling of casteism and the contribution to unity by the poorest of the poor. Casteism results in the Dalits being socially marginalized, politically under-represented, economically exploited and culturally subjugated. Almost 80% of Indian Christians have a Dalit background.

During the Week of Prayer, Christians all over the world will explore in ecumenical fellowship what it means to do justice, to love kindness and to walk humbly with God (Micah 6:8). This theme is developed over the eight days by the metaphor of walking. For Dalit communities, the walk towards liberation is inseparable from the walk towards unity. So our walk with Dalits this week, and with all who yearn for justice, is an integral part of the prayer for Christian unity.

Christians in India should reject caste divisions, just as Christians worldwide should not accept the divisions among them: “Is Christ divided?” (1 Corinthians 1:13). As we gather to pray for the unity which Christ wills for his Church, we are called to break down such walls of divisions among and between us.



## **Yr 8 niwrnod**

Golyga dilyn disgblaeth Gristnogol gerdded llwybr cyfiawnder, trugaredd a gostyngeiddrwydd. Dewiswyd cerdded yn drosiad i gysylltu'r wyth niwrnod o weddio am ei fod yn mynegi'r egni sy'n nodweddu disgblaeth Gristnogol. Y mae wyth is-thema'r wythnos yn ein galluogi i ganolbwytio ar wahanol agweddau ar y ddisgblaeth Gristnogol ddilys sy'n cerdded llwybr cyfiawnder sy'n arwain i fywyd (Diarhebion 12:28a).

### **Dydd 1 - Cerdded dan sgwrsio**

Byddwn yn myfyrio ar bwysigrrwydd sgwrsio, mewn eciwmeniaeth ac yn ymdrechion pobl ledled y byd am ryddid, i oresgyn gwahanfuriau, a'r modd y deuir, trwy hynny, i adnabod Crist yn well.

### **Dydd 2 - Cerdded gyda'r drylliedig**

Gan gydnabod yr undod rhwng y Crist croeshoeliedig a 'phobl ddrylliedig' y byd, megis y Dalitiaid, ceisiwn, fel Cristnogion ynghyd, fod ein hunain yn rhan ddyfnach o'r undod hwn.

### **Dydd 3 - Cerdded tuag at ryddid**

Fel Cristnogion a ymrwymodd i sicrhau mwy o undod, dysgwn fod dileu popeth sy'n gwahanu pobl oddi wrth ei gilydd yn gam hanfodol at gyflawnder bywyd a rhyddid yn yr Ysbryd.

### **Dydd 4 - Cerdded fel plant y ddaear**

Byddwn yn canolbwytio ar ein lle yng nghreadigaeth Duw ac ar ein cyd-ddibyniaeth â'n gilydd ac â'r ddaear. Y mae myfyrio ar yr alwad frys i ofalu am yr amgylchedd ac i rannu'n gyfiawn â'n gilydd yn ein galw i fyw bywyd o dystiolaethu gweithredol.

### **Dydd 5 - Cerdded fel cyfeillion Iesu**

Byddwn yn myfyrio ar ddelweddau beiblaidd o gyfeillgarwch a chariad dynol fel patrymau o gariad Duw at bawb. Y mae gwahanu pobl a'u cau allan yn anghydnaus â'r Eglwys, sy'n gymuned lle y mae pawb yn gydradd â'i gilydd fel cyfeillion i Iesu.

### **Dydd 6 - Cerdded trwy wahanfuriau**

Golyga cerdded gyda Duw gerdded trwy wahanfuriau sy'n rhannu ac yn

## **The 8 days**

The path of Christian discipleship involves walking the path of justice, mercy and humility. The metaphor of walking was chosen to link together the 8 days of prayer because it communicates the dynamism which characterises Christian discipleship. The eight subthemes enable us to focus on various dimensions of an authentic Christian discipleship which walks the path of righteousness that leads to life (Proverbs 12:28a).

### **Day 1 - Walking in conversation**

We reflect on the importance of dialogue and conversation as a means of overcoming barriers, both in ecumenism and in the struggles for liberation of people across the globe and, in doing so, seeing Christ more clearly.

### **Day 2 - Walking with brokenness**

Recognising the solidarity between Christ crucified and the 'broken peoples' of the world, such as the Dalits, we seek as Christians together to learn to be more deeply a part of this solidarity ourselves.

### **Day 3 - Walking towards freedom**

As Christians committed to greater unity, we learn that the removal of all that separates people from one another is an essential part of fullness of life, freedom in the Spirit.

### **Day 4 - Walking as children of the earth**

We focus on our place in God's creation and on our interdependence upon one another and the earth. Contemplation of the urgent calls to environmental care and proper sharing and justice calls us into lives of active witness.

### **Day 5 - Walking as the friends of Jesus**

We reflect on biblical images of human friendship and love as models for God's love for every human being. Within the Church, all barriers of exclusion are inconsistent for a community in which all are equally the beloved friends of Jesus.

### **Day 6 - Walking beyond barriers**

Walking with God means walking beyond barriers that divide and damage the

niweidio plant Duw. Byddwn yn edrych ar ffyrdd o oresgyn gwahanfuriau dynol fel y daw pawb yn un yng Nghrist.

### *Dydd 7 - Cydgerdded ag eraill*

Golyga rhodio'n ostyngedig gyda Duw gydgerdded â phawb sy'n ymgrychu dros heddwch a chyflawnder. Y mae cyd-ddioddef â phawb trwy eiriol drostynt, a gofalu am y tlawd a'r anghenus a'r sawl a wthiwyd o'r neilltu, yn ymhlyg yn ein gweddi yr Wythnos hon am undeb Cristnogol.

### *Dydd 8 - Cerdded i ddathlu*

Sonia'r testunau beiblaidd am ddathlu fel arwydd o obeithio yn Nuw a'i gyflawnder. Datlu'r Wythnos Weddi am Undeb Cristnogol yw ein harwydd ni o obaith y sicrheir ein hundod yn yr amser ac yn y dull a fyn Duw.

### *Ewch a Gwnewch*

Y mae pob diwrnod yn cynnwys pwyntiau gweithredu. Fe gewch fwy o wybodaeth a dolennau i'w dilyn ar [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo)

## *Y gwasanaeth o addoliad*

Rhydd y gwasanaeth gyfleoedd i rannu yn ysbrydolwydd y Dalitiaid: trwy ddefnyddio drymiau, y bhajan – dull lleol o fynegi ffydd yn Nuw, rhannu tystiolaeth un o'r Dalitiaid i'w ffydd a rhoi arwydd o rannu ar ddiwedd y gwasanaeth. Y mae trefn y gwasanaeth yn cynnwys chwe elfen:

### I. Agor

Mae'r gwasanaeth yn agor gyda churo drymiau yn symbol o ddathlu bywyd, o wrthwynebu'r gorthrwm ar gymunedau Dalit India ac o wytnwch cymunedau ledled y byd sy'n brwydro am gyflawnder a rhyddid. Ceir esiampl o'r drymiau ar [www.ctbi.org.uk/weekofprayer](http://www.ctbi.org.uk/weekofprayer). Neu gellir defnyddio gweithred neu offeryn cyffelyb i fynegi'r un bwriad. Daw'r Agoriad i ben â bhajan (siant weddi) a arweinir gan Arweinydd a'i hailadrodd yn weddigar gan bawb.

### II. Moliant a diolch

Gall y Arweinydd wahodd y bobl i ddal dwylo i ffurfio cadwyn ddynol o undod a chydymddibyniaeth. Daw'r cytgan o Salm 133 (y Beibl Cymraeg Newydd Diwygiedig).

children of God. We look at ways in which human barriers are overcome, leading towards all becoming one in Christ.

### *Day 7 - Walking in solidarity*

To walk humbly with God means walking in solidarity with all who struggle for peace and justice. Sharing the suffering of all by advocacy and by care of the poor, needy and marginalised, is implicit in our prayer for Christian unity this week.

### *Day 8 - Walking in celebration*

The biblical texts speak of celebration in the sense of a sign of hope in God and God's justice. Celebration of the Week of Prayer for Christian Unity is our sign of hope that our unity will be achieved according to God's time and God's means.

### *Go and Do*

Each day includes 'Go and Do' action points. You'll find more information and links to follow at [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo)

## *The worship service*

The worship service offers opportunities to share in the Dalits' spirituality: in the use of drums, the Bhajan - a local way of singing the lyrics affirming their faith in God, sharing of a Dalit faith testimony, and a sign of sharing on conclusion of the service. The order of worship contains six elements:

### I. *Opening*

The celebration begins with the beating of drums, symbolising both the celebration of life and of resistance to oppression for the Dalit communities in India, and the resilience of communities all over the world struggling for justice and liberation. An example of Dalit drums can be found at [www.ctbi.org.uk/weekofprayer](http://www.ctbi.org.uk/weekofprayer). Or use a similar action or instrument to express the same intention. The opening concludes with a Bhajan (prayer chant), led by a leader and repeated prayerfully by all.

### II. *Praise and thanksgiving*

The leader may invite people to hold hands to form a human chain of unity and solidarity. The refrain is from Psalm 133.

### **III. Cyffesu pechodau a derbyn sicrwydd o faddeuant**

Fel arwydd o sicrwydd, gwahoddir pawb i rannu arwydd o dangnefedd. Gellir canu cerddoriaeth offerynnol tra gwneir hynny.

### **IV. Litwrgi'r Gair a thystio i'r ffydd, yn cynnwys**

- Darllen testun yr Wythnos Weddi: Micha 6:6-8.
- Tystiolaeth i'w ffydd gan wraig o'r enw Sarah o blith y Dalitiaid. Digwyddodd hyn yn 2008 yn Khandamal, Talaith Orissa, un o rannau tlotaf India, lle y bu terfysg am fis pan ymosodwyd ar Gristnogion (llawer ohonynt yn Ddalitiaid) gan eithafwyr Hindŵ. Bu farw 59 o bobl, dinistriwyd 115 o eglwysi a llawer o gartrefi, a bu 50,000 o Gristnogion digartref yn ceisio lloches yn y coedwigoedd ac wedyn mewn gwersylloedd ffoaduriaid a sefydlwyd gan y llywodraeth. Dalitiaid wedi cael trödigaeth, nid wedi eu denu gan gymhelliaid ariannol, fel yr honnir weithiau, yw 80-90% o Gristnogion India; daeth llawer ohonynt yn Gristnogion pan ddaethant i'r gwersylloedd cenhadu i chwilio am loches oddi wrth y gyfundrefn gast ormesol, gan ofyn am y rhyddid y credent y gallent ei fwynhau dan allu iachol y Duw sy'n rhyddhau.
- Gellir cynnig tystiolaeth gyffelyb o'ch cymdogaeth chwi.
- Gofynnir i'r gynulleidfa fyfyrto mewn distawrwydd ar y tystiolaethau hyn cyn mynd ymlaen i wrando ar Air Duw.

### **V. Ymbiliau**

Awgrymir ymatebion i'w dweud neu eu canu. Gellir defnyddio cerddoriaeth Cymuned Taizé at *O Dduw, clyw ein cri ... a cherddoriaeth Cymuned Iona at Deled trwy ein gweddi ... Cynhwysir tôn Bhajan Indiaidd at Deled trwy ein gweddi ...*

### **VI. Y Fendith a'r Anfon Allan**

Un o arferion y cymunedau Dalit yw rhannu bwyd. Awgrymir, felly, rhannu pryd o fwyd ar ddiweddf y gwasanaeth.

Y mae copi PwyntPŵer o'r gwasanaeth ac Awgrymiadau am Emynau addas yn yr 'Adnoddau Ychwanegol' ar [www.ctbi.org.uk/weekofprayer](http://www.ctbi.org.uk/weekofprayer).

### **III. Confession of sin and assurance of pardon**

As a sign of assurance, everyone is invited to share a sign of peace during which instrumental music can be played.

### **IV. Liturgy of the Word and testimony of faith**

- Reading of the text for the Week of Prayer: Micah 6:6-8.
- A testimony of faith from a real Dalit woman called Sarah. This incident took place in 2008 in Khandamal, Orissa State, one of the poorest parts of India, where, for a month, violence erupted when Christians (largely Dalits) were attacked by Hindu extremists. There were 59 deaths, 115 Christian churches and many homes were destroyed, and 50,000 homeless Christians sought refuge in the forests and later in government set up refugee camps. 80-90% of Christians in India are Dalit converts, not through being given inducements as is sometimes claimed; large numbers converted when they came to the missions to seek refuge from the oppressive caste system, asking for the freedom they believed they could enjoy under the healing power of God who liberates.
- A similar testimony of faith from your context can be offered.
- The congregation is called on to meditate in silence on these testimonies before continuing to listen to God's Word.

### **V. Prayers of Intercession**

Sung or spoken responses are suggested but others may be used. Music from the Taizé Community may be used for *O Lord, hear our prayer...* and from the Iona Community for *In our lives...* An Indian Bhajan tune for *In our lives...* is included.

### **VI. Blessing and Dismissal**

A typical custom within Dalit communities is the sharing of food, so it is suggested that there be a common meal at the end of the worship service.

A PowerPoint of the service, and hymn suggestions for inclusion, are available in 'Extra Resources' at [www.ctbi.org.uk/weekofprayer](http://www.ctbi.org.uk/weekofprayer)

**CHWI**

1. Pa gyfleoedd sydd gennych i sgwrsio â phobl yr ydych yn anghytuno â hwy?
2. Pa mor aml y byddwch yn anelu at ennill y ddadl?
3. A oes yna ffyrdd y gallich fod yn fwy agored i syniadau newydd?

**Y GAIR - Darlleniadau**

Genesis 11: 1-9	Stori Babel a chymynrodd ein hamrywiaeth
Salm 34: 11-18	"Dewch ... gwrandewch". Gwahoddiad Duw i sgwrsio
Actau 2: 1-12	Tywaliad yr Ysbryd, y ddawn i ddeall
Luc 24: 13-25	Sgwrsio â'r Iesu atgyfodedig ar y ffordd

**Myfyrdod**

Pan gwypodd Babel, rhannwyd holl dafadou ysig dynol ryw,  
ar bobl oll ar chwâl yn byw  
bywydau ar wahân.

Yn ein cymundeb mae'r un rhwyg,  
ac uwch ein pen mae'r caddug praff  
yn mygu'n gobaith, megis rhaff  
yn tagu pob cyd-fyw.

Bu Un yn sôn am gariad gynt,  
yn herio pawb i fyw eu ffydd,  
i roddi ac aberthu'n rhydd  
a pheidio â chyfri'r gost,

Ei Ysbryd, gelyn Babel yw;  
mae'n uno pobl yn eu ffyrdd  
yn llosgi'u gwahaniaethau fyrrd,  
a chlirio'r llwybr o'u blaen.

**Y BYD - Gwediwn**

Yr ydym wrth ein bodd yn siarad, Arglwydd;  
maddau inni am fethu â gwrandio.  
Siaradodd Crist am gariad;  
heria ni i gynnal sgyrsiau costus.

Arglywydd bywyd, arwain ni i gyflawnder a heddwch. Amen

**Ewch a gwnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

Bydd newid yn digwydd pan fo pobl yn sgwrsio ac yn gwrandio.

- Gwrandewch ar y lleisiau ar y newyddion neu darllenwch y storïau lleol a bydeang yn y papur newydd. Ystyriwch beth yw eich cyfraniad chwi i'r sgwrs hon, neu beth a allai fod.
- Trefnwch drafodaeth ar fater o ddiddordeb neu bryder i chwi; fe all y gallich ddefnyddio darn o ffilm neu erthyglau papur newydd i gychwyn y trafod. Hwyrach y gallich wahodd eich arweinydd gwleidyddol lleol i sgwrsio ar sut y gallwn oll ddefnyddio ein dylanwad i fynd i'r afael ag anghyflawnder neu bryder sy'n peri gofid i chwi.

## YOU

1. What opportunities do you have to hold conversations with people with whom you disagree?
2. How often is your contribution aimed at winning an argument?
3. Are there ways in which you could become more open to new ideas?

## THE WORD - Readings

Genesis 11: 1-9	The story of Babel and legacy of our diversity
Psalm 34: 11-18	“Come...listen”. God’s invitation to conversation
Acts 2: 1-12	The outpouring of the Spirit, the gift of understanding
Luke 24: 13-25	Conversation with the Risen Jesus on the road

## Reflection

Towers of Babel fall to dust,  
the scattered tongues of fractured folk,  
distinguished in the way they talk,  
divided in their lives.

Communion torn apart by pride,  
the darkness cloaks and chokes all hope,  
and threatens like a hanging rope  
the life we would have had.

And One there was who talked of love,  
and challenged all to newly live,  
to sacrifice and freely give  
and never count the cost.

Love’s Spirit promised, Babel’s foe,  
uniting people’s disparate ways:  
its flames our barriers set to blaze  
and clear the pilgrim path.

## THE WORLD - Pray

We love to talk, Lord  
    forgive us when we fail to listen.  
Christ talked of love;  
    challenge us to engage in costly conversations.

God of life, lead us to justice and peace. Amen

## Go and Do (see [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

Change happens when people talk and listen.

- Listen to the voices on the news or read the local and global stories in the newspaper. Consider what your contribution is or could be to this conversation.
- Organise a discussion on an issue of interest or concern; perhaps you could use a film clip or newspaper article as a discussion starter. Maybe invite your local political leader along to enter into the conversation of how we can all use our influence to address issues of injustice and concern to you.

**CHWI**

1. Sut y mae eglwysi o'ch cwmpas yn ceisio iacháu'r drylliedig?
2. Sut beth fyddai cyfanwydd Cristnogol?
3. Sut y gallem dystio'n well i'n hundod yng Nghrist lle y mae pobl wedi'u dryllio neu eu gyrru i'r cyrion?

**Y GAIR - Darllediadau**

Genesis 32: 22-32	Jacob yr ymgodymwr yn hercian yn gloff ymaith
Salm 22: 1-8	Gwas Duw, dan wawd a sarhad, yn galw ar Dduw
Hebreaid 13: 12-16	Galwad i fynd at Iesu "y tu allan i'r gwersyll"
Luc 22: 14-23	Iesu'n torri'r bara ac yn ei rodde ei hun cyn ei ddioddefaint

**Myfyrdod**

Yn ein diwylliant taflu-popeth-i-ffwrdd, teflir ymaith bethau da am fod rhyw nam bychan arnynt, rhyw niwed neu'i gilydd, neu am nad ydynt y lliw iawn. Mae'r gwastraff yn aruthrol.

Yn ein diwylliant taflu-popeth-i-ffwrdd, teflir ymaith bobl dda am y tybir bod rhyw nam bychan arnynt, rhyw niwed neu'i gilydd, neu am nad ydynt y lliw iawn. Mae'r gwastraff yn ofnadvwy. Bydd hyd yn oed gwmnïau yswiriant yn gwrrthod yswiriant bywyd i rai o'r rhain.

Rhagdybir perffeithrwydd, ac ar y maen prawf hwnnw y bernir ac y bwrir ymaith. Ond y mae mor anodd dod o hyd i berffeithrwydd ag yw dod o hyd i droed yr enfys. Yn ei fywyd fe ddangosodd Iesu, a ddrylliwyd gan greulondeb y Groes, drugaredd agored at y sawl sydd y tu hwnt i unrhyw ffiniau y meiddiwn eu gosod.

**Y BYD - Gweddiwn**

Yn y Crist a ddrylliwyd ar y groes,  
trawsffurfiaist yr holl ddynolryw bechadurus, ddiffygol, ysig.  
Arglywydd, yr ydym yn dy groeshoelio drachefn â'n diffyg undod.  
Cerddia gyda ni wrth inni faglu tua'r dydd  
y rhannwn un bara, un cwpas.

Arglywydd bywyd, arwain ni i gyflawnder a heddwch. Amen

**Ewch a gwnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

- Fe all ei fod wedi torri, ond a ellir ei drwsio? Gallech drefnu i ffeirio dillad, ailgylchu eich hen ffônau symudol a disgiau inc cyfrifiadu gyda Chymorth Cristnogol.
- Ystyriwch mor ddrylliedig yw'r ddynolryw mewn byd lle y mae o hyd 1 biliwn o bobl heb ddigon i'w fwyta. Ceisiwch fyw am un wythnos 'dan y llinell', i gydgerdded â'r rhai drylliedig hynny sy'n newynu am fwyd a chyflawnder.

## YOU

1. How do churches around you try to heal brokenness?
2. What could Christian wholeness look like?
3. What might we do better to witness to our unity in Christ where people are broken and marginalised?

## THE WORD - Readings

Genesis 32: 22-32	Wrestling Jacob limps away
Psalm 22: 1-8	God's servant, mocked and insulted, cries out to God
Hebrews 13: 12-16	The call to go to Jesus "outside the camp"
Luke 22: 14-23	Jesus breaks the bread, giving the gift of himself before his suffering

## Reflection

In our throwaway culture, perfectly good goods are discarded because they have in some way become slightly flawed, slightly broken, or simply are no longer of a desired colour. The waste is atrocious.

In our throwaway culture, perfectly good people are discarded because they are presumed to be in some way flawed, in some way broken, or the wrong colour. The waste is abominable. Even insurance companies will refuse life-cover for some of these.

The presumption is perfection against which judgments are made and discarding decided. But perfection is as elusive as a rainbow's end. And Jesus, broken by the brutality of the Cross, showed in his life the broken-openness of compassion to those beyond any margins we dare to impose.

## THE WORLD - Pray

In Christ's brokenness on the cross,  
you transformed all sinful, flawed and fractured humanity.  
Lord, we crucify you again with our disunity.  
Walk with us as we stumble to the day  
when we share in the one bread, one cup.

God of life, lead us to justice and peace. Amen

## Go and Do (see [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

- It may be broken but could it be fixed? You could organise a clothes swap or recycle your old mobile phones or ink cartridges at Christian Aid.
- Consider the brokenness of humanity in a world where still 1 billion people do not have enough to eat. 'Live below the line' for one week in solidarity, walking with the brokenness of those who hunger for food and for justice.

Yn draddodiadol, cedwir yr Wythnos Weddi am Undeb Cristnogol o 18-25 Ionawr (wyth niwrnod Pedr a Phaul). Fodd bynnag, bydd rhai grwpiau yn dewis amserau eraill o'r flwyddyn, yn enwedig oddeutu'r Pentecost, sy'n wyl symbolaidd o safbwyt undod yr eglwys. Penderfynwch chwi, gan gymryd sylw o ffactorau lleol. I ganiatáu eu defnyddio ar unrhyw adeg o'r flwyddyn, nodir y defnyddiau ar gyfer y Dyddiau â'r rhifau 1-8.

Gallwch dynnu allan y drefn gwasanaeth yng nghanol y daflen a'i llungopio, os mynnwch. Neu gallwch lawrlwytho'r holl adnoddau oddi ar wefan CTBI, ac y mae croeso i chwi eu golygu a'u haddasu at ddefnydd lleol. Cydnabyddwch, os gwelwch yn dda, mai ffynhonnell y deunydd yw Eglwysi Ynghyd ym Mhrydain ac Iwerddon, adnoddau at yr Wythnos Weddi am Undeb Cristnogol.

Gellir cael amlinelliad o addoliad anlitwrgaidd, esboniadau Beiblaidd am yr wyth niwrnod, dolennau gwefannau ar gyfer y pwyntiau gweithredu, PwyntPŵer, a deunydd ychwanegol ar [www.ctbi.org.uk/weekofprayer](http://www.ctbi.org.uk/weekofprayer)

The Week of Prayer for Christian Unity is traditionally observed from 18th to 25th January (the octave of St Peter and St Paul). However, some groups choose other times of the year, particularly around Pentecost which is a symbolic date for the unity of the church. Do make your own decision, taking local factors into account. To allow for use at any time in the year, the Days material uses the notation 1-8.

The order of service in the centre of the pamphlet can be pulled out and photocopied if you wish. Alternatively, all resources can be downloaded from the CTBI website and you are welcome to further edit or adapt them for local use. Please acknowledge the source of material as Churches Together in Britain and Ireland, Week of Prayer for Christian Unity resources.

A non-liturgical worship outline, Bible commentaries for the eight days, web links for the action points, a PowerPoint, and other additional material can also be found at [www.ctbi.org.uk/weekofprayer](http://www.ctbi.org.uk/weekofprayer)

Yr Wythnos Weddi am Undeb Cristnogol 2013

# Trefn Gwasanaeth at Weithred o Addoliad Eciwmenaidd

Beth y mae Duw yn ei geisio gennym?

Micha 6: 6-8

## Order of Service for an Ecumenical Act of Worship

What does God require of us?

Micah 6: 6-8



## I. AGORIAD

### Preliwd:

Curo drymiau Dalit neu gerddoriaeth addas arall. Yn ystod hyn:  
Daw'r rhai sy'n arwain yr addoliad i mewn  
Gellir cynnau canhwyllau  
Gellir cynnau'r golau

### Croeso a Galwad i Addoli

#### Arweinydd

Dyweddodd Iesu, "Lle y mae dau neu dri wedi dod ynghyd yn fy enw i,  
yr wyf yno yn eu canol." Gadewch inni gydnabod yn ein plith bresenoldeb y Duw triunol, y Creawdwr, y Cymodwr, y Rhoddwr-doniau.

### Blaenweddî

#### Pawb

Nid oes rhagor rhwng Iddewon a Groegiaid, rhwng caeth a rhydd, rhwng gwryw a benyw, oherwydd un person ydych chwi oll yng Nghrist Iesu. [Galatiaid 3: 28]

Y mae darlenydd yn gwahodd y bobl i alw ar Dduw yng ngeiriau Rabindranath

Tagore:

#### Darllenyydd

Lle y mae'r meddwl heb ofn ac y delir y pen yn uchel  
Lle y mae gwybodaeth am ddim  
Lle na faluriwyd y byd yn ddarnau  
Y tu ôl i waliau llwythol, cul  
Lle y daw geiriau o ddyfnaderau gwirionedd  
Lle y mae ymdrechu diflino am berfffeithrwydd  
Lle na lifodd nant loyw rheswm o'i ffordd  
I anialwch diflas arferion marw  
Lle yr arweini di y meddwl ymlaen  
I feddwl a gweithredu cnyddol eang

#### Pawb

I'r nefoedd honno o ryddid, deffroed fy ngwlad.

### Bhajan

Un o'r canlynol, neu siantio gweddi arall, yn eistedd neu'n penlinio.  
(Gweler t. 46 am y gerddoriaeth)

Yma'n awr, rwyt ti'n Dduw.

Yma'n awr, rwyt ti'n Dduw.

Ein Hiôr, ein Harglwydd wyt a'n Duw.

Uwch na'n meddwl ni,

## I. OPENING

**Prelude:** The beating of Dalit Drums or some appropriate music during which:  
The worship leaders may enter  
Candles may be lit  
Lights may be turned on

### Welcome and Call to Worship

**Leader** Jesus said, "For where two or three are gathered in my name, I am there among them".  
Let us acknowledge the presence of the triune God Creator, Reconciler and Gift-giver, in our midst.

### Invocation

**All** There is neither Jew nor Greek,  
There is neither slave nor free person,  
There is neither man nor woman,  
For you are all one in Christ Jesus.  
[Galatians 3: 28]

A reader invites the people to call upon God in the words of Rabindranath Tagore:

**Reader** Where the mind is without fear and the head is held high  
Where knowledge is free  
Where the world has not been broken up into fragments  
By narrow domestic walls  
Where words come out from the depth of truth  
Where tireless striving stretches its arms towards perfection  
Where the clear stream of reason has not lost its way  
Into the dreary desert sand of dead habit  
Where the mind is led forward by thee  
Into ever-widening thought and action  
**All** Into that heaven of freedom, let my country awake.

### Bhajan

One of these or another prayer chant, sitting or kneeling.  
(See page 47 for music)

In this place, you are Lord.  
In this time, you are Lord.  
Our God, our Saviour and our King.  
Higher than our thoughts,

Glanach na'n holl fryd,  
Cryfach na'n holl nerth,  
Y Dihafal yng nghanol ein byw.

**neu**

Iesu, Arglwydd Dduw, deuaf atat ti;  
Saranam, Saranam, Saranam;  
ti yw'n nghraig a'm noddfa, sy'n uwch na myfi:  
Saranam, Saranam, Saranam.  
O ddyfnaderoedd ing y daw fy nghri,  
ac o gyrrau'r byd, lle bynnag yr wyf fi;  
fy nerth mewn llesgedd mawr, O ateb fi:  
Saranam, Saranam, Saranam.

[Traddodiadol. O Bacistan. Cyf. (Salm 61; Hebreaid 13:8)]

## **II. MOLIANT A DIOLCH**

Gall yr Arweinydd wahodd y bobl i ddal dwylo i ffurfio cadwyn ddynol o gydymddib-yniaeth ac undod tra byddant yn dweud y gweddiau hyn.

**Arweinydd(ion)** Molwn di, Dduw ein creawdwr,  
am ein bendithio â llawer o ddiwylliannau, hiliau ac ieithoedd.

Diolchwn iti am y troeon pan gadwodd ein sawl traddodiad  
eglwysig ein cymunedau'n gryf a gweithgar.

Dysg ni i ddathlu ein gwahanol hunaniaethau,  
cryfha rwymau ein brawdgarwch ac arwain ni i undod mwy.

**Pawb** Mor ddymunol yw i bobl Dduw fyw'n gytûn!

**Arweinydd(ion)** Molwn di, Iesu Grist, am ein cymodi â Duw,  
a'n herio i barchu urddas a gwerth pob bod dynol.

Diolchwn iti am y neges o obaith  
y gallwn ynot ti oresgyn popeth sy'n ddrwg yn ein byd.

Dysg ni i gydgerdded â phawb y drylliwyd eu hurdas  
gan strwythurau cymdeithasol, gwleidyddol ac economaidd.

**Pawb** Mor ddymunol yw i bobl Dduw fyw'n gytûn!

**Arweinydd(ion)** Molwn di, Ysbryd Glân, am ddawn cyd-ddibyniaeth  
sy'n etifeddiaeth inni fel rhan o Gorff Crist.

Dysg ni i drysori'r undod yr ydym yn ei fwynhau

Purer than our hearts,  
Stronger than our wills,  
**Great Beyond in the midst of our lives.**

**or**

**Jesus, Saviour, Lord, lo, to thee I fly;**  
Saranam, Saranam, Saranam;  
thou the Rock, my refuge that's higher than I:  
Saranam, Saranam, Saranam.  
**In the midst of foes I cry to thee,**  
from the ends of earth wherever I may be;  
my strength in helplessness, O answer me:  
Saranam, Saranam, Saranam.

[Trad. Pakistani; trans. by D. T. Niles, 1963 (Ps. 61: Heb. 13:8)]

## **II. PRAISE AND THANKSGIVING**

The leader may invite people gathered to hold hands to form a human chain of unity and solidarity as they say these prayers.

**Leader(s)** We praise you O God, our creator  
for the blessing of our many cultures, ethnicities and languages.

We thank you for the times that our many church traditions  
have kept our communities strong and active.

Teach us to celebrate our different identities,  
strengthen our bonds of fellowship and lead us into greater unity.

**All** How wonderful it is for God's people to live together in harmony!

**Leader(s)** We praise you Jesus Christ for reconciling us with God,  
challenging us to respect the dignity and value of all human beings.

We thank you for the message of hope  
that in you we can overcome all that is evil in our world.

Teach us to stand in solidarity with those whose dignity is crushed  
by social, political and economic structures.

**All** How wonderful it is for God's people to live together in harmony!

**Leader(s)** We praise you Holy Spirit for the gift of interdependence  
that is our heritage as part of the Body of Christ.

Teach us to treasure the unity that we enjoy

wrth inni ddeisyf dy bresenoldeb parhaus gyda ni.

Ysbrydola ni ar ein taith gyda phawb a phob mudiad sy'n ymladd brwydrau dros fywyd.

Pawb

Mor ddymunol yw i bobl Dduw fyw'n gytûn!

Gellir canu emyn addas o ddiochgarwch.

### III. CYFFESU PECHODAU A DERBYN SICRWYDD O FADDEUANT

Arweinydd

Gwyddom ein bod eisoes yn un yng Nghrist,  
ond nid yw ein gwendid dynol yn tystio i'r gwirionedd hwn.  
Cyffeswn yn awr bechod ein diffyg undod a gofynnwn i'r  
Arglywydd ein hiacháu.

Pawb

Deuwn yn ostyngedig at dy draed, Dduw annwyl,  
dan gofio ein pechodau  
a'r diffyg undod y buom yn gyfrifol amdano.  
Cyffeswn ein bod yn cynnal y gwahanfuriau dynol a etifeddasom,  
gwahanfuriau cast, dosbarth, grym a phopeth sy'n ein cadw  
ar wahân.  
Gofynnwn iti faddau inni  
am ein bod yn aml wedi defnyddio ein hanes  
a'n gorffennol fel eglwysi  
i orthrymu ein gilydd  
a niweidio'r undod y galwodd Crist ni iddo.  
Maddau inni ein rhaniadau a chynorthwya ni i ymdrechu  
dros undod,  
yn enw gwerthfawr Iesu dy Fab.  
Amen

Distawrwydd

### Gweddi o ddeisyfiad

Arweinydd(ion)

Tyrd yn awr, Iesu, i'n plith,  
iachâ ni a'n diffyg undod.  
Arwain ni ar hyd llwybrau cyflawnder fel y caffo pawb fywyd.  
Tyrd yn awr, Iesu, i'n plith,  
dysg ni sut i wrando  
ar gri'r sawl a wthiwyd i'r cyrion.  
Tyrd yn awr, Iesu, i'n plith,  
ysbrydola ni i weithio dros ryddid  
ac i uno dy fyd drylliedig.

Pawb

Amen

as we beseech your continuing presence with us.

Inspire us on our journey with all those peoples and movements that engage in the struggles for life.

All How wonderful it is for God's people to live together in harmony!

A suitable hymn of thanksgiving may be sung

### III. CONFESSION OF SIN & ASSURANCE OF PARDON

Leader We know that in Christ we are already one,  
but our human weakness does not witness to this reality.  
Let us now confess our sins of disunity and seek the Lord's healing.

All In humility we come to your feet, dear God  
as we remember our sinfulness  
and the disunity for which we have been responsible.  
We confess that we preserve the inherited human barriers  
of caste, class, power and all things that keep us apart.  
We ask for your forgiveness  
that we have often used our history  
and our past as churches  
to discriminate against one another  
and hurt the unity to which Christ has called us.  
Forgive us our divisions and help us to continue to strive for unity,  
in the precious name of Jesus your Son.  
Amen

Silence

### Supplication

Leader(s) Come now Jesus into our midst,  
heal us and our disunity.  
Lead us into the paths of righteousness so that all can find life.  
  
Come now Jesus into our midst,  
teach us how to listen  
to the cries of those who are pushed to the margins.  
  
Come now Jesus into our midst,  
inspire us to work for liberation  
and to unite your fragmented world.

All Amen

## Y sicrwydd o faddeuant

**Arweinydd** Os cyffeswn ein pechodaau,  
bydd Duw, sy'n ffyddlon ac yn gyfawn, yn maddau inni ein pechodaau  
a'n glanhau o bob anghyflawnder.  
**[1 John 1: 9]**

Gwahodda'r Arweinydd y gynulleidfa i rannu'r sicrwydd hwn o faddeuant trwy nesau at ei gilydd i rannu'r tangnafedd. Gellir gwneud hyn i gyfeilant cerddoriaeth offervynol.

#### IV. HITWRGI'R GAIR

### Y Parlleniad Cyntaf: Micha 6: 6-8

## Tystio i'r ffydd

Pan ddaethant i nôl Sarah Digal, doedd hi ddim yno. Roedd hi wedi dianc, a phump o blant a'i mam-ynghyfraith gyda hi, i ddiogelwch y goedwig gilomedr i ffwrdd. Felly, dyma nhw'n llosgi popeth a adawodd, darlun o Iesu, y Beibl yn yr iaith Oriya, llestri'r gegin, dillad, matiau a llieiniau. Pan fentrodd Sarah'n ôl yn betrus, roedd ei chartref wedi mynd. Y cwbl oedd ar ôl oedd marwor, lludw a mwg. Daeth y cymdogion i gydymdeimlo â hi. Edrychodd Sarah o'i chwmpas, safodd yn syth a thynnodd ei sari yn dynn dros ei phen. Dechreuodd weddio. "Arglywydd, maddau inni ein pechodau. Iesu ti yw'r unig un. Gwaredd ni rhag y drwg hwn. Rhyddha ni, Arglywydd." Roedd y geiriau'n lloilo. Yn araf, ymunodd ei phlant â hi. Wylai wrth iddi erfyn ar Dduw am achubiaeth. Ymunodd ei chymdogion ac eraill â hi, mewn cwlwm syml o gydymdeimlad a'i hatgoffai na all dim wahanu gwraig oddi wrth ei Duw. "Mi fydda i farw," ebe Sarah trwy ei dagrau, "ond wna i ddim peidio â bod yn Gristion."

Gellir derbyn dystiolaethau eraill o gyflawnder, cariad, trugaredd a gostyngeiddrwydd.

**Arweinydd** Gadewch inni mewn distawrwydd fyfyrion ar y dystiolaethau hyn i ffydd a dewrder.

Wrth inni gymeradwyo ffydd ein chwaer Sarah ac eraill, bydded inni wneud beth sy'n iawn, caru teyrngarwch a rhodio'n ostyngedig gyda'n Duw.

Distawrwydd

*Salm*: Salm 86: 11-16

O Arglydd, dysg i mi dy ffordd,  
    imi rodio yn dy wirionedd;  
    rho imi galon unplyg i ofni dy enw.  
    Ti yn unig sydd Dduw.

Clodforaf di â'm holl galon, O Arglydd fy Nuw,  
ac anrhymeddedd yw enw hyd byth.

## **Assurance of pardon**

**Leader**

If we confess our sins,  
God who is faithful and just will forgive us our sins  
and cleanse us from all unrighteousness.  
[1 John 1: 9]

The leader invites the assembly to share this assurance of pardon by moving towards each other and sharing the peace. This may be accompanied by instrumental music.

## **IV. LITURGY OF THE WORD**

**First Reading:** Micah 6: 6-8

### **A testimony of faith**

When they came for Sarah Digal, she wasn't there. She had fled, five children and mother-in-law in tow, to the safety of the jungles a kilometre away. So, they set ablaze all that she had left behind, a framed picture of Jesus, a Bible in Oriya, utensils in the kitchen, some clothes, mats and linen. By the time Sarah tiptoed back, when she saw it was safe, her home was gone. What was left was burning embers, ashes and smoke. The neighbours came to commiserate with her. Sarah took a good look, stood erect, and pulled her sari firmly over her head. She began to pray. "Lord, forgive us our sins. Jesus, you are the only one. Save us from our misfortune. Free us, Lord." The words were tumbling out. Sarah's children slowly joined her. She was weeping as she pleaded with God for deliverance. Her neighbours and others around her joined her. It is a simple bond of human compassion and a strong reminder to her that nothing can sever a woman from her God. "I will die. But I will not stop being a Christian," Sarah said through her tears.

**Additional local testimonies reflecting justice, love, mercy and humility may be made.**

**Leader**

Let us in silence meditate on these testimonies of faith and courage.  
As we commend the faith of our sister Sarah and others,  
let us do justice, love mercy and walk humbly with our God.

**Silence**

**Psalm:** Psalm 86: 11-16

Teach me your way, O Lord,  
that I may walk in your truth;  
give me an undivided heart to revere your name.  
**You alone are God.**

I give thanks to you, O Lord my God, with my whole heart,  
and I will glorify your name for ever.  
For great is your steadfast love towards me;

Oherwydd mawr yw dy ffyddlondeb tuag ataf,  
a gwaredaist fy mywyd o Sheol isod.  
**Ti yn unig sydd Dduw.**

O Dduw, cododd gwŷr trahaus yn f'erbyn,  
ac y mae criw didostur yn ceisio fy mywyd,  
ac nid ydynt yn meddwl amdanat ti.  
**Ti yn unig sydd Dduw.**

Ond yr wyt ti, O Arglwydd, yn Dduw trugarog a graslon,  
araf i ddigio, a llawn cariad a gwirionedd.  
Tro ataf, a bydd drugarog,  
rho dy nerth i'th was,  
a gwared un o hil dy weision.  
**Ti yn unig sydd Dduw.**

### **Yr Ail Ddarlleniad:** Galatiaid 3: 26-28

Gellir canu Bonllef i'r Efengyl

**Efengyl:** Luc 24: 13-35

Gellir canu'r emyn a ganlyn neu emyn neu gân addas arall.  
Gellir canu unawd.

**Awgrymir y dôn:** Aberystwyth

Cerdd gyda'r llesg a'r gwyw  
lle mae'r gweiniaid dan eu clwy  
heb, yn nhrallod brwnt eu byw,  
neb i'w hymgeleddu hwy.  
Meiddia gwyno dim yn awr  
am dy feichiau bach dy hun:  
o weld cystudd sydd mor fawr,  
fe ddiflannant hwy bob un.

Paid ag ofni'r llesg a'r gwyw,  
maent yn llawn didwylledd gwir;  
enaid claf, agored yw,  
a chei gyfle i weld yn glir:  
chwaler pob gwahanfur gau,  
rhanned pawb ei eiddo'n hael;  
cariad pur sydd yn iacháu  
ydyw rhoddi yn lle cael.

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you have delivered my soul from the depths of Sheol.  
**You alone are God.**

O God, the insolent rise up against me;  
a band of ruffians seeks my life,  
and they do not set you before them.

**You alone are God.**

But you, O Lord, are a God merciful and gracious,  
slow to anger and abounding in steadfast love and faithfulness.

Turn to me and be gracious to me;  
give your strength to your servant;  
save the child of your serving-maid.

**You alone are God.**

***Second Reading:*** Galatians 3: 26-28

A Gospel Acclamation may be sung

***Gospel:*** Luke 24: 13-35

This or another appropriate hymn or song can be sung.

Solo singing may be considered.

Suggested tune: Aberystwyth

Walk up on the wounded side  
where the injured and the lame  
find their sorrows like a tide;  
no one cares to know their name.

Dare to tell me then your tale  
of your burdens and your woe:  
face to face with hurt this real,  
minor stresses might just go.

Do not fear the wounded side,  
where pretension cannot be;  
broken souls are open wide,  
and you have a chance to see:  
difference you presumed is fake,  
you share all the needs you find  
and to give rather than take  
is love of the healing kind.

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## **Pregeth/Homili**

Gellir canu emyn addas

### **V. YMBILIAU**

Yn y gweddiau gellir defnyddio'r ymatebion a ganlyn:

**Deled, trwy ein gweddi a'n byw, dy deyrnas di.** (Gweler t. 46 am y gerddoriaeth)

**neu**

**O Dduw, clyw ein cri; O Dduw, clyw ein cri; clyw ein llef, gwrando ni.**

**O Dduw, clyw ein cri; O Dduw, clyw ein cri; dyro ateb i ni.**

**neu**

**Y mae ein bywyd yn yr Ysbryd, ynddo hefyd bydded ein buchedd.**

Wrth inni gydgerdedd, anfon dy Ysbryd i nerthu ein penderfyniad a dyfnhau ein sgwrs fel y gwiredawn weddi Iesu ynom.

*Ymateb*

Wrth inni gydgerdedd â chorff drylliedig Crist, prysura'r dydd pan fydd ein cymdeithas yn gyflawn wrth ei fwrdd a chynnau yn ein calonnau ddyhead i oresgyn popeth sy'n ein gwahanu.

*Ymateb*

Wrth inni gerdded tuag at ryddid, dyrchafa undod yr Eglwysi i fod yn arwydd o obaith mewn mannau lle y mae anffafriaeth ac anghyflawnder.

*Ymateb*

Wrth inni gerdded yn rhan o greadigaeth Duw, cynorthwya ni i droedio'n ofalus, i barchu'r ddaear ac i gymryd sylw o ddioddefaint y sawl sydd heb dir.

*Ymateb*

Wrth inni gerdded fel cyfeillion Iesu, helaetha a dyfnha ein cymdeithas a'n cyfeillgarwch â'n gilydd ac â'r sawl a wthiwyd i'r cyrion.

*Ymateb*

Wrth inni gerdded trwy wahanfuriau, dyro inni ddewrder i oresgyn rhagfarnau diwylliannol sy'n ein rhwystro rhag adnabod presenoldeb Duw yn ein glydd.

*Ymateb*

Wrth inni gydgerdedd â merched fel Sarah ac eraill sy'n dioddef gorthrwm, amgylchyna ni â'th gariad a galluoga ni i wneud beth sy'n iawn.

*Ymateb*

## **Sermon/Homily**

A suitable hymn may be sung

### **V. PRAYERS OF INTERCESSION**

In the prayers the following sung or spoken responses may be used:

**Through our lives and by our prayers, your kingdom come.** (See p47 for music)

**or**

**O Lord, hear our prayer, O Lord hear our prayer, when we call, answer us.**

**O Lord, hear our prayer, O Lord hear our prayer, come and listen to us.**

**or**

**We live by the Spirit, help us to walk by the Spirit.**

As we walk together, send your Spirit to strengthen our resolve and deepen our conversations to realise Jesus' prayer in us.

*Response*

As we walk with the wounded body of Christ, hasten the day when we can realise the fullness of fellowship at his table and inflame in our hearts the desire to overcome all that divides us.

*Response*

As we walk towards freedom, raise the unity of the Churches to be a sign of hope in situations of discrimination and injustice.

*Response*

As we walk as part of God's creation, help us to tread carefully and respect the earth that we may be attentive to the suffering of the landless.

*Response*

As we walk as friends of Jesus, enlarge and deepen our fellowship and friendship with each other and with those who are marginalised.

*Response*

As we walk beyond barriers, grant us courage to overcome cultural prejudices that hinder us from recognising the presence of God in each other.

*Response*

As we walk in solidarity with women like Sarah and other victims of discrimination, encircle us all with your love and enable us to do justice.

*Response*



Wrth inni gerdded gan ddathlu, cynorthwya ni i weld amrywiaeth ryfeddol bywyd dynol, a aned o'r brwydrau dros urddas a bywyd mewn gorthrwm, a gweld dy ffyddlondeb cyson di.

*Ymateb*

O Dduw, gweddiwn hyn yn enw Crist.

Amen

### *Gweddi'r Arglwydd*

Fel y dysgodd ein Gwareddwr ni, gweddiwn:  
Ein Tad yn y nefoedd,  
sancteiddier dy enw,  
deled dy deyrnas,  
gwneler dy ewyllys, ar y ddaear fel yn y nef.  
Dyro inni heddiw ein bara beunyddiol;  
a maddau inni ein troseddau,  
fel yr âm ni wedi maddau i'r rhai a droseddodd yn ein herbyn;  
a phaid â'n dwyn i brawf, ond gwaredd ni rhag yr Un drwg.  
Oherwydd eiddot ti yw'r deyrnas a'r gallu a'r gogoniant am byth.  
Amen

As we walk in celebration, help us to see the wonderful diversity in human life, born of the struggles for dignity and survival amid oppression, and see your abiding faithfulness.

*Response*

In Christ's name we raise all these prayers, O God.

Amen

**The Lord's Prayer**

As our Saviour taught us, so we pray:

**Our Father in heaven,**

hallowed be your name,

your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours  
now and for ever.

Amen



## VI. Y FENDITH A'R ANFON ALLAN

Gall mwy nag un person draddodi'r Fendith o ddrws yr eglwys.  
Mae'r gynulleidfa'n troi i wynebu'r drws.

Dduw triunol, sy'n ein meithrin, atgoffa ni o'th bwrvpas i ni ac i'n heglwys  
**Amen**

Dduw triunol, sy'n cydgerdded â ni, arwain ni ar y daith i undod.  
**Amen.**

Dduw triunol, sy'n ein hysbrydoli, cynnal ni wrth inni sefyll gyda'n gilydd.  
**Amen.**

**Gellir ychwanegu bendithion eraill yn ôl yr arfer lleol.**

Ewch a gwnewch beth sy'n iawn, carwch drugaredd a rhodiwch yn ostyngedig  
gyda'ch Duw.  
**Yn enw Crist. Amen**

Cenir emyn i gloi'r gwasanaeth.

Fel arwydd o undod yng Nghrist, awgrymir rhannu bwyd.

## VI. BLESSING AND DISMISSAL

The Blessing may be given by more than one person from the door of the church.  
The congregation turn and face the door.

Triune God, who nurtures us, remind us of the purpose you have for us and for our  
churches.

**Amen**

Triune God, who walks with us, lead us on the path to unity.  
**Amen.**

Triune God, who inspires us, sustain us as we stand together.  
**Amen.**

**Other blessings may be added according to local custom**

Go and do justice, love mercy and walk humbly with your God.  
In the name of Christ. Amen

**A closing hymn is sung.**

As a sign of unity in Christ it is suggested that food is shared.

## Cydnabyddiaethau

Darparwyd y pwyntiau gweithredu 'Ewch a gwnewch' am yr Wyth Niwrnod a'r ffotograffau gan Gymorth Cristnogol.

Cymerwyd yr adnodau o'r Beibl o'r Beibl Cymraeg Newydd Diwygiedig: hawlfraint Cymdeithas y Beibl, 2004.

Defnyddiwyd trwy ganiatâd.

Cedwir pob hawl.

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**CHWI**

- Sut y mae rhagfarnau a safbwytiau bydol yn ein rhwystro rhag gweld ein gilydd yng ngoleuni Crist?
- Pa gamre y gallwn eu cymryd gyda'n gilydd yn awr i sicrhau mwy o ryddid i bawb o bobl Dduw?

**Y GAIR - Darlleniedau**

Exodus 1: 15-22

Bydwragedd yr Hebrewaid yn uffuddhau i gyfraith Duw yn lle gorchymyn Pharo

Salm 17: 1-6

Gweddi hyderus un sy'n agored i drem Duw

2 Corinthiaid. 3: 17-18

Rhyddid gogoneiddus plant Duw yng Nghrist

Ioan 4: 4-26

Sgwrs ag Iesu yn arwain y wraig o Samaria i fywyd mwy rhydd

**Myfyrdod**

Yr oedd yn myfyrio wrtho'i hunan

Yn raddol y daeth rhyddid i mi,

Gerllaw'r ffynnon.

Gyda phob gair a gludid

Edrychmai'n flinedig gan wres a llwch

Ar awel fwyn y dydd hwnnw.

ein gwlad anial.

A phan ddywedodd o'r diwedd,

Dynesais ato'n ddistaw.

"Myfi yw, sef yr un sy'n siarad â thi..."

Nid oeddwn am darfu ar yr Iddew hwn.

Fe wyddwn mai dyna'r gwir.

Yr oeddwn wedi hen arfer â chael

Y Meseia a ofynnodd i mi

fy ffieiddio.

Am ddŵr...

Yr oeddwn yn fy ffieiddio fy hun,

Dychwelodd merch Duw

Gwraig o Samaria – un nad oedd yn neb,

At ei phobl ddrylliadig y diwrnod hwnnw

Un a oedd wedi dysgu peidio â bod ag ots

â'r neges:

Amdani ei hun

Dewch i weld.

Nac am beth a feddyliai eraill...

Cerddwch gyda mi, yn uchel eich pen,

Roeddwn i'n gysurus â hynny, bron...

I ryddid

**Y BYD - Gweddiwn**

Dduw grasol,

Dduw grasol,

gwna ni'n bobl â chennym ragfarn

gwna ni'n bobl â chennym ragfarn

o blaid ceisio dy gyflawnder cariadus

o blaid ceisio a gwneud dy ewyllys yn un

ac o blaid gwrrthwynebu popeth

â'n gilydd,

sy'n cuddio'r gobaith

wedi ein gwahanu oddi wrth bopeth sy'n ein

yn dinistrio'r pwrras

llygad-dynnu

ac yn gwardu'r cymod

rhag bod y bobl a fwriedaist ti.

a ewyllsi di inni.

Arglywydd bywyd, arwain ni i gyflawnder a heddwch. Amen.

.

**Ewch a gwnnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

- Gofynnodd Iesu am ddŵr. Darllenwch sut y rhyddheir cymunedau ledled y byd oddi wrth y tlodi eithafol lle y mae gwir syched.
- Chwiliwch am fwy o wybodaeth am waith Cymorth Cristnogol yn erbyn anghyfi awnder ac anffafriaeth rywiol ledled y byd.

## YOU

1. How do prejudices and judgments stop us seeing each other in the light of Christ?
2. What steps can we take together to gain greater freedom for all God's people?

## THE WORD - Readings

Exodus 1: 15-22	The Hebrew midwives obey God's law over Pharaoh's commands
Psalm 17: 1-6	The confident prayer of one open to God's gaze
2 Cor. 3: 17-18	The glorious freedom of God's children in Christ
John 4: 4-26	Talking with Jesus leads the Samaritan woman into freer living

## Reflection

Alone with his thoughts he sat  
By the well  
He looked wearied by the heat and dust  
Of our desert land  
I approached quietly  
Not wanting to disturb this man Jew  
I was so used to being despised  
I despised myself  
A Samaritan woman – a nobody  
Who had grown not to care  
For herself  
Or for what others thought ...  
Grown comfortable just ...  
Looking down...

Freedom came to me by degrees  
With each word carried  
On that day's gentle breeze  
And when he finally said,  
“I who speak to you am He ...”  
I knew it was the truth  
It was the Messiah who had asked me  
For water ...

God's daughter returned  
To her crushed people that day with a message  
Come and see  
Walk with me, head held high  
Towards freedom

## THE WORLD - Pray

Gracious God,  
make us a prejudiced people:  
passionate to pursue your loving justice;  
passionately opposed to all that  
obscures the hope  
and destroys the purpose and denies  
the reconciliation  
that is your will for us.

Gracious God,  
make us a prejudiced people:  
united to seek to do and to bear your will;  
divided from all that distracts us from being  
the people you intend.

God of life, lead us to justice and peace.  
Amen.

## Go and Do (see [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

- Jesus asked for water. Read about how communities across the world are realising freedom from the extreme kind of poverty that knows real thirst.
- Find out more about Christian Aid's work tackling gender inequality and discrimination across the world.

**CHWI**

1. Ymhle, fel Cristnogion ynghyd, y byddwn yn ymarfer ysbryd Blwyddyn y Jiwbili?
2. Ymhle, fel cymunedau Cristnogol, y byddwn yn cyd-fynd â phethau sy'n diraddio ac ysbeilio'r ddaear?
3. Sut y gallwn ni ddysgu parchu creadigaeth Duw'n well?

**Y GAIR - Darllen iadau**

Lefiticus 25: 8-17	Y mae'r tir er lles pawb, nid er elw personol
Salm 65: 5b-13	Tywaliad ffrwythlon gras Duw ar y ddaear
Rhufeiniaid 8: 18-25	Hiraeth yr holl greadigaeth am waredigaeth
Ioan 9: 1-11	Iesu'n iacháu, mwd, cyrff a dŵr

**Myfyrdod**

O doriad gwawr hyd fachlud chwerwr haul  
llafuriant yn fforestydd a meysydd eu meistr,  
cloddio copr a glo o'i ddaear,  
naddu llechi o'i fynyddoedd.

Eiddo ef yw'r pethau hyn,  
fel hwythau,  
i'w hysbeilio a'u troi heibio fel y myn.

Y mae byd gwell,  
grymusach Meistr

y crëwyd hwy oll  
o lwch ei ddaear  
ac ar ei ddelw.

Yma nid oes na meistr meidrol  
na chaethwas  
nac ochneidio o'r greadigaeth;  
y mae dwylo fel y rhai a hoeliwyd  
ar y groes  
yn rhannu bara a gwin  
ac yn iacháu clwyfau'r ddaear.

**Y BYD - Gweddiwn**

Greawdwr Dduw,  
Wrth inni yn ein hunanoldeb ysbeilio'r Fam Ddaear  
yr ydym wedi pechu yn dy erbyn a'th amharchu.  
Meithrin ynom ddawn Rhyfeddod a Pharchedig Ofn.  
Bydded inni yn ein bywydau fynegi  
amrywiaeth gymodlon y greadigaeth.

Arglywydd bywyd, arwain ni i gyflawnder a heddwch. Amen

**Ewch a gwnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

- Amcangyfrifwch eich ôl troed carbon. Meddyliwch sut y gallech droedio'n ysgafnach.
- Gwyliwch a/neu trefnwch ddangosiad o'r ffilm HOME (2009) yn eich cymuned. Rhowch amser i fyfyrto a thrafod wedyn.
- Cymerwch ran yn yr ymgrych Cyflawnder Amgylcheddol ddiweddaraf.

# Walking as children of the earth DAY 4

## YOU

1. Where, as Christians together, do we practise the spirit of the Year of the Jubilee?
2. Where, as Christian communities, are we complicit with things that degrade and exploit the earth?
3. How can we better teach and learn reverence for God's creation?

## THE WORD - Readings

Lev. 25: 8-17

The land is for the common good, not personal gain

Psalm 65: 5b-13

The fruitful outpouring of God's grace on the earth

Romans 8: 18-25

The longing of all creation for redemption

John 9: 1-11

Jesus' healing, mud, bodies and water

## Reflection

From dawn to bitter dust  
they work their master's forests and fields,  
dig copper and coal from his earth,  
cut slates from his mountains.

from the dust of whose earth  
and in whose image  
they were all made.

These things are his,  
as are they,  
to plunder and discard at will.

No mortal master here,  
no slave,  
no groaning of creation;  
hands like those nailed to the cross  
share bread and wine  
and heal earth's wounds.

There is a better world,  
a mightier Master

## THE WORLD - Pray

Creator God,  
In our selfish plundering of Mother Earth  
we have sinned and dishonoured you.  
Instil in us the gift of Wonder and Awe.  
May the reconciled diversity in creation  
find expression in our lives.

God of life, lead us to justice and peace. Amen

## Go and Do (see [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

- Calculate your carbon footprint. Think how you could 'tread more lightly'.
- Watch and/or organise a viewing of the 2009 film *HOME*, in your community. Allow space for reflection and discussion after.
- Get involved with the latest Climate Justice campaign.

**CHWI**

- Pwy, yn eich cymunedau a'r tu hwnt iddynt, y mae Duw'n eich galw i fod yn gyfeillion â hwy?
- Beth sy'n rhwydro cyfeillion Iesu rhag bod yn gyfeillion i'w gilydd?
- Sut y mae bod yn gyfeillion i'r un Iesu yn herio'r eglwys i rhanedig?

**Y GAIR - Darllediadau**

Caniad Solomon 1: 5-8	Cariad a'r anwylyd
Salm 139: 1-6	Yr wyt wedi fy chwilio a'm hadnabod
3 Ioan 2-8	Lletygarwch i gyfeillion yng Nghrist
Ioan 15: 12-17	Yr wyf wedi eich galw yn gyfeillion

**Myfyrdod**

Nid cyfeillgarwch 'gweplyfr' mo hwn:  
 dyma'r peth go iawn –  
 nid clicio (llygoden na bys)  
 i ragdybio anwyldeb.

Nid rhith o agosatrwydd,  
 ond rhywbeth costus, rhywbeth rhoi-eich-einioes:  
 wyneb wrth wyneb o gnawd.

Nid dewis, ond cael ein dewis:  
 gallwn ninnau ymateb neu droi ein cefn.

**Y BYD - Gweddïwn**

Arglwydd,  
 Mewn byd o bosibiliadau diderfyn  
 Rwy'n aml yn teimlo ar gyfeiliorn, ar goll...  
 Cynorthwya fi i beidio â cholli golwg arnat  
 A thithau'n fy ngwahodd i gyfeillgarwch a chyfeillach...

Arglwydd bywyd, arwain ni i gyfiawnder a heddwch. Amen

**Ewch a gwnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

- Diolchwr am bob cyfeillgarwch sydd wedi para trwy anawsterau ac uchelfannau eich bywyd.
- Prynwch neu gwnewch gerdyn i'w roi neu ei anfon i gyfaill, nid am ei bod yn ben-blwydd nac yn achlysur arbennig.
- Ceisiwch wybodaeth am yr ymgyrch Anfon i'm Ffrind ac edrychwch a allwch gymryd rhan ar [www.sendmyfriend.org/](http://www.sendmyfriend.org/)

## YOU

1. Who are those in and beyond your communities whom Christ calls you to befriend?
2. What prevents the friends of Jesus from being friends with one another?
3. How does being the friends of the same Jesus challenge the divided churches?

## THE WORD - Readings

Song of Solomon 1: 5-8	Love and the beloved
Psalm 139: 1-6	You have searched me out and known me
3 John: 2-8	Hospitality to friends in Christ
John 15: 12-17	I call you friends

## Reflection

This is no 'facebook' friending;  
this is the real deal –  
not the merest click (of mouse or finger)  
presuming, thereby, closeness.

This is no virtual togetherness.  
This is costly, lay-down-your-life stuff:  
face to fleshly face.

This is not choosing but being chosen:  
ours to respond or to renege.

## THE WORLD - Pray

Lord,  
In a world of never-ending possibilities  
I often feel disorientated, lost...  
Help me never to lose sight of you,  
and the invitation to friendship, intimacy...

God of life, lead us to justice and peace. Amen

## Go and Do (see [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

- Give thanks for the friendships that have endured through both difficult and delightful stages of your life. Buy or make a card to give or send to a friend, not because it is a birthday or special occasion.
- Find out about the Send my Friend campaign and see if you can get involved at [www.sendmyfriend.org/](http://www.sendmyfriend.org/)

**CHWI**

1. Beth yw'r gwahanfuriau sy'n gwahanu Cristnogion yn eich cymuned?
2. Beth yw'r gwahanfuriau sy'n gwahanu Cristnogion oddi wrth grefyddau eraill yn eich cymuned?
3. A yw'n haws dileu'r gwahanfuriau sy'n gwahanu Cristnogion oddi wrth ei gilydd na dileu'r gwahanfuriau sy'n eu gwahanu oddi wrth grefyddau eraill?

**Y GAIR - Darllediadau**

Ruth 4: 13-18	Epil Ruth a Boas
Salm 113	Duw'n cynorthwyo'r anghenus
Effesiaid 2: 13-16	Crist wedi chwalu'r canolfur a oedd yn ein gwahanu
Mathew 15: 21-28	Iesu a'r Gananées

**Myfyrdod**

Nid i'r hil etholedig yn unig yr oedd Iesu,  
er iddo, fe ymddengys, ddweud hynny unwaith.  
Eglurwyd popeth pan gyfarfu â Chananées.

Gwraig drallodus oedd hi, a'i merch yn glaf,  
ac, er cael ei galw'n un o'r "cŵn", ymatebodd â gras,  
gan ddangos nad oedd lle i gulni.

A thorrwyd gwahanfur  
a datguddio lled y weinidogaeth.

**Y BYD - Gwediwn**

Dduw grasol,

Maddau inni am godi gwahanfuriau  
i gau allan y rhai hynny sy'n wahanol inni.  
Dyro inni ddewrder i fynd heibio  
gorwelion cyfng yr hunan.

Arglywydd bywyd, arwain ni i gyflawnder a heddwch. Amen

**Ewch a gwnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

- Dysgwch am y gwaith a wneir i ddileu gwahanfuriau llythrennol a throsiadol yn y Wlad Sanctaidd, ac am y gwaith a wneir yno dros heddwch.
- Gwyliwch a gwrandewch ar storïau am sut y mae gwaradwydd ac anffafriaeth yn atal gofal meddygol ac yn rhwystr i bobl gael eu derbyn ledled y byd.
- Edrychwch beth sy'n cael ei wneud i herio anffafrio cymuned y Dalitiaid yn India.

## YOU

1. What are the barriers that separate Christians in your community?
2. What are the barriers that separate Christians from other religions in your community?
3. Is it easier to remove the barriers that separate Christians from one another than to remove those that separate them from other religions?

## THE WORD - Readings

Ruth 4: 13-18	The offspring of Ruth and Boaz
Psalm 113	God the helper of the needy
Ephesians 2: 13-16	Christ has broken down the dividing wall between us
Matthew 15: 21-28	Jesus and the Canaanite woman

## Reflection

Jesus was not for the chosen people alone,  
though seemed to say that once he was.  
And an encounter with a Canaanite clarified everything.

She, a woman with a sick daughter, distraught,  
and disparagingly called a “dog”, responded with grace,  
and showed narrow concern had no place.

And a barrier was broken,  
and the width of ministry revealed.

## THE WORLD - Pray

Gracious God

Forgive us for barriers we build  
to separate those who are different.

Give us courage to go beyond  
the limited horizons of self.

God of life, lead us to justice and peace. Amen

## Go and Do (see [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

- Learn about the work being done to break down literal and metaphorical barriers in the Holy Land, and the work for peace there.
- Look at or listen to stories of how stigma and discrimination are barriers to health care and acceptance across the world.
- Find out what is being done to challenge the discrimination of the Dalit community in India.

**CHWI**

1. Pwy yn eich cymuned sydd angen i'r gymuned Cristnogol fod yn gefn iddynt?
2. Pa eglwysi sydd, neu a fu, yn gefn i chwi?
3. Ym mha ffyrdd y byddai undod Cristnogol yn hybu cefnogaeth yr Eglwys i'r rhai hynny y mae arnynt angen cyflawnder a charedigrwyd?

**Y GAIR - Darllediadau**

Numeri 27: 1-11	Hawl merched i etifeddu
Salm 15	Pwy a gaiff fyw yng nghysegr Duw?
Actau 2: 43-47	Y disgyblion yn dal popeth yn gyffredin
Luc 10: 25-37	Y Samaritan Trugarog

**Myfyrdod**

Ar wahân i eglwys y plwyf,  
y mae ei haelodau, yn ôl pob sôn,  
yn addoli esgob,  
y mae yn ein pentref ni dri chapel:

Un i ni,  
un i'n cymdogion,  
ac un i'r bobl sy'n byw i lawr y ffordd.

Beth yw'r gwahaniaeth rhygddydnt  
does gennym ni mo'r syniad lleiaf,  
a byddai unrhyw sôn am Galfin ac Armin,  
bedydd babanod a bedydd credinwyr,  
yn ein gadael yn oer.

Ond fe wyddom yn ein calonau  
na all corff Crist wedi'i ddryllio fel hyn  
byth gymodi byd drylliadig.

Ac yn ein cydwybod diog y mae  
weithiau'n ystwyrian  
ryw eiriau hanner anghofiedig  
am ddod â newyddion da i'r tlodion,  
golwg i'r deillion,  
rhyddid i garcharorion a'r gorthrymedig,  
a'r hen ddihareb honno,  
'Feddyg, iachâ dy hun'.

**Y BYD - Gweddiwn**

Driunol Dduw,  
Diolchwn am gymuned ein Heglwys ac am gymdeithasau Cristnogol eraill yn  
ein cymdogaeth.

Yr wyt yn galw pawb sy'n dy ddilyn i wasanaethau ac i iacháu ac i gyhoeddi dy Deyrnas  
i fyd anghrediniol, clwyfus.

Arglywydd bywyd, arwain ni i gyflawnder a heddwch. Amen.

**Ewch a gwnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

- 'Ni ddaw ein taith i ben nes bydd hawl i dir gan bawb yn y wlad hon sydd heb dir na chartref.' Yn 2011 – 2012 cynhaliwyd yr orymdaith ddi-drais fwyaf erioed yn India. Cerddodd cannoedd i gefnogi ym Mhrydain ac Iwerddon. Cewch fwy o wybodaeth ar y tudalenau Gorymdaith dros Gyflawnder ar wefan Cymorth Cristnogol.
- Daw eglwysi ledled Prydain ac Iwerddon ynghyd i drefnu Wythnos Cymorth Cristnogol. Gwelwch beth y mae eglwysi yn eich ardal chwi yn ei wneud.

## YOU

1. Who in your community needs the solidarity of the Christian community?
2. What churches are, or have been, in solidarity with you?
3. In what ways would Christian unity enhance the Church's solidarity with those who are in need of justice and kindness?

## THE WORD - Readings

Numbers 27: 1-11	The right of inheritance to daughters
Psalm 15	Who shall abide in God's sanctuary?
Acts 2: 43-47	The disciples held all things in common
Luke 10: 25-37	The Good Samaritan

## Reflection

Apart from the parish church,  
whose members, we are told,  
worship a bishop,  
there are in our village three chapels.

One is for us,  
one for the neighbours,  
and one for those people down the road.

What the difference between them is  
we have not the foggiest idea,  
and talk of Calvin and Armin,  
infant and believers' baptism,  
would leave us cold.

But we know in our hearts  
that the body of Christ thus fragmented  
will never reconcile a broken world.

And in our lazy conscience there  
sometimes stir  
some half-forgotten words  
about bringing good news to the poor,  
sight to the blind,  
freedom to the captives and  
the oppressed,  
and that old proverb,  
'Physician, heal yourself'.

## THE WORLD - Pray

Triune God,  
We give thanks for our Church community and for other Christian fellowships in  
our locality.

You call all who follow you to service and healing and to proclaim your Kingdom to an  
unbelieving, wounded world.

God of life, lead us to justice and peace. Amen.

## Go and Do (see [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

- 'Til every homeless & landless poor person in this country gets their land rights, our journey won't stop.' In 2011 – 2012 the largest non-violent march took place across India, hundreds marched in solidarity across India and the UK and Ireland. Find out more on Christian Aid's March for Justice web pages.
- Churches across Britain and Ireland work together in unity to make Christian Aid Week happen. Find out what churches are doing in your area.

**CHWI**

1. Pa ymdrechion dros gyfiawnder sydd yn eich cymuned?  
Pa achos dathlu sydd iddynt?
2. Pa ymdrechion dros undod Cristnogol sydd yn eich cymuned?  
Pa achos dathlu sydd iddynt?

**Y GAIR - Darllediadau**

Habacuc 3: 17-19	Dathlu mewn cyfnod o gyni
Salm 100	Addoli Duw ledled y ddaear
Philipiaid 4: 4-9	Llawenhewch yn yr Arglwydd bob amser
Luc 1: 46-55	Cân Mair

**Myfyrdod**

Nid yw ffydd ag wyneb digalon yn perswadio neb. Crintachlyd yw ymddiried â'r dannedd wedi'u gwasgu'n dynn. Prin fod goabaith yn beth dyrchafol pan fo'r galon yn drom gan luddled. "Llawenhau yn yr Arglwydd" – dyna'r her bob amser. A phan ddaw'r llawenhau o ganol poen, colled, ofn ac anobaith, y mae'n llawer mwy diliys, ac yn llawer mwy o ysbyrydoliaeth.

Penderfynu gweld y gwydr yn hanner-llawn pan all hynny ymddangos yn orobeithiol – dyna ffolineb gogoneddus ffydd. Mae'n hawdd gwenu pan nad yw'n "amser trallod". Daw'r gwir brawf pan fydd amgylchiadau'n tynnu'r menig ac yn rhoi dyrnod egr neu ddwy. Y mae dysgu chwerthin mewn amserau anodd yn caniatáu i adlais o sicrwydd y nefoedd seinio ar y ddaear.

"Addolwch yr Arglwydd mewn llawenydd," meddai'r Salmydd. Rhywsut, yr oedd yn llygad ei le.

**Y BYD - Gweddiwn**

Dduw ffyddlon,  
Bydded inni LAWENHAU o'th adnabod  
a DEFFRO i addewid pob dydd.  
A dyro inni ras i gydgerdded mewn GOBAITH.

Arglwydd bywyd, arwain ni i gyfiawnder a heddwch. Amen.

**Ewch a gwnewch (gweler [www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))**

- Cofiwch a dathlwch sut y mae gweithredu wedi achosi newid yn y byd.
- Dathlwch lwyddiant cymunedol lleol.
- Dathlwch fod ein cymunedau lleol a bydeang yn dod ynghyd i ddysgu oddi wrth ei gilydd.

## YOU

1. What struggles towards justice are there in your community?  
What cause do they give for celebration?
2. What struggles towards Christian unity are there in your community?  
What cause do they give for celebration?

## THE WORD - Readings

Habakkuk 3: 17-19	Celebrating in a time of hardship
Psalm 100	The worship of God through all the earth
Philippians 4: 4-9	Rejoice in the Lord always
Luke 1: 46-55	The Song of Mary

## Reflection

Faith with a forlorn face persuades no one. Trust through gritted teeth seems grudging. Hope with hearts weighed heavy with weariness is hardly uplifting. “Rejoice in the Lord always,” remains the challenge. And when that rejoicing comes from the midst of pain, loss, fear and despair, then how much more authentic it is; how much more inspiring it becomes.

The determination to see the glass half-full when that might seem optimistic at best, is the glorious folly of faith. It is easy, outside of any “time of trial”, to smile. The real test comes when circumstance takes off its gloves and lands a sucker punch or two. To learn to laugh into troubled times is to allow an echo of heaven’s assurance to sound on earth.

“Him serve with ‘mirth’”, the psalmist may have written. It seems, somehow, right.

## THE WORLD- Pray

Faithful God,  
May we REJOICE in the knowledge of you;  
and be AWAKENED to the promise of each day.  
Give us the grace to walk together in HOPE.

God of life, lead us to justice and peace. Amen.

## Go and Do ([see www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

- Remember and celebrate how action has made change happen in the world.
- Celebrate a local community success.
- Celebrate our local and global communities coming together to learn from each other.

# Taflen Gerddoriaeth

## Bhajan (t. 18)

### Yma'n awr

Kannada Bhajan o India Cyf. o eiriau gan John R. Bradley

The musical score consists of two staves of music. The top staff is in common time (C) and the bottom staff is in 12/8 time (12). The lyrics are as follows:

Y ma'n awr, rywt ti'n Dduw. Y ma'n awr, rywt ti'n Dduw. Ein Hiôr, ein  
Harg lwydd wyt a'n Duw. Uwch na'n me ddwl ni, Glan ach na'n holl fryd,  
Cry fach na'n holl nerth, Y Di ha fal yng ngha nol ein byw.

Drwm

## Ymateb i'r weddi (t. 28)

The musical score consists of one staff of music in 12/8 time (12). The lyrics are:

De led, trwy ein byw a'n gwe ddi, dy deyr nas di.

## Bhajan (p. 19)

### In this place

Kannada Bhajan from India, Words by John R. Bradley

The musical score consists of two staves. The top staff is a vocal melody in G major, common time, with lyrics. The bottom staff is a drum pattern in common time. The vocal melody starts with a dotted half note followed by eighth notes. The lyrics are: "In this place, you are Lord; in this time, you are Lord; our God, our Sa- viour and our King. High er than our thoughts Pur er than our hearts, Strong er than our wills, Great Be yond in the midst of our lives." The drum part provides a steady rhythmic background.

Drum

## Prayer response (p. 29)

The musical score is in 12/8 time, featuring a single melodic line. The lyrics are: "Through our lives and by our pray ers, your king dom come."

# *Yr Wythnos Weddi am Undeb Cristnogol 2013*

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