

BRO DWYNWEN 28/03/2024
Dydd Iau Cablyd – Maundy Thursday

Colect 55

Dduw ein Tad,
gwahoddaist ni i gyfranogi o'r swper
a roes dy Fab i'r Eglwys
i gyhoeddi ei angau nes y daw drachefn:
bydded iddo ein maethu â'i bresenoldeb,
a'n huno yn ei gariad ef;
sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân,
yn un Duw, yn awr ac am byth.

Collect 55

God our Father,
you have invited us to share in the supper
which your Son gave to his Church
to proclaim his death until he comes:
may he nourish us by his presence,
and unite us in his love;
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever.

Exodus 12. 1-4, [5-10] 11-14

1-4

Dywedodd yr ARGLWYDD wrth Moses ac Aaron yng ngwlad yr Aifft, "Bydd y mis hwn i chwi yn gyntaf o'r misoedd; hwn fydd y mis cyntaf o'ch blwyddyn. Dywedwch wrth holl gynulleidfa Israel fod pob dyn, ar y degfed dydd o'r mis hwn, i gymryd oen ar gyfer ei deulu, un i bob teulu. Os bydd un oen yn ormod i'r teulu, gallant ei rannu â'r cymdogion agosaf, yn ôl eu nifer, a rhannu cost yr oen yn ôl yr hyn y mae pob un yn ei fwyta.

[5-10]

Rhaid i bob oen fod yn wryw blwydd heb nam, wedi ei gymryd o blith y defaid neu o blith y geifr. Yr ydych i'w cadw hyd y pedwerydd dydd ar ddeg o'r mis hwn, ac yna bydd pob aelod o gynulleidfa Israel yn eu lladd fin nos.

Yna byddant yn cymryd peth o'r gwaed a'i daenu ar ddau bost a chapau drws y tai lle y bwyteir hwy. Y maent i fwyta'r cig y noson honno wedi ei rostio wrth dân, a'i fwyta gyda bara croyw a llysiau chwerw. Peidiwch â bwyta dim ohono'n amrwd nac wedi ei ferwi mewn dŵr, ond wedi ei rostio wrth dân, yn ben, coesau a pherfedd. Peidiwch â gadael dim ohono ar ôl hyd y bore; os bydd peth ohono ar ôl yn y bore, llosgwch ef yn y tân.

11-14

"Dyma sut yr ydych i'w fwyta: yr ydych i'w fwyta ar frys â'ch gwisg wedi ei thorchi, eich esgidiau am eich traed, a'ch ffon yn eich llaw. Pasg yr ARGLWYDD ydyw. Y noson honno, byddaf yn tramwyo trwy wlad yr Aifft ac yn lladd pob cyntafanedig sydd ynddi, yn ddyn ac anifail, a byddaf yn dod â barn ar dduwiau'r Aifft; myfi yw'r ARGLWYDD. Bydd y gwaed yn arwydd ar y tai y byddwch chwi ynddynt; pan welaf y gwaed byddaf yn mynd heibio i chwi, ac ni fydd y pla yn eich difetha pan drawaf wlad yr Aifft. "Bydd y dydd hwn yn ddydd i'w gofio i chwi, ac yr ydych i'w gadw yn wyl i'r ARGLWYDD; cadwch yr wyl yn ddeddf am byth dros y cenedlaethau.

Exodus 12. 1-4, [5-10,] 11-14

1-4

The LORD said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbour in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it.

[5-10]

Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. They shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. Do not eat any of it raw or boiled in water, but roasted over the fire, with its head, legs, and inner organs. You shall let none of it remain until the morning; anything that remains until the morning you shall burn.

11-14

This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the LORD. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgements: I am the LORD. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt.

This day shall be a day of remembrance for you. You shall celebrate it as a festival to the LORD; throughout your generations you shall observe it as a perpetual ordinance.

Salm 116. [1, 2,] 12-19

[1, 2]

Yr wyf yn caru'r ARGLWYDD, am iddo wrando ar lef fy ngweddi, am iddo droi ei glust ataf y dydd y gwaeddais arno.

12-19

Sut y gallaf dalu i'r ARGLWYDD am ei holl haelioni tuag ataf? Dyrchafaf gwpan iachawdwriaeth, a galw ar enw'r ARGLWYDD. Talaf fy addunedau i'r ARGLWYDD ym mhresenoldeb ei holl bobl. Gwerthfawr yng ngolwg yr ARGLWYDD yw marwolaeth ei ffyddloniaid. O ARGLWYDD, dy was yn wir wyf fi, gwas o hil gweision; yr wyt wedi datod fy rhwymau. Rhof i ti offrwm diolch, a galw ar enw'r ARGLWYDD. Talaf fy addunedau i'r ARGLWYDD ym mhresenoldeb ei holl bobl, yng nghynteddau tŷ'r ARGLWYDD yn dy ganol di, O Jerwsalem. Molwch yr ARGLWYDD.

Psalm 116. [1, 2,] 12-19

[1, 2]

I love the LORD, because he has heard my voice and my supplications. Because he inclined his ear to me, therefore I will call on him as long as I live.

12-19

What shall I return to the LORD for all his bounty to me? I will lift up the cup of salvation and call on the name of the LORD, I will pay my vows to the LORD in the presence of all his people. Precious in the sight of the LORD is the death of his faithful ones. O LORD, I am your servant; I am your servant, the child of

your serving-maid. You have loosed my bonds. I will offer to you a thanksgiving sacrifice and call on the name of the LORD. I will pay my vows to the LORD in the presence of all his people, in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the LORD!

1 Corinthiaid 11. 23-26

Oherwydd fe dderbyniais i oddi wrth yr Arglwydd yr hyn hefyd a draddodais i chwi: i'r Arglwydd Iesu, y nos y bradychwyd ef, gymryd bara; ac wedi iddo ddiolch, fe'i torrodd, a dweud, "Hwn yw fy nghorff, sydd er eich mwyn chwi. Gwnewch hyn er cof amdanaf." Yr un modd hefyd fe gymerodd y cwpan, ar ôl swper, gan ddweud, "Y cwpan hwn yw'r cyfamod newydd yn fy ngwaed i. Gwnewch hyn, bob tro yr yfych ef, er cof amdanaf." Oherwydd bob tro y byddwch yn bwyta'r bara hwn ac yn yfed y cwpan hwn, yr ydych yn cyhoeddi marwolaeth yr Arglwydd, hyd nes y daw.

1 Corinthians 11. 23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Ioan 13. 1-17, 31b-35

Ar drothwy gŵyl y Pasg, yr oedd Iesu'n gwybod fod ei awr wedi dod, iddo ymadael â'r byd hwn a mynd at y Tad. Yr oedd wedi caru'r rhai oedd yn eiddo iddo yn y byd, ac fe'u carodd hyd yr eithaf. Yn ystod swper, pan oedd y diafol eisoes wedi gosod yng nghalon Jwdas fab Simon Iscariot y bwriad i'w fradychu ef, dyma Iesu, ac yntau'n gwybod bod y Tad wedi rhoi pob peth yn ei ddwylo ef, a'i fod wedi dod oddi wrth Dduw a'i fod yn mynd at Dduw, yn codi o'r swper ac yn rhoi ei wisg o'r neilltu, yn cymryd tywel ac yn ei glymu am ei ganol. Yna tywalltodd ddŵr i'r badell, a dechreuodd olchi traed y disgyblion, a'u sychu â'r tywel oedd am ei ganol. Daeth at Simon Pedr yn ei dro, ac meddai ef wrtho, "Arglwydd, a wyt ti am olchi fy nhraed i?" Atebodd Iesu ef: "Ni wyddost ti ar hyn o bryd beth yr wyf fi am ei wneud, ond fe ddoi i

wybod ar ôl hyn." Meddai Pedr wrtho, "Ni chei di olchi fy nhraed i byth." Atebodd Iesu ef, "Os na chaf dy olchi di, nid oes lle iti gyda mi." "Arglwydd," meddai Simon Pedr wrtho, "nid fy nhraed yn unig, ond golch fy nwylo a'm pen hefyd." Dywedodd Iesu wrtho, "Y mae'r sawl sydd wedi ymolchi drosto yn lân i gyd, ac nid oes arno angen golchi dim ond ei draed. Ac yr ydych chi yn lân, ond nid pawb ohonoch." Oherwydd gwyddai pwy oedd am ei fradychu. Dyna pam y dywedodd, "Nid yw pawb ohonoch yn lân." Wedi iddo olchi eu traed, ac ymwisgo a chymryd ei le unwaith eto, gofynnodd iddynt, "A ydych yn deall beth yr wyf wedi ei wneud i chi? Yr ydych chi'n fy ngalw i yn 'Athro' ac yn 'Arglwydd', a hynny'n gwbl briodol, oherwydd dyna wyf fi. Os wyf fi, felly, a minnau'n Arglwydd ac yn Athro, wedi golchi eich traed chi, fe ddylech chwithau hefyd olchi traed eich gilydd. Yr wyf wedi rhoi esiamp i chi; yr ydych chiwithau i wneud fel yr wyf fi wedi ei wneud i chi. Yn wir, yn wir, rwy'n dweud wrthyh, nid yw unrhyw was yn fwy na'i feistr, ac nid yw'r un a anfonir yn fwy na'r un a'i hanfonodd. Os gwyddoch y pethau hyn, gwyn eich byd os gweithredwch arnynt.

"Yn awr y mae Mab y Dyn wedi ei ogoneddu, a Duw wedi ei ogoneddu ynddo ef. Ac os yw Duw wedi ei ogoneddu ynddo ef, bydd Duw yntau yn ei ogoneddu ef ynddo'i hun, ac yn ei ogoneddu ar unwaith. Fy mhlant, am ychydig amser eto y byddaf gyda chi; fe chwiliwch amdanaf, a'r hyn a ddywedais wrth yr Iddewon, yr wyf yn awr yn ei ddweud wrthyh chi hefyd, 'Ni allwch chi ddod lle'r wyf fi'n mynd.' Yr wyf yn rhoi i chi orchymyn newydd: carwch eich gilydd. Fel y cerais i chi, felly yr ydych chiwithau i garu'ch gilydd. Os bydd gennych gariad tuag at eich gilydd, wrth hynny bydd pawb yn gwybod mai disgyblion i mi ydych."

John 13. 1-17, 31b-35

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord,

are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.' After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord - and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

'Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come." I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

Ôl Gymun 56

Iesu, Waredwr y byd,
diolchwn i ti am adael inni
yn y sacrament rhyfeddol hwn
goffâd o'th ddioddefaint:
caniatâ inni felly barchu dirgeleddau sanctaidd
dy gorff a'th waed
fel y profwn ynom ein hunain
ac egluro yn ein bywydau
ffrwyth dy gariad achubol di;
oherwydd yr wyt yn fyw ac yn teyrnasu, yn awr ac am byth.

Post Communion Prayer 56

Lord Jesus Christ,

we thank you that in this wonderful sacrament

you have given us the memorial of your passion:

grant us so to reverence the sacred mysteries

of your body and blood

that we may know within ourselves

and show forth in our lives

the fruit of your redemption,

for you are alive and reign, now and for ever