



# Morlan

Canolfan ffydd a diwylliant  
Centre for faith and culture

**BETH SY' 'MLAEN?**  
Medi 2017

**WHAT'S ON?**  
September 2017

Noder: mae \* yn dynodi digwyddiad a drefnwyd gan Morlan fel rhan o'i Rhaglen Digwyddiadau.  
Note: \* denotes an event organised by Morlan as part of its Programme of Events.

## GWEITHGAREDDAU WYTHNOSOL

## WEEKLY EVENTS

### DOSBARTHIAU CYMRAEG

**10-12 & 1.10-3.10, dyddiau Llun**  
(cychwyn 2 Hydref)

Trefnir gan Ganolfan Iaith Ceredigion.  
Dosbarth Canolradd Sgwrsio am 10.00  
a dosbarth Canolradd 1 am 1.10.

### WELSH CLASSES

**10-12 & 1.10-3.10, Mondays (re-starting 2 October)**

Organised by Ceredigion Language Centre: 10.00: Intermediate Conversation; 1.10: Intermediate 1 class.

### WEIGH TO GO

**10.30, boreau Mawrth**

Grŵp lleol sy'n estyn cefnogaeth i'r rheiny sy'n ceisio colli pwysau. Cost: £3 (yn cynnwys paned).

**10.30, Tuesday mornings**

A local group supporting those who are trying to lose weight. Cost: £3 (includes tea/coffee).

### SESIYNAU TAI CHI

**12.00-1.00, prynhawniau Mawrth**

Gyda Steve Foy. £5 y sesiwn. Manylion pellach:

01974-299108; 07807-074292; [www.so-pa-tai-chi.com](http://www.so-pa-tai-chi.com)

### TAI CHI SESSIONS

**12.00-1.00, Tuesday afternoons**

With Steve Foy. £5 a session. Further details:

### FITCLUB

**6.00-7.00, nosweithiau Mawrth**

Dosbarthiadau cadw'n heini gyda'r elw'n mynd at elusennau lleol. I archebu lle, ffoniwch:

Karen: 07519-303707

**6.00-7.00, Tuesdays evenings**

An exercise class where the profit is donated to local charities. To book a place, call:

### ABERSWING

**7.30-9.30, nosweithiau Mawrth**

Clwb dawnasio swing Aberystwyth (dau ddosbarth gwahanol). Manylion pellach:

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

**7.30-9.30, Tuesdays evenings**

Aberystwyth swing dancing club (two different classes). Further details:

### YMARFER CORFF I'R 50+

**10.30-11.30, boreau Mercher**

Trefnir gan Age Cymru. Cyfle i ddod yn fwy ffit, cwrdd â phobl a chael hwyl – £3 y sesiwn (yn cynnwys paned).

### SEATED EXERCISE FOR THE 50+

**10.30-11.30, Wednesday mornings**

Organised by Age Cymru. Get fit, meet new people and have fun – £3 a session (cuppa included).

---

**CADW'N HEINI – CWRS  
HUNAN-REOLI I BOBL AG  
ARTHRITIS**

**11.00-1.00, dyddiau Iau, 7 Medi-12 Hydref**

Cwrs 6-wythnos rhad ac am ddim a drefnir gan Gofal Arthritis i'r rheiny sydd ag arthritis ac sydd eisiau dod yn fwy actif a dysgu rheoli'r poen trwy ymarfer corff. Bydd cyfle i roi cynnig ar wahanol mathau o ymarfer corff ynghyd a dysgu am dechnegau hunan-reoli. Dim ond lle i 10 sydd ar y cwrs, felly RHAIID archebu lle o flaen llaw. Cysylltwch â Christine Heathcote:

GetActive@arthritiscare.org.uk 029-2044-4155

---

**GET ACTIVE – ACTIVITY AND  
SELF MANAGEMENT COURSE  
FOR ARTHRITIS**

**11.00-1.00, Thursdays, 7 September-12 October**

A free six-week course organised by Arthritis Care for anyone with arthritis who is looking to get active and manage their pain through exercise. The course will include exercise taster sessions as well as structured discussions on self-management techniques. The numbers are restricted to 10 so early booking is essential. Contact Christine Heathcote:

---

**DOSBARTHIADAU CELF AFG  
11.00-1.00, dyddiau Gwener, 15-29  
Medi, 13-27 Hydref**

Cyfres newydd o chwe sesiwn celf – pob un yn yr Ystafell Werdd, heblaw sesiwn 29 Medi. Bydd hon yn yr Ystafell Dawel pan fydd Aislinn Knight yn rhoi cyflwyniad ar y Bauhaus. £4 y sesiwn.

---

**AFG ART CLASSES  
11.00-1.00, Fridays, 15-29  
September, 13-27 October**

A new series of six sessions – all are in the Green Room apart from 29 September which is in Quiet Room when Aislinn Knight will give a presentation on *The Bauhaus*. £4 per session.

---

**ADFENTYDDION Y SEITHFED  
DYDD**

**Boreau Sadwrn:** Ysgol y Sabath am 10.30 a Gwasanaeth Dwyfol am 11.30.

---

**SEVENTH DAY ADVENTIST  
CHURCH**

**Saturday mornings:** Sabbath School at 10.30 and Divine Service at 11.30.

---

**ARDDANGOSFEYDD**

**EXHIBITIONS**

Oriau agor swyddogol pob arddangosfa: Llun i Gwener, 10.00-12.00 & 2.00-4.00.  
Official opening hours of all exhibitions: Monday to Friday, 10.00-12.00 & 2.00-4.00.

---

**GOLYGFYDD O FYWYD PADARN SANT / SCENES FROM THE LIFE  
OF ST PADARN (30/7/17-15/9/17)**

Arddangosfa o 16 o ysgythriadau ar ddarnau o lechen Penrhyn gan yr artist Ted Harrison, yn darlunio rhai o'r chwedlau sy'n gysylltiedig â bywyd Padarn Sant. Rhan o ddatliadau Padarn Sant 517-2017.

An exhibition of sixteen etchings on Penrhyn slate by the artist Ted Harrison, illustrating some of the legends associated with the life of St Padarn. Part of the St Padarn 517-2017 celebrations.

---

---

## **GORSAFOEDD Y GROES / STATIONS OF THE CROSS (18/9/17-20/10/17)**

Cyfres o luniau yw Gorsafoedd y Groes (14 fel arfer) sy'n dangos gwahanol olygfeydd ar ddiwrnod croeshoelio Iesu. Dyma ddehongliad Nigel Robert Pugh o'r Gorsafoedd hynny. Dywed yr artist: *"mae dyfnhâd yn fy ffydd Gristnogol wedi arwain ataf yn archwilio'r berthynas rhwng ffydd a chelf, ac wedi arwain at archwiliad o eiconograffiaeth grefyddol a lle'r ysbrydol o fewn arferion celf gyfoes"*.

The Stations of the Cross are a series of images (usually 14) which represent certain scenes on the day of Jesus' crucifixion. This is the Nigel Robert Pugh's depiction of those Stations. In his words: *"a deepening Christian faith has led me to explore the relationship between faith and art, and has led to an exploration of religious iconography and the place of the spiritual in contemporary art practice"*.

---

## **GWEITHGAREDDAU ERAILL**

## **OTHER EVENTS**

### **CLWB Y DEILLION**

**2.00, dydd Llun, 4 Medi & 18 Medi**

Clwb i bobl â nam ar eu golwg. Yn cwrdd ddwywaith y mis, fel arfer yn Morlan.

### **VISUALLY IMPAIRED CLUB**

**2.00, Monday, 4 & 18 September**

A club for the visually-impaired that meet twice a month, usually at Morlan.

---

### **GRŴP CEFNOGI MYAWARE CANOLBARTH CYMRU**

**6.00-8.00, nos Lun, 11 Medi**

Grŵp cefnogi ar gyfer y rheiny sy'n dioddef o'r cyflwr Myasthenia Gravis. Os hoffech fynychu'r cyfarfod, rhaid cofrestru ar-lein neu drwy e-bost:

[sarah.sanders@myaware.org](mailto:sarah.sanders@myaware.org) [myaware.org](http://myaware.org)

### **MYAWARE MID WALES SUPPORT GROUP**

**6.00-8.00, Monday, 11 September**

A support group for sufferers of the little known condition Myasthenia Gravis. If you would like to attend, please register online or by e-mail:

---

### **ARDDANGOSFA GOGINIO**

**2.30, pawns Mercher, 13 Medi**

Digwyddiad wedi'i drefnu gan HAHAV. Bydd Gareth Richards y cogydd adnabyddus o Lambled yn arddangos ei gampau coginio a gosod blodau ar y thema 'Hyfrydwch y Cynhaeaf'. Tocynnau: £10 (ar werth o ganol mis Awst o Siop yr Hosbis, Heol yr Wig). Elw'n mynd tuag at HAHAV.

### **COOKERY DEMONSTRATION**

**2.30, Wednesday, 13 September**

An event organised by HAHAV. Gareth Richards the renowned cook from Lampeter will be exhibiting his culinary and flower arranging skills on the theme 'Harvest Delights'. Tickets: £10 (on sale mid-August at the Hospice Shop, Pier Street). All profits to HAHAV.

---

---

## SESIYNAU RHOI GWAED

18-20 Medi

Dydd Llun / Monday: 2.00-7.00; Dydd Mawrth / Tuesday: 10.00-1.30 & 3.00-7.00; Dydd Mercher / Wednesday: 10.00-12.30 & 2.00-4.20

Dan ofal Gwasanaeth Gwaed Cymru.

## BLOOD DONOR SESSIONS

18-20 September

Organised by the Welsh Blood Service.

---

## \* CRISTNOGAETH 21 YN MORLAN

7.30, nos Fercher, 20 Medi

Sesiwn gyntaf tymor newydd o gyfarfodydd C21 yn Morlan. Manylion pellach i ddilyn. Croeso cynnes i bawb. Mae'r grŵp yn cyfarfod yn yr Ystafell Dawel. Dyddiadau cyfarfodydd eraill: 4 ac 18 Hydref, 1, 15 a 29 Tachwedd.

## CHRISTIANITY 21 AT MORLAN

7.30pm, Wednesday, 20 September

The first of six new sessions of discussion (in Welsh) organised by the local C21 group. The meetings are in the Quiet Room. Dates of the other sessions: 4 & 18 October, 1, 15 & 29 November.

---

## PRIFYSGOL Y DRYDEDD OES

2.30, dydd Iau, 21 Medi

Cyfarfod misol P30. Heddiw, bydd Will Troughton yn trafod:

*Aberystwyth Through Time*

Manylion pellach / Further details: [u3asites.org.uk/aberystwyth](http://u3asites.org.uk/aberystwyth)

---

## UNIVERSITY OF THE THIRD AGE

2.30, Thursday, 21 September

U3A's monthly meeting. Today, a talk by Will Troughton on:

## \* GALAR A FI

7.00, nos Fercher, 27 Medi

Noson yng nghwmni rhai o gyfranwyr y gyfrol hon – Eryllt Maelor, Sara Maredudd Jones, Nia Gwyndaf, Manon Steffan Ros, Sharon Marie Jones, Mair Tomos Ifans, Gareth Roberts a Dafydd Pritchard. Profiadau ingol o fyw gyda galar. Mynediad am ddim. Croeso i bawb. Trefnir gan Y Lolfa a Morlan.

7.00pm, Wednesday, 27 September

An evening based on a recently published book by Y Lolfa which deals with different experiences of grief. The evening will be in Welsh and some of the people who contributed to the book will be taking part. Free admission. Organised by Y Lolfa and Morlan.

---

## \* DYDDIADAU I'R CALENDR

- **Stomp Llyfrau** – nos Wener, 13 Hydref (i'w gadarnhau).
- **Ffair Aml-ddiwyllynnol Morlan a Mind Aberystwyth** – 11.30-2.30, dydd Sadwrn, 21 Hydref.
- **Eiconau** – nos Lun, 6 Tachwedd: anerchiad gan y Tad Deiniol.
- **Cofio Hedd Wyn** – nos Sul, 12 Tachwedd: noson yn seiliedig ar lyfr Robin Gwyndaf am Hedd Wyn.
- **Plygain Morlan** – 7.30 nos Fercher, 20 Rhagfyr.

## \* DATES FOR THE DIARY

- **Stomp Llyfrau** – Friday, 13 October (date to be confirmed).
- **Multi-cultural Fair (Morlan and Mind Aberystwyth)** – 11.30-2.30, Saturday, 21 October.
- **Eiconau (Icons)** – Monday, 6 November: a talk by Father Deiniol.
- **Cofio Hedd Wyn** – 6.00, Sunday, 12 November: an event based on Robin Gwyndaf's book about Hedd Wyn.
- **Morlan's Plygain** – 7.30, Wednesday, 20 December.

[morlan.cymru](http://morlan.cymru)

[www.facebook.com/morlanaber](http://www.facebook.com/morlanaber)

@MorlanAber

Morlan: canolfan ffydd a diwylliant Capel y Morfa, Eglwys Bresbyteriaidd Cymru  
Morlan: centre for faith and culture, Capel y Morfa, Presbyterian Church of Wales

Morfa Mawr / Queen's Road, Aberystwyth, Ceredigion SY23 2HH (01970-617996; [post@morlan.cymru](mailto:post@morlan.cymru))

---