

<i>DYDD Y MYNACH: MONK'S DAY</i>	<i>FY NYDD: MY DAY</i>
Yn Cysgu Asleep	MIDNIGHT to 1-00 A.M.
Yn cysgu: Asleep	1-00 A.M. to 2-00 A.M.
Yn cysgu: Asleep	2-00 A.M. to 3-00 A.M.
3-00 A.M. Vigils: Pray and Sing Gweddio a chanu  Yn Cysgu: Asleep	3-00 A.M. to 4-00 A.M.
Yn Cysgu Asleep	4-00 A.M. to 5-00 A.M.
5-00 A.M. Lauds: Pray and Sing Gweddio a chanu  Tawelwch – Darllen: Quiet – Reading	5-00 A.M. to 6-00 A.M.
6-00 A.M. Prime: Pray and sing Gweddio a chanu 6-15 A.M. Communion 6-30 A.M. Mixt: Brecwast: Breakfast	6-00 A.M. to 7-00 A.M.
Going to Work: Mynd i'r gwaith  Gwaith: Work (Shepherding: Bugailio)	7-00 A.M. to 8-00 A.M.
Gwaith: Work (Farming: Ffermio) 8-30 A.M. Terce: Pray and sing Gweddio a chanu	8-00 A.M. to 9-00 A.M.

9-00 A.M. to 10-00 A.M.

Busnes a siarad: Business and talk

Gwaith: Work (Cleaning shoes or digging:  
Glanhau esgidiau neu cloddio)

10-00 A.M. to 11-00 A.M.

Gwaith: Work (Smith or teaching:  
Gof neu dysgu)

11-00 A.M. to MID-DAY

Gwaith: Work (Arlwyio: Cooking)

11-30 A.M. Sext: Pray and Sing  
Gweddio a chanu

MID-DAY to 1-00 P.M.

Cinio: Dinner (Prandium)

Rest - Gorffwys

Tawelwch – Darllen: Quiet – Reading  
Or/neu

Tawelwch - Gwaith Swyddfa; Quiet - Office Work

1-00 P.M. to 2-00 P.M.

Rest - Gorffwys

Tawelwch – Gweddi: Quiet – Prayer

2-00 P.M. to 3-00 P.M.

Rest - Gorffwys

Tawelwch – Darllen: Quiet – Reading

2-30 A.M. None: Pray and Sing  
Gweddio a chanu

3-00 P.M. to 4-00 P.M.

Tawelwch - Astudiaeth: Quiet - Study  
neu

Gwaith (Illustrating books: arlunio llyfrau)

4-00 P.M. to 5-00 P.M.

Tawelwch - Astudiaeth: Quiet - Study  
neu  
Gwaith (Gardening or Doorkeeper:  
Garddio neu Porthor)

5-00 P.M. to 6-00 P.M.

Tawelwch - Astudiaeth: Quiet - Study  
neu  
Gwaith ( Adeiladu: Building)  
5-30 P.M. Swper: Supper

6-00 P.M. to 7-00 P.M.

6-00 P.M. Vespers: Pray and Sing  
Gweddio a chanu  
Tawelwch - Darllen: Quiet - Reading

7-00 P.M. to 8-00 P.M.

Tawelwch – Gweddi: Quiet – Prayer

8-00 P.M. to 9-00 P.M.

Tawelwch – Gweddi: Quiet – Prayer  
8-30 P.M. Compline: Pray and Sing  
Gweddio a chanu

9-00 P.M. to 10-00 P.M.

Yn Cysgu Asleep

10-00 P.M. to 11-00 P.M.

Yn Cysgu Asleep

11-00 P.M. to MIDNIGHT

Yn Cysgu Asleep