

BRO DWYNWEN 12/07/2026
Y Chweched Sul wedi'r Drindod
Sixth Sunday after Trinity

Colect 93

Dduw trugarog,
darperaist i'r rhai sy'n dy garu
y fath bethau daionus sydd uwchlaw ein deall:
tywallt yn ein calonnau'r fath gariad tuag atat,
fel y bo i ni, sy'n dy garu uwchlaw pob dim,
allu derbyn dy addewidion,
sy'n fwy rhagorol na dim y gallwn ni ei ddeisyfu;
trwy Iesu Grist ein Harglwydd,
sy'n fyw ac yn teyrnasu gyda thi,
yn undod yr Ysbryd Glân,
yn un Duw, yn awr ac am byth.

Collect 93

Merciful God,
you have prepared for those who love you
such good things as pass our understanding:
pour into our hearts such love toward you
that we, loving you in and above all things,
may obtain your promises,
which exceed all that we can desire;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Eseia 55. 10-13

Fel y mae'r glaw a'r eira yn disgyn o'r nefoedd, a heb ddychwelyd yno nes dyfrhau'r ddaear, a gwneud iddi darddu a ffrwythloni, a rhoi had i'w hau a bara i'w fwyta, felly y mae fy ngair sy'n dod o'm genau; ni ddychwel ataf yn ofer, ond fe wna'r hyn a ddymunaf, a llwyddo â'm neges.

"Mewn llawenydd yr ewch allan, ac mewn heddwch y'ch arweinir; bydd y mynyddoedd a'r brynau'n bloeddio canu o'ch blaen, a holl goed y maes yn curo dwylo. Bydd ffynidwydd yn tyfu yn lle drain, a myrtwydd yn lle mieri; bydd hyn yn glod i'r ARGLWYDD, yn arwydd tragwyddol na ddileir mohono."

Isaiah 55. 10-13

For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.

For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands. Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall be to the Lord for a memorial, for an everlasting sign that shall not be cut off.

Salm 65. [1-8,] 9-13

[1-8]

Mawl sy'n ddyledus i ti, O Dduw, yn Seion; ac i ti, sy'n gwrando gweddi, y telir adduned. Atat ti y daw pob un â'i gyffes o bechod: "Y mae ein troseddau'n drech na ni, ond yr wyt ti'n eu maddau." Gwyn ei fyd y sawl a ddewisi ac a ddygi'n agos, iddo gael preswyllo yn dy gynteddau; digoner ninnau â daioni dy dŷ, dy deml sanctaidd.

Mewn gweithredoedd ofnadwy yr atebi ni â buddugoliaeth, O Dduw ein hiachawdwriaeth; ynot yr ymddiried holl gyrion y ddaear a phellafoedd y môr; gosodi'r mynyddoedd yn eu lle â'th nerth, yr wyt wedi dy wregysu â chryfder; yr wyt yn tawelu rhu'r moroedd, rhu eu tonnau, a therfysg pobloedd. Y mae trigolion cyrion y byd yn ofni dy arwyddion; gwnei i diroedd bore a hwyr lawenhau.

9-13

Rwyt yn gofalu am y ddaear ac yn ei dyfrhau, gwnaethost hi'n doreithiog iawn; y mae afon Duw'n llawn o ddŵr; darperaist iddynt yd. Fel hyn yr wyt yn trefnu ar ei chyfer: dyfrhau ei rhychau, gwastatáu ei chefnau, ei mwyo â chawodydd a bendithio'i chnwd. Yr wyt yn coroni'r flwyddyn â'th ddaioni, ac y mae dy lwybrau'n diferu gan fraster. Y mae porfeydd yr anialdir yn diferu, a'r brynau

wedi eu gwregysu â llawenydd; y mae'r dolydd wedi eu gwisgo â defaid, a'r dyffrynnoedd wedi eu gorchuddio ag ŷd. Y maent yn bloeddio ac yn gorfoleddu.

Psalm 65. [1-8,] 9-13

[1-8]

Praise is due to you, O God, in Zion; and to you shall vows be performed, O you who answer prayer! To you all flesh shall come. When deeds of iniquity overwhelm us, you forgive our transgressions. Happy are those whom you choose and bring near to live in your courts. We shall be satisfied with the goodness of your house, your holy temple.

By awesome deeds you answer us with deliverance, O God of our salvation; you are the hope of all the ends of the earth and of the farthest seas. By your strength you established the mountains; you are girded with might. You silence the roaring of the seas, the roaring of their waves, the tumult of the peoples. Those who live at earth's farthest bounds are awed by your signs; you make the gateways of the morning and the evening shout for joy.

9-13

You visit the earth and water it, you greatly enrich it; the river of God is full of water; you provide the people with grain, for so you have prepared it. You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth. You crown the year with your bounty; your wagon tracks overflow with richness. The pastures of the wilderness overflow, the hills gird themselves with joy, the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

Rhufeiniad 8. 1-11

Yn awr, felly, nid yw'r rhai sydd yng Nghrist Iesu dan gollfarn o unrhyw fath. Oherwydd yng Nghrist Iesu y mae cyfraith yr Ysbryd, sy'n rhoi bywyd, wedi dy ryddhau o afael cyfraith pechod a marwolaeth. Yr hyn oedd y tu hwnt i allu'r Gyfraith, yn ei gwendid dan gyfyngiadau'r cnawd, y mae Duw wedi ei gyflawni. Wrth anfon ei Fab ei hun, mewn ffurf debyg i'n cnawd pechadurus ni, i ddelio â phechod, y mae wedi collfarnu pechod yn y cnawd. Gwnaeth hyn er mwyn i ofynion cyfiawn y Gyfraith gael eu cyflawni ynom ni, sy'n byw, nid ar wastad y cnawd, ond ar wastad yr Ysbryd. Oherwydd y sawl sydd â'u bodolaeth ar wastad y cnawd, ar bethau'r cnawd y mae eu bryd; ond y sawl sydd ar wastad

yr Ysbryd, ar bethau'r Ysbryd y mae eu bryd. Yn wir, y mae bod â'n bryd ar y cnawd yn farwolaeth, ond y mae bod â'n bryd ar yr Ysbryd yn fywyd a heddwch. Oherwydd y mae bod â'n bryd ar y cnawd yn elyniaeth tuag at Dduw; nid yw hynny, ac ni all fod, yn ddarostyngiad i Gyfraith Duw. Ni all y sawl sy'n byw ym myd y cnawd foddhau Duw.

Ond nid ym myd y cnawd yr ydych chwi, ond yn yr Ysbryd, gan fod Ysbryd Duw yn cartrefu ynoch chwi. Pwy bynnag sydd heb Ysbryd Crist, nid eiddo Crist ydyw. Ond os yw Crist ynoch chwi, y mae'r corff yn farw o achos pechod, ond y mae'r Ysbryd yn fywyd ichwi o achos eich cyfiawnhad. Os yw Ysbryd yr hwn a gyfododd Iesu oddi wrth y meirw yn cartrefu ynoch, bydd yr hwn a gyfododd Grist oddi wrth y meirw yn rhoi bywyd newydd hefyd i'ch cyrff marwol chwi, trwy ei Ysbryd, sy'n ymgartrefu ynoch chwi.

Romans 8. 1-11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Mathew 13. 1-9, 18-23

Y diwrnod hwnnw aeth Iesu allan o'r tŷ ac eisteddodd ar lan y môr. Daeth tyrfaoedd mawr ynghyd ato, nes iddo fynd ac eistedd mewn cwch, ac yr oedd yr holl dyrfa yn sefyll ar y lan. Fe lefarodd lawer wrthynt ar ddamhegion, gan ddweud: "Aeth heuwr allan i hau. Ac wrth iddo hau, syrthiodd peth had ar hyd y llwybr, a daeth yr adar a'i fwyta. Syrthiodd peth arall ar leoedd creigiog, lle ni chafodd fawr o bridd, a thyfodd yn gyflym am nad oedd iddo ddyfnder daear. Ond wedi i'r haul godi fe'i llosgwyd, ac am nad oedd iddo wreiddyn fe wywodd. Syrthiodd hadau eraill ymhlith y drain, a thyfodd y drain a'u tagu.

A syrthiodd eraill ar dir da a ffrwytho, peth ganwaith cymaint, a pheth drigain, a pheth ddeg ar hugain. Y sawl sydd â chlustiau ganddo, gwrandawed." "Gwrandewch chwithau felly ar ddameg yr heuwr. Pan fydd unrhyw un yn clywed gair y deyrnas heb ei ddeall, daw'r Un drwg a chipio'r hyn a heuwyd yn ei galon. Dyma'r un sy'n derbyn yr had ar hyd y llwybr. A'r un sy'n derbyn yr had ar leoedd creigiog, dyma'r un sy'n clywed y gair ac yn ei dderbyn ar ei union yn llawen. Ond nid oes ganddo wreiddyn ynddo'i hunan, a thros dro y mae'n para; pan ddaw gorthrymder neu erlid o achos y gair, fe gwmp ar unwaith. Yr un sy'n derbyn yr had ymhlith y drain, dyma'r un sy'n clywed y gair, ond y mae gofal y byd hwn a hudoliaeth golud yn tagu'r gair, ac y mae'n mynd yn ddiffwrwyth. A'r un sy'n derbyn yr had ar dir da, dyma'r un sy'n clywed y gair ac yn ei ddeall, ac yn dwyn ffrwyth ac yn rhoi peth ganwaith cymaint, a pheth drigain, a pheth ddeg ar hugain."

Matthew 13. 1-9, 18-23

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

Ôl Gymun 94

Dduw ein pererindod,
tywysaist ni at y dŵr bywiol:
adfywia a chynnal ni
wrth inni fynd ymlaen ar ein taith,
yn enw Iesu Grist ein Harglwydd.

Post Communion Prayer 94

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us
as we go forward on our journey,
in the name of Jesus Christ our Lord.