

Sunday 23rd June 2024
+ The Fourth Sunday after Trinity

The Collect of the Day

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we finally lose not the things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. AMEN

The reading from Job
(38.1-11)

The Lord answered Job out of the whirlwind: 'Who is this that darkens counsel by words without knowledge? Gird up your loins like a man, I will question you, and you shall declare to me.

'Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements — surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone when the morning stars sang together and all the heavenly beings shouted for joy?

'Or who shut in the sea with doors when it burst out from the womb? — when I made the clouds its garment, and thick darkness its swaddling band, and prescribed bounds for it, and set bars and doors, and said, "Thus far

shall you come, and no farther, and here shall your proud waves be stopped"?)

The Psalm
(107. 23-32)

Those who go down to the / sea in / ships: and ply their / trade in / great / waters, these have seen the / works of the / Lord: and his / wonders / in the / deep. For at his word the stormy / wind a/rose: and lifted / up the / waves of the / sea.

They were carried up to the heavens * and down again / to the / deep: their soul melted a/way / in their / peril. They reeled and staggered / like a / drunkard: and were / at their / wits' / end. Then they cried to the Lord / in their / trouble: and he brought them / out of / their dis/tress. He made the / storm be / still: and the / waves of the / sea were / calmed.

Then were they glad because they / were at / rest: and he brought them to the / haven / they de/sired. Let them give thanks to the Lord / for his / goodness: and the / wonders he / does • for his / children. Let them exalt him in the congregation / of the / people: and praise him in the / council / of the / elders.

The reading from 2 Corinthians
(6.1-13)

As we work together with Christ, we urge you also not to accept the grace of God in vain. For he says, 'At an acceptable time I have listened to you, and on a day of salvation I have helped you.' See, now is the

acceptable time; see, now is the day of salvation!

We are putting no obstacles in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left: in honour and dishonour, in ill repute and good repute.

We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see — we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return — I speak as to children — open wide your hearts also.

The reading from Gospel according to Saint Mark
(4.35-41)

When evening had come, Jesus said his disciples, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him.

A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?'

He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?'

And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

The Collect following Communion

Eternal God, comfort of the afflicted and healer of the broken, you have fed us at the table of life and hope: teach us the ways of gentleness and peace, that all the world may acknowledge the kingdom of your Son Jesus Christ our Lord. AMEN



Colect y Dydd

O Dduw, gwarchodwr pob un sy'n ymddiried ynot, nad oes dim yn nerthol hebot ti, na dim yn sanctaidd, ychwanega ac amlha dy drugaredd arnom, fel y gallwn, a thi yn llywodraethwr ac yn arweinydd i ni, dreiddio trwy bethau tymhorol fel na chollwn yn y diwedd y pethau tragwyddol; caniatâ hyn, Dad nefol, er mwyn lesu 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 Job (38.1-11)

Yna atebodd yr Arglwydd Job o'r corwynt: "Pwy yw hwn sy'n tywyllu cyngor â geiriau diwybod? Gwna dy hun yn barod i'r ornest; fe holaf fi di, a chei dithau ateb.

"Ble'r oedditi ti pan osodais i sylfaen i'r ddaear? Ateb, os gwyddost. Pwy a benderfynodd ei mesurau? Mae'n siŵr dy fod yn gwybod! Pwy a estynnodd liny mesur arni? Ar beth y seiliwyd ei sylfeini, a phwy a osododd ei chonglfaen?

"Ble'r oedditi ti pan oedd sêr y bore i gyd yn llawenhau, a'r holl angylion yn gorfoleddu, pan gaewyd ar y môr â dorau, pan lamai allan o'r groth, pan osodais gwmwl yn wisg amdano, a'r caddug yn rhwymyn iddo, a phan drefnais derfyn iddo, a gosod barrau a dorau, a dweud, 'Hyd yma yr ei, a dim pellach, ac yma y gosodais derfyn i ymchwydd dy donnau'?

Salm (107. 23-32)

Aeth rhai i'r môr mewn llongau, a gwneud eu gorchwylion ar ddyfroedd mawr; gwelsant hwy weithredoedd yr ARGLWYDD, a'i ryfeddodau yn y dyfnder. Pan lefarai ef, deuai gwynt stormus, a pheri i'r tonnau godi'n uchel.

Cawsant eu codi i'r nefoedd a'u bwrw i'r dyfnder, a phallodd eu dewrder yn y trybini; yr oeddent yn troi yn simsan fel meddwyn, ac wedi colli eu holl fedr. Yna gwaeddasant ar yr ARGLWYDD yn eu cyfyngder, a gwardodd ef hwy o'u hadfyd; gwnaeth i'r storm dawelu, ac aeth y tonnau'n ddistaw;

yr oeddent yn llawen am iddi lonyddu, ac arweiniodd hwy i'r hafan a ddymunt. Bydded iddynt ddiolch i'r ARGLWYDD am ei gariad, ac am ei ryfeddodau i ddynolryw. Bydded iddynt ei ddrachafu yng nghynulleidfau'r bobl, a'i foliannu yng nghyngor yr henuriaid.

Darlleniad o 2 Corinthiaid (6.1-13)

Yr ydym ni, fel cydweithwyr, yn apelio atoch i beidio â gadael i'r gras a dderbynasoch gan Dduw fynd yn ofer. Oherwydd y mae Duw'n dweud: "Yn yr amser cymeradwy y gwrandewais arnat, a'th gynorthwyo ar ddydd iachawdwriaeth."

Dyma, yn awr, yr amser cymeradwy; dyma, yn awr, ddydd iachawdwriaeth. Nid ydym yn gosod unrhyw faen tramgwydd ar lwybr neb, rhag cael bai ar ein gweinidogaeth.

Yn hytrach, ym mhob peth yr ydym yn ein cymeradwyo ein hunain fel gweinidogion Duw: yn ein dyfalbarhad

mawr; yn ein gorthrymderau, ein gofidiau, a'n cyfyngderau; yn ein profiadau o'r chwip, o garchar ac o derfysg; yn ein llafur, ein diffyg cwsg a'n newyn; yn ein purdeb, ein gwybodaeth, ein goddefgarwch a'n caredigrwydd; yn yr Ysbryd Glân ac yn ein cariad diragrith; yng ngair y gwirionedd ac yn nerth Duw, trwy ddefnyddio arfau cyfiawnder yn y llaw dde a'r llaw chwith, doed parch, doed amarch, doed anghlod, doed clod.

Twyllwyr y'n gelwir, a ninnau'n eirwir; rhai dinod, a ninnau'n enwog; yn marw, ac eto byw ydym; dan gosb, ond heb gael ein lladd; dan dristwch, ond bob amser yn llawenhau; mewn tloedi, ond yn gwneud llawer yn gyfoethog; heb ddim gennym, ac eto'n berchen pob peth.

Yr ydym wedi llefaru'n gwbl rydd wrthyh, Gorinthiaid; y mae'n calon yn llydan agored tuag atoch. Nid nynt sy'n cyfyngu arnoch, ond eich teimladau eich hunain. I dalu'n ôl — yr wyf yn siarad wrthyh fel wrth blant — agorwch chwithau eich calonau yn llydan.

Gwrandewch Efengyl Crist yn ôl Sant Marc (4.35-41)

A'r diwrnod hwnnw, gyda'r nos, dywedodd wrthynt, "Awn drosodd i'r ochr draw." A gadawsant y dyrfa, a mynd ag ef yn y cwch fel yr oedd; yr oedd cychod eraill hefyd gydag ef. Cododd tymestl fawr o wynt, ac yr oedd y tonnau'n ymdaflu i'r cwch, nes ei fod erbyn hyn yn llenwi. Yr oedd ef yn starn y cwch yn cysgu ar glustog.

Deffroesant ef a dweud wrtho, "Athro, a wyt ti'n hidio dim ei bod ar ben arnom?"

Ac fe ddeffrôdd a cheryddu'r gwynt a dweud wrth y môr, "Bydd ddistaw! Bydd dawel!" Gostegodd y gwynt, a bu tawelwch mawr. A dywedodd wrthynt, "Pam y mae arnoch ofn? Sut yr ydych heb ffydd o hyd?"

Daeth ofn dirfawr arnynt, ac meddent wrth ei gilydd, "Pwy ynteu yw hwn? Y mae hyd yn oed y gwynt a'r môr yn ufuddhau iddo."

Defnyddir gweddi ôl-ynghyd

O Dduw tragwyddol, cysur y cystuddiol ac iachawr y drylliedig, porthaist ni wrth fwrdd bywyd a gobaith: dysg i ni ffyrdd addfwynder a thangnefedd, er mwyn i'r holl fyd gydnabod teyrnas dy Fab ein Harglwydd lesu Grist. AMEN

