

# Taith y Pererinion

Pererindod am Iachadwriaeth



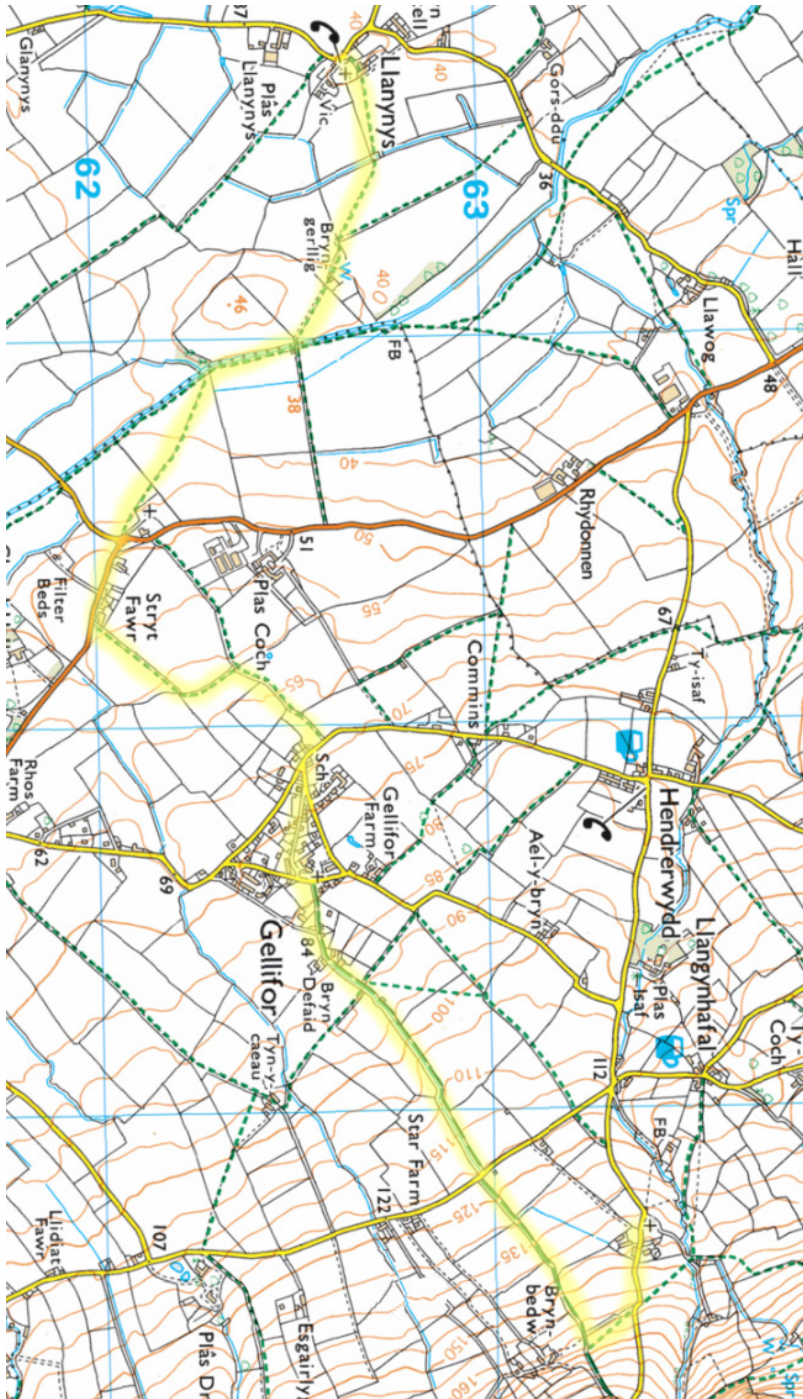
## A Pilgrims Journey

A pilgrimage of healing



[www.DyffrynClwyd.co.uk](http://www.DyffrynClwyd.co.uk)

# Itinerary



- |       |  |      |
|-------|--|------|
| 10am  | We gather with Tea/Coffee<br>St Saeran's, Llanynys               |      |
| 10.30 | Dechrau'r Daith / The Journey Begins<br>St Saeran's, Llanynys    | Pg4  |
| 11.15 | Goffwyswm / We Rest<br>Yr Afon / The River                       | Pg7  |
| 12.00 | Bwyd am Y Daith / Food for the journey<br>St Hychan's, Llanychan | Pg9  |
| 2.00  | Hadau / Seeds<br>Gellifor Community Garden                       | Pg15 |
| 3.00  | Litwrgi Iachau / Healing Liturgies<br>St Cynhafal's Llangynhafal |      |
| 3.45  | Diwedd y Daith / Our Journeys End<br>Join us for refreshments    | Pg19 |

*"There's no discouragement shall make him once relent his first  
avowed intent to be a pilgrim" John Bunyan*

A what?  
Sounds very high church,  
pretty doubtful really;  
an example of extremism,  
fanaticism...

I'm moderate,  
measured,  
middle of the road,  
sound. Yes, sound,  
I certainly don't believe in shrines  
and walking barefoot 'til your feet blister.

And look at the lot who travelled through the pages of Chaucer  
to Canterbury -  
hypocritical, greedy, immoral.  
Pilgrimage is a hotbed, a breeding ground for trouble.  
So unsuitable  
for moderate, measured, middle-of-the-road me.

But  
where are you going?  
What are you seeking?  
Are you sure it's safe, and sound... and sound?  
I'd like to travel on as well:  
it's not quite my 'avowed intent'  
but maybe I'll take a step or two.

Only  
let's not call it pilgrimage.  
It's just a journey,  
my journey.  
And I'm seeking,  
going towards...  
but keeping in the middle of the road,  
just in case...

# Dechrau'r Daith The Journey Begins St Saeran's

*In a time of quiet*

*Take some time to explore the Church,  
Maybe read the story of St Christopher and look where thousands upon  
thousands have looked over centuries and asked for his prayers for their  
journey*

*Maybe come and trace the reliefs of fantastical creatures carved in the  
wood around the ancient altar*

*Or gaze out the east window at the ancient tree and think about the  
sights it's seen and the other pilgrims who have trod where you will  
now dare to tread*

*As you explore and think,*

*Reflect...*

*What bring you here today?*

*What do you seek from this pilgrimage?*

*Do you come to give thanks...*

*Or do you come with questions...*

*What do you seek?*

I watch this morning  
for the light that the darkness has not overcome.  
I watch for the fire that was in the beginning  
and that burns still in the brilliance of the rising sun.  
I watch for the glow of life that gleams in the growing earth  
and glistens in the sea and sky.  
I watch for your light, O God,  
in the eyes of every living creature  
and in the ever-living flame of my own soul.  
If the grace of seeing were mine this day  
I would glimpse you in all that lives.  
Grant me the grace of seeing this day.  
Grant me the grace of seeing.

*A pilgrims prayer for the journey to encounter*

Arise within me, Holy mystery, Holy friend.

**keep danger near enough for the summoning of protection**  
keep doubt strong enough for the deepening of trust  
**keep despair near enough for the stirring of hope**  
keep darkness strong enough for the stirring of hope  
**keep darkness strong enough for the sustaining of peace**  
keep fear strong enough for the arousing of love  
**keep greed near enough for the lavishing of generosity**  
keep uncertainty strong enough for the bolstering of courage  
**keep surprise near enough for the gifting of grace**  
keep chaos near enough for the flowering of creativity  
**keep divinity near enough for the perfecting of humanity**

Arise within me, Holy mystery, take me to hallowed ground.

**God of our journeying,  
inviting us to travel with you,  
forgive us when we cling to outworn security,  
afraid to let go of what is safe and familiar.  
Give us courage  
to take the risk  
of answering your call  
into joyous adventure.**

O Pilgrim God,  
come with us on our journey  
come with your saints and prophets and angels  
come with your bread and wine and stories  
come be our light, our hope, our healing,  
come lead us safely home. **Amen.**

*At each stage of our pilgrimage we shall sing a section of our Pilgrim Hymn set to the tune of Repton.*

1. O holy paths of Dyffryn Clwyd  
We journey on our way  
Following where the saints have trod  
A pilgrimage to find our God  
In tranquil sanctuaries

2. St Saeran waits in Llanynys  
Within it's ancient walls  
St Christopher will find you there  
Your journeying has just begun  
Take up your cross to bear

3. Across the fields ripe with grain  
Lies sanctuary and rest  
Where St Hychan will lead your prayer  
Aid your retreat from worldly cares  
And show the path ahead

*We set off on our journey...*





# Gorffwyswm We Rest Yr Afon - The River

Blessed are you, O Child of the Dawn,  
**for your light that dapples through creation**  
on leaves that shimmer in the morning sun  
**and in showers of rain that wash the earth.**

Blessed are you  
**for the human spirit dappled with eternal light**  
in its longing for love and birth  
**and its pain filled passions and tears.**

Blessed are you, O Christ,  
**for awaken me to life.**

Blessed are  
**for you stir me to true desire**

*Here we pause on our journey.*

*Beside the flowing river we reflect...*

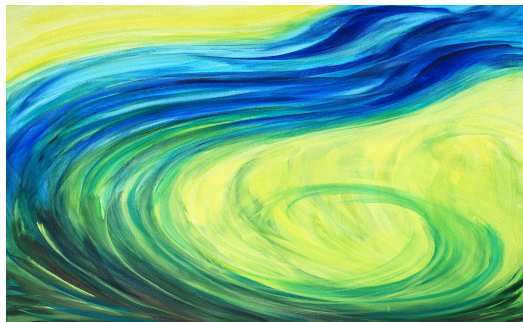
*We reflect on a river that flowed at the beginning in Eden...*

*A river that flowed from Christ's side on the cross...*

*A river that will flow at the end of times from the Throne in the Temple...*

*A river that cleans and brings new life...*

*A river in which we seek to wash ourselves clean that our true selves  
might be seen...*



**Creator God,  
forgive our moments of ingratitude,  
the spiritual blindness that prevents us  
from appreciating the wonder that is this world,  
the endless cycle of nature,  
of life and death and rebirth.  
Forgive us for taking without giving,  
reaping without sowing.  
Open our eyes to see,  
our lips to praise,  
our hands to share.  
May our feet tread lightly on the path we tread,  
and our footsteps be worthy of following,  
for they lead to you.**

Almighty God have mercy upon us,  
Pardon and deliver us from our sins,  
The Everlasting three-fold friendship of God,  
Light of lights come awaken our hearts  
That we may live in the power of Your Grace.

May the light of God  
**illumine the heart of my soul.**  
May the flame of Christ  
**kindle me to love.**  
May the fire of the Spirit  
**free me to live**  
**this day, tonight and for ever.**

Beside a stream we rest awhile,  
Pilgrims just passing through,  
Reflecting on the lives we live,  
Stripping away the lies we tell  
To find our truest selves

Can we be honest with our God,  
Confess our shortcomings,  
And like the river flowing by,  
Feel ourselves being washed clean,  
Gods love for us renewed

Pick up your staff and travel on  
Absolved and made anew,  
We go to find our God ahead  
Our footsteps light upon the earth  
God's love that knows no bounds

# Bwyd am y Daith

## Food for the Journey

### St Hychan's

Out of the silence at the beginning of time  
**you spoke the Word of life.**

Out of the worlds primeval darkness  
**you flooded the universe with light.**

In the quiet of this place  
Hidden from the sight of the world

**I wait and watch,**

I wait and watch.

**In the stillness of my soul**  
and from its fathomless depths  
**the senses of my heart are awake to you.**

For fresh soundings of life  
for new showings of light

**I search in the silence of my spirit O God.**

*We continue our Pilgrim hymn...*

Imbued with centuries of prayer  
Beneath this shroud of tree's  
A place of quiet solitude  
What do we find awaiting us  
The sweet embrace of God

When we retreat from worldly cares  
Our souls cry out for food  
Emptied of pride and hungry  
Our Pilgrimage has led us here  
The Son, The Living Bread

Lord, You have always given  
bread for the coming day;  
**and though we are poor,**  
**today we believe.**

Lord, You have always given  
strength for the coming day;  
**and though we are weak,**  
**today we believe.**

Lord, You have always given  
peace for the coming day;  
**and though of anxious heart,**  
**today we believe.**

Lord, You have always kept  
me safe in trials;  
**and now, tried as we are,**  
**today we believe.**

Lord, You have always marked  
the road for the coming day;  
**and though it may be hidden,**  
**today we believe.**

Lord, You have always lightened  
this darkness of ours;  
**and though the night is here,**  
**today we believe.**

Lord, You have always spoken  
when time was ripe;  
**and though you be silent now,**  
**today we believe.**

As we bring this bread to you Lord of the Elements, we offer up to you our hearts, our energies our labor, our leisure our relationships, our minds our thoughts, time and talents, all that we create, all that we possess, our souls, our coming, our going, our strength, our days and nights, our hopes and fears, the day of our birth and the moment of our death, Oh bread and breath of life.

**Blessed be God for ever.**

We pour out this wine and offer to you the woes of life poured out. Disappointment, disease, hurt, or handicap. As grapes crushed to make this wine so we offer to you all who are crushed by hunger, homelessness, violence or abuse. You who put beam in sun and moon, take all this and transform it

into the deep rich wine of everlasting life.

**Blessed be God for ever.**

Gweddiwch, frodyr a chwiorydd,  
ar fod fy aberth i a'ch aberth chwithau'n  
gymeradwy gan Dduw Dad Hollalluog.  
**Derbynied yr Arglwydd yr aberth o'th ddwylo,  
er mawl a gogoniant i'w enw,  
ac er lles i ni,  
ac i'w Eglwys sanctaidd oll.**

Yr Arglwydd a fo gyda chwi.  
**A hefyd gyda thi.**  
Dyrchefwch eich calonnau.  
**Yr ydym yn eu dyrchafu at yr Arglwydd**  
Diolchwn i'r Arglwydd ein Duw.  
**Iawn yw rhoi ein diolch a'n clod.**

Iawn yw rhoi ein diolch a'n clod.  
Y gwir a'r bywiol Dduw,  
ffynhonnell bywyd yr holl greadigaeth,  
gwnaethost ni ar dy ddelw dy hun.  
Rhown ddiolch i ti bob amser ac ym mhob lle  
trwy Iesu Grist ein Harglwydd:

Yn dy gariad atom,  
ac yng nghyfl awniad yr amser,  
anfonaist dy Fab i fod yn Waredwr;  
daeth y Gair yn gnawd,  
bu'n byw yn ein plith a gwelsom ei ogoniant.  
Dros ein pechodau ni a phechodau'r holl fyd  
dioddefodd angau ar y Groes.  
Atgyfodaist ef i fywyd mewn buddugoliaeth  
a'i ddyrchafu mewn gogoniant.  
Trwyddo ef yr wyt yn anfon dy Ysbryd Glân ar dy Eglwys  
a'n gwneud ni yn bobl i ti.

Felly, gydag angylion ac archangylion,  
a holl gwmpeini'r nef  
molwn dy enw gogoneddus:

Pray my brothers and sisters  
that my sacrifice and yours  
may be acceptable to God,  
the almighty Father.  
**May the Lord accept the sacrifice at your hands  
for the praise and glory of his name,  
for our good, and the good of all his holy Church**

The Lord be with you.  
**And also with you.**  
Lift up your hearts.  
**We lift them to the Lord.**  
Let us give thanks to the Lord our God.  
**It is right to give our thanks and praise.**

True and living God,  
the source of life for all creation,  
you have made us in your own image.  
Always and everywhere we give you thanks  
through Jesus Christ our Lord.

In your love for us  
and in the fullness of time  
you sent your Son to be the Saviour;  
the Word was made flesh,  
he lived among us and we have seen his glory.  
For our sins and the sins of all the world  
he suffered death on the cross.  
You raised him to life in triumph  
and exalted him in glory.  
Through him you send your Holy Spirit  
upon your Church and make us your people.

Therefore, with angels and archangels  
and with all the company of heaven  
we praise your glorious name:

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

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

Bendigedig wyt ti, Dduw hollalluog,  
am i'r Arglwydd Iesu,  
y nos y bradychwyd ef,  
gymryd bara,  
ac wedi rhoi diolch i ti,  
fe'i torrodd, a'i roi i'w ddisgyblion a dweud,  
Cymerwch, bwytwch; hwn yw fy nghorff  
a roddir drosoch:  
gwnewch hyn er cof amdanaf.  
Yr un modd, ar ôl swper fe gymerodd y cwpan;  
ac wedi rhoi diolch i ti,  
fe'i rhoddodd iddynt a dweud,  
Yfwch hwn, bawb;  
y cwpan hwn yw'r cyfamod newydd yn fy ngwaed i  
a dywelltir drosoch a thros lawer er maddeuant pechodau:  
gwnewch hyn bob tro yr yfwch ef  
er cof amdanaf.

[Gadewch inni gyhoeddi dirgelwch y ffydd:]

**Bu farw Crist.**

**Atgyfododd Crist.**

**Daw Crist mewn gogoniant.**

Felly, Dduw cariadus,  
gan goffáu aberth Crist dy Fab  
unwaith am byth ar y groes  
a buddugoliaeth ei atgyfodiad,  
gofynnwn i ti dderbyn ein haberth hwn o foliant.

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

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

Blessed are you, almighty God,  
because on the night he was betrayed  
the Lord Jesus took bread,  
and when he had given you thanks,  
he broke it, gave it to his disciples and said,  
Take, eat; this is my body  
which is given for you:  
do this in remembrance of me.  
In the same way, after supper he took the cup;  
when he had given you thanks  
he gave it to them and said,  
Drink this, all of you;  
this cup is the new covenant in my blood  
poured out for you and for many  
for the forgiveness of sins:  
do this as often as you drink it  
in remembrance of me.

[Let us proclaim the mystery of faith:]

**Christ has died.**

**Christ is risen.**

**Christ will come in glory.**

Therefore, loving God,  
recalling now the sacrifice of Christ your Son  
once for all upon the cross  
and the triumph of his resurrection,  
we ask you to accept this our sacrifice of praise.



Anfon dy Ysbryd Glân arnom ni ac ar y rhoddion hyn  
er mwyn inni gael ein porthi  
â chorff a gwaed dy Fab  
a'n llenwi â'th fywyd a'th ddaioni.  
Una ni yng Nghrist a rho inni dy dangnefedd  
er mwyn inni gyfl awni dy waith  
a bod yn gorff iddo ef yn y byd.

Trwyddo ef, gydag ef, ac ynddo ef,  
yn undod yr Ysbryd Glân,  
Dad hollalluog,  
eiddot ti yw'r holl anrhydedd a gogoniant  
yn oes oesoedd.  
**Amen.**

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

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

**Rydym yn Derbynn Yr Cymun Bendigaidd**

Send your Holy Spirit on us and on these gifts  
that we may be fed  
with the body and blood of your Son  
and be filled with your life and goodness.  
Unite us in Christ and give us your peace  
that we may do your work  
and be his body in the world.

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

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

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

**We Receive Holy Communion**

Blessed be God who calls us together  
**Praise the Lord who makes us one people**  
 Blessed be God who forgives our sin  
**Praise the Lord who gives hope and freedom**  
 Blessed be God whose word is proclaimed  
**Praise the Lord who is revealed as love**  
 Blessed be God whose grace is abundant  
**Praise the Lord for all we shall be**  
 Accept, O Lord, our thanks and praise  
**Our hands were empty until you filled them**

*We take a break for lunch...  
 Don't forget Chilli Cows for pudding!*



*As our Journey resumes...*

In the beginning, O God,  
**your Spirit swept over the chaotic deep like a wild wind**  
 and creation was born.

**In the turbulence of my own life**  
 and the unsettled waters of the world today  
**let there be new birthings of your Spirit.**

In the currents of my own heart  
**and the upheavals of the world today**  
 let there be new birthings of your mighty Spirit.

# Hadau - Seeds

## Gellifor Community Garden

The world is alive with your goodness, O God,  
**it grows green from the ground**  
 and ripens into the roundness of fruit.

**Its taste and its touch**  
 enliven my body and stir my soul.

**Generously given**  
 profusely displayed  
**your graces of goodness pour forth from the earth.**

As I have received  
**so free me to give.**

As I have been granted  
**so may I give.**

### **Luke 8:5-8**

Jesus told this parable: "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path; it was trampled on, and the birds ate it up. Some fell on rocky ground, and when it came up, the plants withered because they had no moisture. Other seed fell among thorns, which grew up with it and choked the plants. Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown." When he said this, he called out, "Whoever has ears to hear, let them hear."



I have tasted the fruit of the earth, O God.

**I have seen autumn trees hang heavily with heaven's gifts.**

I have known people pregnant with your spirit of generosity.

**Let these be guides to me this day.**

And may Mary who knew her womb filled with your goodness

**teach me the wisdom that is born amongst pain.**

May I know that deeper than any fallowness in me

**is the seed planted in the womb of my soul.**

May I know that greater than any barrenness in the world

**is the harvest to be justly shared.**

*We continue our Pilgrim Hymn*

Sit for a while amongst the flowers

A wild sanctuary

You are travelling with the saints

Collect your thoughts and know God's grace

And feel your heart renewed

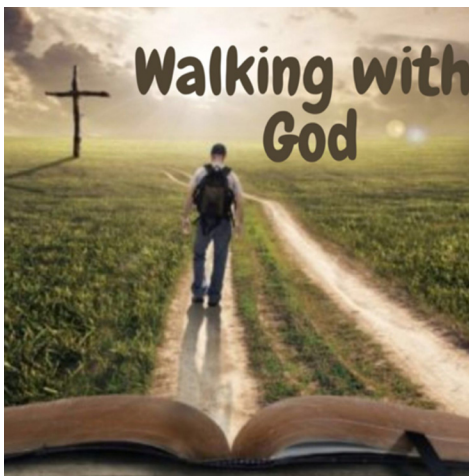
A seed was planted long ago

Within our barren hearts

That it may take root within us

And grow to what God truly wants

Lives lived in faith to Him



# Iachau - Healing

## St Cynhafal's

### The Healing Liturgies

Who would true valour see,  
let him come hither;  
one here will constant be,  
come wind, come weather;  
there's no discouragement  
shall make him once relent  
his first avowed intent  
to be a pilgrim.

Whoso beset him round  
with dismal stories,  
do but themselves confound,  
his strength the more is.  
No lion can him fright:  
he'll with a giant fight,  
but he will have the right  
to be a pilgrim.

Hobgoblin nor foul fiend  
can daunt his spirit;  
he knows he at the end  
shall life inherit.  
Then, fancies, fly away;  
he'll not fear what men say;  
he'll labour night and day  
to be a pilgrim.

*Introduction to the Healing liturgies and sprinkling of the  
Holy Waters of St Cynhafal*

I heard the voice of Jesus say,

“Come unto Me, and rest;  
Lay down, thou weary one, lay down  
Thy head upon My breast.”  
I came to Jesus as I was,  
Weary, and worn, and sad;  
I found in Him a resting-place,  
And He has made me glad.

I heard the voice of Jesus say,  
“Behold, I freely give  
The living water: thirsty one,  
Stoop down, and drink, and live.”  
I came to Jesus, and I drank  
Of that life-giving stream;  
My thirst was quenched, my soul revived,  
And now I live in Him.

I heard the voice of Jesus say,  
“I am this dark world’s Light;  
Look unto Me, thy morn shall rise,  
And all thy day be bright.”  
I looked to Jesus, and I found  
In Him my Star, my Sun;  
And in that Light of life I’ll walk  
Till trav’ling days are done.

*Introduction to the  
Anointing with Oil and Laying on of Hands*

With the journey of this day  
**Life rises again within me, O God.**  
Along the paths we trod  
**You stripped away the self**  
You led me from the mists of darkness  
**Into the clarity of the day.**  
In the joy of this Pilgrimage  
**You brought me closer to knowing**  
of the mystery that first bore me from the dark.  
Keep me in that clearer knowing  
**Of the love from which all life is born.**

## Diwedd y Daith Our Journeys End St Cynhafal’s

We have drawn aside from busy lives  
to set aside some space  
and see afresh with open eyes  
the beauty of this place.

**Each quivering blade of grass reveals  
the glory of God’s earth;  
in laughters lilt, compassions tear,  
the Spirit brings new birth.**

We join with all creations choir  
and sing of God’s domain,  
the love of Christ in empty hearts  
now raised to life again.

**Refreshed in body, mind and soul,  
we return to daily round,  
our eyes and ears attuned to God  
to serve with love new found.**

And the Blessing of God Almighty,  
The Father, Son and Holy Spirit,  
Be upon you and remain with you  
now and always. **Amen.**

*We conclude our Pilgrim Hymn*

Long windy lanes to Cynhafael  
A hermits sanctuary  
With ancient stories of our faith  
And healing waters full of grace  
Onwards with soul refreshed

Be with us as we journey home  
Until we come again  
We carry Christ within our hearts  
And may his Holy will be done  
In duty day by day

O Holy paths of Dyffryn Clwyd  
Here would we ever dwell  
But Jesus calls us to the strife  
And tumult's of our daily life  
O Dyffryn Clwyd "Farewell"



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