

Wythnos 1 – Cychwyn Newydd

Wrth i ni gychwyn ar y Cwrs Grawys, byddwn yn dod i adnabod Iesu yn well drwy ddarllen hanes ei fywyd. Byddwn hefyd yn darllen ynghylch sut mae bywydau pobl yn cael eu newid wrth iddynt ddod i'w adnabod.

Rydym yn mynd ar daith gyda Iesu o lannau'r Iorddonen, lle cafodd ei fedyddio, i ddinas Jerwsalem, lle cafodd ei groeshoelio a'i gladdu, a lle y bu iddo atgyfodi. Digwyddodd y pethau hynny ddwy fil o flynyddoedd yn ôl, ond gallwch ymweld â'r lleoedd lle bu fyw Iesu heddiw.

Straeon diweddar yw'r straeon carchar yn y cwrs hwn a'r llyfr cysylltiedig. Fe'u hysgrifennwyd ynghylch y gobaith a ganfu pobl yn y degawdau diwethaf – mae ymron pawb o'r unigolion hynny'n fyw heddiw. Wrth i chi ddarllen yr hanesion a'r adnodau, gofynnwch i Dduw siarad â chi ynghylch eich bywyd a byddwch yn barod i glywed gan Dduw drwy'r hyn y byddwch yn ei ddarllen. Pob wythnos drwy'r cwrs ceir stori a ysgrifennwyd ynghylch carcharor neu gyn-garcharor, yn ogystal ag ychydig adnodau o'r Beibl.

Bwriedir y cwrs i'w ddefnyddio'n wythnosol yn ystod y Grawys. Gellir defnyddio'r llyfr dewisol 40 Stories of Hope yn ddyddiol, gan gychwyn ar ddydd Mercher y Llundw. Mae'r Cwrs Grawys wythnosol yn seiliedig ar yr adrannau Looking back, looking forward yn y llyfr, gan gynnwys cwestiynau i'r grwpiau eu trafod.

Gallwch ddarllen y darnau byrion o'r Beibl neu, os yw'n well gennych, gallwch ddarllen y penodau llawn yn Efengyl Marc er mwyn gosod yr hanes yn ei gyd-destun.

Week 1 – Fresh start

As we start the Lent course, we will be getting to know Jesus better by reading his life story. We will also read how lives are changed when people get to know him.

We are taking a journey with Jesus from the River Jordan, where he was baptised, to the city of Jerusalem, where he was crucified and buried, and where he rose from the dead. The events happened 2,000 years ago, but you can still visit the places Jesus lived.

The prison stories in this course and associated book are up-to-date. They have been written about the hope found by people in the past few decades – almost all of them are still living today. As you read the stories and verses, ask God to speak to you about your life and expect to hear from God through what you read. Each week in the course there's a story written about a prisoner or an ex-prisoner, as well as a few verses from the Bible.

The course is designed to be used weekly during Lent. The optional *40 Stories of Hope* book can be used daily, starting on Ash Wednesday. The weekly Lent course is taken from the 'Looking back, looking forward' sections from the book, including questions for groups to discuss.

You can read the short Bible sections or if you prefer, you can read the whole chapters in Mark's Gospel to put the story into context.

DARLLENWCH: MARC PENODAU 1-3

Adnodau allweddol

‘Yn y dyddiau hynny daeth Iesu o Nasareth Galilea, a bedyddiwyd ef yn afon Iorddonen gan Ioan. Ac yna, wrth iddo godi allan o’r dŵr, gwelodd y nefoedd yn rhwygo’n agored a’r Ysbryd fel colomen yn disgyn arno. A daeth llais o’r nefoedd: “Ti yw fy Mab, yr Anwylyd; ynot ti yr wyf yn ymhyfrydu.”

Ac yna gyrrodd yr Ysbryd ef ymaith i’r anialwch, a bu yn yr anialwch am ddeugain diwrnod yn cael ei demtio gan Satan. Yr oedd yng nghanol yr anifeiliaid gwyltton, a’r angylion oedd yn gweini arno.’

Marc 1:9-13

MEDDYLIWCH

1. Mae ein perthynas â phobl eraill yn cynorthwyo i lywio’r ffordd y byddwn yn datblygu fel pobl. Pa berthnasoedd sydd wedi effeithio er gwell ar eich datblygiad chi?
2. Wrth edrych ar hanes bedyddio Iesu, sut fyddech chi’n disgrifio perthynas Iesu â’i Dad yn y nef?
3. Pan ddechreuodd Iesu bregethu, roedd Iesu’n sôn am ‘newyddion da Duw’. Sut mae newyddion da Duw yn edrych yn eich byd chi? Beth yw eich profiad chi o newyddion da Duw?

READ: MARK CHAPTERS 1-3

Key verses

'At that time Jesus came from Nazareth in Galilee. John baptized Jesus in the Jordan River. Jesus was coming up out of the water. Just then he saw heaven being torn open. Jesus saw the Holy Spirit coming down on him like a dove. A voice spoke to him from heaven. It said, "You are my Son, and I love you. I am very pleased with you."

At once the Holy Spirit sent Jesus out into the desert. He was in the desert 40 days. There Satan tempted him. The wild animals didn't harm Jesus. Angels took care of him.'

Mark 1:9-13

THINK

1. Our relationships help to shape the people we become. Which relationships have shaped you for the better?

2. Looking at the description of Jesus' baptism, how would you describe Jesus' relationship with his Father in heaven?

3. When Jesus began preaching, he talked about the 'good news of God'. What does God's good news look like in your world? What is your experience of God's good news?

4. Mae Iesu'n cynnig gobaith ac iachâd. Ble mae angen y gobaith a'r iachâd hwnnw yn eich bywyd chi neu fywydau'r bobl o'ch cwmpas?

GWERSI BYWYD

1. Pan ddeuwn yn Gristnogion, cawn ein mabwysiadu i deulu Duw. Pa wahaniaeth fyddai'n ei wneud i'ch bywyd chi petaech yn clywed Duw yn dweud: 'Ti yw fy mhlentyn ac rwy'n dy garu. Rwyf yn ymhyfrydu ynot ti'?

2. Cafodd Iesu ei brofi a'i demtio. Pan benderfynwn ddilyn Iesu cawn ninnau ein profi a'n tentio hefyd. Beth allech chi ei wneud i ganfod y cymorth rydych chi ei angen i barhau heb ddiffygio pan fydd bywyd yn anodd?

3. Yn Efengyl Marc, gwelwn fod Iesu'n ysgogi ymdeimlad o bwrpas newydd yn ei ddilynwyr. Pa ymdeimlad o bwrpas neu gyfeiriad mae Duw wedi'i ysgogi ynoch chi? A yw un o addewidion y Beibl yn arbennig o bwysig i chi?

4. Jesus offers hope and healing. Where is this hope and healing needed today in your life or the lives of those around you?

LIFE LESSONS

1. When we become Christians, we are adopted into God's family. What difference would it make to your life to hear God say: 'You are my child, and I love you. I am very pleased with you'?

2. Jesus was tested and tempted. When we decide to follow Jesus we are tested and tempted too. What could you do to find the support you need to stay on course when life gets difficult?

3. In Mark's Gospel we see that Jesus gives his followers a new sense of purpose. What sense of purpose or direction has God given you? Is there a promise in the Bible that stands out for you?

4. Mae maddeuant yn rhan bwysig o daith y Cristion. Rydym yn derbyn maddeuant Duw am yr holl bethau drwg a wnaethom ac yn profi rhyddid pan fyddwn yn maddau i eraill. Beth sy'n eich rhwystro rhag maddau i eraill a rhag derbyn maddeuant?

EDRYCHWCH TUA'R DYFODOL

Ym mhenodau cyntaf Efengyl Marc, fe welwn sefydlu pwy yw Iesu. Gwelwn ddatguddio Duw mewn dyn sy'n cael ei demtio, yn union fel y cawn ninnau ein temtio, ond nad yw'n pechu.

Mae'r straeon carchar yn dangos bod Iesu'n rhoi i bobl y nerth i newid. Pan fydd bywyd rhywun yn cael ei newid, maent am i bobl eraill ddarganfod cariad Duw hefyd.

A oes yna rywun sydd eich angen chithau i'w cyflwyno i Iesu?

4. Forgiveness is an important part of a Christian's journey. We accept God's forgiveness for all the wrong we have done, and we find freedom when we forgive others. What stops you forgiving others and receiving forgiveness?

LOOK AHEAD

In the first chapters of Mark's Gospel, Jesus' identity is being established. We see God fleshed out as a man who is tempted, just like we are tempted, but who doesn't sin.

The prison stories show that Jesus gives people the power to change. When someone's life is changed, they want others to discover God's love too.

Is there someone who needs you to introduce them to Jesus?

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Ailadeiladu perthynas

Roeddwn yn y carchar yn 2014 pan welais daflen werdd ar hysbysfwrdd gyda'r teitl Caring for Ex-Offenders. Roedd y grŵp a luniodd y daflen yn dweud y gallent eich rhoi mewn cysylltiad ag eglwys leol mewn ardal a'ch cynorthwyo i ganfod gwaith a llety. Felly, mi wnes i ysgrifennu llythyr at y bobl hynny. Roeddem yn cyfnewid llythyrau ond roeddent angen gwybod ym mha ardal y byddwn yn byw cyn y gallent fy nghysylltu ag eglwys.

Roedd dyddiad fy rhyddhau yn dod yn agos ac roedd cymaint o ofn arnaf. Doeddwn i wir ddim am fynd yn ôl i Fryste lle cefais fy magu. Roedd pawb roeddwn yn eu hadnabod - aelodau fy nheulu, ffrindiau - yn gaeth i rywbeth. Fyddai gen i ddim byd i lenwi f'amser. Roedd fy merch yn byw yng Nghymru. Roedd llawer o amodau arnaf a oedd yn gosod cyfyngiadau ynghylch lle gallwn fynd ym Mryste. Y gwir onest oedd, cyn gynted ag y cefais fy rhyddhau fy mod ond am fynd yn ôl i'r carchar.

Canfod gobaith

Roeddwn wedi bod yn aros mewn hostel fechniaeth dan y gwasanaeth prawf ym Mryste am ychydig fisoedd ac roeddwn wedi dechrau yfed eto, ond nid yn drwm. Doeddwn i ddim wedi fy ngwahardd rhag yfed ond nid oeddwn i fod i 'chwythu dros y 35' (y cyfyngiad alcohol anadlennydd ar gyfer gyrru). Cofiaf ddweud wrth fy ngweithiwr allweddol y byddai fy yfed yn mynd dros ben llestri. Rwy'n cofio eistedd ar y palmant

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Rebuilding relationships

I was in prison in 2014 when I saw a green flyer on a noticeboard that said, 'Caring for Ex-Offenders'. They claimed that they could link you to a local church in an area, and help you with employment and housing. So I wrote these people a letter. We were writing back and forth, but they needed to know where I was going to be situated before they could link me with a church.

It was getting close to my release date and I was so scared. I really didn't want to go back to Bristol where I was brought up. Everyone I knew was in addiction - family members, friends - I had nothing to occupy my time. My daughter was living in Wales. I had loads of conditions that restricted where I could go in Bristol. In all honesty, once out I just wanted to go back to prison.

Finding hope

I had been in a Bristol probation bail hostel for a few months and had started drinking again, but not heavily. I was not banned from drinking, but I wasn't allowed to 'blow over 35' (the drink-driving breathalyser limit). I remember telling my key worker that my drinking was going to get out of hand. I recall sitting down on the pavement

un diwrnod gyda chan o gwrw a dechrau beichio crïo. Roeddwn yn gallu gweld bod fy mywyd am ddirywio eto oherwydd diod a chyffuriau.

Ychydig ddyddiau ar ôl hynny, fe ddywedodd yr hostel wrthyf fod rhywun wedi cysylltu â'r gwasanaeth prawf ac am gyfarfod â mi. Ei enw oedd Silas, ac roedd yn weinidog ar eglwys o'r enw Hope Chapel. Deallais gan Silas fod mudiad Caring for Ex-offenders wedi cysylltu i ofyn iddo a fyddai'n fodlon dod i 'nghyfarfod. Pan wnaethon ni gyfarfod, rhoddodd Silas gyfarwyddiadau teithio i mi i'w eglwys, a oedd hefyd â banc bwyd y diwrnod hwnnw. Roedd yr eglwys tua milltir a hanner i ffwrdd. Ar ôl i mi gyfarfod â Silas, fe ddes i ar draws tri o bobl a ofynnodd a allen nhw weddio dros of. Dwedais mod i ar dipyn o frys ond fe wnaethon nhw weddio dros of beth bynnag. Es yn ôl i'r hostel, nôl fy meic a reidio i Hope Chapel.

Cysylltiadau newydd

Pan gyrhaeddais Hope Chapel cefais fwyd o'r banc bwyd, a bu sawl un yn sgwrsio â mi. Doedd sgwrsio ddim yn hawdd i mi, ond roedd cyfarfod y bobl newydd yma'n hollbwysig i 'nghadw rhag dychwelyd i'm hen ffordd o fyw. Dywedwyd wrtha i bod grŵp adfer yn cyfarfod yn yr eglwys bob nos Fercher, ac roeddwn yn awyddus i weld beth oedd yn digwydd yno, felly ymunais yn syth. Wedyn des i gysylltiad â MentorMe. Drwy ymwneud â phobl gadarnhaol, llwyddais i gadw i ffwrdd o'm hen gynefinoedd. Gyda chymorth MentorMe rwy'n gallu bellach bod yng nghwmni aelodau fy nheulu, hyd yn oed os ydynt yn dal yn gaeth, ond rwyf yn ddigon cryf i hynny beidio ag effeithio'n andwyol arnaf.

Rwyf bellach wedi ailsefydlu fy mherthynas â'm merch. Rwyf yn teithio i Gymru bod penwythnos i'w nôl ac mae hi'n dod i aros â mi, sy'n fy ngwneud i deimlo'n wych.

one day with a can of beer and I just broke down, sobbing. I could see that my life was going to deteriorate again through drink and drugs.

A few days later I was told by the hostel that someone had been in contact with probation and wanted to meet me. His name was Silas, and he was a pastor of a church called Hope Chapel. I discovered from Silas that Caring for Ex-offenders had contacted him and asked if he would meet up with me. When we met, Silas gave me directions to his church, which also ran a foodbank that day. The church was about a mile and a half away. After I had met Silas, I bumped into three people who asked if they could pray for me. I said I was in a bit of a rush, but they prayed for me anyway. I went back to the hostel, got my bike and cycled to Hope Chapel.

New connections

When I got to Hope Chapel I was given some food by the foodbank, and some people chatted to me. I didn't find it easy to chat, but meeting these new people was vital in keeping me away from my old life. I was told that there was a recovery group in the church every Wednesday, and I was eager to see what that was about, so I got involved straight away. Then I linked up with MentorMe. By engaging with positive people, I was able to keep away from my old haunts. With the help of MentorMe I can now be around family members, even if they are still in addiction, but I am strong enough for it not to adversely affect me.

I have now re-established my relationship with my daughter. I travel to Wales every weekend to pick her up and she comes to stay with me, which makes me feel brilliant.

Dwi'n gallu bod yn dad iddi hi orau a allaf. Dwi hefyd yn raddol ailadeiladu perthynas â 'nhad, rhywbeth na fu erioed yn hawdd i mi. Ond mae dilyn y cwrs Man Up, sy'n cael ei redeg gan un o'r eglwysi, o help mawr i mi gyda hynny.

Mae un o'r dynion yn Hope bellach yn mentora hen ffrind i mi o'm plentyndod sydd hefyd wedi bod yn y carchar ac wedi bod yn gaeth i sylweddau. Rydym yn gallu bod yn gefn i'n gilydd. Rwyf bellach wedi cwblhau'r cwrs hyfforddi gyda MentorMe er mwyn i mi allu mentora eraill. Mae gen i waith hefyd, yn gyrru gweithwyr gofal i gyfeiriadau lle maen nhw'n gallu cynnig gofal i bobl hen, anabl a bregus.

Cyfrannwyd gan gyn-droseddwr.

Prosiect yn ardal Bryste yw MentorMe sy'n cynnig gwasanaeth mentora ar gyfer dynion a merched sy'n gadael y carchar ac yn adleoli i ardal Bryste. Daw'r mentoriaid o eglwysi lleol ym Mryste.



MARC 3:31-35

'A daeth ei fam ef a'i frodyr, a chan sefyll y tu allan anfonasant ato i'w alw. Yr oedd tyrfa'n eistedd o'i amgylch, ac meddent wrtho, "Dacw dy fam a'th frodyr y tu allan yn dy geisio." Atebodd hwy, "Pwy yw fy mam i a'm brodyr?" A chan edrych ar y rhai oedd yn eistedd yn gylch o'i gwmpas, dywedodd, "Dyma fy mam a'm brodyr i. Pwy bynnag sy'n gwneud ewyllys Duw, y mae hwnnw'n frawd i mi, ac yn chwaer, ac yn fam."

I am able to be a daddy as much as I can. I am also slowly rebuilding a relationship with my dad, which I have never found easy. But the Man Up course that I am doing, which is run by one of the churches, is really helping me to do this.

One of the guys at Hope is now mentoring an old childhood friend of mine who has also been in prison and addiction. We are able to encourage one another. I have now done the training course with MentorMe so I can mentor others. I have some work as well, driving care worker staff to addresses where they are able to care for elderly, disabled, and vulnerable people.

Contributed by an ex-offender.

MentorMe is a Bristol-based project that mentors men and women coming out of prison and relocating in the Bristol area. The mentors come from local Bristol churches.



MARK 3:31-35

‘Jesus’ mother and brothers came and stood outside. They sent someone in to get him. A crowd was sitting around Jesus. They told him, “Your mother and your brothers are outside. They are looking for you.”

“Who is my mother? Who are my brothers?” he asked.

Then Jesus looked at the people sitting in a circle around him. He said, “Here is my mother! Here are my brothers! Anyone who does what God wants is my brother or sister or mother.”



RHYWBETH I FEDDWL AMDANO

Fel Cristnogion cawn ein mabwysiadu i deulu Duw. Mae'n deulu sy'n ein cysylltu â miliynau o ddilynwyr Iesu drwy hanes a ledled y byd. Rhyw ddiwrnod, bydd torf ddirifedi o bobl o bob llwyth a chenedl yn sefyll gerbron Duw, yn ei foli (Datguddiad 7:9).



Gweddi

Dduw annwyl, diolch i ti am ei gwneud yn bosibl i mi ddod i'th adnabod yn Dad i mi. Mae'n ddrwg gen i am dy anwybyddu weithiau. Cynorthwya fi i ddilyn dy Fab Iesu. Amen.



'Bendigedig yw'r Arglwydd,
sy'n ein cario ddydd ar ôl dydd;
Duw yw ein hiachawdwriaeth. Duw sy'n
gwaredu yw ein Duw ni;
gan yr Arglwydd Dduw
y mae dihangfa rhag marwolaeth.'

SALM 68:19-20



SOMETHING TO THINK ABOUT

As Christians we are adopted into God's family. It's a family that links us with millions of Jesus' followers throughout history and around the world. One day, countless numbers of people from every tribe and nation will stand before God, worshipping him (Revelation 7:9).



Prayer

Dear God, thank you for making it possible for me to know you as my Father. I am sorry for ignoring you sometimes. Please help me to follow your Son Jesus. Amen.



'Give praise to the Lord.
Give praise to God our Savior.
He carries our heavy loads day after day.
Our God is a God who saves.
He is the King and the LORD.
He saves us from death.'

PSALM 68:19-20

Daw'r dyfyniadau Ysgrythurol o'r Beibl Cymraeg Newydd, Argraffiad Diwygiedig, Hawlfraint©2004 gan Gymdeithas y Beibl. Defnyddiwyd gyda chaniatâd Cymdeithas y Beibl. Cedwir pob hawl ledled y byd.

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