

Sunday 17th March 2024
+ The Fifth Sunday of Lent

The Collect of the Day

Most merciful God, by the death and resurrection of your Son Jesus Christ you delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; 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. AMEN

The reading from Jeremiah (31. 31-34)

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt – a covenant that they broke, though I was their husband, says the Lord.

But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, 'Know the Lord', for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

The Psalm (51. 1-13)

Have mercy on me, O God, in your great goodness according to the abundance of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin.

For I acknowledge my faults and my sin is ever before me. Against you only have I sinned and done what is evil in your sight, so that you are justified in your sentence and righteous in your judgement.

I have been wicked even from my birth a sinner when my mother conceived me. Behold, you desire truth deep within me and shall make me understand wisdom in the depths of my heart.

Purge me with hyssop and I shall be clean wash me and I shall be whiter than snow. Make me hear of joy and gladness that the bones you have broken may rejoice.

Turn your face from my sins and blot out all my misdeeds. Make me a clean heart, O God and renew a right spirit within me.

Cast me not away from your presence and take not your holy spirit from me. Give me again the joy of your salvation and sustain me with your gracious spirit.

A reading from Hebrews (5. 5-10)

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

'You are my Son, today I have begotten you'; as he says also in another place, 'You are a priest for ever, according to the order of Melchizedek.'

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission.

Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

The reading from the Gospel of Christ according to Saint John (12. 20-33)

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.' Philip went and told Andrew; then Andrew and Philip went and told Jesus.

Jesus answered them, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also.

Whoever serves me, the Father will honour.

'Now my soul is troubled. And what should I say – "Father, save me from this hour"? No, it is for this reason that I have come to this hour. Father, glorify your name.'

Then a voice came from heaven, 'I have glorified it, and I will glorify it again.'

The crowd standing there heard it and said that it was thunder. Others said, 'An angel has spoken to him.'

Jesus answered, 'This voice has come for your sake, not for mine.'

'Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.'

He said this to indicate the kind of death he was to die.

The prayer following communion

Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you: give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but are alive and reign, now and for ever. AMEN

Dydd Sul 17^{eg} Mawrth 2024
+ Y Pumed Sul yn y Garawys

Colect y Dydd

Drugarocaf Dduw, a waredaist ac a achubaist y byd drwy angau ac atgyfodiad dy Fab Iesu Grist: caniatâ i ni drwy ffydd ynddo ef a ddiodefodd ar y groes, orfoleddu yn nerth ei fuddugoliaeth; 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. AMEN

Darlleniad o Jeremeia

(31. 31-34)

"Y mae'r dyddiau'n dod," medd yr ARGLWYDD, "y gwnaf gyfamod newydd â thŷ Israel ac â thŷ Jwda. Ni fydd yn debyg i'r cyfamod a wneuthum â'u hynafiaid, y dydd y gafaelais yn eu llaw i'w harwain allan o wlad yr Aifft. Torasant y cyfamod hwnnw, er mai myfi oedd yn arglwydd arnynt," medd yr ARGLWYDD.

"Ond dyma'r cyfamod a wnaif â thŷ Israel ar ôl y dyddiau hynny," medd yr ARGLWYDD; "rhof fy nghyfraith o'u mewn, ysgrifennaf hi ar eu calon, a byddaf fi'n Dduw iddynt a hwythau'n bobl i mi. Ac ni fyddant mwyach yn dysgu bob un ei gymydog a phob un ei berthynas, gan ddweud, 'Adnebydd yr ARGLWYDD'; oblegid byddant i gyd yn f'adnabod, o'r lleiaf hyd y mwyaf ohonynt," medd yr ARGLWYDD, "oherwydd maddeuaf iddynt eu drygioni, ac ni chofiaf eu pechodau byth mwy."

Salm

(51. 1-12)

Bydd drugarog wrthyf, O Dduw, yn ôl dy ffyddlondeb; yn ôl dy fawr dosturi dilea fy nhroseddau; golch fi'n lân o'm drygioni, a glanha fi o'm pechod.

Oherwydd gwn am fy nhroseddau, ac y mae fy mhechod yn wastad gyda mi. Yn dy erbyn di, ti yn unig, y pechais a gwneud yr hyn a ystyri'n ddrwg, fel dy fod yn gyfiawn yn dy ddedfryd, ac yn gywir yn dy farn. Wele, mewn drygioni y'm ganwyd, ac mewn pechod y beichiogodd fy mam.

Wele, yr wyt yn dymuno gwirionedd oddi mewn; felly dysg imi ddoethineb yn y galon. Pura fi ag isop fel y byddaf lân; golch fi fel y byddaf wynnach nag eira.

Pâr imi glywed gorfoledd a llawenydd, fel y bo i'r esgyrn a ddrylliaist lawenhau. Cuddia dy wyneb oddi wrth fy mhechodau, a dilea fy holl euogrwydd.

Crea galon lân ynof, O Dduw, rho ysbryd newydd cadarn ynof. Paid â'm bwrw ymaith oddi wrthyf, na chymryd dy ysbryd sanctaidd oddi arnaf.

Dyro imi eto orfoledd dy iachawdwriaeth, a chynysgaedda fi ag ysbryd ufudd.

Darlleniad o Hebreaid

(5. 5-10)

Felly hefyd gyda Christ. Nid ei ogoneddu ei hun i fod yn archoffeiriad a wnaeth, ond Duw a ddywedodd wrtho: "Fy Mab wyt ti, myfi a'th genhedlodd di heddiw." Fel y mae'n dweud mewn lle arall hefyd: "Yr wyt

ti'n offeiriad am byth yn ôl urdd Melchisedec."

Yn nyddiau ei gnawd, fe offrymodd Iesu weddïau ac erfyniadau, gyda llef uchel a dagrau, i'r Un oedd yn abl i'w achub rhag marwolaeth, ac fe gafodd ei wrando o achos ei barchedig ofn.

Er mai Mab ydoedd, dysgodd ufudd-dod drwy'r hyn a ddiodefodd, ac wedi ei berffeithio, daeth yn ffynhonnell iachawdwriaeth dragwyddol i bawb sydd yn ufuddhau iddo, wedi ei enwi gan Dduw yn archoffeiriad yn ôl urdd Melchisedec.

Gwrandewch Efengyl Crist yn ôl Sant Ioan

(12. 20-33)

Ymhlith y bobl oedd yn dod i fyny i addoli ar yr wyl, yr oedd rhyw Roegiaid. Daeth y rhain at Philip, a oedd o Bethsaida yng Ngallilea, a gofyn iddo, "Syr, fe hoffem weld Iesu." Aeth Philip i ddweud wrth Andreas; ac aeth Andreas a Philip i ddweud wrth Iesu.

A dyma Iesu'n eu hateb. "Y mae'r awr wedi dod," meddai, "i Fab y Dyn gael ei ogoneddu. Yn wir, yn wir, rwy'n dweud wrthyf, os nad yw'r gronyn gwenith yn syrthio i'r ddaear ac yn marw, y mae'n aros ar ei ben ei hun; ond os yw'n marw, y mae'n dwyn llawer o ffrwyth. Y mae'r sawl sy'n caru ei einioes yn ei cholli; a'r sawl sy'n casáu ei einioes yn y byd hwn, bydd yn ei chadw i fywyd tragwyddol. Os yw rhywun am fy ngwasanaethu i, rhaid iddo fy nghanlyn i; lle bynnag yr wyf fi, yno hefyd y bydd fy ngwasanaethwr. Os yw rhywun yn fy

ngwasanaethu i, fe gaiff ei anrhydeddu gan y Tad.

"Yn awr y mae fy enaid mewn cynnwrf. Beth a ddywedaf? 'O Dad, gwared fi rhag yr awr hon? Na, i'r diben hwn y deuthum i'r awr hon. O Dad, gogonedda dy enw."

Yna daeth llais o'r nef: "Yr wyf wedi ei ogoneddu, ac fe'i gogoneddaf eto."

Pan glywodd y dyrfa oedd yn sefyll gerllaw, dechreusant ddweud mai taran oedd; dywedodd eraill, "Angel sydd wedi llefaru wrtho."

Atebodd Iesu, "Nid er fy mwyn i, ond er eich mwyn chwi, y daeth y llais hwn. Dyma awr barnu'r byd hwn; yn awr y mae tywysog y byd hwn i gael ei fwrw allan. A minnau, os caf fy nyrchafu oddi ar y ddaear, fe dynnaf bawb ataf fy hun."

Dywedodd hyn i ddangos beth fyddai dull y farwolaeth oedd yn ei aros.

Defnyddir gweddi ôl- ynghyd

Arglwydd Iesu Grist, dysgaist ni yn gymaint ag inni ei wneud i'r lleiaf o'n brodyr a'n chwiorydd y gwnawn hefyd i ti: dyro i ni'r ewyllys i fod yn weision i eraill fel y buost ti yn was i bawb, a rhoi dy fywyd a marw drosom, ond sy'n fyw ac yn teyrnasu, yn awr ac am byth. AMEN