

Amser i oedi Amser i weddio

Tywyllwch i Oleuni

Mae'r nosweithiau'n raddol gau amdanon ni wrth iddi nosi'n gynt a chynt a ninnau'n dynesu bob yn gam bach tuag at y dydd byrraf ar Ragfyr 21. Mae yna rywbeth digon cysurus a chartrefol pan fo'r goleuadau 'mlaen a'r llenni ynghau. Ond gall hefyd deimlo'n unig ac ynysig iawn, ac yn anniogel. Pan fo bywyd yn 'tywyllu', yn llythrennol pan fo'r gaeaf ar ein gwarthaf ac yn drosiadol oddi fewn i ni'n hunain, sut fedrwn ddod o hyd i adegau o oleuni, a sut fedrwn ddod at Dduw mewn gweddi?

Mae gweddio yn nhywyllwch bywyd yn gallu profi'n anodd. Gall gorddi cymysgedd o emosiynau, yn dibynnu ar yr achos; gall fod yn bryder dros rywun annwyl, y rhyfel yn Wcrain, salwch personol, a chymaint mwy. Efallai bod angen gweddi eraill yn gymorth i'n tywys ar hyd y daith.

Sut fyddwch chi'n gweddio ar adegau o 'dywyllwch' a cheisio goleuni Duw?

Ioan y Groes, 1542-1591, a anwyd ger Avila yn Sbaen. Roedd ganddo ddyhead dwfn i fyw bywyd ar ei ben ei hun a dilyn bywyd o fyfyrddod, felly ymunodd ag Urdd y Brodyr Gwynion. Daeth yn adnabyddus am ei waith fel cyfarwyddwr ysbrydol, am ei ysgrifeniadau a'i farddoniaeth ac, o bosib, ei waith mwyaf cyfarwydd ydy'r gerdd/gweddi 'Noson Dywyll yr Enaid'.

Chafodd mo bywyd rhwydd ac, ym 1577, fe'i cymerwyd a'i garcharu, gan dreulio 9 mis mewn cell fechan, dywyll, heb fawr i'w fwyta. Hwn, iddo yntau oedd ei brofiad o'r noson dywyll, ond yn un lle profodd hefyd gariad Duw. Gwelodd mai trwy ei ysgrifeniadau oedd y ffordd orau i fynegi yr hyn a deimlai a, thrwy hynny, annog eraill ar eu taith ysbrydol.

Ysgrifennwyd 'Noson Dywyll yr Enaid' – sy'n hawdd cael hyd iddi trwy Google! – ganddo yn dilyn ei brofiad wrth iddo gymryd cipolwg yn ôl ar y 'tywyllwch' wedi bod yn y 'goleuni'. Daw hyn â fo i'r sylweddoliad fod Duw yno hefo fo yn nhywyllwch carchar ei gell, a bod ffordd gweddi a dilyn Duw yn daith o oleuni a thywyllwch.

Time to pause Time to pray

Darkness to Light

The nights are drawing in as it becomes darker earlier and earlier reaching out to the shortest day on December 21st. It can feel very cosy and safe when the lights are on and the curtains closed. It can also feel isolating and lonely and not very safe. When life becomes 'darker', literally as winter comes and metaphorically or in our inner being, how do we find times of light, and how do we come to God in prayer?

Praying in the darkness of life can be difficult. It can raise a mix of emotions depending upon the cause; it could be concern for a loved one, the economic crisis, the war in Ukraine, personal ill-health, and so much more. It may be that we need the prayer of others to help us through.

How do you pray in times of 'darkness' and seek the light of God?

John of the Cross, 1542-1591, born near to Avila in Spain. He had a deep desire for solitude and the contemplative life, and so joined the Carmelite order. He became known for his work as a spiritual director, for writing and poetry, and his best known is perhaps his poem/prayer 'the dark night of the soul'.

He didn't have an easy life, and in 1577 was taken and imprisoned and spent about 9 months in a dark small room, with very little to eat. This was for him an experience of the dark night, but one held within it the love of God. He saw his writing as the best way to express what he felt and so encourage others on their spiritual journey.

The 'dark night of the soul' – easily found on google! - was written after this experience and so he looks back upon the 'dark' from being in the 'light'. This brings him the realisation that God was within him in the darkness of the prison cell, and that the way of prayer and following God is a journey of light and dark.

I loan y Groes, golyga hyn ein bod angen treiddio i gilfachau tywyll ein bod mewnlol a cheisio glanhad a maddeuant Duw, a thrwy hynny wneud ein ffordd nôl at y goleuni.

Beth mae 'noson dywyll yr enaid' yn ei olygu neu ei awgrymu i chi?

Gall fod yn amser o ffyniant a syndod wrth inni ddarganfod mwy amdanon ni'n hunain ac am Dduw gyda ni. Fel yn achos y Grawys, mae'r daith trwy'r Adfent yn un o dywyllwch a goleuni. Ac eto, trwy'r ddau y ceir y Goleuni, Iesu, sef Goleuni'r Byd [Ioan 8: 12] sy'n dod aton ni fel baban bregus a dyn ar groes. Gwelir yma y dechrau a'r diwedd, Emaniwel, Duw gyda ni, gobaith yr atgyfodiad, cariad Duw ar waith, rwan ac yn dragwyddol.

Beth fydd eich gweddi chi, neu sut fyddwch chi'n gweddïo, yn ystod yr wythnosau hyn o'r Adfent wrth inni ddisgwyl dyfodiad y goleuni sy'n disgleirio yn y tywyllwch, ac sy'n olau na all y tywyllwch ei drechu? [Ioan 1:5]

Yn y weddi, efallai yr hoffech chi oedi wedi pob llinell, gan ddwyn o flaen Duw beth bynnag sydd ar eich calon ar eich rhan eich hun, ar ran rhywun rydych chi'n eu nabod, neu ar ran y byd yn gyffredinol.

Duw gyda mi,
Goleuni yn fy nhywyllwch pan fedra i ddim gweddïo.
Goleuni yn nhywyllwch pryder fy meddyliau.
Goleuni yn fy nhywyllwch pan fo popeth yn ymddangos yn ddigalon.
Goleuni yn fy nhywyllwch yn datgelu dy bresenoldeb.
Goleuni yn fy nhywyllwch y rhai sy'n fy ngharu.
Goleuni yn fy nhywyllwch yn dal gobaith o'm mewn.
Duw gyda mi,
Goleuni yn trechu tywyllwch.
Goleuni'n disgleirio'n llachar.
Goleuni sy'n wirionedd a chariad.
Y Goleuni wyt Ti, gyda mi.
Amen.

O Ragfyr 1af, bydd mis nesaf y Flwyddyn Weddi ar gael ar y wefan, dwi'n eich annog i gymryd golwg, ac i neilltuo'r amser i oedi a gweddïo. Bydd y thema a'r gweddïau yn edrych ar y daith trwy Adfent at y Nadolig a mynd ar daith weddi.

For John of the Cross, this means we need to delve into the darker corners of our inner being and seek God's cleansing and forgiveness, and so we journey back into the light.

What does the 'dark night of the soul' mean or suggest to you?

It can be a time of flourishing and surprise as we discover more about ourselves and about God with us. As with Lent, the journey through Advent is one of both dark and light. Yet, in both is the Light, Jesus who is the Light of the World [John 8: 12] who comes to us as a vulnerable baby and a man on a cross. This is both an ending and beginning, Emmanuel, God with us, and resurrection hope, God's love in action now and eternally.

What will your prayer be, or how will you pray, during these weeks of Advent as we await the coming of the light that shines in the darkness, and a light the darkness cannot overcome? [John 1:5]

In the prayer you may wish to pause after each line and bring to God whatever is in your heart for yourself, someone you know, or for the wider world.

God with me,
Light in my darkness when I cannot pray.
Light in my darkness of anxious thoughts.
Light in my darkness when all seems bleak.
Light in my darkness revealing your presence.
Light in my darkness of those who love me.
Light in my darkness holding hope inside.
God with me,
Light overcoming darkness.
Light shining brightly.
Light that is truth and love.
Light that is You, with me.
Amen.

From the 1st December, the next month of the Year of Prayer will be available on the website, please do have a look, and take time to pause and pray. The theme and prayers will look at the journey through Advent to Christmas and going on a prayer walk.