

Sunday 31st March 2024

+ The Resurrection of the Lord

The Collect of the Day

Lord of all life and power, through the mighty resurrection of your Son you overcame the old order of sin and death to make all things new in him; grant that we, being dead to sin and alive to you in Jesus Christ, may reign with him in glory; to whom with you and the Holy Spirit be praise and honour, glory and might, now and in all eternity. AMEN

The reading from Acts

(10.34-43)

Peter began to speak to them: 'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ – he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him.

'We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead.

'He commanded us to preach to the people and to testify that he is the one

ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.'

The Psalm

(118. 15-25)

Joyful shouts of salvation sound from the tents of the righteous 'The right hand of the Lord does mighty deeds; the right hand of the Lord raises up the right hand of the Lord does mighty deeds.'

I shall not die, but live and declare the works of the Lord. The Lord has punished me sorely but he has not given me over to death.

Open to me the gates of righteousness that I may enter and give thanks to the Lord. This is the gate of the Lord the righteous shall enter through it.

I will give thanks to you, for you have answered me and have become my salvation. The stone which the builders rejected has become the chief cornerstone.

This is the Lord's doing and it is marvellous in our eyes. This is the day that the Lord has made we will rejoice and be glad in it. Come, O lord, and save us we pray. Come, Lord, send us now prosperity.

The reading from I Corinthians

(15.1-11)

I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved,

if you hold firmly to the message that I proclaimed to you - unless you have come to believe in vain.

For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to someone untimely born, he appeared also to me.

For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace towards me has not been in vain. On the contrary, I worked harder than any of them — though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

The reading from the Gospel of Christ according to Saint John

(20.1-18)

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.'

Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, 'Woman, why are you weeping?'

She said to them, 'They have taken away my Lord, and I do not know where they have laid him.' When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus.

Jesus said to her, 'Woman, why are you weeping? For whom are you looking?'

Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.'

Jesus said to her, 'Mary!'

She turned and said to him in Hebrew, 'Rabbouni!' (which means Teacher).

Jesus said to her, 'Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, "I am ascending to my Father and your Father, to my God and your God."'"

Mary Magdalene went and announced to the disciples, 'I have seen the Lord'; and she told them that he had said these things to her.

The Collect following Holy Communion

Living God, for our redemption you gave your only-begotten Son to the death of the cross, and by his glorious resurrection have delivered us from the power of our enemy: grant us so to die daily to sin, that we may evermore live with him in the joy of his risen life; through Jesus Christ our Lord. AMEN



Dydd Sul y Pasg 31^{ain} Mawrth 2024 + Sul Cyntaf y Pasg

Colect y Dydd

Arglwydd pob bywyd a nerth, gorchfygaist hen drefn pechod a marwolaeth drwy atgyfodiad nerthol dy Fab er mwyn gwneud pob peth yn newydd ynddo ef: caniatâ i ni, sy'n farw i bechod, ac yn fyw i ti yn Iesu Grist, deyrnasu gydag ef mewn gogoniant; bydded iddo gyda thi a'r Ysbryd Glân glod a moliant, gogoniant a gallu, yn awr ac yn dragwyddol. AMEN

Darlleniad o Actau (10.34-43)

A dechreuodd Pedr lefaru: "Ar fy ngwir," meddai, "'rwy'n deall nad yw Duw yn dangos ffafiaeth, ond bod y sawl ym mhob cenedl sy'n ei ofni ac yn gweithredu cyfiawnder yn dderbyniol ganddo ef. Y gair hwn a anfonodd i blant Israel, gan gyhoeddi Efengyl tangnefedd drwy Iesu Grist; ef yw Arglwydd pawb. Gwyddoch chiwi'r peth a fu drwy holl Jwdea, gan ddechrau yng Ngalailea wedi'r bedydd a gyhoeddodd Iwan - Iesu o Nasareth, y modd yr eniiodd Duw ef â'r Ysbryd Glân ac â nerth. Aeth ef oddi amgylch gan wneud daioni ac iacháu pawb oedd dan ormes y diafol, am fod Duw gydag ef.

Ac yr ydym ni'n dystion o'r holl bethau a wnaeth yng ngwlad yr Iddewon ac yn Jerwsalem. A lladdasant ef, gan ei grogi ar bren. Ond cyfododd Duw ef ar y trydydd dydd, a pheri iddo ddod yn weledig, nid i'r holl bobl, ond i dystion oedd wedi eu rhagethol gan Dduw, sef i ni, y rhai a fu'n cydfwyta ac yn cydyfed ag ef wedi iddo atgyfodi oddi wrth y meirw.

Gorchmynnodd i ni bregethu i'r bobl, a thystiolaethu mai hwn yw'r un a benodwyd gan Dduw yn farnwr y byw a'r meirw. I hwn y mae'r holl broffwydi'n tystio, y bydd pawb sy'n credu ynddo ef yn derbyn maddeuant pechodau trwy ei enw."

Salm (118. 14-24)

Yr ARGLWYDD yw fy nerth a'm cân, ac ef yw'r un a'm hachubodd. Clywch gân gwaredigaeth ym mhebyll y rhai cyfiawn: "Y mae deheulaw'r ARGLWYDD yn gweithredu'n rymus;

y mae deheulaw'r ARGLWYDD wedi ei chodi; y mae deheulaw'r ARGLWYDD yn gweithredu'n rymus." Nid marw ond byw fyddaf, ac adroddaf am weithredoedd yr ARGLWYDD.

Disgyblodd yr ARGLWYDD fi'n llym, ond ni roddodd fi yn nwylo marwolaeth. Agorwch byrth cyfiawnder i mi; dof finnau i mewn a diolch i'r ARGLWYDD. Dyma borth yr ARGLWYDD; y cyfiawn a ddaw i mewn drwyddo. Diolchaf i ti am fy ngwrando a dod yn waredigaeth i mi.

Y maen a wrthododd yr adeiladwyr a ddaeth yn brif gonglfaen. Gwaith yr ARGLWYDD yw hyn, ac y mae'n rhyfeddod yn ein golwg.

Dyma'r dydd y gweithredodd yr ARGLWYDD; gorfoleddwn a llawenhawn ynddo.

Darlleniad o I Corinthiaid (15.1-11)

Yr wyf am eich atgoffa, gyfeillion, am yr Efengyl a bregethais i chiwi ac a dderbynasoch chwithau, yr Efengyl sydd yn sylfaen eich bywyd ac yn foddion eich

iachawdwriaeth. A ydych yn dal i lynu wrth yr hyn a bregethais? Onid e, yn ofer y credasoch.

Oherwydd, yn y lle cyntaf, traddodais i chiwi yr hyn a dderbyniais: i Grist farw dros ein pechodau ni, yn ôl yr Ysgrythurau; iddo gael ei gladdu, a'i gyfodi y trydydd dydd, yn ôl yr Ysgrythurau; ac iddo ymddangos i Ceffas, ac yna i'r Deuddeg. Yna, ymddangosodd i fwy na phum cant o'i ddilynwyr ar unwaith - ac y mae'r mwyafrif ohonynt yn fyw hyd heddiw, er bod rhai wedi huno. Yna, ymddangosodd i Iago, yna i'r holl apostolion. Yn ddiwethaf oll, fe ymddangosodd i minnau hefyd, fel i ryw erthyl o apostol.

Oherwydd y lleiaf o'r apostolion wyf fi, un nad wyf deilwng i'm galw yn apostol, gan imi erlid eglwys Dduw. Ond trwy ras Duw yr wyf yr hyn ydyf, ac ni bu ei ras ef tuag ataf yn ofer. Yn wir, mi lafurais yn helaethach na hwy i gyd - eto nid myfi, ond gras Duw, a oedd gyda mi. Ond prun bynnag ai myfi ai hwy, felly yr ydym yn pregethu, ac felly y credasoch chwithau.

Gwrandewch Efengyl Crist yn ôl Sant Iwan (20.1-18)

Ar y dydd cyntaf o'r wythnos, yn fore, tra oedd hi eto'n dywyll, dyma Mair Magdalen yn dod at y bedd, ac yn gweld bod y maen wedi ei dynnu oddi wrth y bedd. Rhedodd, felly, nes dod at Simon Pedr a'r disgybl arall, yr un yr oedd Iesu'n ei garu. Ac meddai wrthynt, "Y maent wedi cymryd yr Arglwydd allan o'r bedd, ac ni wyddom lle y maent wedi ei roi i orwedd."

Yna cychwynnodd Pedr a'r disgybl arall allan, a mynd at y bedd. Yr oedd y ddau'n cydreded, ond rhedodd y disgybl arall ymlaen yn gynt na Pedr, a chyrraedd y bedd yn gyntaf. Plygodd i edrych, a gwelodd y lleiniau yn gorwedd yno, ond nid aeth i mewn. Yna daeth Simon Pedr ar ei ôl, a mynd i mewn i'r bedd. Gwelodd y lleiniau yn gorwedd yno, a hefyd y cadach oedd wedi bod am ei ben ef; nid oedd hwn yn gorwedd gyda'r lleiniau, ond ar wahân, wedi ei blygu ynghyd. Yna aeth y disgybl arall, y cyntaf i ddod at y bedd, yntau i mewn. Gwelodd, ac fe gredodd. Oherwydd nid oeddent eto wedi deall yr hyn a ddywed yr Ysgrythur, fod yn rhaid iddo atgyfodi oddi wrth y meirw. Yna aeth y disgyblion yn ôl adref.

Ond yr oedd Mair yn dal i sefyll y tu allan i'r bedd, yn wylo. Wrth iddi wylo felly, plygodd i edrych i mewn i'r bedd, a gwelodd ddau angel mewn dillad gwyn yn eistedd lle'r oedd corff Iesu wedi bod yn gorwedd, un wrth y pen a'r llall wrth y traed. Ac meddai'r rhain wrthi, "Wraig, pam yr wyt ti'n wylo?"

Atebodd hwy, "Y maent wedi cymryd fy Arglwydd i ffwrdd, ac ni wn i lle y maent wedi ei roi i orwedd." Wedi iddi ddweud hyn, troes yn ei hôl, a gwelodd Iesu'n sefyll yno, ond heb sylweddoli mai Iesu ydoedd.

"Wraig," meddai Iesu wrthi, "pam yr wyt ti'n wylo? Pwy yr wyt yn ei geisio?"

Gan feddwl mai'r garddwr ydoedd, dywedodd hithau wrtho, "Os mai ti, syr, a'i cymerodd ef, dywed wrthyf lle y rhoddaist ef i orwedd, ac fe'i cymeraf fi ef i'm gofal."

Meddai Iesu wrthi, "Mair."

Troes hithau, ac meddai wrtho yn iaith yr Iddewon, "Rabbwni" (hynny yw, Athro).

Meddai Iesu wrthi, "Paid â glynu wrthyf, oherwydd nid wyf eto wedi esgyn at y Tad. Ond dos at fy mrodyr, a dywed wrthynt, 'Yr wyf yn esgyn at fy Nhad i a'ch Tad chwi, fy Nuw i a'ch Duw chwi.'"

Ac aeth Mair Magdalen i gyhoeddi'r newydd i'r disgyblion. "Yr wyf wedi gweld yr Arglwydd," meddai, ac eglurodd ei fod wedi dweud y geiriau hyn wrthi.

Defynddir gweddi ôl- ynghyd

Fywiol Dduw, a roddaist dy unig-
anedig Fab i farw ar y groes er ein
prynedigaeth, a thrwy ei atgyfodiad
gogoneddus a'n gwaredodd ni oddi wrth
allu'r gelyn: dyro inni felly farw beunydd
i bechod, fel y byddwn fyw mwyach
gydag ef yn llawenydd ei fywyd
atgyfodedig; trwy Iesu Grist ein
Harglwydd. AMEN

