Gweddi ar gyfer Nadolig 2024

Oddi wrth Cynnal, y gwasanaeth cwnsela ar gyfer Clerigion, Gweinidogion yr Efengyl, gweithwyr Cristnogol a'u teuluoedd

O dawel ddinas Bethlehem -
dyna ddywed y garol, gan gyflwyno darlun o ardal ddigynnwrf a hudolus.

Ond tybed pa mor dawel oedd ardal Bethlehem mewn gwirionedd adeg geni'r Iesu?

Oni fyddai problemau'r byd cyfoes i'w gweld yno hefyd?
Pobl ydy pobl ym mhob oes, ynte.

Gallwn ddychmygu y byddai yno aelwydydd gyda phobl yn dioddef o salwch corfforol neu feddyliol a hynny'n peri poen a phryder.
Aelwydydd lle byddai trais yn y cartref yn arwain at ddagrau, ofn a chleisiau.
Fel heddiw byddai rhai o ardal Bethlehem yn wynebu gwewyr ac efallai'n gweiddi'n uchel mewn anobaith am nad oedd modd iddynt ddianc rhag rhyw broblem bersonol, ac amgylchiadau caethiwus bywyd.

Byddai Bethlehem ddim yn dawel gyda thraed milwyr yn cerdded y strydoedd fwy na mae strydoedd Wcráin, Israel, Gaza a sawl man arall yn y byd heddiw, a'r plant yn eu cartrefi yn ofni yfory.
Byddai sawl stumog yn rwmblan oherwydd diffyg bwyd.
A rhai'n oer oherwydd diffyg dillad a chysgod.

O dawel ddinas Bethlehem…..daeth seren newydd dlos i wenu uwch dy ben.

Dyma seren oedd yn arwydd o obaith newydd,
Dyma'r goleuni addawyd ers canrifoedd trwy'r proffwydi
Goleuni'r Duwdod ei hun yn dod mewn baban eiddil gwan, ond gyda nerth Duw yn ei ddwylo.

Y Goleuni sydd ar gael heddiw i gynorthwyo cleifion, dioddefwyr trais, yr anghenus, y pryderus, yr anobeithiol, y rhai mewn sefyllfaoedd o wrthdaro ac angen.

Y Nadolig hwn, Arglwydd, gweddïwn dros waith yr eglwysi wrth iddynt geisio dod â goleuni'r Iesu at rai sydd ond yn gweld tywyllwch. Gad i ni fod fel y sêr bach oedd ochr yn ochr â'r seren fawr yn gwneud eu rhan i oleuo ardal Bethlehem.

Gweddïwn dros waith Cynnal a'r Stafell Fyw, gan ddiolch am y rhai sydd wedi profi rhyddid oddi wrth ddibyniaeth o bob math yn ystod y flwyddyn ddiwethaf, a'r rhai sy'n cynghori pobl yn eu caethiwed

Gweddïwn dros y miloedd a'r filoedd sy'n byw yng nghanol neu dafliad carreg o drais a marwolaeth.

Gweddïwn dros bob unigolyn sydd eto heb brofi llewyrch Goleuni'r Byd yn eu bywyd a theimlo'r cyfle newydd ddaw yn sgil hynny. – y gobaith byw i ddynol ryw.

Clyw ein gweddi y Nadolig hwn,

yn enw Iesu ein Gwaredwr,

Amen

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A Prayer for Christmas 2024

From Cynnal, the counselling service for Clergy, Ministers of Religion, Christian Workers and their familes.

O little town of Bethlehem

That's strange. The Welsh translation of this carol describes Bethlehem as being quiet rather than little, giving an impression of a calm and tranquillity.

But would Bethlehem have been quiet and calm?
Surely the problems faced today would also be found there.
Because we know that people are people, no matter when they are born.

No doubt there would have been homes with people suffering physical or mental illness, causing pain and worry.
Homes where domestic violence meant tears, bruises and fear.
Some people in the Bethlehem area would be facing anguish, possibly crying out in despair because of their inability to escape some personal problem or break free from a certain pattern of life.

Bethlehem would not have been quiet with the sound of soldiers walking the streets any more than the streets of Ukraine, Gaza and so many other places today.
No doubt stomachs would be rumbling as a result of hunger, and bodies shivering because of a lack of shelter and warm clothing.

O little / O quiet town of Bethlehem ……yet in thy dark streets shineth the everlasting light.

The everlasting Light, a sign of new hope,
The Light promised over the centuries by the prophets.
The Light of God himself, a weak baby, yet a baby with God's power in his hands.

This Light shines today, helping those who are ill, those who suffer as a result of violence, those in need, those bowed down with worry, those without hope, those living in situations of violence and conflict.

This Christmas, Lord, we pray for the work of all churches as they seek to bring Jesus' light to those who can only see darkness. Help us be like that multitude of little stars sprinkling the sky above Bethlehem. Let us stand alongside that special star that led people to Jesus.

We pray for the work of Cynnal and the Living Room and give thanks for all who have been freed from dependency during the past year, and for those who listened and counselled them during this difficult journey.
We pray for those who still need our prayers.

We pray for all who live in the midst of violence and death, and those involved in seeking peace.

We pray for all who are yet to feel the Light of Jesus in their lives and experience the new life this brings. No matter how dark the streets of life - in thy dark streets shineth the everlasting light.

Hear our prayer in the name of Jesus our Saviour,

Amen

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