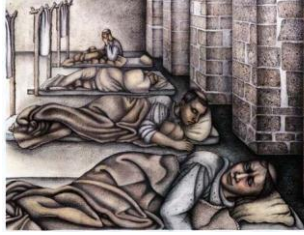


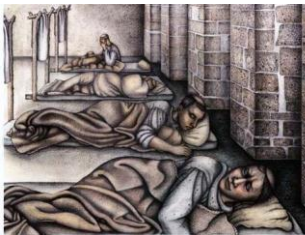
Yn cysgu
Asleep



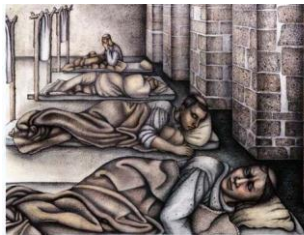
Yn cysgu
Asleep



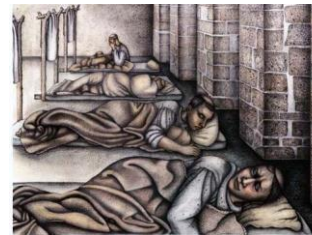
Yn cysgu
Asleep



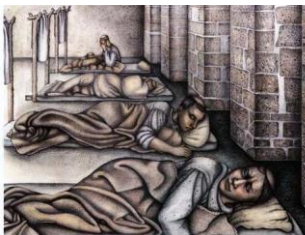
Yn cysgu
Asleep



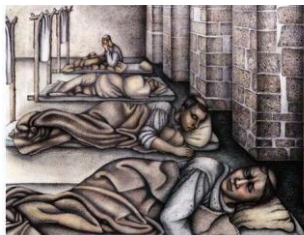
Yn cysgu
Asleep



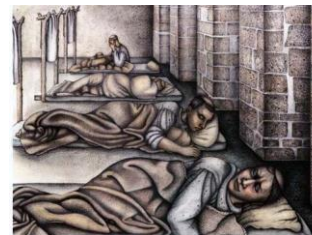
Yn cysgu
Asleep



Yn cysgu
Asleep



Yn cysgu
Asleep



Yn cysgu
Asleep



6-00 A.M.
Prime



8-30 A.M.
Terce



11-30 A.M.
Sext



2-30 P.M.
None



3-00 A.M.
Vigils



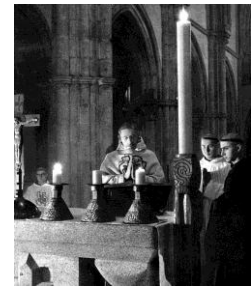
5-00 A.M.
Lauds



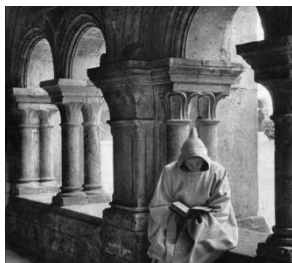
6-00 P.M.
Vespers



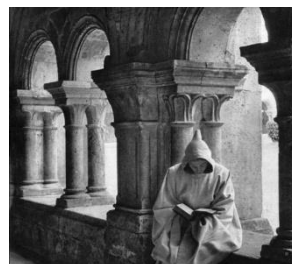
8-30 P.M.
Compline



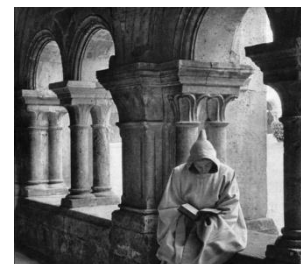
6-15 A.M.
Communion



Quiet: Reading
Heddwch: darlleniad



Quiet: Reading
Heddwch: darlleniad



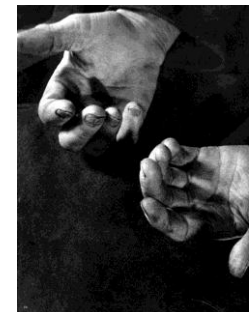
Quiet: Reading
Heddwch: darlleniad



Quiet: Reading
Heddwch: darlleniad



Quiet – Prayer
Heddwch: gweddi



Quiet – Prayer
Heddwch: gweddi



Quiet: study
Heddwch: efryd



Quiet: study
Heddwch: efryd



Quiet: study
Heddwch: efryd



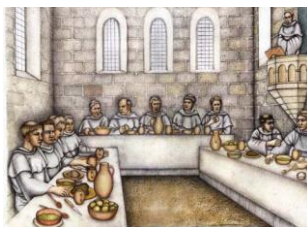
Quiet: study
Heddwch: efryd



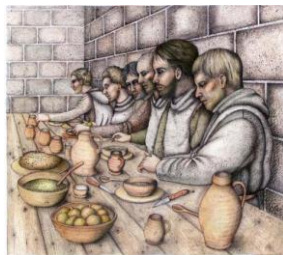
Quiet: office work
Heddwch: swyddfa



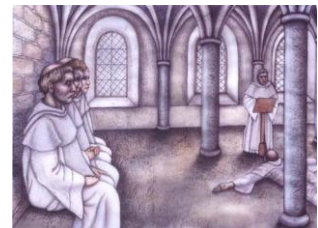
Brecwast (Mixt)
Breakfast



Cinio (Prandium)
Dinner



Swper (Cena)
Supper



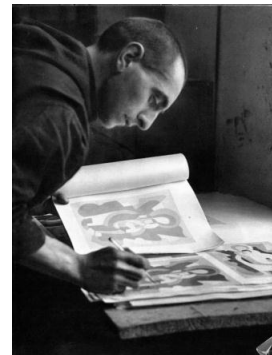
Busnes a siarad
Business and talk



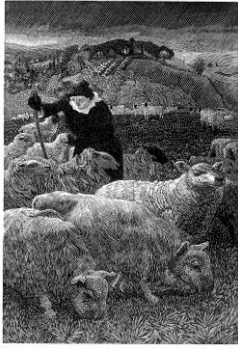
Gwaith: glanhau esgidiau
Work cleaning shoes



Gwaith: gof
Work: smith



Gwaith: arlunio llyfrau
Work: painting books



Gwaith: bugail
Work: shepherd



Gwaith: ffermio
Work: farming



Mynd a'r gwaith
Going to work



Gwaith: garddio
Work: gardening



Gwaith: adeiladu
Work: building



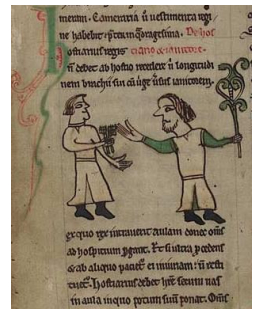
Gwaith: cloddio
Work: digging



Gwaith: addysgu
Work: teaching



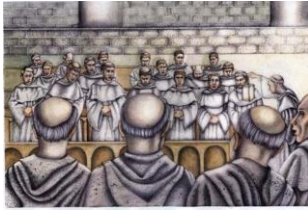
Gwaith: arlwyio
Work: cooking



Gwaith: porthor
Work: doorkeeper



6-00 A.M.
Prime



8-30 A.M.
Terce



11-30 A.M.
Sext



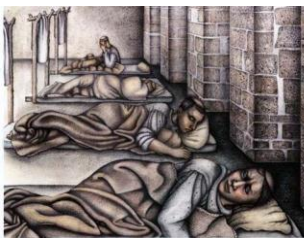
Rest: Gorffwys



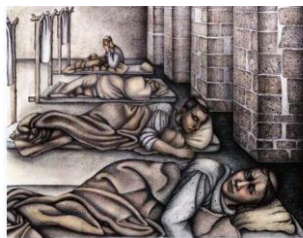
Rest: Gorffwys



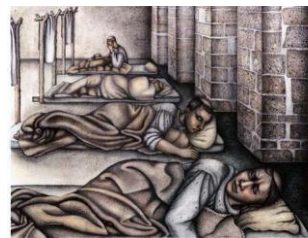
Rest: Gorffwys



Yn cysgu
Asleep



Yn cysgu
Asleep



Yn cysgu
Asleep

**DIWRNOD MYNACH
A MONK'S DAY**

**NOS
NIGHT-TIME**

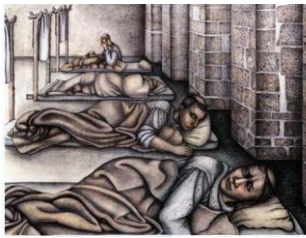
**DYDD
DAY-TIME**

**NOS
TIME**

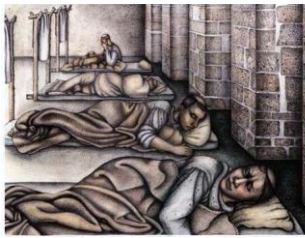
**MORNING
BORE**

**PRYNHAWN
AFTERNOON**

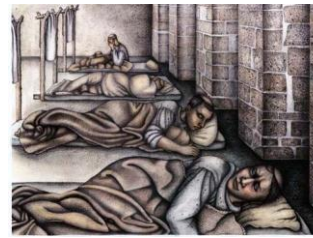
**NOSWAITH
EVENING**



Yn cysgu
Asleep



Yn cysgu
Asleep



Yn cysgu
Asleep



Quiet – Prayer
Heddwch: gweddi