



Morlan

Canolfan ffydd a diwylliant
Centre for faith and culture

BETH SY' 'MLAEN?
Mawrth 2018

WHAT'S ON?
March 2018

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.

ARDDANGOSFEYDD

EXHIBITIONS

Oriau agor swyddogol pob arddangosfa: Llyn 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.

PAENTIADAU 2017 PAINTINGS (tan 2/3/18)

Cyfres o waith gan Trevor George Sewell sy'n cynnwys paentiadau haniaethol a thirluniau.

An exhibition by Trevor George Sewell which consists of abstract and landscape paintings.

STRATA – HAENAU (10/3/18-28/5/18)

Arddangosfa o waith Sue Harris.

An exhibition of work by Sue Harris.

Mae'r gwaith i gyd ar werth a gellir talu am unrhyw ddarn dros gyfnod o fisoedd trwy Gynllun Prynu Morlan.

All the work is for sale, and payments can be spread over a number of months with Morlan's Buying Plan.

GWEITHGAREDDAU WYTHNOSOL

WEEKLY EVENTS

DOSBARTHIADAU CYMRAEG

10-12 & 1.10-3.10, dyddiau Llyn

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

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

HWYL HWYR

**3.45-5.00, prynhawniau Llyn yn
ystod tymor ysgol**

Clwb i blant blynyddoedd 3, 4 a 5 –
chwareaon, stori o'r Beibl, crefft,
ffilmiau, coginio, ac ati. Trefnir gan
Gapel y Morfa (capelymorfa.cymru).

**3.45-5.00, Monday afternoons
during term time**

A Welsh-medium club for years 3, 4
and 5 – games, Bible story, craft, films,
cookery, etc. Organised by Capel y
Morfa (capelymorfa.cymru).

SESIYNAU TAI CHI

7.30-8.30, nosweithiau Llyn

12.00-1.00, prynhawniau Mawrth

Gyda Steve Foy. Manylion pellach:

01974-299108; 07807-074292; www.so-pa-tai-chi.com

TAI CHI SESSIONS

7.30-8.30, Monday evenings

12.00-1.00, Tuesday afternoons

With Steve Foy. Further details:

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).

GRŴP GWEDDI A CHOFFI

10.30-11.20, boreau Mawrth

Coffi am 10.30 ac yna amser tawel a gweddi 11.00-11.20. Croeso i bawb.

COFFEE & PRAYER GROUP

10.30-11.20, Tuesday mornings

Coffee at 10.30 followed by quiet time and prayer (in Welsh). All welcome.

FITCLUB

6.00-7.00, nosweithiau Mawrth

Dosbarthiadau cadw'n heini gyda'r elw'n mynd at elusennau lleol. I archebu lle, ffoniwch: 07519-303707.

6.00-7.00, Tuesdays evenings

An exercise class where the profit is donated to local charities. To book a place, call: Karen: 07519-303707.

ABERSWING

7.30-10.30, nosweithiau Mawrth

Dosbarthiadau dawnsio swing a chyfleoedd cymdeithasu. Mae'r grŵp ar Gweplyfr neu ewch i'w gwefan:

www.aberswing.co.uk

7.30-10.30, Tuesdays evenings

Swing dance classes and socials. Find their group on Facebook or go to their website:

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).

CYLCH TRAFOD

7.00, nosweithiau Iau

Cylch trafod dan ofal Capel y Morfa.

DISCUSSION CIRCLE

7.00, Thursday evenings

A Welsh discussion group.

FFITRWYDD ZUMBA

9.30-10.15, boreau Gwener

Gyda Karen Bradley. Manylion pellach: 07519-303707

ZUMBA FITNESS

9.30-10.15, Friday mornings

With Karen Bradley. Further details:

ADFENTYDDION Y SEITHFED DYDD

Boreau Sadwrn: Ysgol y Sabbath 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.

GWEITHGAREDDAU ERAILL

OTHER EVENTS

GRŴP CYFEILLGARWCH ABERYSTWYTH

12.00-2.00, Gwener, 2 Mawrth

Cyfarfod misol diweddar a'r grŵp hwn.

ABERYSTWYTH FRIENDSHIP GROUP

12.00-2.00, Friday, 2 March

The group's latest monthly meeting.

Heddiw, bydd David Greaney yn siarad am y Mabinogion. Croeso i bawb.

Today a talk on the Mabinogion by David Greaney. All are welcome.

DIWRNOD ARCHAEOLEGOL

10.00-4.30, dydd Sadwrn, 3 Mawrth

Diwrnod o gyflwyniadau, arddangosfeydd a thrafodaethau ar ganlyniadau ymchwil ac archwiliadau archaeolegol diweddar. Cost: £5 (yn cynnwys paneidiau). Archebwch yn gynnar i sicrhau lle:

j.smith@dyfedarchaeologicaltrust.org.uk; 01558-825995

ARCHAEOLOGICAL DAY

10.00-4.30, Saturday, 3 March

A day of presentations, exhibitions and discussions on the results of recent archaeological research and investigations. Cost: £5 (includes refreshments). Book early to avoid disappointment:

*** OEDFA GŴYL DEWI**

10.00, bore Sul, 4 Mawrth

Oedfa arbennig gyda Delwyn Sion. Trefnir gan eglwysi Cymraeg lleol fel rhan o weithgareddau penwythnos Parêd Gŵyl Dewi. Croeso cynnes iawn. Bydd y casgliad yn mynd i HAHAV.

*** ST DAVID'S DAY SERVICE**

10.00, Sunday, 4 March

A service (in Welsh) with Delwyn Sion. Organised by local Welsh churches as part of the Parêd Gŵyl Dewi weekend of events. All are welcome. Collection during the service to HAHAV.

CWRS ACROYOGA

6.00-7.30, nosweithiau Sul – 25 Chwefror (yn y Cambria), 4, 11 ac 18 Mawrth (yn Morlan)

Cwrs 4-wythnos ar gyfer y rheiny sydd â pheth profiad o acroyoga ac sy'n dymuno meithrin sgiliau a hyder ychwanegol. Nid oes angen partner, dim ond ysbryd anturus. Y bwriad yw cynnig ambell i her mewn awyrgylch o fwynhad a chwerthin. Trefnir gan Sam a Steve:

www.yogaofdragons.com

ACROYOGA COURSE

6.00-7.30, Sunday evenings – 25 February (at the Cambria), 4, 11 and 18 March (at Morlan)

A 4-week course designed to take those who have some basic experience of acroyoga to new levels of confidence. No partner needed, just a sense of adventure. The aim is for maximum enjoyment and, laughter, seasoned with hints of challenge. Brought to you by Sam and Steve:

CLWB Y DEILLION

2.00, dydd Llun, 5 a 19 Mawrth

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

VISUALLY IMPAIRED CLUB

2.00, Monday, 5 and 19 March

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

GARTH HEWITT A CHÔR GOBAITH

7.00, nos Sadwrn, 10 Mawrth

Coda Ni a'r Amos Trust yn cyflwyno *Yn Groes i'r Graen*, noson o straeon a chaneuon am heddwch a chyfiawnder gyda Garth Hewitt a Chôr Gobaith. Tocynnau: £8 (dan 11: £6) – ar gael o Morlan.

GARTH HEWITT AND CÔR GOBAITH

7.00, Saturday, 10 March

Coda Ni and the Amos Trust introduce *Against the Grain*, an evening with Garth Hewitt and Côr Gobaith relating experiences and singing songs for justice and peace. Tickets: £8 (under 11s: £6) – available from Morlan.

CADW'N HEINI GYDA GOFAL ARTHRITIS

**1.30-3.30, prynhawniau Mawrth, 13
Mawrth-24 Ebrill (heblaw 17 Ebrill)**

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

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

GET ACTIVE WITH ARTHRITIS CARE

**1.30-3.30, Tuesday afternoons,
13 March-24 April (not 17 April)**

A free six-week course for anyone with arthritis who wants to get active and manage their pain through exercise. The course includes 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:

PRIFYSGOL Y DRYDEDD OES

2.30, dydd Iau, 15 Mawrth

Cyfarfod misol P30. Heddiw, Cyfarfod Cyffredinol Blynnyddol byr a chwis.

Manylion pellach / Further details: u3asites.org.uk/aberystwyth

UNIVERSITY OF THE THIRD AGE

2.30, Thursday, 15 March

U3A's monthly meeting: Today, a short AGM and a general knowledge quiz.

CANOLBARTH CYMRU A'R DWYRAIN CANOL

6.00, nos Sadwrn, 24 Mawrth

Noson arbennig o fwyd, diod, adloniant a gweithgareddau. Pris: £10 (£8 consensiwn/plant trwy gyfraniad) – yn cynnwys bwyd, diodydd di-alcohol, adloniant a gweithdai. Gweithgareddau a diodydd eraill trwy gyfraniad.

MID WALES MEETS THE MIDDLE EAST

6.00, Saturday evening, 24 March

A special evening of food, drinks, entertainment and activities. Cost: £10 (£8 concession / kids by donation) – includes food, non alcoholic drinks, entertainment and workshops. Other activities and drinks by donation.

*** A FUTURE FOR MINORITY RELIGIOUS GROUPS IN THE MIDDLE EAST? Article 18 Human Rights Act and the Christian community in Iraq and Syria**

1.00-2.00, Llun, 26 Mawrth

Anerchiad gan Dr Matthew Rees, Swyddog Polisi Eiriolaeth Open Doors. Darperir paneidiau – croeso i chi ddod â brechdan! Mynediad am ddim. Croeso cynnes i bawb.

1.00-2.00, Monday, 26 March

A talk by Dr Matthew Rees, Open Doors' Advocacy Policy Officer. Tea/coffee will be available – bring a packed lunch! Free admission. All are welcome.

DYDDIAD I'R CALENDR

*** Darlith Flynyddol Morlan-
Pantfedwen: 7.00, Llun, 23 Ebrill**

Yr Arglwydd Griffiths o Fforest Fach yn annerch ar y thema:

Can a market economy have a moral basis? Thatcher, Zacchaeus and me

DATE FOR THE DIARY

*** Morlan-Pantfedwen Annual
Lecture, 7.00, Monday, 23 April**

This year's lecture will be delivered by Lord Griffiths of Fforest Fach:

morlan.cymru

www.facebook.com/morlanaber

[@MorlanAber](https://twitter.com/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

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