

BRO DWYNWEN 30/03/2025
Sul y Fam – Mothering Sunday



Colect 50

Dduw tosturi,
y bu i'th Fab Iesu Grist, plentyn Mair,
gyfranogi o fywyd cartref yn Nasareth,
ac a ddygodd y teulu dynol cyfan ato'i hun
ar y groes,
cryfha ni yn ein byw beunyddiol
fel y gallwn, mewn llawenydd ac mewn gofid,
brofi nerth dy bresenoldeb
i rwymo ynghyd ac i iacháu;
trwy Iesu Grist ein Harglwydd.

Collect 50

God of compassion, whose Son Jesus Christ, the child of Mary,
shared the life of a home in Nazareth,
and on the cross drew the whole human family to himself:
strengthen us in our daily living
that in joy and in sorrow
we may know the power of your presence to bind together and to heal;
through Jesus Christ our Lord,
who is alive and reigns with you, in the unity of the Holy Spirit,
one God, now and for ever.

Exodus 2. 1-10

Priododd gŵr o dylwyth Lefi ag un o ferched Lefi. Beichiogodd hithau ac esgor ar fab, a phan welodd ei fod yn dlws, fe'i cuddiodd am dri mis. Ond gan na allai ei guddio'n hwy, cymerodd gawell wedi ei wneud o lafrwyn a'i ddwbio â chlái a phyg; rhoddodd y plentyn ynddo a'i osod ymysg yr hesg ar lan y Neil. Yr oedd chwaer y plentyn yn sefyll nid nepell oddi wrtho er mwyn cael gwybod beth a ddigwyddai iddo. Daeth merch Pharo i ymdrochi yn yr afon tra oedd ei morynion yn cerdded ar y lan, a phan welodd y cawell yng nghanol yr hesg, anfonodd un ohonynt i'w nôl. Wedi iddi ei agor, fe welodd y plentyn, ac yr oedd y bachgen yn wylo. Tosturiodd hithau wrtho a dweud, "Un o blant yr Hebraeid yw hwn." Yna gofynnodd chwaer y plentyn i ferch Pharo, "A gaf fi fynd i chwilio am famaeth o blith gwagedd yr Hebraeid, iddi fagu'r plentyn iti?" Atebodd merch Pharo, "Dos." Felly aeth y ferch ymaith a galw mam y plentyn. Dywedodd merch Pharo wrth honno, "Cymer y plentyn hwn a'i fagu imi, ac fe roddaf finnau dâl iti." Felly cymerodd y wraig y plentyn a'i fagu. Wedi i'r plentyn dyfu i fyny, aeth ag ef yn ôl at ferch Pharo. Mabwysiadodd hithau ef a'i enwi'n Moses, oherwydd iddi ddweud, "Tynnais ef allan o'r dŵr."

Exodus 2. 1-10

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

Salm 127. 1-4

Os nad yw'r ARGLWYDD yn adeiladu'r tŷ, y mae ei adeiladwyr yn gweithio'n ofer. Os nad yw'r ARGLWYDD yn gwyllo'r ddinas, y mae'r gwylwyr yn effro'n ofer. Yn ofer y codwch yn fore, a mynd yn hwyr i orffwyso, a llafurio am y bwyd a fwyteuach; oherwydd mae ef yn rhoi i'w anwylyd pan yw'n cysgu. Wele, etifeddiaeth oddi wrth yr ARGLWYDD yw meibion, a gwobr yw ffrwyth y groth. Fel saethau yn llaw rhyfelwr yw meibion ieuenctid dyn.

Psalm 127. 1-4

Unless the Lord builds the house, those who build it labour in vain. Unless the Lord guards the city, the guard keeps watch in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved. Sons are indeed a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the sons of one's youth.

Colosiaid 3. 12-17

Am hynny, fel etholedigion Duw, sanctaidd ac annwyl, gwisgwch am-danoch dnyerwch calon, caredigrwydd, gostyngeiddrwydd, addfwynder ac amynedd. Goddefwch eich gilydd, a maddeuwch i'ch gilydd os bydd gan rywun gŵyn yn erbyn rhywun arall; fel y maddeuodd yr Arglwydd i chwi, felly gwnewch chwithau. Tros y rhain i gyd gwisgwch gariad, sy'n rhwymyn perffeithrwydd. Bydded i dangnefedd Crist lywodraethu yn eich calonnau; i hyn y cawsoch eich galw, yn un corff. A byddwch yn ddiolchgar. Bydded i air Crist breswyllo ynoch yn ei gyfoeth. Dysgwch a rhybuddiwch eich gilydd gyda phob doethineb. Â chalonnau diolchgar canwch i Dduw salmau ac emynau a chaniadau ysbrydol. Beth bynnag yr ydych yn ei wneud, ar air neu ar weithred, gwnewch bopeth yn enw yr Arglwydd Iesu, gan roi diolch i Dduw, y Tad, drwyddo ef.

Colossians 3. 12-17

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Luc 2. 33-35

Yr oedd ei dad a'i fam yn rhyfeddu at y pethau oedd yn cael eu dweud amdano. Yna bendithiodd Simeon hwy, a dywedodd wrth Fair ei fam, "Wele, gosodwyd hwn er cwmp a chyfodiad llawer yn Israel, ac i fod yn arwydd a wrthwynebir; a thithau, trywenir dy enaid di gan gleddyf; felly y datguddir meddyliau calonnau lawer."

Luke 2. 33-35

And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed - and a sword will pierce your own soul too.'

Ôl Gymun 49

Dduw cariadus,
fel y mae mam yn bwydo'i phlant ar y fron,
rwynt yn ein bwydo ni yn y sacrament hwn â bwyd a diod y bywyd tragwyddol:
cynorthwya ni sydd wedi blasu dy ddaioni
i dyfu mewn gras yn nheulu'r ffydd;
trwy Iesu Grist ein Harglwydd.

Post Communion Prayer 49

Loving God,
as a mother feeds her children at the breast
you feed us in this sacrament with the food and drink of eternal life:
help us who have tasted your goodness
to grow in grace within the household of faith;
through Jesus Christ our Lord.