

Sunday 7th July 2024
+The Sixth Sunday after Trinity

The Collect of the Day

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. AMEN

The reading from Ezekiel (2.1-5)

The heavens were opened, and I saw visions of God. When I saw this I fell on my feet, and I heard the voice of someone speaking. He said to me: O mortal, stand up on your feet, and I will speak with you. And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me.

He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, 'Thus says the Lord God.' Whether they hear or refuse to hear (for they are a rebellious house), they shall know

that there has been a prophet among them.

The Psalm (123)

To you I lift / up my / eyes: to you that are enthroned / in the / heavens. As the eyes of servants look to the / hand of their / master: or the eyes of a / maid • to the / hand of her / mistress, So our eyes wait upon the / Lord our / God: until / he have / mercy up/on us.

Have mercy upon us, O Lord, have / mercy up/on us: for we have had / more than e/nough • of con/tempt. Our soul has had more than enough * of the / scorn of the / arrogant: and / of the con/tempt • of the / proud.

The reading from 2 Corinthians (12.2-10)

I know a person in Christ who fourteen years ago was caught up to the third heaven – whether in the body or out of the body I do not know; God knows. And I know that such a person – whether in the body or out of the body I do not know; God knows – was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat.

On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one

may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations.

Therefore, to keep me from being too elated, a thorn was given to me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.'

So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

The reading from the Gospel according to Saint Mark (6.1-13)

Jesus came to his home town, and his disciples followed him.

On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him.

Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics.

He said to them, 'Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.'

So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

The Collect following Communion

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. AMEN

Colect y Dydd

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. AMEN

Darlleniad o Eseciel

(2.1-5)

Wedi ini weld, syrthiais ar fy wyneb, a chlywais lais yn siarad, ac yn dweud wrthyf, "Fab dyn, saf ar dy draed, ac fe siaradaf â thi." Ac fel yr oedd yn siarad â mi, daeth yr ysbryd arnaf a'm codi ar fy nhraed, a gwrandewais arno'n siarad â mi.

Dywedodd wrthyf, "Fab dyn, yr wyf yn dy anfon at blant Israel, at y genedl o wrthryfelwyr sydd wedi gwrthryfela yn fy erbyn; y maent hwy a'u hynafiaid wedi troseddu yn fy erbyn hyd y dydd heddiw. At blant wynebgaled ac ystyfnig yr wyf yn dy anfon, ac fe ddywedi wrthynt, 'Fel hyn y dywed yr Arglwydd DDUW.' Prun bynnag a wrandawant ai peidio - oherwydd tylwyth gwrthryfelgar ydynt - fe fyddant yn gwybod fod proffwyd yn eu mysg.

Salm

(123)

Yr wyf yn codi fy llygaid atat ti sy'n eistedd yn y nefoedd. Fel y mae llygaid gweision yn gwyllo llaw eu meistyr, a llygaid caethferch yn gwyllo llaw ei meistres, felly y mae ein llygaid ninnau yn gwyllo'r ARGLWYDD ein Duw nes iddo drugarhau wrthym.

Bydd drugarog wrthym, O ARGLWYDD, bydd drugarog wrthym, oherwydd fe gawsom ddigon o sarhad. Yn rhy hir y cawsom ddigon ar wawd y trahaus ac ar sarhad y beilchion.

Darlleniad o 2 Corinthiaid

(12.2-10)

Gwn am ddyd yng Nghrist a gipiwyd, bedair blynedd ar ddeg yn ôl, i fyny i'r drydedd nef - ai yn y corff, ai allan o'r corff, ni wn; y mae Duw'n gwybod. Gwn i'r dyn hwnnw gael ei gipio i fyny i Baradwys - ai yn y corff, ai allan o'r corff, ni wn; y mae Duw'n gwybod. Ac fe glywodd draethu'r anhraethadwy, geiriau nad oes hawl gan neb dynol i'w llefaru.

Am hwnnw yr wyf yn ymffrostio; amdanaf fy hun nid ymffrostiaf, ar wahân i'm gwendidau. Ond os dewisaf ymffrostio, ni byddaf ffôl, oherwydd dweud y gwir y byddaf. Ond ymatal a wnaf, rhag i neb feddwl mwy ohonof na'r hyn y mae'n ei weld ynof neu'n ei glywed gennyf.

A rhag i mi ymddyrchafu o achos rhyfeddod y pethau a ddatguddiwyd

imi, rhoddwyd draenen yn fy nghnawd, cennad oddi wrth Satan, i'm poeni, rhag imi ymddyrchafu. Ynglŷn â hyn deisyfais ar yr Arglwydd dair gwaith ar iddo'i symud oddi wrthyf. Ond dywedodd wrthyf, "Digon i ti fy ngras i; mewn gwendid y daw fy nerth i'w anterth."

Felly, yn llawen iawn fe ymffrostiaf fwyfwy yn fy ngwendidau, er mwyn i nerth Crist orffwys arnaf. Am hynny, yr wyf yn ymhyfrydu, er mwyn Crist, mewn gwendid, sarhad, gofid, erledigaeth, a chyfyngder. Oherwydd pan wyf wan, yna rwyf gryf.

Gwrandewch Efengyl Crist

yn ôl Sant Marc

(6.1-13)

Aeth oddi yno a daeth i fro ei febyd, a'i ddisgyblion yn ei ganlyn.

A phan ddaeth y Saboth dechreuodd ddysgu yn y synagog. Yr oedd llawer yn synnu wrth wrando, ac meddent, "O ble y cafodd hwn y pethau hyn? A beth yw'r ddoethineb a roed i hwn, a'r fath weithredoedd nerthol sy'n cael eu gwneud trwyddo ef? Onid hwn yw'r saer, mab Mair a brawd Iago a Joses a Jwdas a Simon? Ac onid yw ei chwirydd yma gyda ni?" Yr oedd ef yn peri tramgwydd iddynt.

Meddai Iesu wrthynt, "Nid yw proffwyd heb anrhydedd ond yn ei fro ei hun ac ymhlith ei geraint ac yn ei gartref." Ac ni allai wneud unrhyw wyrth yno, ond rhoi ei ddwylo ar

y chydig gleifion a'u hiacháu. Rhyfeddod at eu hanghrediniaeth.

Yr oedd yn mynd o amgylch y pentrefi dan ddysgu. A galwodd y Deuddeg ato a dechrau eu hanfon allan bob yn ddau. Rhoddodd iddynt awdurdod dros ysbrydion aflan, a gorchynnodd iddynt beidio â chymryd dim ar gyfer y daith ond ffon yn unig; dim bara, dim cod, dim pres yn eu gwregys; sandalau am eu traed, ond heb wisgo ail grys.

Ac meddai wrthynt, "Lle bynnag yr ewch i mewn i dŷ, arhoswch yno nes y byddwch yn ymadael â'r ardal. Ac os bydd unrhyw le yn gwrthod eich derbyn, a phobl yn gwrthod gwrandeo arnoch, ewch allan oddi yno ac ysgydwch ymaith y llwch fydd dan eich traed, yn rhybudd iddynt."

Felly aethant allan a phregethu ar i bobl edifarhau, ac yr oeddent yn bwrw allan gythreuliaid lawer, ac yn eneinio llawer o gleifion ag olew ac yn eu hiacháu.

Defynddir gweddi ôl-ynglyd

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. AMEN