

Yr Wythnos Weddi am Undeb Cristnogol 2020

Caredigrwydd anghyffredin



Unusual kindness / Week of Prayer for Christian Unity 2020

18-25 Ionawr

www.ctbi.org.uk/weekofprayer





Rydym yn edrych, ond sut ydym yn edrych? Sut ydym yn ein gweld ac yn ein deall ein hunain, yn enwedig yng ngoleuni ein perthynas â'r Crist Byw? Gwyddom fod Duw'n siarad â ni mewn lleisiau tawel, tyner, ond mae hefyd yn llefaru drwy'r bobl ac yn y lleoedd mwyaf annisgwyl. Gall harddwch y tu hwnt i ddychymyg a gwir faeth ddod o'r mannau sy'n ymddangos yn arw a diffwrwyth.

Er gwaethaf trybestod y byd y dyddiau hyn, gallwn hefyd ddarganfod gweithredoedd o garedigrwydd ac o gariad, o faddeuant a lletygarwch mewn lleoedd a chan bobl annisgwyl. Fel yn y greadigaeth naturiol, erys mannau lle mae'r dŵr bywiol yn parhau i dreiddio i'r brif ffrwd, gan ddod â lliw a llawenydd a chynnig gobaith i'r dyfodol.

Fodd bynnag, dim ond pan fyddwn yn trochi ein hunain yng ngwefr bywyd y byddwn yn gweld y dŵr bywiol hwnnw'n treiddio i'r brif ffrwd. Mae ein hanes o'r Beibl yn adrodd stori ingol am ofn, goroesiad, gobaith a chariad dynol. Bydd yn ein gwahodd i fyfyrion yngylch haelioni gras a chyfoeth Duw, y gallwn ei weld ond i ni aros ac edrych yn ofalus ar yr hyn sydd o'n blaenau. Yn y sefyllfaoedd mwyaf anodd, mewn lleoedd digroeso a hyd yn oed yn y bobl fwyaf digroeso - yno y gwelwn rywbeth o ras Duw.

Fe'n gwahoddir yn neunyddiau'r Wythnos Weddi am Undeb Cristnogol eleni i weld Duw yn gweithio drwy bobl a lleoedd sy'n cynnig caredigrwydd anghyffredin - os byddwn ond yn edrych yn y ffordd iawn.

Bob Fyffe, Ysgrifennydd Cyffredinol, Eglwysi Ynghyd ym Mhrydain ac Iwerddon



We look but what kind of looking do we do? How do we see and understand ourselves, especially in light of our relationship with the Living Christ? We know that God speaks to us in still small voices, but also in the people and places we least expect. In supposed barren hard places there can spring unimaginable beauty and nourishment.

In spite of the turbulence of the world at the present time, we also discover acts of kindness, of love, forgiveness and hospitality in places or from people we did not expect. As in the natural world, there are still the places where the water of life seeps into the mainstream and brings colour and joy and offers a hopeful future.

But it is only when we immerse ourselves in the vitality of all that life brings do we find this water of life seeping into the main stream. Our Bible story gives us a visceral story of human fear, survival, hope and love. It will invite us to reflect upon the abundance of God's grace and fullness, that we can see if only we stop and look closely at what is in front of us. In the most difficult situations, inhospitable places and even in the most inhospitable people, there we will find something of God's grace.

We are invited in this year's Week Of Prayer for Christian Unity materials to see God working through people and places which offer unusual kindness. If only we would do the appropriate kind of looking.

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

Cyflwyniad i'r thema ar gyfer eleni

Mae ein gweddio am undod Cristnogol â'i wreiddiau'n ddwfn yn y Beibl.

Rydym yn gweddio am undod oherwydd bod Iesu wedi gweddio y byddai ei ddisgyblion yn un er mwyn i'r byd gredu (Ioan 17:20-21). Roedd Sant Paul hefyd yn annog yr eglwysi yr ysgrifennai atynt i gydnabod eu hundod yng Nghrist, er bod cryn amrywiaeth yn eu plith (1 Corinthiaid 12:12-27).

Mae'r Beibl yn arbennig o berthnasol ar gyfer bywyd cyffredin eglwysi Malta, gan i'r Efengyl gyrraedd yr ynys gyntaf drwy ddigwyddiadau a gofnodir yn Actau'r Apostolion, pan fu i Paul brofi caredigrwydd anghyffredin oddi wrth y trigolion. Bydd llawer o bobl o Brydain ac Iwerddon wedi bod ar wyliau i Malta ac wedi gweld y lle y credir i'r pethau hynny ddigwydd. Mae hynny'n ein hatgoffa nad dim ond mater o ysbrydolrwydd yw Cristnogaeth ond ffydd sydd â'i gwreiddiau mewn digwyddiadau yn hanes yr hil ddynol: gwaredigaeth y ddynoliaeth a'r holl greadigaeth. Mae'r undod y gweddiwn amdano felly'n cyhoeddi Crist i'r byd.

Mae hanes Sant Paul a'r llongddrylliad ym Malta ym Mhenodau 27 a 28 Llyfr yr Actau'n ein harwain, yn ystod yr Wythnos Weddi am Undeb Cristnogol, i fyfyrיו ynghylch llawer o agweddau ar ein bywydau personol a bywydau'n heglwysi. Wrth i ni ddod ynghyd, gan geisio undod, rydym yn cydnabod ein bod weithiau'n cludo beichiau o'n hanes, ein traddodiadau a'n disgwyliadau diwylliannol sy'n gallu bod yn ormesol a bygwth ein llethu. Mae perygl, yn wyneb hynny, y byddwn

Cadeirlan Sant Paul, Mdina, Malta



Introduction to this year's theme

Our prayer for Christian unity is deeply rooted in the Bible. We pray for unity because Jesus prayed that His disciples would be one, that the world might believe (John 17:20-21). St Paul also urged the churches to which he wrote to recognise their unity in Christ, even though there was much diversity within them (1 Corinthians 12:12-27).

For the churches in Malta, the Bible has special relevance for the shared life of the churches there, for the Gospel first came to Malta in the events that are told in the Acts of the Apostles, where St Paul and those with him encountered unusual kindness from the inhabitants. Many people in Britain and Ireland will have visited Malta on holiday and seen the place where these events are believed to have taken place. This is a reminder that Christianity is not merely a spirituality, but a faith rooted in events in human history: the redemption of humanity and the whole of creation. The unity for which we pray therefore serves to make Christ known in the world.

The story of St Paul's being shipwrecked on Malta in Acts 27 and 28 leads us, during this Week of Prayer for Christian Unity, to reflect upon many aspects of our own lives and the lives of our churches. As we approach one another, seeking unity, we recognize that we sometimes carry baggage from history, tradition and cultural expectation, which can weigh us down and threaten to overwhelm us. There is the danger that, in the face of that experience, we might

St. Paul's Cathedral, Mdina, Malta





yn colli golwg ar y gobaith a'n galwodd gyntaf ac y gallwn felly roi'r gorau i geisio'r goleuni mae Crist yn ei gynnig i ni.

Heriodd Paul ei gyd-deithwyr, yn forwyr, milwyr a charcharorion, i beidio â gwangaloni. Yn wyneb yr hyn sy'n ymddangos yn dywyll ac anobeithiol, cawn ninnau ein herio i ymddiried yn Nuw a chaniatáu iddo ein cynnal a'n cludo drwy'r dyfroedd. Bydd yna adegau pan fyddwn wedi ein torri, fel unigolion ac eglwysi, ac wrth edrych yn ôl fe fyddwn yn gweld nid dim ond ôl ein traed ein hunain, ond ôl traed cannoedd, wrth i'r rhai sy'n ein caru ein hamgylchynu a'n cynnal. Bydd yna adegau, a ninnau'n sefyll yng nghanol stormydd rydym ni ein hunain wedi'u creu, pan gawn ein herio i amlygu caredigrwydd anghyffredin yn wyneb difaterwch y byd.

Amlyuu caredigrwydd anghyffredin yw gweld y chwaer neu'r brawd yng nghywilydd y bwystfil a gwybod ei fod ef neu hi hefyd yn blentyn i Dduw. Amlyuu caredigrwydd anghyffredin yw rhoi heb gyfrif y gost a bod yn barod i dderbyn heb amau gwerth y rhodd. Wrth i ni ffyrio ynghylch undod Cristnogol a gweddio amdano,



lose sight of the hope which first called us and so give up reaching for the light which Christ offers us.

St Paul challenged his fellow travellers, sailors, soldiers and prisoners to keep up their courage. In the face of apparent desperation and hopelessness, we are challenged to put our trust in God and allow ourselves to be held and carried through the waters. There will be times when we are broken, as individuals and as churches, and looking back we shall see not just the one set of footprints in the sand, but hundreds, as we are surrounded and supported by those who love us. There will be times when, standing in the storms of our own making, we are challenged to demonstrate unusual kindness in the face of worldly indifference.

To demonstrate unusual kindness is to see the sister and brother in the monster's shame and know that they too are children of God. To demonstrate unusual kindness is to give without counting the cost, and to allow ourselves to be given unto without questioning worth. As we reflect upon, and pray for, Christian unity,

rydym yn cydnabod y niwed a wnaethom, y loes sydd yn ein calon, a'r beichiau mae'n rhaid i ni eu hepgor. Gweddïwn dros undod Cristnogol fel man cychwyn ar gyfer teithio ymlaen mewn ffydd a gobaith am waredigaeth y byd ac adferiad y greadigaeth.

Ar gyfer yr Wythnos Weddi am Undeb Cristnogol eleni, cyd-gerddwn ag eglwysi Malta, gan weddio ochr yn ochr â hwy, a gweddio drostynt hefyd wrth iddynt gerdded ymlaen mewn ffydd gan geisio'r undod y gweddiodd Crist amdano. A chydlawenhawn â hwythau fod Malta'n gallu olrhain ei gwreiddiau Cristnogol i oes yr Apostolion. Wrth wneud hynny, byddwn yn camu i ddrama Sant Paul, ei gyd-deithwyr a'r trigolion y bu iddynt eu cyfarfod i ddarganfod ein hundod â'n gilydd, ac wrth wneud hynny'n cydnabod pwysigrwydd gweithredoedd o garedigrwydd anghyffredin sy'n dystiolaeth i Efengyl heddwch a chymod.

Is-gadeirlan Sant Paul, Valletta, Malta



we acknowledge the injury that we have caused, the pain that we carry, the baggage that we must jettison. We pray for Christian unity as the place from which we can move onward in faith and in hope for the redemption of the world and the restoration of creation.

For this year's Week of Prayer for Christian Unity, we accompany the churches of Malta, praying with and alongside them, praying also for them in their Christian journey as they seek the unity for which Christ prayed. And we rejoice with them that Malta traces its Christian origins back to the time of the Apostles. And in so doing, we enter into the drama of St Paul, those that travelled with him, and the inhabitants whom they met, to discover our shared unity, and in so doing recognise the importance of unusual acts of kindness that bear witness to the Gospel of peace and reconciliation.

St. Paul's Pro Cathedral, Valletta, Malta



Diwrnod 1

Actau 27:18-19, 21

Trannoeth, gan ei bod hi'n dal yn storm enbyd arnom, dyma ddechrau taflu'r llwyth i'r môr; a'r trydydd dydd, lluchio gêr y llong i ffwrdd â'u dwylo eu hunain... Yna, wedi iddynt fod heb fwyd am amser hir, cododd Paul yn eu canol hwy a dweud: 'Ddynion, dylasech fod wedi gwrando arnaffi, a phheidio â hwylio o Creta, ac arbed y difrod hwn a'r golled.'

Salm 85

Luc 18:9-14

Myfyrdod

Os byddwn fyw yn ddi-angor gallwn grwydro i ddyfroedd geirwon ar drugaredd y dymestl a'r tonnau. Yng ngafael ceryntau'n hamgylchiadau, a'r llanw croes yn drysu'n cwrs hyd at y creigiau. Bryd hynny, gallwn ond glynu at y gobaith y byddwn yn meiddio ildio'n hawliau hunanol, a chydberchnogi

craig y gwirionedd. Mae'r hafnau a luniwyd gan hen ddaeargrynfeydd a'u dyfnhau gan drawiadau'r tonnau a'r glaw yn gwneud cynnal trallod ein hymrannu a'n rhwygiadau yn hawdd, a dryllio'n gwirionedd. Ond wrth i ni ganfod pob dernyn drud, fel broc môr a laniodd ar ryw draethell bell i'w warchod gan arall, tybed a allem agosáu ac ailddarganfod pwy ydym? Mae darlun newydd yn ymffurfio: ailedrych, ailddychmygu, ailgysylltu â ni'n hunain ac â'n gilydd. Ysglyfaeth y storm ydym oll lle bynnag y safwn. Port neu starbord, blaen neu stern yr un yw'r cwch, yn cerdded yr un dyfroedd. Gall nofio ynteu foddi ddibynnau ar bwy neu beth y mynnwn ddal gafael ynddo ynteu ei waredu.

Cymod



Gwedi

Dduw sy'n cymodi,
wrth i ni brofi loes camgymeriadau'r
gorffennol
ac encilio
i'n ceyrydd unigol;
cynorthwya ni i ildio
ymdeimlad ffals o'r hyn ydym,
popeth sy'n ein caethiwo,
a phopeth sy'n werthfawr i ni.
Glyna ni wrth wyleidd-dra
a thrugaredd,
wrth i ni ddysgu gyda'n gilydd
i dderbyn gennyt ti
ac i ymgartrefu ynot tithau a'th
gariad. Amen.

Cwestiynau

- Beth yw'r pethau pwysig y mae angen i ni eu cludo gyda ni wrth i ni gyd-gerdded tuag at undod?
- Pa bethau efallai fod angen i ni eu hepgor wrth i ni gyd-gerdded tuag at undod? Pa heriau a wynebwn wrth ystyried hynny?
- Beth yw ein gobeithion ar y cyd ar gyfer ein cymuned? Am beth allwn ni weddio ar y cyd ar gyfer ein cymuned?

Ewch a Gwnewch (gweler www.ctbi.org.uk/goanddo)

Byd-eang: Dysgwch am Eglwysi De'r Swdan a'u gwaith dros gymod fel sbardun ar gyfer eich taith chi tuag undod.

Lleol: Sut allai'r eglwysi yn eich ardal chi gynnal deialog ynghylch y materion sy'n effeithio ar eich cymuned ehangach?

Personol: Ceisiwch gymod mewn perthynas doredig yn eich bywyd chi.

DAY 1

Acts 27: 18-19, 21

"We were being pounded by the storm so violently that on the next day they began to throw the cargo overboard and on the third day with their own hands they threw the ship's tackle overboard... Since they had been without food for a long time, Paul then stood up among them and said, "Men, you should have listened to me and not have set sail from Crete and thereby avoided this damage and loss."

Psalm 85

Luke 18: 9-14

Reflection

To live an untethered life means that we may well find ourselves at the mercy of wind and wave. Besieged by storm and circumstance, carried by the tide, thrown off course, we can find ourselves run aground, clinging to the hope – that we might loosen our grip of individual claim and right, and hold to a shared ownership of this rock of truth.

Fissure cracks unearthed by seismic change, fresh and raw – now open to the elements – make it easy for fracture and the heartbreak of division and disunity to split our truth apart. But as we find each precious piece, like flotsam and jetsam washed up on distant shore and held safe in the hands of someone else, might we come together and re-form? As a new picture emerges a re-seeing re-imagining reconciling of ourselves and each other. We are all at the mercy of the storm regardless of where we stand. Port or starboard, aft or stern it's the same boat, traversing the same waters. Whether we sink or swim might well depend upon who or what we cling to or let go of.

Reconciliation



Prayer

Reconciling God,
as we feel the pain of past mistakes,
shy away
and retreat to individual strongholds;
help us surrender
a false sense of who we are,
all that tethers us,
and all that we hold precious.
Bind us to humility and compassion,
as we learn together,
to receive from You,
abide in You and Your love. Amen.

Questions

- What are the important things we need to carry with us as we journey together towards unity?
- What things might we need to let go of as we journey together towards unity? What challenges does that bring?
- What are our shared hopes for our community? What might our common prayers for our community be?

Go and Do

(see www.ctbi.org.uk/goanddo)

Global: Be inspired by the churches of South Sudan and their work for reconciliation.

Local: How might the churches in your area dialogue around the issues affecting your wider community?

Personal: Seek reconciliation for a broken relationship in your life.

Diwrnod 2

Actau 27:20

Ond heb na haul na sér i'w gweld am ddyddiau lawer, a'r storm fawr yn dal i'n llethu, yr oedd pob gobaith am gael ein hachub bellach yn diflannu.

Salm 119:105-110

Marc 4:35-41

Myfyrdod

TRALLWYSIAD

Credaf un arall
nid Efe.

Mae cwpan chwerwedd yn
gwenwyno fy mod.

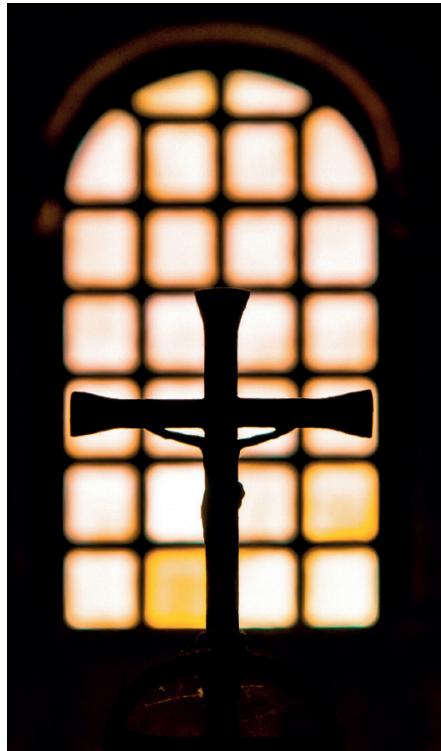
Mae fy llygaid yn gwanychu,
collaf y goleuni -
mae 'mywyd yn datgymalu
ac yn baglu.

Symudiad, smic yn fy nhywylwch,
yn cyffroi, yna'n cysuro.

Nid wyf ar farw'n unig
ond marw a wnawn.

Bydd y storm yn dryllio gobaith,
yn ein hildio i ffawd.

Gwreichionyn yn herio fy nallineb.
Disgynnaf i'r llawr



a'r gwreichion yn dawnsio ffurf,
fy Nhad triw a thyner.

Yn ei freichiau tragwyddol
ymlonyyddaf...

Gwneled y storm ei gwaethaf.
Gormodedd ei gariad sy'n fy iacháu
gan drallwyso gobaith
i adnewyddu fy mod
yn dyner.

Nac ofna'r dioddef
canys drwy hwnnw y cân bywyd.

Ceisiwch a Dangoswch Oleuni Crist

Gweddi

Dad, dy air gwerthfawr di sy'n
goleuo'n camau, a hebot ti parhau
fyddwn ar goll ac mewn
dryswch.

Ysbryd Glân, dysga ni drwy dy Air a
thrwy ein gilydd i deithio llwybr
ein Tad ynghyd, gan droedio'n
dyner ar y Greadigaeth.

Bydded i bob cynulleidfa o'r bobl
mewn eglwysi ym mhobman
grefu am dy bresenoldeb i'w
twyws, i'w cysuro ac i'w
trawsffurfio.

Rho i ni'r gonestrwydd sydd ei
angen arnom i sylweddoli pan
fyddwn yn colli golwg ar dy
oleuni neu'n ei guddio rhag
eraill.

Dyro i ni ras i ddal ein gafael

ynot, yn barod ac yn abl i rannu
dy oleuni.

Gofynnwn hyn yn enw dy Fab Iesu,
sy'n ein galw fel dilynwyr iddo i
fod yn oleuni i'r byd. Amen.

Cwestiynau

- Dan ba amgylchiadau fyddaf i'n colli golwg ar Dduw?
- Rydym wedi gweddio y bydd i ni droedio'n dyner ar y Greadigaeth. Beth yw fy nghyfrifoldeb innau yn wyneb tymestl newid hinsawdd?
- Pa gyfrifoldeb sydd arnom fel cymuned i fynd i'r afael â newid hinsawdd?

Ewch a Gwnewch (gweler www.ctbi.org.uk/goanddo)

Byd-eang: Gweithredwch drwy ymuno â'r lleisiau sy'n galw am weithredu ynghylch yr argyfwng hinsawdd.

Lleol: A yw eich eglwysi chi'n ymgeisio am y gwobrau eco-eglwys / eco-gynulleidfa?

Personol: Nid yw gweithredu unigol i leihau allyriadau carbon yn ddigon i wneud gwir wahaniaeth ond gyda'i gilydd mae pob cyfraniad yn gam at y nod.

DAY 2

Acts 27:20

"When neither sun nor stars appeared for many days, and no small tempest raged, all hope of our being saved was at last abandoned."

Psalm 119:105-110

Mark 4:35-41

Reflection

TRANSFUSION

I believe another
Not Him.
A cup of bitterness taints my being.
My eyes fail me,
I lose the light
and my life disengages
and halts.

Movement, spied in my darkness
frightens then brings relief.
I am not dying alone
But dying we are.
The battering storm of hope denied,
Will abandon us to fate.

A flicker flecks my blindness
I fall prostrate
As flecks materialise into Him,



My true and tender Father.

Held in His unbreakable arms
I still...

The storm may do its worst.
Slathered in His salve of love
Hope's transfusion
Gently renews my being
Do not fear the pain
It sings the song of life.

Seek and Show Christ's Light

Prayer

Father, Your precious word illuminates
our steps and without You we
remain lost and disorientated.

Holy Spirit, teach us through Your
word and each other to travel
our Father's path together,
walking gently on Creation.

May each gathering of Your people
in churches everywhere crave
Your guiding, consoling and
transforming presence.

Give us the honesty we need to
recognise when we lose or obscure
Your light for others.

Give us grace to hold onto You,
ready and able to share Your light.

We ask this in the name of Your Son
Jesus, who calls us His followers,
to be light to the world. Amen.

Questions

- In what circumstances do I lose sight of God?
- We prayed that we might walk gently on Creation. What is my responsibility confronted by the storm of climate change?
- What responsibility do we have as a community to address climate change?

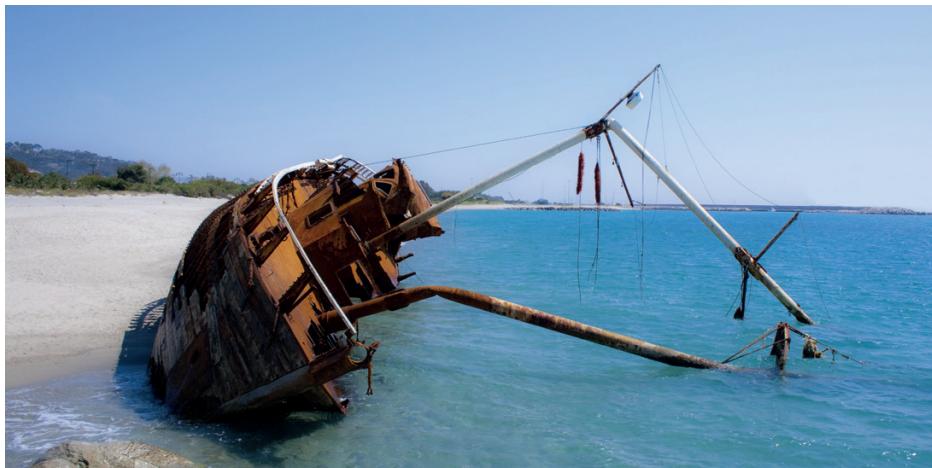
Go and Do (see www.ctbi.org.uk/goanddo)

Global: Take action by adding your voice to the call to address the climate emergency.

Local: Are your churches involved in the eco-church/ eco-congregations award?

Personal: Individual actions on reducing carbon are not enough to make the difference but together they add up.

Diwrnod 3



Actau 27.22, 34

'Ond yn awr yr wyf yn eich cyngbori i godi'ch calon; oherwydd ni bydd dim colli bywyd yn eich plith chwi, dim ond colli'r llong ... ni cholli'r blewyn oddi ar ben yr un ohonoch ...'

Myfyrdod

Byddwch ddewr
pan fydd stormydd bywyd
yn eich bwrw
ar draeth annisgwyl.

Byddwch ddewr,
datgymalwch y rhwystrau,
rhowch groeso i'r dieithrynn,
byddwch eich hun yn westai.

Byddwch ddewr,

Salm 27

Mathew 11:28-30

gwendewch ar eraill,
ceisiwch ddeall,
anghytunwch heb ddigio.

Byddwch ddewr,
ar ôl y llongddrylliad
paratowch long newydd,
dewiswch gwrs arall.

Byddwch ddewr
deithwyr cudd, alltudion,
pwy bynnag yw'n criw
pawb at y rhaffau
yn y greadigaeth newydd.

Byddwch ddewr

Gweddi

Dduw trugaredd,
a ninnau ar goll ac yn drallodus,
trown atat.
Ennyn ynom ni dy obaith a'th
ddewrder dithau.
Bydded i'n heglwys i ymlafnio am yr
undod
y gwreddiodd dy Fab amdano noswyl
ei ddioddefaint.
Gofynnwn hyn drwyddo ef, sy'n
byw ac yn teyrnasu gyda thi a'r
Ysbryd Glân yn oes oesoedd.
Amen.



Cwestiynau

- Pa bethau allwch chi eu gwneud i'ch cadw'n ddewr?
- Beth yw eich gobeithion a'ch ofnau ar gyfer yr eglwys yn eich ardal?
- Sut allech chi benderfynu'n ddewr gyda'ch gilydd ar gyfeiriad i'r dyfodol, a dyfalbarhau â hynny?

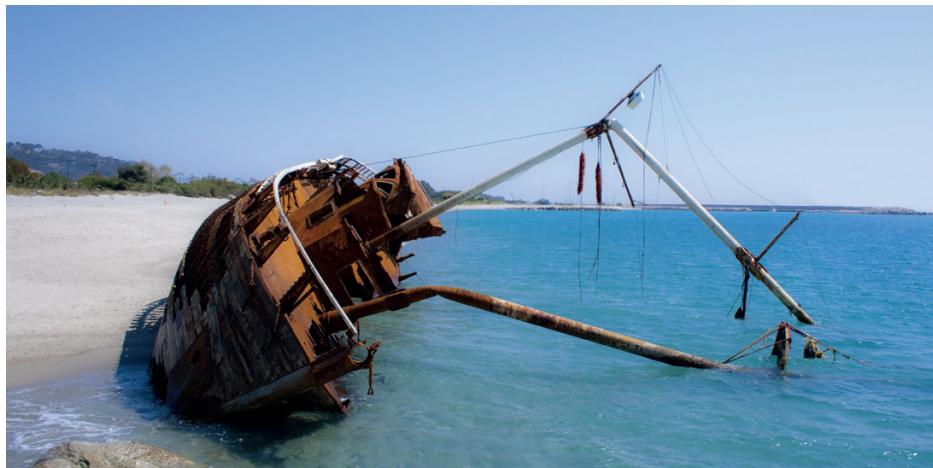
Ewch a Gwnewch ([gweler www.ctbi.org.uk/goanddo](http://www.ctbi.org.uk/goanddo))

Byd-eang: Darllenwch ac ymatebwch i hanesion am fordeithiau peryglus.

Lleol: Cynigiwch groeso a lletygarwch i bobl a gyrhaeddodd yn ddiweddar i'r Deyrnas Unedig ac Iwerddon.

Personol: Gan ystyried eich taith chi eich hun, sut allech chi gynorthwyo eraill ar eu taith heddiw?

DAY 3



Acts 27, 22, 34

"I urge you now to keep up your courage, for there will be no loss of life among you, but only of the ship ... none of you will lose a hair from your heads ..."

Reflection

Keep up your courage
when the storms of life
wash you up
on an unexpected shore.

Keep up your courage
take barricades down
welcome the stranger
become the guest.

Keep up your courage

Psalm 27

Matthew 11:28-30

listen to the other
seek to understand
disagree agreeably.

Keep up your courage
when the ship runs aground
prepare a new vessel
chart another course.

Keep up your courage
stowaways, castaways
whatever our crew
it's all hands on deck
creation made new.

Keep up your courage

Prayer

God of mercy,
lost and disheartened,
we turn to You.
Instil in us Your hope and courage.
May our churches strive for
the unity
for which Your Son prayed on the
eve of His passion.
We ask this through Him who lives
and reigns with You and the Holy
Spirit for ever and ever.
Amen.



Questions

- What are the practices that you can use to keep up your courage?
- What are your hopes and fears for the churches in your area?
- How might you keep up your courage together to chart a course into the future?

Go and Do (see www.ctbi.org.uk/goando)

Global: Read and respond to the stories of perilous journeys by sea.

Local: Provide welcome and hospitality for those recently arrived into the UK and Ireland.

Personal: Reflecting on your own journey, how might you assist others on journeying today?

Nodiadau ar gyfer y gwasanaeth cydaddoli

Fel cenedl sy'n ynys, mae cychod yn rhan bwysig o fywyd Malta. Mae'r darlleniad o'r Ysgrythur yn y gwasanaeth hwn yn disgrifio mordaith beryglus Sant Paul.

Mae cwch hefyd yn symboleiddio taith Cristnogion gyda'i gilydd tuag at undod, taith sydd hithau'n gallu bod yn derfysglyd. Am y rhesymau hynny, mae Eglwysi Cristnogol Malta'n awgrymu y dylid, cyn y gwasanaeth, osod cwch neu fodel mawr o gwch yn y fan lle cynhelir y gwasanaeth.

Mae'r hanes o Lyfr yr Actau sy'n ganolog i'n gwasanaeth yn cynnig cyfleoedd gwych ar gyfer defnyddio gweithgareddau syml, seiniau a deunyddiau amlgyfrwng i gyd-ddigwydd â darllen y testun.

Yn anaml y gwelir plant mewn digwyddiadau eciwmenaidd. Dyma gyfle gwych i bob cymuned sy'n cynnal y gwasanaeth hwn wahodd eu hysgolion lleol i gyfranogi drwy wneud prosiect celf i greu cwch (neu hyd yn oed ond ochrau cwch) y gall rhai o'r plant eistedd ynddo. Gellid llunio modelau syml o'r gwrthrychau morwrol y cyfeirir atynt yn y testun. Gallai hyn hefyd fod â'r fantais ychwanegol o ddenu rhieni a gofalwyr y plant i'r gwasanaeth.

Ar y pwynt perthnasol yn yr hanes o Lyfr yr Actau, gallai seiniau'r storm gyd-ddigwydd â'r llefaru (ysgwyd peli tennis mewn blychau, ysgwyd taflenni ffoil, ffyn glaw). Yn ystod y darlleniad, sonnir am ddefnyddio sawl gwrthrych neu eu taflu o'r cwch: offer llong, rhaffau, angorau, badau achub, rhwysfau, y brif hwyl. Gellid defnyddio siapiau cardbord, wedi'u haddurno neu beidio, i gynrychioli'r rhain. Gellid hefyd ddefnyddio darnau o bren a dillad gwely'n effeithiol. Gallai sŵn tywallt gronynnau reis i flwch gyfleo taflu gwenith i'r môr. Heb wneud y sylwebaeth ddramatig ar y testun yn rhy gymhleth, defnyddiwch eich dychymyg a'ch sgiliau creadigol i ogoneddu Duw. Gellid dangos fideos o YouTube o stormydd ar y môr ar sgriniau amlgyfrwng.

Gyda'r uchod mewn golwg, gallai fod yn well petai un darllen yd yn darllen y cyfan o'r hanes o Lyfr yr Actau o un fan sydd wedi'i goleuo'n dda, gyda'r darllen yd yn cyflwyno'r darn ar y dechrau. O ystyried hyd y testun a'r iaith forwrol dechnegol a ddefnyddir, bydd angen llefaru gofalus iawn ac efallai mai o rywle'n agos at y cwch y dylid gwneud hynny. Nid oes angen cyhoeddi'r bennod a'r adnod bob tro, dim ond gorffen y darlleniad gyda 'Dyma Air yr Arglwydd'. Bydd hynny'n sicrhau'r dilyniant a'r rhythm sy'n angenrheidiol i gynnal yr undod rhwng y darnau o'r Ysgrythur, fydd ag ymatebion, salmau, emynau ac ati'n dod rhyngddyn.

Wrth gwrs, gall amrywiaeth o gynrychiolwyr o blith y grwpiau Cristnogol arwain a darllen y rhannau eraill o'r gwasanaeth.

Notes for the worship service

As an island nation, boats are an important part of Maltese life. The Scripture reading describes a perilous sea voyage by St Paul. A boat is also symbolic of the sometimes tempestuous journey Christians make together towards unity. For these reasons, the Christian churches of Malta suggest that, prior to the service, a boat or a large model of a boat is placed in the worship space.

The passage from Acts at the heart of our service provides wonderful opportunities for simple actions, sounds and multimedia that could accompany the text as it is proclaimed.

Children are seldom present at ecumenical gatherings. Here is a perfect opportunity for each community hosting this service to invite their local schools to participate by doing an art project that creates (even sides of) a boat into which some children can sit. Simple representations of the nautical items mentioned in the text could be crafted. This may also have the added benefit of welcoming their parents and guardians to our service.

At the moment mentioned in the Acts passage, sounds of the storm could accompany the proclamation (tennis balls in boxes shaken, sheets of tin foil rattled, rainsticks). In the course of the reading, several items are described as being used or thrown overboard and cut loose: ship's tackle, ropes, anchors, lifeboats, steering oars, a foresail. Cardboard cut-outs could suffice, decorated or otherwise. Pieces of wood and bed sheets could be used to good effect. The sound of grains of rice being poured into a box could conjure up the image of wheat being thrown into the sea. Without the dramatic accompaniment of the text becoming overly complex, let your imaginations and creative skills give glory to God. YouTube videos of storms at sea could be relayed on screens.

To this end, it may be best if the entire Acts passage is proclaimed by one person from one well-lit location, who introduces the text at the beginning. Given its length and technical nautical language, the text requires very careful proclamation and might best be proclaimed from a point near the boat. There is no need for further announcing of chapter and verse references until the very end when "This is the Word of the Lord" concludes the reading. This will provide the necessary continuity and rhythm to hold together the segments of the Scripture as they are being punctuated by responses, psalms and hymns etc.

Other Leader and Reader roles in the service can of course be led by a variety of Christian representatives.

Dyddiadau

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 chi, gan gymryd sylw o ffactorau lleol. I ganiatáu eu defnyddio ar unrhyw adeg o'r flwyddyn, nodir y defnyddiau ar gyfer y Diwrnodau â'r rhifau 1-8.

Trefn y Gwasanaeth

Gallwch dynnu allan y drefn gwasanaeth yng nghanol y daflen a'i llungopio, os mynwch. Neu gallwch lawrlwytho'r holl adnoddau oddi ar wefan Eglwysi Ynghyd ym Mhrydain ac Iwerddon, ac y mae croeso i chi 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.

Wal Undod Cristnogol

Os gwelwch yn dda, ychwanegwch fanylion a fffotograffau eich digwyddiadau, eich gweddiau a'ch negesau o undod at y 'wal' undod Cristnogol ar www.weekofprayer.org drwy eu rhoi ar Twitter gan ddefnyddio #wpcuwall. Bydd eich trydariadau yn ymddangos yn awtomatig (ar ôl oedi byr).

~ ~ • ~ ~

Dates

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.

Order of service

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.

Christian Unity wall

Please add details and photos of your events, prayers and messages of unity to the Christian unity 'wall' at www.weekofprayer.org by posting to Twitter using the #wpcuwall hashtag. Posts appear automatically (after a slight delay).

24 Yr Wythnos Weddi am Undeb Cristnogol

Yr Wythnos Weddi am Undeb Cristnogol 2020

ADDOLIAD ECIWMENAI

Trefn y Gwasanaeth

ECUMENICAL WORSHIP SERVICE

Order of Service



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churches
together
IN BRITAIN AND IRELAND®

Ymgyhhull

Emyn agoriadol

Gwrando di, O Dduw'r Cenhedloedd (Blaençefn)

(*Neu emyn arall a genir ar dôn gyfarwydd ac sy'n ategu themâu'r hanes o Lyfr yr Actau a'r gwasanaeth yn ei gyfanrwydd.*)

Os dymunir, yn ystod canu'r emyn agoriadol, gall arweinwyr a chynrychiolwyr yr eglwysi ddod i mewn i'r fan lle cynhelir y gwasanaeth o weddi am undod Cristnogol. Fe'u harweinir gan gynrychiolydd yn cludo'r Beibl fel y gall pawb ei weld. Gosodir y Beibl mewn safle o anrhydedd yng nghanol y gynulleidfa.

Geiriau o groeso

Arweinydd Gras ein Harglwydd Iesu Grist,
 a chariad Duw,
 a chymundeb yr Ysbryd Glân,
 a fo gyda chwi oll.

Cynulleidfa **A chyda thithau.**

Arweinydd Fy chwiorydd a'm brodyr annwyl yng Nghrist, deuwn
 ynghyd i weddîo am undod ymhlið Cristnogion ac
 am gymod yn y byd. Pan longddrylliwyd Sant Paul ym Malta,
 fe'i croesawyd â charedigrwydd anghyffredin. Gadewch i ni
 gyflwyno ein hunain i'r rhai o'n cwmpas a'u cyfarch ag arwydd
 o dangnafedd.

Gadawer digon o amser i'r bobl wneud hyn.

Arweinydd Cafodd yr adnoddau ar gyfer yr Wythnos Weddi am Undeb
 Cristnogol eleni eu paratoi gan wahanol Eglwysi Cristnogol ym

The Gathering

Introductory hymn

For the healing of the nations (Cwm Rhondda)

(Or a hymn which is sung to a well-known tune and reflects the themes of the Acts passage and the service as a whole.)

If you wish, during the singing of the introductory hymn, church leaders and representatives enter the venue for the ecumenical service of prayer for Christian unity. They are led by a participant carrying the Bible for all to see. The Bible is placed in a place of honour in the centre of the worshipping community.

Words of welcome

Leader The grace of our Lord Jesus Christ,
 the love of God,
 and the communion of the Holy Spirit,
 be with you all.

Congregation **And also with you.**

Leader Dear sisters and brothers in Christ, we gather to pray for unity among Christians and reconciliation in the world. When St Paul was shipwrecked in Malta, he was received with unusual kindness. Let us introduce ourselves to those around us and greet them with a sign of peace.

Leave enough time for people to do this.

Leader The resources for this year's Week of Prayer for Christian Unity have been prepared by different Christian churches in

Malta – gwlad fach o ddwy brif ynys gyfannedd, sef Malta a Gozo, ynghyd â sawl ynys fach arall. Mae Malta yng nghanol Môr y Canoldir, hanner ffordd rhwng pwnt mwyaf deheuol Sisili a Gogledd Affrica. Saif y wlad Feiblaidd hon ar groesfan lle mae gwareiddiadau, diwylliannau a chrefyddau'n cyfarfod. Mae hanes Cristnogaeth yn y genedl fach hon yn dyddio'n ôl i Oes yr Apostolion. Yn ôl y traddodiad, cyrhaeddodd Sant Paul, yr Apostol i'r Cenhedloedd, arfordir Malta yn y flwyddyn 60OC. Gallwn ddarllen hanes y digwyddiad cyffrous a rhagluniaethol hwn yn nwya bennod olaf Actau'r Apostolion, sydd yn ganolog i'n gwasanaeth heddiw.

Gwrando ar Air Bywiol Duw

Arweinydd Gwrandawn yn astud ar Air Duw. (*Pawb i eistedd.*)
(yr un arweinydd ag uchod)

Darlenydd Dad yn y nef, agor ein calonnau a'n meddyliau i'th Air di.

Cynulleidfa **Ysbryd a bywyd yw dy eiriau!**

Darlenydd Bydded i ni agosáu at ein gilydd mewn undod a chariad.

Cynulleidfa **Llusern yw dy air i'n llwybr!**

Darlenydd Darleniad o Actau'r Apostolion

Trannoeth, gan ei bod hi'n dal yn storm enbyd arnom, dyma ddechrau taflu'r llwyth i'r môr; a'r trydydd dydd, lluchio gêr y llong i ffwrdd â'u dwylo eu hunain. Ond heb na haul na sêr i'w gweld am ddyddiau lawer, a'r storm fawr yn dal i'n llethu, yr oedd pob gobaid am gael ein hachub bellach yn diflannu.

Malta – a small country made up of two main inhabited islands, Malta and Gozo, as well as other islets. Malta is at the heart of the Mediterranean Sea, halfway between the southern tip of Sicily and Northern Africa. This biblical land lies at the crossroads of civilizations, cultures and religions. The history of Christianity in this small island nation dates back to the time of the apostles. According to tradition, St Paul, the Apostle to the Gentiles, reached the shores of Malta in the year 60CE. The narrative describing this eventful and providential episode is conveyed to us in the final two chapters of the Acts of the Apostles, which are at the heart of our service today.

Listening to the Living Word of God

Leader Let us listen attentively to the Word of God. (*all sit*)
(same as above)

Reader Father in heaven, open our hearts and minds to Your Word.

Congregation **Your words are spirit and life!**

Reader Lead us to grow closer to each other in unity and charity.

Congregation **Your word is a lamp to our path!**

Reader A reading from the Acts of the Apostles

We were being pounded by the storm so violently that on the next day they began to throw the cargo overboard, and on the third day with their own hands they threw the ship's tackle overboard. When neither sun nor stars appeared for many days, and no small tempest raged, all hope of our being saved was at last abandoned.

Yna, wedi iddynt fod heb fwyd am amser hir, cododd Paul yn eu canol hwy a dweud: ‘Ddynion, dylasech fod wedi gwrando arnaf fi, a pheidio â hwyliau o Creta, ac arbed y difrod hwn a’r golled. Ond yn awr yr wyf yn eich cynggori i godi’ch calon; oherwydd ni bydd dim colli bywyd yn eich plith chwi, dim ond colli’r llong. Oherwydd neithiwr safodd yn fy ymwl angel y Duw a’m piau, yr hwn yr wyf yn ei addoli, a dweud, “Paid ag ofni, Paul; y mae’n rhaid i ti sefyll gerbron Cesar, a dyma Dduw o’i ras wedi rhoi i ti fywydau pawb o’r rhai sy’n morio gyda thi.” Felly codwch eich calonnau, ddynion, oherwydd yr wyf yn credu Duw, mai felly y bydd, fel y dywedwyd wrthyf. Ond y mae’n rhaid i ni gael ein bwrw ar ryw ynys.’

Actau 27:18-26

Galw ar yr Ysbryd Glân

Gall cantor ganu’r ymateb i bob gweddi gyda’r gynulleidfa gyfan yn ailadrodd. Neu gellid chwarae ‘Veni Sancte Spiritus’ (Taizé) neu gyrtgan neu ddarn arall o gerddoriaeth addas yn dawel tra lleferir y geiriau.

Arweinydd Ysbryd, anadl cariad Duw, disgyn ar y gynulleidfa hon a thrig yn ein plith.

Cynulleidfa **Tyrd, Ysbryd Glân! (neu Veni Sancte Spiritus!)**

Arweinydd Ysbryd a Chysurwr, goleua ein twyllwch.

Cynulleidfa **Tyrd, Ysbryd Glân! (neu Veni Sancte Spiritus!)**

Arweinydd Ysbryd ac Eiriolwr, bydd i ni’n obaith pan deimlwn bod eraill yn cefnu arnom.

Cynulleidfa **Tyrd, Ysbryd Glân! (neu Veni Sancte Spiritus!)**

Arweinydd Ysbryd, ein Cynorthwywr a’n Tywysydd, arwain ni i ddiogelwch tragwyddol.

Cynulleidfa **Tyrd, Ysbryd Glân! (neu Veni Sancte Spiritus!)**

Since they had been without food for a long time, Paul then stood up among them and said, ‘Men, you should have listened to me and not have set sail from Crete and thereby avoided this damage and loss. I urge you now to keep up your courage, for there will be no loss of life among you, but only of the ship. For last night there stood by me an angel of the God to whom I belong and whom I worship, and he said, “Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you.” So keep up your courage, men, for I have faith in God that it will be exactly as I have been told. But we will have to run aground on some island.’

Acts 27:18-26

Invocation of the Holy Spirit

The response to each prayer may be sung by a cantor and repeated by the whole congregation. Or you could play the Taizé ‘Veni Sancte Spiritus’ softly or a suitable chorus or music as the words are being spoken.

Leader Spirit, breath of God’s loving, come upon this gathering and dwell among us.

Congregation **Come, Holy Spirit! (or Veni Sancte Spiritus!)**

Leader Spirit and Consoler, shine Your light in our darkness.

Congregation **Come, Holy Spirit! (or Veni Sancte Spiritus!)**

Leader Spirit and Advocate, be our hope when we feel abandoned

Congregation **Come, Holy Spirit! (or Veni Sancte Spiritus!)**

Leader Spirit, Helper and Guide, bring us to eternal safety.

Congregation **Come, Holy Spirit! (or Veni Sancte Spiritus!)**

Arweinydd Ysbryd a Diddanydd, cynorthwya ni i iacháu ac adfer yr hyn rydym wedi ei ddifrodi a'i golli.

Tyrd, Ysbryd Glân! (neu Veni Sancte Spiritus!)

Darllynydd Daeth y bedwaredd nos ar ddeg, a ninnau'n dal i fynd gyda'r lli ar draws Môr Adria. Tua chanol nos, dechreuodd y morwyr dybio fod tir yn agosáu. Wedi plymio, cawsant ddyfnader o ugain gwryd, ac ymhen ychydig, plymio eilwaith a chael pymtheg gwryd. Gan fod arnynt ofn inni efallai gael ein bwrw ar leoedd creigiog, taflasant bedair angor o'r starn, a deisif am iddi ddyddio. Dechreuodd y morwyr geisio dianc o'r llong, a gollwng y bad i'r dŵr, dan esgus mynd i osod angorion o'r pen blaen. Ond dywedodd Paul wrth y canwriad a'r milwyr, 'Os na fydd i'r rhain aros yn y llong, ni allwch chwi gael eich achub.' Yna fe dorrodd y milwyr raffau'r bad, a gadael iddo gwympo ymaith.

Actau 27:27-32

Gweddiau am faddeuant a chymod

Gall cantor ganu'r ymateb i bob gweddi gyda'r gynulleidfa gyfan yn ailadrodd.

Arweinydd Maddau i ni Arglwydd am aros yn y twyllwch yn hytrach na cheisio dy oleuni di.

Arglwydd, trugarha! (neu Kyrie eleison!)

Arweinydd Maddau i ni Arglwydd am i ni fethu â dirnad dyfnder dy bresenoldeb mewn traddodiadau Cristnogol eraill.

Arglwydd, trugarha! (neu Kyrie eleison!)

Leader Spirit and Comforter, help us heal and restore what we have damaged and lost.

Congregation **Come, Holy Spirit! (or Veni Sancte Spiritus!)**

Reader When the fourteenth night had come, as we were drifting across the sea of Adria, about midnight the sailors suspected that they were nearing land. So they took soundings and found twenty fathoms; a little farther on they took soundings again and found fifteen fathoms. Fearing that we might run on the rocks, they let down four anchors from the stern and prayed for day to come. But when the sailors tried to escape from the ship and had lowered the boat into the sea, on the pretext of putting out anchors from the bow, Paul said to the centurion and the soldiers, ‘Unless these men stay in the ship, you cannot be saved.’ Then the soldiers cut away the ropes of the boat and set it adrift.

Acts 27:27-32

Prayers of pardon and reconciliation

The response to each prayer may be sung by a cantor and repeated by the whole congregation.

Leader Forgive us, Lord, for remaining in darkness rather than seeking Your light.

Congregation **Lord, have mercy! (or Kyrie eleison!)**

Leader Forgive us, Lord, for our failure to sound the depths of Your presence in other Christian traditions.

Congregation **Lord, have mercy! (or Kyrie eleison!)**

Arweinydd	Maddau i ni Arglwydd am y camgymeriadau, y diffyg ymddiried a'r camweddau a fu yn y gorffennol rhwng Cristnogion o wahanol Eglwysi a chymunedau.
Cynulleidfa	Arglwydd, trugarha! (neu Kyrie eleison!)
Arweinydd	Maddau i ni Arglwydd am ynysu ein hunain ac am geisio dianc rhag dymuniadau Duw ar ein cyfer.
Cynulleidfa	Arglwydd, trugarha! (neu Kyrie eleison!)
Arweinydd	Maddau i ni Arglwydd am ein diffyg ffydd ac am fethu bod yn bobl sy'n coleddu gobaith a chariad didwyll.
Cynulleidfa	Arglwydd, trugarha! (neu Kyrie eleison!)
Arweinydd	Maddau i ni Arglwydd am barhau'n ddifater yn hytrach na dangos lletygarwch i bawb, yn enwedig dieithriaid a ffoaduriaid.
Cynulleidfa	Arglwydd, trugarha! (neu Kyrie eleison!)
Arweinydd	Trugarog a graslon yw'r Arglwydd, araf i ddigio a llawn ffyddlondeb. Oherwydd fel y mae'r nefoedd uwchben y ddaear, y mae ei gariad ef dros y rhai sy'n ei ofni; cyn belled ag y mae'r dwyrain o'r gorllewin y pellhaodd ein pechodau oddi wrthym. (Salm 103:8, 11-12).
Cynulleidfa	Amen.
<i>Gellir canu yma eto, gan ddewis emyn sydd ar thema maddeuant a chymod a chariad diderfyn Duw neu emyn sy'n edrych ymlaen tuag at y darn nesaf o'r hanes o Lyfr yr Actau.</i>	
Darllenyydd	Pan oedd hi ar ddyddio, dechreuodd Paul annog pawb i gymryd bwyd, gan ddweud, 'Heddiw yw'r pedwerydd dydd ar ddeg i chwi fod yn disgwyl yn bryderus, a heb gymryd tamaid o ddim i'w fwytia.

- Leader Forgive us, Lord, for past mistakes, mistrust and misdeeds between Christians from different churches and communities.
- Congregation **Lord, have mercy! (or Kyrie eleison!)**
- Leader Forgive us, Lord, for isolating ourselves and trying to escape God's desires for us.
- Congregation **Lord, have mercy! (or Kyrie eleison!)**
- Leader Forgive us, Lord, for our lack of faith and for our failure to be people of hope and authentic love.
- Congregation **Lord, have mercy! (or Kyrie eleison!)**
- Leader Forgive us, Lord, for remaining indifferent, instead of showing hospitality to all, especially strangers and refugees.
- Congregation **Lord, have mercy! (or Kyrie eleison!)**
- Leader The Lord is merciful and gracious, slow to anger and abounding in steadfast love. As the heavens are high above the earth, so great is His steadfast love towards those who fear Him; as far as the east is from the west, so far He removes our transgressions from us (Psalm 103:8, 11-12).
- Congregation **Amen**

You may wish to sing again here. Choose a hymn which either picks up the theme of pardon and reconciliation and the unbounded love of God, or a hymn which looks toward the next instalment of the Acts passage.

- Reader Just before daybreak, Paul urged all of them to take some food, saying, 'Today is the fourteenth day that you have been in suspense and remaining without food, having eaten nothing.'

Felly yr wyf yn eich annog i gymryd bwyd, oherwydd y mae eich gwaredigeth yn dibynnu ar hynny; ni chollir blewyn oddi ar ben yr un ohonoch.' Wedi iddo ddweud hyn, cymerodd fara, a diolchodd i Dduw yng ngwydd pawb, a'i dorri a dechrau bwyta. Cododd pawb eu calon, a hwythau hefyd yn cymryd bwyd. Rhwng pawb yr oedd dau gant saith deg a chwech ohonom yn y llong. Wedi iddynt gael digon o fwyd, dechreusant ysgafnhau'r llong trwy daflu'r yd allan i'r môr.

Actau 27:33-38

Credo'r Apostolion (neu Gredo addas arall)

Pawb i sefyll.

Arweinydd

Fy mrodyr a'm chwiorydd annwyl, cododd Sant Paul galonnau'r rhai ar y llong drwy dorri bara. Boed i ninnau gael ein calonogi gan ein ffydd gyffredin, gan lefaru geiriau a fu'n adleisio drwy'r Eglwys ar hyd y canrifoedd:

Cynulleidfa

**Credaf yn Nuw Dad Hollgyfoethog,
creawdwr nefoedd a daear,
ac yn Iesu Grist, ei un Mab ef, ein Harglywyd ni,
yr hwn a gaed drwy'r Ysbryd Glân,
a aned o Fair Forwyn,
a ddioddefodd dan Pontius Peilat,
a groeshoeliwyd, a fu farw, ac a gladdwyd.
Disgynnodd i uffern.**

**Ar y trydydd dydd y cyfododd o feirw,
ac esgynnodd i'r nefoedd,
lle mae'n eistedd ar ddeheulaw y Tad;
oddi yno y daw i farnu'r byw a'r meirw.**

Therefore I urge you to take some food, for it will help you survive; for none of you will lose a hair from your heads.' After He had said this, He took bread; and giving thanks to God in the presence of all, He broke it and began to eat. Then all of them were encouraged and took food for themselves. We were in all two hundred and seventy-six persons in the ship. After they had satisfied their hunger, they lightened the ship by throwing the wheat into the sea.

Acts 27:33-38

The Apostles' Creed (or a suitable Creed)

All stand.

Leader Dear brothers and sisters, St Paul gave encouragement to those on the ship by breaking bread. Let us take encouragement from our common faith, proclaiming words which have resounded in the Church throughout the centuries:

Congregation **We believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day He rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there He will come to judge the living and the dead.**

**Credaf yn yr Ysbryd Glân,
yr Eglwys Lân Gatholig,
cymun y saint,
maddeuant pechodau,
atgyfodiad y cawd,
a'r bywyd tragwyddol. Amen.**

Pawb i eistedd.

Darllenyydd

Pan ddaeth hi'n ddydd, nid oeddent yn adnabod y tir, ond gwelsant gilfach ac iddi draeth, a phenderfynwyd gyrru'r llong i'r lan yno, os oedd modd. Torasant yr angorion i ffwrdd, a'u gadael yn y môr. Yr un pryd, datodwyd cyplau'r llywiau, a chodi'r hwyl flaen i'r awel, a chyfeirio tua'r traeth. Ond daliwyd hwy gan ddeufor-gyfarfod, a gyrasant y llong i dir. Glynodd y pen blaen, a sefyll yn ddiysgog, ond dechreuodd y stern ymddatod dan rym y tonnau. Penderfynodd y milwyr ladd y carcharorion, rhag i neb ohonynt nofio i ffwrdd a dianc. Ond gan fod y canwriad yn awyddus i achub Paul, rhwystrodd hwy rhag cyflawni eu bwriad, a gorchmynnodd i'r rhai a fedrai nofio neidio yn gyntaf oddi ar y llong, a chyrraedd y tir, ac yna'r lleill, rhai ar ystyllod ac eraill ar ddarnau o'r llong. Ac felly y bu i bawb ddod yn ddiogel i dir.

Actau 27:39-44

Salm

Salm 107:8,19-22, 28-32

Gall cantor ganu'r Salm hon a gwahoddir y gynulleidfa i ganu'r ymateb.

Darllenyydd

Yr Arglwydd a'n hachubodd rhag grym y tonnau.

Cynulleidfa

Yr Arglwydd a'n hachubodd rhag grym y tonnau.

**We believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.**

All sit.

Reader

In the morning they did not recognize the land, but they noticed a bay with a beach, on which they planned to run the ship ashore, if they could. So they cast off the anchors and left them in the sea. At the same time they loosened the ropes that tied the steering-oars; then hoisting the foresail to the wind, they made for the beach. But striking a reef, they ran the ship aground; the bow stuck and remained immovable, but the stern was being broken up by the force of the waves. The soldiers' plan was to kill the prisoners, so that none might swim away and escape; but the centurion, wishing to save Paul, kept them from carrying out their plan. He ordered those who could swim to jump overboard first and make for the land, and the rest to follow, some on planks and others on pieces of the ship. And so it was that all were brought safely to land.

Acts 27:39-44

Psalm

Psalm 107:8,19-22, 28-32

A cantor may sing this Psalm and the congregation is invited to sing the Response.

Reader

The Lord has delivered us from the mighty waves.

Congregation

The Lord has delivered us from the mighty waves.

Darlenydd	Bydded iddynt ddiolch i'r Arglwydd am ei gariad, ac am ei ryfeddodau i ddynolryw. Oherwydd rhoes eu digon i'r sychedig, a llenwi'r newynog â phethau daionus.
Cynulleidfa	Yr Arglwydd a'n hachubodd rhag grym y tonnau.
Darlenydd	Yna gwaeddasant ar yr Arglwydd yn eu cyfyngder, a gwareddodd ef hwy o'u hadfyd; anfonodd ei air ac iachaodd hwy, a gwareddodd hwy o ddistryw.
Cynulleidfa	Yr Arglwydd a'n hachubodd rhag grym y tonnau.
Darlenydd	Bydded iddynt ddiolch i'r Arglwydd am ei gariad, ac am ei ryfeddodau i ddynolryw. Bydded iddynt ddod ag offrymau diolch, a dweud am ei weithredoedd mewn gorfoledd.
Cynulleidfa	Yr Arglwydd a'n hachubodd rhag grym y tonnau.
Darlenydd	Yna gwaeddasant ar yr Arglwydd yn eu cyfyngder, a gwareddodd ef hwy o'u hadfyd; gwnaeth i'r storm dawelu, ac aeth y tonnau'n ddistaw; yr oeiddent yn llawen am iddi lonyddu, ac arweiniodd hwy i'r hafan a ddymunent.
Cynulleidfa	Yr Arglwydd a'n hachubodd rhag grym y tonnau.
Darlenydd	Bydded iddynt ddiolch i'r Arglwydd am ei gariad, ac am ei ryfeddodau i ddynolryw. Bydded iddynt ei ddyrchafu yng nghynulleidfa'r bobl, a'i foliannu yng nghyngor yr henuriaid.
Cynulleidfa	Yr Arglwydd a'n hachubodd rhag grym y tonnau.

Reader Let them thank the Lord for His steadfast love,
for His wonderful works to humankind.

For He satisfies the thirsty,
and the hungry He fills with good things.

Congregation **The Lord has delivered us from the mighty waves.**

Reader Then they cried to the Lord in their trouble,
and He saved them from their distress;
he sent out His word and healed them,
and delivered them from destruction.

Congregation **The Lord has delivered us from the mighty waves.**

Reader Let them thank the Lord for His steadfast love,
for His wonderful works to humankind.
And let them offer thanksgiving sacrifices,
and tell of His deeds with songs of joy.

Congregation **The Lord has delivered us from the mighty waves.**

Reader Then they cried to the Lord in their trouble,
and He brought them out from their distress;
he made the storm be still,
and the waves of the sea were hushed.
Then they were glad because they had quiet,
and He brought them to their desired haven.

Congregation **The Lord has delivered us from the mighty waves.**

Reader Let them thank the Lord for His steadfast love,
for His wonderful works to humankind.
Let them extol Him in the congregation of the people,
and praise Him in the assembly of the elders.

Congregation **The Lord has delivered us from the mighty waves.**

Darllynydd

Wedi inni ddod i ddiogelwch, cawsom wybod mai Melita y gelwid yr ynys. Dangosodd y brodorion garedigrwydd anghyffredin tuag atom. Cyneusant goelcerth, a'n croesawu ni bawb at y tân, oherwydd yr oedd yn dechrau glawio, ac yn oer. Casglodd Paul beth wmbredd o danwydd, ac wedi iddo'u rhoi ar y tân, daeth gwiber allan o'r gwres, a glynw wrth ei law. Pan welodd y brodorion y neidr ynghrog wrth ei law, meddent wrth ei gilydd, 'Llofrudd, yn sicr, yw'r dyn yma, ac er ei fod wedi dianc yn ddiogel o'r môr, nid yw'r dduwies Cyfiawnder wedi gadael iddo fyw.' Yna, ysgydwodd ef y neidr ymaith i'r tân, heb gael dim niwed; yr oeddent hwy'n disgwyl iddo ddechrau chwyddo, neu syrthio'n farw yn sydyn. Ar ôl iddynt ddisgwyl yn hir, a gweld nad oedd dim anghyffredin yn digwydd iddo, newidiasant eu meddwl a dechrau dweud mai duw ydoedd.

Yng nghyffiniau'r lle hwnnw, yr oedd tiroedd gan wr blaenaf yr ynys, un o'r enw Poplius. Derbyniodd hwn ni, a'n lletya yn gyfeillgar am dridiau. Yr oedd tad Poplius yn digwydd bod yn gorwedd yn glaf, yn dioddef gan byliau o dwymyn a chan ddisentri. Aeth Paul i mewn ato, a chan weddö a rhoi ei ddwylo arno, fe'i hiachaodd. Wedi i hyn ddigwydd, daeth y lleill yn yr ynys oedd dan afiechyd ato hefyd, a chael eu hiacháu. Rhoddodd y bobl hyn anrhyydeddau lawer inni, ac wrth inni gychwyn ymaith, ein llwytho â phopeth y byddai arnom ei angen.

Actau 28:1-10

Darllynydd

Dyma Air yr Arglwydd.

Cynulleidfa

Diolch a fo i'r Duw sy'n achub ac yn iacháu!

Myfyrdod Beiblaidd neu bregeth fer

Reader

After we had reached safety, we then learned that the island was called Malta. The natives showed us unusual kindness. Since it had begun to rain and was cold, they kindled a fire and welcomed all of us round it. Paul had gathered a bundle of brushwood and was putting it on the fire, when a viper, driven out by the heat, fastened itself on his hand. When the natives saw the creature hanging from his hand, they said to one another, 'This man must be a murderer; though he has escaped from the sea, justice has not allowed him to live.' He, however, shook off the creature into the fire and suffered no harm. They were expecting him to swell up or drop dead, but after they had waited a long time and saw that nothing unusual had happened to him, they changed their minds and began to say that he was a god.

Now in the neighbourhood of that place were lands belonging to the leading man of the island, named Publius, who received us and entertained us hospitably for three days. It so happened that the father of Publius lay sick in bed with fever and dysentery. Paul visited him and cured him by praying and putting his hands on him. After this happened, the rest of the people on the island who had diseases also came and were cured. They bestowed many honours on us, and when we were about to sail, they put on board all the provisions we needed.

Acts 28:1-10

Reader

This is the Word of the Lord.

Congregation

Thanks be to God who saves and who heals!

A biblical reflection or short homily

Gweddiau'r bobl

Yn ystod y gweddiau, daw aeledau o wahanol gymunedau ag wyth rhwyf (neu fodolau o rwyfau) i mewn i'r gwasanaeth. Mae geiriau ar saith o'r rhwyfau – Ymddiried, Dyfalbarhad, Cytgord, Dewrder, Caredigrwydd Anghyffredin, Trawsffurfio a Haelioni – ac mae siâp calon ar y rhwyf olaf. Cyflwynir un o'r rhwyfau o flaen pob un o'r ymbiliau. Ar ôl codi'r rhwyf yn uchel, fe'i gosodir ger y cwch neu yn y cwch neu fe'i rhoir i blentyn ei dal, gydag ennyd o weddio tawel yn dilyn. Yna bydd darllenyydd yn llefaru'r ymbil perthnasol a bydd pawb yn ymateb.

Arweinydd Ni allwn wynebu stormydd bywyd ar ein pen ein hunain. Bydd cwch yn symud yn ei flaen pan fydd pawb yn rhwyfo gyda'i gilydd. Yn wyneb anawsterau, cydnabyddwn fod angen i ni gyd-dynnu a chyd-ymdrechu. Gweddiwn.

Mewn tawelwch, dygir pob rhwyf ymlaen a'i chodi'n uchel cyn i'r Darllenyydd lefaru. Ar ôl yr ymateb, fe'i gosodir yn y cwch neu'n agos ato, neu ei rhoi i blentyn ei dal.

Darllenyydd Dduw graslon, cryfha ein hyder yn dy ragluniaeth pan deimlwn fod stormydd bywyd yn ein llethu.

Cynulleidfa **Gwrando ein gweddi am Ymddiried.**

Darllenyydd Dduw graslon, dysga ni i gadw'n cwrs yn driw i Grist, y Gwir Oleuni sydd yn ein harwain i'r harbwr diogel.

Cynulleidfa **Gwrando ein gweddi am Ddyfalbarhad.**

Darllenyydd Dduw graslon, trawsffuria loes ein rhwygiadau'n gytgord, a'n drwgdybiaeth yn gyd-dderbyn.

Cynulleidfa **Gwrando ein gweddi am Gytgord.**

The prayers of the people

During the prayers, eight oars (or oar-shaped models) are brought into the assembly by members of different communities. Seven oars bear words – Trust, Perseverance, Harmony, Courage, Unusual Kindness, Transformation and Generosity – and the final oar has the outline of a heart on it. The presentation of an oar introduces each of the petitions. After the oar has been held high, it is placed near or in the boat or given to a child to hold and a time of silent prayer follows. A reader then announces the corresponding petition and all respond.

Leader We cannot face the storms of life alone. A boat moves forward when all row together. In the face of difficulties we recognise the need to pull together and to unite our efforts.
Let us pray.

In silence, each oar is brought forward and held high before the Reader speaks. After the response it is put near or in the boat or given to a child to hold.

Reader Gracious God, strengthen our confidence in Your providence when we feel overwhelmed by the storms of life.

Congregation **Hear our prayer for Trust.**

Reader Gracious God, teach us to fix our course on Christ, the True Light who brings us to safe harbour.

Congregation **Hear our prayer for Perseverance.**

Reader Gracious God, transform our many painful separations into harmony and our mistrust into mutual acceptance.

Congregation **Hear our prayer for Harmony.**

Darlenydd	Dduw graslon, rho i ni'r dewrder i lefaru'r gwir gyda chyflawnder mewn cariad.
Cynulleidfa	Gwrando ein gweddi am Ddewrder.
Darlenydd	Dduw graslon, cynorthwya ni i groesawu â charedigrwydd anghyffredin ein chwiorydd a'n brodyr sydd mewn perygl neu angen.
Cynulleidfa	Gwrando ein gweddi am Garedigrwydd Anghyffredin.
Darlenydd	Dduw graslon, newidia ein calonnau a chalonnau ein cymunedau Cristnogol, fel y byddwn yn gyfryngau dy iachâd.
Cynulleidfa	Gwrando ein gweddi am Drawsfurfiad.
Darlenydd	Dduw graslon, agor ein llygaid i weld mai rhodd gennyt ti yw'r greadigaeth gyfan, a gweld ein dwylo fel offerynnau i rannu ei ffrwythau mewn cydsafiad hael.
Cynulleidfa	Gwrando ein gweddi am Haelioni.
Darlenydd	Dduw graslon, gwrando yn awr ar weddïau'n calonnau, a gyflwynwn mewn tawelwch neu eu llefaru'n dawel. (<i>Gellir addasu hyn yn unol â'r traddodiad perthnasol.</i>)
<i>Gadawer digon o amser i bobl feddwl ynghylch beth i weddïo, ac i weddïo am hynny.</i>	
Arweinydd	Yn un yn Iesu Grist, gweddïwn gyda'n gilydd ar ein Tad ffyddlon a thyner yn y geiriau a ddysgodd Iesu i ni.
Cynulleidfa	Ein Tad yn y nefoedd, sancteiddier dy enw; deled dy deyrnas; gwneler dy ewyllys,

Reader Gracious God, give us the courage to speak the truth with justice in love.

Congregation **Hear our prayer for Courage.**

Reader Gracious God, help us to welcome with unusual kindness our sisters and brothers who are in peril or in need.

Congregation **Hear our prayer for Unusual Kindness.**

Reader Gracious God, change our hearts and the hearts of our Christian communities, that we may be agents of Your healing.

Congregation **Hear our prayer for Transformation.**

Reader Gracious God, open our eyes to see the whole of creation as Your gift, and our hands to share its fruits in generous solidarity.

Congregation **Hear our prayer for Generosity.**

Reader Gracious God, listen now to the prayers of our hearts which we pray either in silence or softly aloud. (*You may wish to amend this according to your tradition.*)

Leave enough time for people to think about what to pray for and to pray for it.

Leader One in Jesus Christ, let us pray together to our true and tender Father in the words He taught us.

Congregation **Our Father in heaven,
hallowed be Your name,
Your kingdom come,
Your will be done,**

ar y ddaear fel yn y nef.
Dyro inni heddiw ein bara beunyddiol;
a maddau inni ein troseddau,
fel yr ŷm ni wedi maddau i'r rhai a droseddodd yn ein herbyn;
a phaid â'n dwyn i brawf,
ond gwared ni rhag yr Un drwg.
Oherwydd eiddot ti yw'r deyrnas
a'r gallu a'r gogoniant am byth. Amen.

Fe'n hanfonir allan gyda'n gilydd i gyhoeddi'r Newyddion Da

- Arweinydd Daethom ynghyd fel Cristnogion,
ac felly fel cyd-ddisgyblion.
Wrth i ni ddyheu am undod Cristnogol,
ymrwmwn o'r newydd
i weithio tuag at y nod cyffredin hwnnw.
- Cynulleidfa **Arglwydd Dduw, diolchwn i ti**
am ein galw i blith y rhai
sy'n ymddiried yng Nghrist ac yn ceisio u fuddhau i'w ewyllys.
Boed i'th Ysbryd ein tywys a'n nerthu
mewn cenhadaeth a gwasanaeth i'th fyd:
gan nad dieithriaid mohonom mwyach
ond yn hytrach cyd-bererinion ar ein taith tuag at dy Deyrnas.
Amen.

Datganiad Swanwick 1987

(Gall yr arweinwyr a'r cynrychiolwyr eglwysig uno i gyhoeddi Gweddi'r Fendith.)

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.

We are sent out together to proclaim the Good News

Leader We have come together as Christians,
 and therefore as fellow disciples.
 As we yearn for Christian unity,
 let us commit ourselves anew
 to work for this common goal.

Congregation **Lord God, we thank You
 for calling us into the company of those
 who trust in Christ and seek to obey His will.
 May Your Spirit guide and strengthen us
 in mission and service to Your world:
 For we are strangers no longer
 but pilgrims together on the way to Your Kingdom.
 Amen.**

Swanwick Declaration 1987

*(Church leaders and representatives who are present may join in proclaiming the Prayer
of Blessing.)*

Arweinydd Bydded i Dduw'r Tad, a'n galwodd o'r tywyllwch i'r goleuni,
ein gwneud yn wir geidwaid goleuni Duw.

Cynulleidfa **Amen.**

Arweinydd Bydded i Dduw'r Mab, a'n prynodd â'i werthfawr waed,
ein nerthu i ddilyn ei esiampl wrth wasanaethu eraill.

Cynulleidfa **Amen.**

Arweinydd Bydded i Dduw'r Ysbryd Glân, yr Arglwydd a rhoddwr bywyd,
ein nerthu i oddef llongddrylliadau bywyd a chyrraedd
glannau iachawdwriaeth.

Cynulleidfa **Amen.**

Arweinydd Bydded i'r Duw Hollalluog a Thruagarog, y Tad, y Mab a'r
Ysbryd Glân, ein bendithio a'n hamddiffyn, yn awr a hyd byth.

Cynulleidfa **Amen.**

Cynulleidfa **Anturiwn ymlaen ynghyd, i gyhoeddi rhyfeddodau
cariad Duw. Amen! Halelwia! Amen!**

Emyn i gloi

*O llanwa hwyliau d'Eglwys (tôn: Morning Light) neu unrhyw emyn addas arall a genir
ar dôn gyfarwydd sy'n ategu themâu'r gwasanaeth ac yn anfon pobl allan i garu a
gwasanaethu'r Arglwydd.*

- Leader May God the Father, who called us from darkness into light,
 make us true bearers of God's light.
- Congregation **Amen.**
- Leader May God the Son, who redeemed us by His precious blood,
 empower us to follow His example in serving others.
- Congregation **Amen.**
- Leader May God the Holy Spirit, who is Lord and giver of life,
 strengthen us to endure the shipwrecks of life and reach the
 shores of salvation.
- Congregation **Amen.**
- Leader May the Almighty and Merciful God, Father, Son and Holy
 Spirit, bless and protect us, now and forever.
- Congregation **Amen.**
- Congregation **We set out together, to proclaim the wonders of God's love.
Amen! Alleluia! Amen!**

Concluding hymn

Love is the boat for the journey (tune: Loch Lomond) or some suitable hymn sung to a well-known tune, picking up the themes of the service and sending people out to love and serve the Lord.

Cydnabyddiaeth am ffotograffau

t3, 31: Flickr / Tony Hisgett

t5: Flickr / Paul Stephenson

t7: Flickr / hobbs_luton

t39: Flickr / Martin Lopatka

Daw'r adnодau Ysgrythuol o'r Beibl Cymraeg Newydd, Argraffiad Diwygiedig, hawlfraint 2004 gan Gymdeithas y Beibl. Defnyddiwyd gyda chaniatâd Cymdeithas y Beibl. Cedwir pob hawl.

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Week of Prayer for Christian Unity

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Cydnabyddiaeth

Awduron Wythnos Weddi am Undeb Cristnogol 2020 Eglwysi Ynghyd ym Mhrydain ac Iwerddon

Bob blwyddyn mae Eglwysi Ynghyd ym Mhrydain ac Iwerddon (CTBI) yn cydweithio â nifer o wahanol awduron o fewn y pedair gwlad i gynhyrchu'r deunyddiau hyn i chi eu defnyddio. Er mwyn cydnabod y cydweithrediad hwn rydym wedi rhestru isod y rhai a'n cynorthwyodd i gyflawni'r dasg hon ar gyfer 2020:

- | | |
|-------------------------------|--|
| Jenny Bond | - Eglwysi Ynghyd yn Lloegr |
| Anne Clifford | - Eglwysi Ynghyd yn Lloegr |
| Y Parchedig Peter Colwell | - Eglwysi Ynghyd ym Mhrydain ac Iwerddon |
| Yr Uwchgaptan Alan Dixon | - Byddin yr Iachawdwriaeth |
| Bob Fyffe | - Eglwysi Ynghyd ym Mhrydain ac Iwerddon |
| Y Parchedig Ruth Harvey | - Place for Hope |
| Wendy Lloyd | - Cymorth Cristnogol |
| Y Tad Damian McNeice | - Yr Eglwys Gatholig Rufeinig |
| Phillip Mellstrom | - Eglwys yr Alban |
| Y Parchedig Ddr Adrian Morgan | - Yr Eglwys yng Nghymru |
| Y Dr Siôn Aled Owen | - Cytûn |
| Patricia White | - Eglwys Fedyddiedig |

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| Phillip Mellstrom | - | Church of Scotland |
| Revd Dr Adrian Morgan | - | Church in Wales |
| Dr Siôn Aled Owen | - | Cytûn |
| Patricia White | - | Baptist Church |

Diwrnod 4

Actau 27:23-26

'Oherwydd neithiwr safodd yn fy ymyl angel y Duw a'm piau, yr hwn yr wyf yn ei addoli, a dweud, "Paid ag ofni, Paul; y mae'n rhaid i ti sefyll gerbron Cesar, a dyma Dduw o'i ras wedi rhoi i ti fywydau pawb o'r rhai sy'n morio gyda thi." Felly codwch eich calonnau, ddynion, oherwydd yr wyf yn credu Duw, mai felly y bydd, fel y dywedwyd wrthyf. Ond y mae'n rhaid i ni gael ein bwrrw ar ryw ynys.'

Salm 56

Luc 12:22-34

Myfyrdod

A'm gelynion ar bob ochr, rwy'n dyheu am dy weld, Dduw, yn fwy eglur. Mae arnaf angen i ti fod yn agosach nag erioed, i fod gyda mi drwy'r erchyllterau rwy'n eu profi. Aeth ein sgwrs yn arw ac yn fygythiol ac rwy'n ei chael yn anodd gwrando ar unrhyw newyddion na materion cyfoes. Mae newyddion drwg fel petai ym mhobman: camdrin, creulondeb y tu hwnt i eiriau, rhaniadau gwleidyddol a throwynt o gasineb sy'n cyffwrdd â chymaint a wnawn. Ai ond tydi sy'n gwrando?

Lle gallaf ganfod gobaith? Lle wyf i edrych? Lle gallaf ganfod ffodd iachâd pan nad oes gennyl syniad sut fydd dyfodol gobeithiol yn edrych? Ac eto rwyt tithau'n llefaru i'r gofod hwn oddi isod. Rwyt yn fy nghynnwl heb i mi wybod hynny, a phrin y gallaf ddirnad dy afael arnaf. Rwyt yn fy nghodi, gan fwytho fy amheuaeth yn gynhesrwydd tyner a allai, rywbryd, droi'n rhywbeth mwy.

Hawdd yw dweud 'Nac ofna'. Felly mae'n rhaid i mi ymddiried ynot drachefn a thrachefn, a dal gafael yn yr ychydig a welaf. Oherwydd teimlaf dy fod yn agos ataf, a dyheaf am dy air o'r gorffennol pell, sydd yn parhau'n fyw ynof innau drwy dy seintiau a'th Fab ymgawnawdoledig.

Ar goll,
ar drugaredd y tonnau
heb gyfeiriad a chan ofni'r hyn a ddaw,
deuaf atat, yn d'adnabod a heb d'adnabod,
Dduw y tu hwnt i ddeall,
yn esgyn a gostwng ar y tonnau
heb gwmpawd.
Dwg fi i harbwr diogel,
man lle gallaf ddechrau
gobeithio eto,
ymddiried eto,
ynot tithau ac eraill.

Ymddiried: peidiwch ag ofni, credwch

Gweddi

Hollalluog Dduw,
mae ein dioddef personol yn peri i ni
lefain mewn loes
ac rydym yn gwingo mewn ofn pan
brofwn salwch, pryder neu
farwolaeth ein hanwyliaid.

Dysga ni i ymddiried ynot.
Bydded i'r eglwysi rydym yn perthyn
iddyt fod yn arwyddion o't ofal
rhagluniaethol.

Gwna ni'n wir ddisgyblion i'th Fab
a'n dysgodd i wrando ar dy Air
ac i wasanaethu ein gilydd.
Gofynnwn hyn gan hyderu yn enw
dy Fab,
ac yng ngrym yr Ysbryd Glân.
Amen.



Cadeirlan Sant Paul, Mdina, Malta

Cwestiynau

- Beth yw'r delweddau o Dduw sy'n eich cynnal drwy gyfnodau o amau?
- Beth yw'r lleoedd a phwy yw'r bobl sy'n rhoi gobaith i chi ar gyfer y dyfodol?

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

Byd-eang: Ceisiwch ysbrydoliaeth gan bobl sy'n sefyll yn gadarn yn wyneb y storm.

Lleol: Sefydlwch grŵp lleol o blith eich eglwysi a'ch cymuned sy'n ymrwymo i wrando'n fwy gofalus ar ei gilydd.

Personol: Treuliwch amser gyda'r bobl neu yn y lle sy'n rhoi'r mwyaf o obaith i chi.

DAY 4

Acts 27:23-26

"For last night there stood by me an angel of the God to whom I belong and whom I worship, and he said, 'Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you.' So keep up your courage, men, for I have faith in God that it will be exactly as I have been told. But we will have to run aground on some island."

Psalm 56

Luke 12:22-34

Reflection

Assailed on every side, I long for a more sustaining image of You God. I need You closer than ever, to be with me through these current horrors. Our dialogue has become coarse and aggressive and I find it difficult to listen to any news and current affairs. Bad news seems everywhere, abuse, cruelty of unspeakable proportions, political divisions and a vortex of hate that

creeps into so much of what we do. Are You alone in listening?

Where am I to find hope? Where should I look? How can I find a route towards healing when I have no sense of what a hopeful future looks like? And yet You speak into this space from below. I am carried even without knowing it, and I can only just sense Your hold on me. Lifting me, stroking my doubt into a soft glow of warmth that might eventually become something more.

'Don't be afraid' is easily said. So I need to trust You again and again, and hold on to what little I see. For I sense You near me, and I long for Your word from long ago, which is still alive in me in Your Saints and incarnate Son.

Adrift

I am floating and at sea
Without direction and fearful of
what lies ahead
I come to You, known and yet
unknowing
Unfathomable God
Rising and falling
Without bearings
bring me to a safe haven
a place where I can begin
to hope again
to trust again
in You and others.

Trust: Do not be afraid, believe

Prayer

Almighty God,
our personal suffering leads us to cry
out in pain
and we shrink in fear when we
experience sickness, anxiety
or the death of loved ones.
Teach us to trust You.
May the churches we belong to be
signs of Your providential care.
Make us true disciples of Your Son
who taught us to listen to Your word
and to serve one another.
In confidence we ask this in the
name of Your Son,
and in the power of the Holy Spirit.
Amen.



St. Paul's Cathedral, Mdina, Malta

Questions

- What are the images of God that sustain you through times of questioning?
- Where are the places and who are the people who give you hope for the future?

Go and DO (see www.ctbi.org.uk/goanddo)

Global: Be inspired by those who show much resilience in the face of the storm.

Local: Set up a local group from your churches and community who commit to a deeper listening to one another.

Personal: Spend time with the people or in the place that give you most hope.

Diwrnod 5

Actau 27:33-36

Pan oedd hi ar ddyddio, dechreuodd
Paul annog pawb i gymryd bwyd, gan
ddweud, Heddiw yw'r pedwerydd
dydd ar ddeg i chwi fod yn disgwyd
yn bryderus, a heb gymryd tamaid o
ddim i'w fwyta. Felly yr wyf yn eich
annog i gymryd bwyd, oherwydd y
mae eich gwaregigaeth yn dibynnau ar
hynny; ni chollir blewyn oddi ar ben
yr un obonoch. Wedi iddo ddweud hyn,
cymerodd fara, a diolchodd i Dduw
ymg ngŵydd pawb, a'i dorri a dechrau
bwyta. Cododd pawb eu calon, a
bwythau hefyd yn cymryd bwyd.

Salm 77

Marc 6:30-44

Myfyrdod

Mae angen i chi fwyta rhywbeth,
i warchod eich nerth'
yw anogaeth Paul,
gan dorri bara,
diolch,
arwain y ffordd.
Gall ei eiriau calonogol
na chollid blewyn oddi ar ben yr
un ohonynt
yn eithafion y storm

i rai fod yn adlais gwag.
Rwy'n hoff iawn o goffi
ond collais fy awch amdano.
Rwyf wrth fy modd yn darllen papur
trwm y Sul,
ond nid oedd lle yn fy ymennydd
i hynny:
rhy brysur yn prosesu ac yn paratoi
gan grynhau fy ngweddill egni prin
i wynebu canwlâu a llinellau PICC
a chemo cyfoglyd.
Fe fyddwn yn colli pob blewyn
o'm pen
ond cawn fy achub o'r storm,
gobeithio.

A phan na allwch fwyta
i warchod eich nerth
oherwydd bod y cemo yn eich
gwneud yn sâl
ddydd Mercher
byddwch yn cnoi ar y geiriau
y bydd y rhai sy'n disgwyl wrth
yr Arglwydd
yn adenill eu nerth,
yn magu adenyydd fel eryr,
yn rhedeg heb flino,
gan ymddiried
y gall y corff toredig hwn
efallai godi eto
yn gryf a chadarn,
yn greithiog ac yn gwaredu.
Fe gollwyd pob blewyn ar fy mhen
ond byddwn yn cael fy achub o'r
storm, gobeithio.

Arhoswch yn gadarn

Ac wrth i mi edrych yn ôl
ddeng mlynedd wedi'r digwydd
nid dim ond ôl troed un a welaf
ond olion cannoedd,
ôl traed y ffrindiau a'r caredigion
fu'n ymweld, yn gwrando, yn criō,
yn gweddio ac yn cynnal
corff Crist
gan fy nerthu.
Fe gollwyd pob blewyn ar fy mhen
ond cefais fy achub o'r storm.
Diolchaf.

Gweddi

Dduw cariadlon,
fe dorrodd dy Fab Iesu Grist fara
a rhannu'r cwpan â'i gyfeillion.
Bydded i ninnau dyfu'n agosach
mewn cymundeb
pan fyddwn yn rhannu ein loes a'n
dioddefaint.

Wedi'n calonogi gan Sant Paul

Cwestiynau

- Sut mae'r myfyrdod uchod yn gwneud i chi deimlo?
- A yw wedi digwydd i chi nad yw addewidion yr Ysgrythur wedi eu cyflawni yn ôl eich disgwl?
- Pryd ydych chi wedi teimlo'r loes fwyaf yn wyneb diffyg undod yng nghorff Crist?
- Sut allai rhannu corff Crist fod yn ffynhonnell iachâd ac undod rhwng Cristnogion?

a'r Cristnogion cynnar,
rho i ni'r nerth i adeiladu pontydd
o dosturi, cydsafiad a chymod.

Yn nerth yr Ysbryd Glân,
gofynnwn hyn yn enw dy Fab,
sy'n rhoi ei fywyd fel y byddwn
ninnau fyw. Amen.

Ewch a Gwnewch (gweler www.ctbi.org.uk/goanddo)

Byd-eang: Gweithiwr tuag at y dydd y bydd gofal iechyd digonol ar gael i bawb.

Lleol: Cynhaliwr bryd dod a rhannu rhwng yr eglwysi yn eich ardal chi, lle gallwr drafod yr hyn mae'r Ewcharist / y Cymun / Swper yr Arglwydd yn ei olygu i bob eglwys.

Personol: Ymwelwrch â rhywun y gwyddoch amdano/amdani sy'n sâl, neu anfon cerdyn at y claf neu ei ffonio.

DAY 5

Acts 27:33-36

"Just before daybreak, Paul urged all of them to take some food, saying, 'Today is the fourteenth day that you have been in suspense and remaining without food, having eaten nothing. Therefore I urge you to take some food, for it will help you survive; for none of you will lose a hair from your heads.' After he had said this, he took bread; and giving thanks to God in the presence of all, he broke it and began to eat. Then all of them were encouraged and took food for themselves."

Psalm 77

Mark 6:30-44

Reflection

'You need to eat something,
to keep your strength up'
Paul exhorts them,
breaking bread
giving thanks,
leading the way.
His words of reassurance
that not a hair would be lost
in the depth of the storm
may be a hollow resonance for some.

I love coffee
but lost my appetite for it
I love a good read of the bulky
weekend paper
but my brain had no space for it
too busy processing and preparing
harnessing the little energy reserves
I had
to face cannulas and PICC lines
and nauseating chemo.
Every hair from my head would
be lost
but I'd be rescued from the storm,
hopefully.

And when you can't eat
to keep your strength up
because the chemo makes you sick
on a Wednesday
you chew on the words
that those who wait upon the Lord
will renew their strength
they'll rise up on wings like eagles
run and not grow weary
trusting that one day
this broken body
might rise again
strong and supple
scarred and scared.
Every hair of my head was lost
but I'd be rescued from the storm,
hopefully.

Keep Your Strength Up

And as I look back
these ten years hence
there wasn't one set of footprints
there were hundreds
of the friends and loved ones
who visited, listened, cried,
prayed and carried
the body of Christ
strengthening me.
Every hair of my head was lost
but I was rescued from the storm,
thankfully.

Prayer

Loving God,
Your Son Jesus Christ broke bread
and shared the cup with His friends.

May we grow in closer communion
when we share our pain and
suffering.

Encouraged by St Paul

Questions

- How does the reflection above make you feel?
- Have you had experiences of when the promises of Scripture haven't delivered as you'd expected?
- When have you most felt the pain over disunity in the body of Christ?
- How might sharing the body of Christ be a source of healing and unity between Christians?

and the early Christians,
give us strength to build bridges
of compassion, solidarity and
harmony.

In the power of the Holy Spirit,
we ask this in the name of Your Son,
who gives His life that we might
live. Amen.

Go and Do (see www.ctbi.org.uk/goanddo)

Global: Work for the day when good healthcare is available for all.

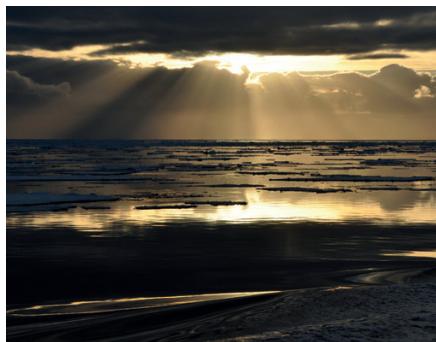
Local: Hold a 'bring and share' meal together with the churches in your area where you have a conversation about what Eucharist/Communion/Lord's Supper means to each church.

Personal: Visit, send a card or call someone who is currently unwell that you know.

Diwrnod 6

Actau 28:1-2,7

Wedi inni ddod i ddiogelwch, cawsom wybod mai Melita y gelwid yr ymys. Dangosodd y brodorion garedigrwydd anghyffredin tuag atom. Cyneusant goelcerth, a'n croesawu ni bawb at y Tân ... Yng nghyffiniau'r lle hwnnw, yr oedd tiroedd gan wr blaenaf yr ymys, un o'r enw Poplius. Derbyniodd hwn ni, a'n lletya yn gyfeillgar am dridiau.



Salm 46

Luc 14:12-24



Myfyrdod

Agoraf fy nrws
a chroesawu newydd-deb
ansicrwydd.

Mae posiblirwydd yn fyw
pan dderbynir y dieithr
â breichiau agored, bregus.
Mae'r doniau a gludir
ar gyfer eu rhannu rhyngom,
nid i'w masnachu.

Y dieithrynn hwn a minnau,
ymrwymwn i wneud y mannau oer
yn gynnes,
i blannu trugaredd yn y mannau
caled,
i danio gobaith yn y mannau tywyll,
i geisio tangnafedd yn nyfnder
y galon.

Cynheurn y Tân gyda'n gilydd
a chlosio i gynhesu,
cyn i'r pererin nesaf
ddod â rhoddion
i ni oll.

Lletygarwch

Gwedi

Dduw'r amddifad, y weddw a'r dieithrynn,
planna yn ein calonnau
ymwybyddiaeth ddofn o letygarwch.
Pan fyddi'n gofyn i ni dy fwydo, dy ddilledu ac ymweld â thi
bydd y rhai sydd â chlustiau i glywed yn gwrando,
bydd y rhai sydd â llygaid i weld yn edrych.
Bydded i'n heglwys i gydweithio tuag at ddileu newyn, syched
ac unigrwydd
ac i oresgyn y rhwystrau sy'n nacáu cynnig croeso i bawb.
Gofynnwn hyn yn enw dy Fab, Iesu,
sydd yn bresennol yn y lleiaf o'n chwiorydd a'n brodyr. Amen.



Cwestiynau

- Rhannwch stori am adeg y bu i chi brofi lletygarwch gwirioneddol.
- Meddyliwch am amser y bu'n rhaid i chi fod yn groesawgar o dan amgylchiadau anodd. Ym mha ffyrdd mae hynny wedi newid y modd rydych yn croesawu pobl? Lle mae angen i chi deithio'r ail filltir?
- Lle ydych chi wedi gweld caredigrwydd anghyffredin yn eich cymuned?

Ewch a Gwnewch (gweler www.ctbi.org.uk/goanddo)

Byd-eang: Dysgwch am waith unedig yr ACT Alliance sy'n ymateb i dloidi ac anghyflawned ledled y byd.

Lleol: Sut ydym ninnau fel eglwysi i ddechrau cyfathrebu'n ystyrlon, neu i ddyfnhau ein cyfathrebu, â'r lleisiau rydym yn cael anhawster gyda hwy o fewn cymdeithas? Beth allwn ni ei ddysgu oddi wrth y lleisiau hynny? Trafodwch â'ch gilydd.

Personol: Sut allech chi ddangos caredigrwydd anghyffredin tuag at rywun yn eich cymuned heddiw?

DAY 6

Acts 28:1-2,7

"After we had reached safety, we then learned that the island was called Malta. The natives showed us unusual kindness. Since it had begun to rain and was cold, they kindled a fire and welcomed all of us round it ... Now in the neighbourhood of that place were lands belonging to the leading man of the island, named Publius, who received us and entertained us hospitably for three days"



Psalm 46

Luke 14:12-24



Reflection

I open my door
and welcome the newness of
uncertainty.

The presence of possibility
resides in the unfamiliar received
with outstretched, vulnerable arms.
The gifts brought
are for sharing among us,
not trading equity.

This stranger and I,
we resolve to put warmth in the
cold places,
compassion in the hard places,
hope in the dark places,
and peace deep within.

We kindle the fire together
and gather for warmth,
before the next pilgrim,
brings gifts
for us all.

Hospitality

Prayer

God of the orphan, the widow and
the stranger,
instil in our hearts a deep sense of
hospitality.

when You ask us to feed You,
to clothe You and to visit You
those with ears to hear, listen,
those with eyes to see, look.
May our churches participate
in the ending of hunger,
thirst and isolation
and in overcoming barriers that
prevent the welcoming of
all people.

We ask this in the name of
Your Son, Jesus,
who is present in the least of our
sisters and brothers. Amen.



Questions

- Share a story about a time you experienced hospitality in a meaningful way.
- Think about a time when you had to be hospitable that was difficult. In what ways has that changed how you welcome people? Where do you need to go the extra mile?
- Where have you recognised unusual kindness in your community?

Go and Do (see www.ctbi.org.uk/goanddo)

Global: Find out about the united work of the Act Alliance responding to poverty and injustice across the world.

Local: How do we as churches begin or go deeper into a meaningful conversation with the voices we find difficult in society? What can we learn from these voices? Discuss together.

Personal: How might you show unusual kindness to someone in your community today?

Diwrnod 7

Actau 28:3-6

Casglodd Paul beth wmbredd o danwydd, ac wedi iddo'u rhoi ar y tân, daeth gwiber allan o'r gwres, a glynw wrth ei law. Pan welodd y brodorion y neidr yngbhrog wrth ei law, meddент wrth ei gilydd, 'Llofrudd, yn sicr, yw'r dyn yma, ac er ei fod wedi dianc yn ddiogel o'r môr, nid yw'r dduwies Cyflawnder wedi gadael iddo fyw.' Yna, ysgydwodd ef y neidr ymaith i'r tân, heb gael dim niwed; yr oeddent hwy'n disgwyl iddo ddechrau chwyddo, neu syrthio'n farw yn sydyn. Ar ôl iddynt ddisgwyl yn hir, a gweld nad oedd dim anghyffredin yn digwydd iddo, newidiasant eu meddwl a dechrau dweud mai duw ydoedd.

Salm 119:137-144

Mathew 18:1-6

Myfyrdod

Anghenfil!

Rhwyga'r penawdau fel llafnau gwydr drwy enwau da ddifethwyd a doniau y diddymwyd eu gwerth, i'w harfer byth mwyach.

Heidiau!

Enwau, hanesion, bywydau, wedi'u cywasgu

yn bentwr anniben.

Dirmigu dyngarwch,
gweld gwerth mewn gwrthod.

Pryd fyddwn ni'n troi
a gweld wyneb ein chwaer yn nhorf
y chwalfa

o fywydau gwywedig,

a gwedd ein brawd

ying nghywilydd yr anghenfil?



Trawsffurfio: Newid ein calonnau a'n meddyliau

Gweddi

Hollalluog Dduw,
trown atat â chalonnau edifar.
Wrth i ni geisio'n ddiffuant dy
wirionedd
gwarchod ni rhag barnu'n annheg
safbwyntiau pobl eraill,
ac arwain yr eglwysi i gymundeb
dyfnach.
Cynorthwya ni i ymryddhau oddi
wrth ein hofnau,
ac felly ddeall ein gilydd a'r dieithryn
yn ein plith yn well,
gan feiddio caru'r gwirthodedig.
Gofynnwn hyn yn enw'r
Un Cyfawn,
dy annwyl Fab, Iesu Grist. Amen.



Cwestiynau

- Ydych chi erioed wedi newid eich meddwl am rywun, er gwell? Pam?
- Sut mae eich eglwys chi wedi ymwneud ag eglwysi a chynulleidfa oedd gyda syniadau diwinyddol a/neu ddiwylliannau gwahanol iawn i'ch rhai chi?
- Pwy yw'r gwirthodedig yn eich cymuned? Sut all eich eglwys estyn allan yn well tuag atynt?

Ewch a Gwnewch (gweler www.ctbi.org.uk/goanddo)

Byd-eang: Ceisiwch ysbrydoliaeth oddi wrth hanesion ynghylch sicrhau cynhwysiant a goresgyn rhagfarn yn India.

Lleol: Sut ydych chi fel eglwysi'n gweithio gyda'r rhai sydd ar gyrraon cymdeithas? Canfyddwch pa gymorth y gallech ei gael i wneud mwy.

Personol: Gweithredwch i fynd i'r afael â rhagfarn neu allgáu yn eich bywyd chithau a bywyd eich cymuned.

DAY 7

Acts 28:3-6

"Paul had gathered a bundle of brushwood and was putting it on the fire, when a viper, driven out by the heat, fastened itself on his hand. When the natives saw the creature hanging from his hand, they said to one another, 'This man must be a murderer; though he has escaped from the sea, justice has not allowed him to live.' He, however, shook off the creature into the fire and suffered no harm. They were expecting him to swell up or drop dead, but after they had waited a long time and saw that nothing unusual had happened to him, they changed their minds and began to say that he was a god."

Reflection

Monster!

The headlines tear
like shards of glass through
ripped reputations
and tainted talents,
to be heard no more.

Hordes!

Names, stories, lives, compacted
into an anonymised mass.

Contempt for care,
rejection made righteous.

When will we turn

and dare to see the sister in the surge
of displaced existence,
and the brother
in the monster's shame?

Psalm 119:137-144

Matthew 18:1-6



Transformation: Changing our hearts and minds

Prayer

Almighty God,
we turn to You with repentant hearts.
In our sincere quest for Your truth,
purify us from our unjust opinions
of others
and lead the churches to grow
in communion.
Help us let go of our fears,
and so better understand each other
and the stranger in our midst,
and dare to love the rejected.
We ask this in the name of the
Just One,
Your beloved Son, Jesus Christ.
Amen.



Questions

- Have you ever changed your mind about someone, for the better? Why?
- How has your church related to churches and congregations with very different theological ideas and/or cultures?
- Who are the outcasts in your community? How can your church better reach out to them?

Go and Do (see www.ctbi.org.uk/goanddo)

Global: Find inspiration from stories of inclusion and overcoming prejudice in India.

Local: How are you as churches working with those on the fringes of society? Find out how you could be supported to do more.

Personal: Take steps to tackle prejudice or exclusion in your life and community.

Diwrnod 8

Actau 28:8-10

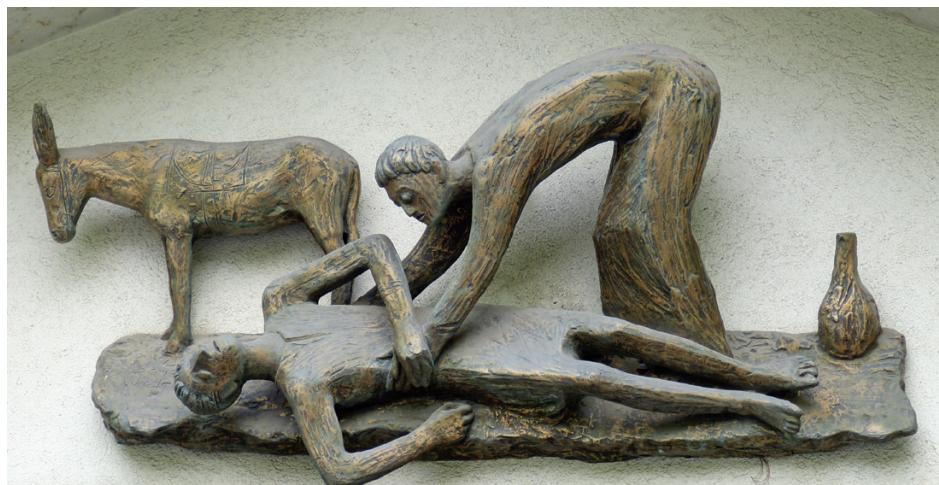
Yr oedd tad Poplius yn digwydd bod yn gorwedd yn glaf, yn dioddef gan byliau o dwymyn a chan ddisentri. Aeth Paul i mewn ato, a chan weddio a rhoi ei ddwylo arno, fe'i hiachaodd. Wedi i hyn ddigwydd, daeth y lleill yn yr ynys oedd dan afiechyd ato hefyd, a chael eu hiacháu. Rhoddodd y bobl hyn anrhydeddau lawer inni, ac wrth inni gychwyn ymaith, ein llwytho â phopeth y byddai arnom ei angen.

Salm 103:1-5

Mathew 10:7-8

Myfyrdod

Diolchaf
i'r dieithryn
am ddeffro fy mraint o'th groesawu.
Diolchaf
i'r Samariad
am wneud i mi dderbyn dy ofal
a'r cariad na chredwn fod gennyt
i'w roi.
Diolchaf
i Iesu
am fy nenu at dy angau gwerthfawr
i dderbyn dy dlodi
yn gyfoeth uwch gwerth y byd.
Diolchaf
i'r eraill oll
a roesoch i mi gymaint i'w roi.



Haelioni: Derbyn a rhoi

Gwedi

Dduw, rhoddwr bywyd,
diolchwn i ti am dy rodd i ni o'th
gariad trugarog
sydd yn ein cysuro ac yn ein cryfhau.
Gweddiwn y bydd ein heglwysi
bob amser yn agored i dderbyn dy
roddion di oddi wrth ein gilydd.
Rho i ni ysbyryd o haelioni tuag
at bawb
wrth i ni gydgerdded ar lwybr undod
Cristnogol.
Gofynnwn hyn yn enw dy Fab
sy'n teyrnasu gyda thi a'r Ysbryd
Glân. Amen.



Cwestiynau

- Ydych chi erioed wedi derbyn rhodd gan rywun yr oedd yn anodd i chi dderbyn oddi wrtho/wrthi? Beth wnaethoch chi â'r rhodd?
- Sut mae eich eglwys chi yn derbyn oddi wrth draddodiadau Cristnogol eraill?
- Sut mae eich eglwys yn derbyn oddi wrth bobl o grefyddau eraill a phobl ddigrefydd?

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

Byd-eang: Dysgwch sut mae haelioni eglwysi wedi gwneud y fath wahaniaeth i gymunedau ledled y byd drwy waith Cymorth Cristnogol.

Lleol: Nodwch eich anghenion fel eglwys neu eglwysi a meddyliwch at bwy yr allech fynd am gymorth i ddiwallu'r anghenion hynny.

Personol: Gofynnwch i rywun eich cynorthwyo gyda thasg sydd gennych i'w chyflawni neu angen i'w diwallu.

DAY 8

Acts 28:8-10

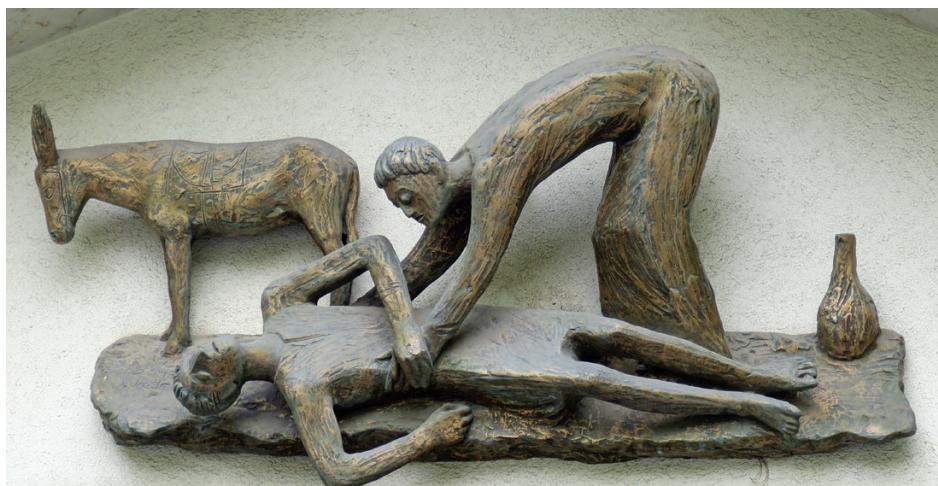
"The father of Publius lay sick in bed with fever and dysentery. Paul visited him and cured him by praying and putting his hands on him. After this happened, the rest of the people on the island who had diseases also came and were cured. They bestowed many honours on us, and when we were about to sail, they put on board all the provisions we needed"

Psalm 103:1-5

Matthew 10:7-8

Reflection

I thank
the stranger
for privileging me to receive you.
I thank
the Samaritan
for making me accept your care
and the love I thought wasn't in you
to give.
I thank
Jesus
for drawing me to your
precious death
to receive your poverty
as riches that outweigh the world.
I thank
the others all
who gave to me so much to give.



Generosity: Receiving and giving

Prayer

God, giver of life,
we thank you for the gift of your
compassionate love
which soothes and strengthens us.
We pray that our churches
may be always open to receive your
gifts from one another.
Grant us a spirit of generosity to all
as we journey together in the path of
Christian unity.
We ask this in the name of your Son
who reigns with you and the Holy
Spirit. Amen.



Questions

- Have you ever received a gift from someone from whom you found it difficult to receive? What did you do with the gift?
- How does your church receive from other Christian traditions?
- How does your church receive from people of other faiths and none?

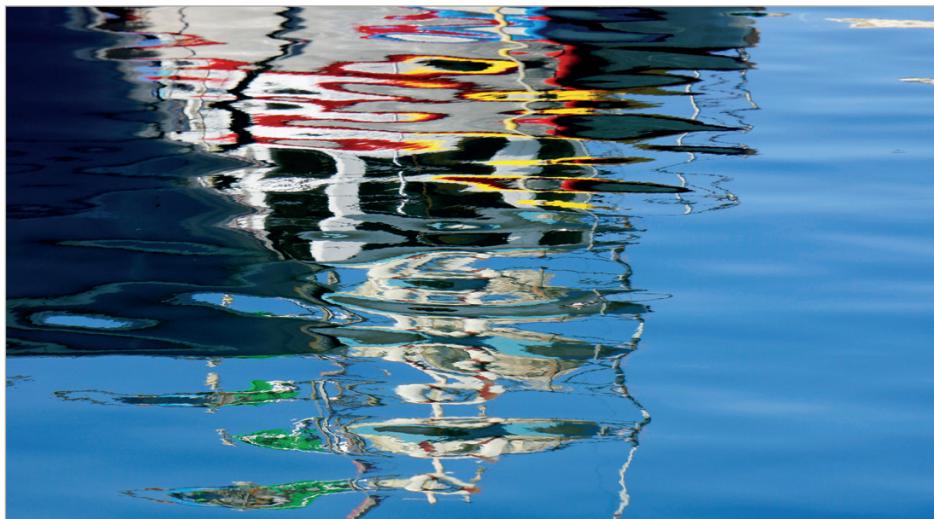
Go and Do (see www.ctbi.org.uk/goanddo)

Global: Find out how the generosity of churches has made such a difference to communities across the world through the work of Christian Aid.

Local: Identify your needs as a church or churches and consider who you could approach to help you fulfil those needs.

Personal: Ask someone to help you with an outstanding task or need you have.

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