23.02.2023

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Erthygl i'r Wasg **Press Release**

Pethau bychain sy'n gwneud gwahaniaeth mawr

'Gwnewch y Pethau Bychain' - dyna thema rhifyn arbennig o **Dechrau Canu Dechrau Canmol** ar S4C nos Sul 5 Mawrth i ddathlu Dydd Gŵyl Dewi.

Nia Roberts sydd yn cyflwyno'r rhaglen o Landdewi Brefi - man pwysig a thyngedfennol yn stori a bywyd Dewi Sant.

Meddai Nia: "Mae 'na lwyth o straeon am Dewi Sant - darnau o hanes, llên gwerin a chwedlau hefyd yn gymysg oll i gyd.

"Ond mi fedrwn ni grynhoi neges ein nawddsant ni i un frawddeg lefarodd e yma yn Llanddewi Brefi 1,400 o flynyddoedd yn ôl sef 'brodyr a chwiorydd, byddwch lawen a chadwch eich ffydd a'ch cred a gwnewch y pethau bychain a glywsoch ac y gwelsoch gennyf i...'"

Ar ddechrau'r rhaglen mae Nia yn darganfod mwy am hanes Dewi Sant a'i gysylltiad gyda Llanddewi Brefi drwy siarad â'r Parchedig Enid Morgan - un sydd wedi ymddiddori yn hanes Dewi Sant.

Mae Nia yn gofyn i Enid am ei theimladau hi wrth gyrraedd yr eglwys yn Llanddewi Brefi.

"Fuodd e yma," meddai Enid. "Mae'r stori mor glir, does dim lle i amau. Mae 'na hanes gyda ni yn Rhigyfarch (cyn-esgob Tŷ Ddewi o'r 11eg ganrif a ysgrifennodd am fywyd Dewi Sant) ond mae traddodiadau lleol hefyd.

"Mae yna gerrig Cristnogol yma yn yr eglwys ac mae'n amlwg bod traddodiad tafod gwerin gyda'r holl straeon gwerin - rhai ohonyn nhw'n wir a rhai jysd yn arwyddocaol oherwydd maen nhw'n dweud rhywbeth am ei gymeriad e ynte?"

A beth am y chwedl enwog bod y tir wedi codi o dan Dewi Sant wrth iddo bregethu i'r dorf yn Llanddewi Brefi?

"Trwy droi'r metaffor yn ffaith chi'n colli dychymyg y stori," meddai Enid. "Roedd e'n ddyn tal ac yn siarad yn dda - fel petai fod y tir wedi codi. Roedd e'n amlwg yn ddyn oedd yn creu argraff aruthrol."

Felly pa mor berthnasol yw Dewi Sant i Gymru heddiw? "Mae Dewi yn cael ei atgyfodi mewn gwahanol cenedlaethau i ateb y galw cyfoes," meddai Enid.

Ac yn ystod y rhaglen arbennig hon cawn weld sawl enghraifft o sut mae neges Dewi Sant wedi parhau trwy'r canrifoedd ac yn cael ei weithredu heddiw yng nghymunedau Cymru.

Mae Dechrau Canu Dechrau Canmol yn ymweld ag Ysgol Bro Preseli lle mae'r plant yn helpu banc bwyd lleol i gasglu adnoddau i'r sawl sydd eu hangen. Clywn gan y plant am y pwysigrwydd gwneud y pethau bychain wrth ddod a bwyd mewn i'r ysgol ac yna yn eu gweld yn dysgu am ddysgeidiaeth Dewi Sant.

Dysgwn fwy am ymgyrch Llywodraeth Cymru 'Cadw'n Gynnes - Cadw'n Iach' sydd wedi dod i'r adwy ac fe fydd ymweliad i un o'r canolfannau sy'n estyn llaw sef Fferm Ceffylau Gwedd Sir Benfro.

Mae'r fferm wedi ei agor i rywle ble mae pobl yn gallu cwrdd a chael sgwrs a phryd o fwyd am ddim. Clywn gan y sawl sy'n mynychu'r ganolfan am yr effaith bositif mae'r ymgyrch yn cael ar eu bywydau yn ystod gaeaf anodd a hir.

Mae'r canu cynulleidfaol yn dod o Gapel Bwlchgwynt yn Nhregaron dan arweiniad y cerddor lleol Delyth Hopkins Evans.

Yn ogystal fe fydd nifer o berfformiadau o fewn y rhaglen gan artistiaid sy'n cynnwys y soprano leol Sara Davies; Caryl Parry Jones yn canu o 'O Gymru', cyfansoddiad ei thad Rhys Jones, a pherfformiad o'r Cennin Aur gan Mansel Thomas wedi ei recordio yng Nghadeirlan Tŷ Ddewi.

Dechrau Canu Dechrau Canmol - Gŵyl Dewi
Nos Sul 5 Mawrth 8.00, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Rondo ar gyfer S4C

S4C

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Erthygl i'r Wasg **Press Release**

Doing the small things can make a big difference

'Gwnewch y Pethau Bychain – do the small things' – this is the theme of a special edition of S4C spiritual programme **Dechrau Canu Dechrau Canmol** On Sunday 5 March to celebrate St David's Day.

Nia Roberts presents the programme from Llanddewi Brefi, Ceredigion - an important and momentous place in the story and life of St David.

Nia said: "There are so many stories about St David – bits of history, folklore and legends all mixed up together.

"But we can summarise the message of our patron saint into one sentence which he uttered here in Llanddewi Brefi: 'brothers and sisters, be joyful and keep your faith and your belief and do the small things you have seen and heard from me...'"

At the beginning of the programme, Nia finds out more about the history of St David and his links with Llanddewi Brefi from the Rev Enid Morgan who has a strong interest in the history of St David.

Nia asks Enid what she feels when she arrives at the church in Llanddewi Brefi.

"He was here," said Enid. "The story is so clear, there is no room for doubt. We have the history in Rhigyfarch (a former bishop of St David's from the 11th century who wrote about the life of St David) but there are local traditions too.

"There are Christian stones here in the church and it is obvious that there is an oral folk tradition with all the folk tales – some of them true and some which are significant because they tell us about his character."

And what about the famous legend about the land beneath St David's feet rising as he preached to the crowd in Llanddewi Brefi?

"By turning the metaphor into a truth you lose the imagination of the story," explained Enid. "He was a tall man and he spoke well – as if the land had risen. He was obviously a man who created a huge impression."

So how relevant is St David to Wales today? "St David is resurrected by different generations to answer their needs, whatever they may be," said Enid.

And during this special programme we see several examples of how St David’s message has lasted through the centuries and is being practised in Welsh communities today.

Dechrau Canu Dechrau Canmol visits Ysgol Bro Preseli where the pupils help local food banks to collect goods for those in need. We hear from the children about the importance of doing small acts of kindness by bringing food into school and see them learning about the teachings of St David.

We also hear about Welsh Government’s ‘Keep Warm – Keep Well’ campaign and there will be a visit to one of the centres which is part of the scheme – the Pembrokeshire Shire Horse Farm.

The farm has opened up as a place where people can meet, have a chat and a free meal. We hear from some of those who attend the centre about the positive impact the campaign is having on their lives during a long and difficult winter.

Congregational singing comes from Capel Bwlchgwynt in Tregaron under the leadership of local musician Delyth Hopkins Evans.

There will also be a number of performances within the programme by artists including local soprano Sara Davies; Caryl Parry Jones will be singing ‘O Gymru’, a composition by her father Rhys Jones and a performance of Y Cennin Aur by Mansel Thomas recorded in St David’s Cathedral.

Dechrau Canu Dechrau Canmol - Gŵyl Dewi
Nos Sul 5 Mawrth 8.00, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Rondo production for S4C