

BRO DWYNWEN 20/07/2025
Y Pumed Sul wedi'r Drindod
Fifth Sunday after Trinity

Colect 91 Hollalluog a thragwyddol Dduw, sydd trwy dy Ysbryd yn llywodraethu ac yn sancteiddio holl gorff yr Eglwys, gwranddo ein gweddi a offrymwn dros dy holl bobl ffyddlon, iddynt allu dy wasanaethu mewn sancteiddrwydd a gwirionedd yn eu galwedigaeth a'u gweinidogaeth er gogoniant i'th enw; trwy ein Harglwydd a'n Hiachawdwr Iesu Grist, sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth.

Collect 91 Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

Genesis 18. 1-10a

Ymddangosodd yr ARGLWYDD i Abraham wrth dderw Mamre, pan oedd yn eistedd wrth ddrws y babell yng ngwres y dydd. Cododd ei olwg a gwelodd dri gŵr yn sefyll o'i flaen. Pan welodd hwy, rhedodd o ddrws y babell i'w cyfarfod, ac ymgrymu i'r llawr, a dweud, "F'arglwydd, os cefais ffafr yn d'olwg, paid â mynd heibio i'th was. Dyger ychydig ddŵr, a golchwch eich traed a gorffwyso dan y goeden, a dof finnau â thamaid o fara i'ch cynnal, ac wedyn cewch fynd ymaith; dyna pam yr ydych wedi dod at eich gwas." Ac meddant, "Gwna fel y dywedaist." Brysiodd Abraham i'r babell at Sara, a dweud, "Brysia i estyn tri mesur o flawd peilliaid, tylina ef, a gwna deisennau." Yna rhedodd Abraham at y gwartheg, a chymryd llo tyner a da a'i roi i'w was; a brysiodd yntau i'w baratoi. Cymerodd gaws a llaeth a'r llo yr oedd wedi ei baratoi, a'u gosod o'u blaenau; yna safodd gerllaw o dan y goeden tra oeddent yn bwyta.

Gofynasant iddo, "Ble mae dy wraig Sara?" Atebodd yntau, "Dyna hi yn y babell." Yna dywedodd yr ARGLWYDD, "Dof yn ôl atat yn sicr yn nhymor y gwanwyn, a chaiff Sara dy wraig fab."

Genesis 18. 1-10a

The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, 'My lord, if I find favour with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.' So they said, 'Do as you have said.' And Abraham hastened into the tent to Sarah, and said, 'Make ready quickly three measures of choice flour, knead it, and make cakes.' Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

They said to him, 'Where is your wife Sarah?' And he said, 'There, in the tent.' Then one said, 'I will surely return to you in due season, and your wife Sarah shall have a son.'

Salm 15

ARGLWYDD, pwy a gaiff aros yn dy babell? Pwy a gaiff fyw yn dy fynydd sanctaidd? Yr un sy'n byw yn gywir, yn gwneud cyfiawnder, ac yn dweud gwir yn ei galon; un nad oes malais ar ei dafod, nad yw'n gwneud niwed i'w gyfaill, nac yn goddef enllib am ei gymydog; un sy'n edrych yn ddirmygus ar yr ysgymun, ond yn parchu'r rhai sy'n ofni'r ARGLWYDD; un sy'n tyngu i'w niwed ei hun, a heb dynnu'n ôl; un nad yw'n rhoi ei arian am log, nac yn derbyn cil-dwrn yn erbyn y diniwed. Pwy bynnag a wna hyn, nis symudir byth.

Psalm 15

O Lord, who may abide in your tent? Who may dwell on your holy hill? Those who walk blamelessly, and do what is right, and speak the truth from their heart; who do not slander with their tongue, and do no evil to their friends, nor take up a reproach against their neighbours; in whose eyes the wicked are despised, but who honour those who fear the Lord; who stand by their oath even to their hurt; who do not lend money at interest, and do not take a bribe against the innocent.

Those who do these things shall never be moved.

Colosiaid 1. 15-28

Hwn yw delw'r Duw anweledig, cyntafanedig yr holl greadigaeth; oherwydd ynddo ef y crewyd pob peth yn y nefoedd ac ar y ddaear, pethau gweledig a phethau anweledig, gorseddau, arglwyddiaethau, tywysogaethau ac awdurdodau. Trwyddo ef ac er ei fwyn ef y mae pob peth wedi ei greu. Y mae ef yn bod cyn pob peth, ac ynddo ef y mae pob peth yn cydsefyll. Ef hefyd yw pen y corff, sef yr eglwys. Ef yw'r dechrau, y cyntafanedig o blith y meirw, i fod ei hun yn gyntaf ym mhob peth. Oherwydd gwelodd Duw yn dda i'w holl gyflawnder breswyllo ynddo ef, a thrwyddo ef, ar ôl gwneud heddwch trwy ei waed ar y groes, i gymodi pob peth ag ef ei hun, y pethau sydd ar y ddaear a'r pethau sydd yn y nefoedd.

Yr oeddech chwithau ar un adeg wedi ymddieithrio, ac yn elyniaethus eich meddwl, a'ch gweithredoedd yn ddrwg. Ond yn awr fe'ch cymododd, yng nghorff ei gnawd trwy ei farwolaeth, i'ch cyflwyno'n sanctaidd a di-fai a di-fefl ger ei fron. Ond y mae'n rhaid ichwi barhau yn eich ffydd, yn gadarn a diysgog, a pheidio â symud oddi wrth obaith yr Efengyl a glywsoch. Dyma'r Efengyl a bregethwyd ym mhob rhan o'r greadigaeth dan y nef, a'r Efengyl y deuthum i, Paul, yn weinidog iddi.

Yr wyf yn awr yn llawen yn fy nioddefiadau drosodch, ac yn cwblhau yn fy nghnawd yr hyn sy'n ôl o gystuddiau Crist, er mwyn ei gorff, sef yr eglwys. Fe ddeuthum i yn weinidog i'r eglwys yn ôl yr oruchwyliaeth a roddodd Duw i mi er eich mwyn chwi, i gyhoeddi gair Duw yn ei gyflawnder, sef y dirgelwch a fu'n guddiedig ers oesoedd ac ers cenedlaethau, ond sydd yn awr wedi ei amlygu i'w saint. Ewyllysiodd Duw hysbysu iddynt hwy beth yw cyfoeth gogoniant y dirgelwch hwn ymhlith y Cenhedloedd. Dyma'r dirgelwch: Crist ynoch chwi, gobaith y gogoniant. Ei gyhoeddi ef yr ydym ni, gan rybuddio pawb, a dysgu pawb ym mhob doethineb, er mwyn cyflwyno pob un yn gyflawn yng Nghrist.

Colossians 1. 15-28

He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers - all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and

through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.

And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him - provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel.

I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. I became its servant according to God's commission that was given to me for you, to make the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

Luc 10. 38-42

Pan oeddent ar daith, aeth Iesu i mewn i bentref, a chroesawyd ef i'w chartref gan wraig o'r enw Martha. Yr oedd ganddi hi chwaer a elwid Mair; eisteddodd hi wrth draed yr Arglwydd a gwrando ar ei air. Ond yr oedd Martha mewn dryswch oherwydd yr holl waith gweini, a daeth ato a dweud, "Arglwydd, a wyt ti heb hidio dim fod fy chwaer wedi fy ngadael i weini ar fy mhen fy hun? Dywed wrthi, felly, am fy nghynorthwyo." Atebodd yr Arglwydd hi, "Martha, Martha, yr wyt yn pryderu ac yn trafferthu am lawer o bethau, ond un peth sy'n angenrheidiol. Y mae Mair wedi dewis y rhan orau, ac nis dygir oddi arni."

Luke 10. 38-42

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

Ôl Gymun 92

Caniatâ, O Arglwydd, erfyniwn arnat, i gwrs y byd hwn gael ei drefnu mor heddychlon trwy dy reolaeth di, fel y gall dy Eglwys dy wasanaethu'n llawen ym mhob tawelwch duwiol trwy Iesu Grist ein Harglwydd.

Post Communion Prayer 92

Grant, O Lord, we beseech you, that the course of this world may be so peaceably ordered by your governance, that your Church may joyfully serve you in all godly quietness; through Jesus Christ our Lord.