

BRO DWYNWEN 15/03/2026
Garawys 4 – Sul y Fam
Lent 4 – 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.

1 Samuel 1. 20-28

Cafodd Elcana gyfathrach â'i wraig Hanna a chofiodd yr ARGLWYDD hi. Beichiogodd Hanna, ac ymhen amser geni mab a'i alw'n Samuel, oherwydd: "Gan yr ARGLWYDD y gofynnais amdano." Aeth y gŵr Elcana a'i holl deulu i offrymu ei aberth blynyddol i'r ARGLWYDD, ac i dalu adduned. Nid aeth Hanna, ond dywedodd wrth ei gŵr, "Cyn gynted ag y bydd y bachgen wedi ei ddiddyfnu, af ag ef i ymddangos gerbron yr ARGLWYDD, a chaiff aros yno am byth." Dywedodd ei gŵr Elcana wrthi, "Gwna'r hyn sydd orau yn d'olwg; aros nes y byddi wedi ei ddiddyfnu, ond bydded i'r ARGLWYDD gyflawni d'addewid." Felly arhosodd y wraig gartref a magu ei phlentyn nes ei ddiddyfnu. Wedi iddi ei ddiddyfnu, aeth ag ef i fyny gyda hi a chymryd ych teirblwydd ac effa o flawd a chostrel o win. Daeth ag ef yn fachgen ifanc i dŷ'r ARGLWYDD yn Seilo. Wedi iddynt ladd yr ych, daethant â'r llanc at Eli, a dywedodd hi, "Henffych well, syr! Myfi yw'r wraig oedd yn sefyll yma yn d'ymyl yn gweddïo ar yr ARGLWYDD. Am y bachgen hwn yr oeddwn yn gweddïo, a rhoddodd yr ARGLWYDD imi'r hyn a ofynnais ganddo. Yr wyf finnau'n ei fenthyg i'r ARGLWYDD am ei oes. Un wedi ei fenthyg i'r ARGLWYDD yw." Ymgrymasant yno o flaen yr ARGLWYDD.

1 Samuel 1. 20-28

In due time Hannah conceived and bore a son. She named him Samuel, for she said, 'I have asked him of the Lord.'
The man Elkanah and all his household went up to offer to the Lord the yearly sacrifice, and to pay his vow. But Hannah did not go up, for she said to her husband, 'As soon as the child is weaned, I will bring him, that he may appear in the presence of the Lord, and remain there for ever; I will offer him as a nazirite for all time.' Her husband Elkanah said to her, 'Do what seems best to you, wait until you have weaned him; only - may the Lord establish his word.' So the woman remained and nursed her son, until she weaned him. When she had weaned him, she took him up with her, along with a three-year-old bull, an ephah of flour, and a skin of wine. She brought him to the house of the Lord at Shiloh; and the child was young. Then they slaughtered the bull, and they brought the child to Eli. And she said, 'Oh, my lord! As you live, my lord, I am the woman who was standing here in your presence, praying to the Lord. For this child I prayed; and the Lord has granted me the petition that I made to him. Therefore I have lent him to the Lord; as long as he lives, he is given to the Lord.'
She left him there for the Lord.

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 dynerwch 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 yn och 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.

Ioan 19. 25-27

Ond yn ymyl croes Iesu yr oedd ei fam ef yn sefyll gyda'i chwaer, Mair gwraig Clopas, a Mair Magdalen. Pan welodd Iesu ei fam, felly, a'r disgybl yr oedd yn ei garu yn sefyll yn ei hymyl, meddai wrth ei fam, "Wraig, dyma dy fab di." Yna dywedodd wrth y disgybl, "Dyma dy fam di." Ac o'r awr honno, cymerodd y disgybl hi i mewn i'w gartref.

John 19. 25-27

And that is what the soldiers did.

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

Ôl Gymun 49

Dduw cariadus,

fel y mae mam yn bwydo'i phlant ar y fron,

rwyf 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.