

+ Palm Sunday | 24th March 2024

The Collect of the Day

Almighty and everlasting God, in your tender love towards the human race you sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; 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 Isaiah

(50.4-9a)

The servant of the Lord said: the Lord God has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens – wakens my ear to listen as those who are taught. The Lord God has opened my ear, and I was not rebellious, I did not turn backwards. I gave my back to those who struck me, and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting.

The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord God who helps me; who will declare me guilty?

The Psalm

(31. 9-16)

Have mercy on me, Lord, for I am in trouble my eye is consumed with sorrow, my soul and my body also. For my life is wasted with grief, and my years with sighing my strength fails me because of my affliction, and my bones are consumed.

I have become a reproach to all my enemies and even to my neighbours, an

object of dread to my ac/quaintances when they see me in the street they flee from me. I am forgotten like one that is dead, out of mind I have become like a broken vessel.

For I have heard the whispering of the crowd; fear is on every side they scheme together against me, and plot to take my life. But my trust is in you, O Lord: I have said, 'You are my God.

My times are in your hand deliver me from the hand of my enemies, and from those who persecute me. Make your face to shine up/on your servant: and save me for your mercy's sake.'

The reading from Philippians

(2.5-11)

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

The Passion of our Lord Jesus Christ according to Saint Mark

(15. 1-39)

The Prayer following Communion

Lord Jesus Christ, you humbled yourself in taking the form of a servant, and in obedience died on the cross for our salvation: give us the mind to follow you and to proclaim you as Lord and King, to the glory of God the Father. AMEN

+ Sul y Blodau | 24^{ain} Mawrth 2024

Colect y Dydd

Hollalluog a thragwyddol Dduw, a anfonaist dy Fab ein Hiachawdwr Iesu Grist o'th gariad tyner at yr hil ddynol i gymryd ein cnawd ac i ddiodef angau ar y groes, caniatâ inni ddilyn esiampl ei amynedd a'i ostyngyddrwydd a bod hefyd yn gyfrannog o'i atgyfodiad; trwy Iesu Grist ein Harglwydd, sy'n fyw ac yn teyrnasu gyda thi, yn undod yr Ysbryd Glân. AMEN

Darlleniad o Eseia

(50. 4-9a)

Rhoes yr ARGLWYDD Dduw i mi dafod un yn dysgu, i wybod sut i gynnal y diffygiol â gair; bob bore y mae'n agor fy nghlust i wrando fel un yn dysgu. Agorodd yr ARGLWYDD Dduw fy nghlust, ac ni wrthwynebais innau, na chilio'n ôl. Rhoddais fy nghefn i'r curwyr, a'm cernau i'r rhai a dynnai'r farf; ni chuddiais fy wyneb rhag gwaradwydd na phoer.

Y mae'r Arglwydd DDUW yn fy nghynnal, am hynny ni chaf fy sarhau; felly gosodaf fy wyneb fel callestr, a gwn na'm cywilyddir. Y mae'r hwn sy'n fy nghyfiawnhau wrth law. Pwy a ddadlau i'm herbyn? Gadewch i ni wynebu'n gilydd; pwy a'm gwrthwyneba? Gadewch iddo nesáu ataf. Y mae'r Arglwydd DDUW yn fy nghynnal: pwy a'm condemnia?

Salm

(31. 9-16)

Bydd drugarog wrthyf, ARGLWYDD, oherwydd y mae'n gyfyng arnaf; y mae fy llygaid yn pylu gan ofid, fy enaid a'm corff hefyd; y mae fy mywyd yn darfod gan dristwch a'm blynyddoedd gan gwynfan; fe sigir fy nerth gan drallod, ac y mae fy esgryn yn darfod.

I'm holl elynion yr wyf yn ddirmyg, i'm cymdigion yn watwar, ac i'm

cyfeillion yn arswyd; y mae'r rhai sy'n fy ngweld ar y stryd yn ffoi oddi wrthyf. Anghofwyd fi, fel un marw wedi mynd dros gof; yr wyf fel llestr wedi torri.

Oherwydd clywaf lawer yn sibrawd, y mae dychryn ar bob llaw; pan ddônt at ei gilydd yn f'erbyn y maent yn cynllwyn i gymryd fy mywyd. Ond yr wyf yn ymddiried ynot ti, ARGLWYDD, ac yn dweud, "Ti yw fy Nuw."

Y mae fy amserau yn dy law di; gwared fi rhag fy ngelynion a'm herlidwyr. Bydded llewyrch dy wyneb ar dy was; achub fi yn dy ffyddlondeb.

Darlleniad o Philipiaid

(2.5-11)

Amlygwch yn eich plith eich hunain yr agwedd meddwl honno sydd, yn wir, yn eiddo i chwi yng Nghrist Iesu. Er ei fod ef ar ffurf Duw, ni chyfrifodd fod cydraddoldeb â Duw yn beth i'w gipio, ond fe'i gwacaodd ei hun, gan gymryd ffurf caethwas a dyfod ar wedd ddynol. O'i gael ar ddull dyn, fe'i darostyngodd ei hun, gan fod yn ufudd hyd angau, ie, angau ar groes.

Am hynny tra-dyrchafodd Duw ef, a rhoi iddo'r enw sydd goruwch pob enw, fel wrth enw Iesu y plygai pob glin yn y nef ac ar y ddaear a than y ddaear, ac y cyffesai pob tafod fod Iesu Grist yn Arglwydd, er gogoniant Duw Dad.

Gwrandewch Efengyl Crist

yn ôl Sant Marc

(15. 1-39)

Defynddir gweddi ôl- ynghyd

Arglwydd Iesu Grist, darostyngaist dy hun trwy gymryd ffurf gwas, ac mewn ufudd-dod buost farw ar y groes er ein hiachawdwriaeth: dyro i ni'r bwriad i'th ddilyn di, ac i'th gyhoeddi di yn Arglwydd ac yn Frenin, er gogoniant i Dduw y Tad. AMEN