

Sunday 14th July 2024
+ The Seventh Sunday after Trinity

The Collect of the Day

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; through Jesus Christ your Son our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. AMEN

The reading from Amos
(7. 7-15)

This is what the Lord God showed me: the Lord was standing beside a wall built with a plumb-line, with a plumb-line in his hand. And the Lord said to me, 'Amos, what do you see?'

And I said, 'A plumb-line.'

Then the Lord said, 'See, I am setting a plumb-line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword.'

Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, 'Amos has conspired against you in the very centre of the house of Israel; the land is not able to bear all his words. For thus Amos has said, "Jeroboam shall die by the sword, and Israel must go into exile away from his land."'

And Amaziah said to Amos, 'O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom.'

Then Amos answered Amaziah, 'I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, and the Lord took me from following the flock, and the Lord said to me, "Go, prophesy to my people Israel."

The Psalm
(85. 8-13)

I will listen to what the Lord / God will / say: for he shall speak peace to his people and to the faithful, that they / turn • not a/gain to / folly. Truly, his salvation is near to / those who / fear him: that his / glory may / dwell • in our / land. Mercy and truth are / met to/gether: righteousness and / peace have / kissed each / other;

Truth shall spring / up from the / earth: and / righteousness look / down from / heaven. The Lord will indeed give / all that is / good: and our / land will / yield its / increase. Righteousness shall / go be/fore him: and di/rect his / steps • in the / way.

The reading from Ephesians
(1. 3-14)

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love.

God destined us for adoption as his children through Jesus Christ, according to the good pleasure of God's will, to the praise of his glorious grace that he freely bestowed on us in the Beloved.

In him we have redemption through his blood, the forgiveness of our trespasses according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to

his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in Christ, things in heaven and things on earth.

In Christ we have also obtained an inheritance, having been destined according to the purpose of God who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory.

In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people to the praise of his glory.

The reading from the Gospel according to Saint Mark
(6. 14-29)

King Herod heard of the healings and other miracles, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him.

But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.'

She went out and said to her mother, 'What should I ask for?'

She replied, 'The head of John the baptizer.'

Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.'

The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her.

Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother.

When his disciples heard about it, they came and took his body, and laid it in a tomb.

The Collect following Communion

Lord God, your Son is the true vine and the source of life, ever giving himself that the world may live: may we so receive within ourselves the power of his death and passion that, in his saving cup, we may share his glory and be made perfect in his love; for he is alive and reigns, now and for ever. AMEN

Dydd Sul 14^{eg} Gorffennaf 2024 + Y Seithfed Sul wedi'r Drindod

Colect y Dydd

Arglwydd pob nerth a chadernid, awdur a rhoddwr popeth sy'n dda: planna yn ein calonnau gariad at dy enw, cynyddu ynom wir grefydd, maetha ni â phob daioni, ac o'th fawr drugaredd cadw ni ynddynt; trwy Iesu Grist ein Harglwydd, sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth. AMEN

Darlleniad o Amos (7.7-15)

Fel hyn y dangosodd i mi: dyma'r Arglwydd yn sefyll ger mur a godwyd â llinyn plwm, a'r llinyn plwm yn ei law. A dywedodd yr ARGLWYDD wrthyf, "Beth a weli, Amos?"

Atebais innau, "Llinyn plwm."

A dywedodd yr Arglwydd, "Wele fi'n gosod llinyn plwm yng nghanol fy mhobl Israel; nid af heibio iddynt byth eto. Difodir uchelfeydd Isaac a distrywir cysegrleoedd Israel; a chodaf gleddyf yn erbyn tŷ Jeroboam."

Yna anfonodd Amaseia offeiriad Bethel at Jeroboam brenin Israel i ddweud, "Cynllwyniodd Amos yn dy erbyn yng nghanol tŷ Israel; ni all y wlad oddef ei holl eiriau. Oherwydd fel hyn y dywed Amos: 'Bydd Jeroboam yn marw trwy'r cleddyf, ac Israel yn mynd i gaethglud ymhell o'u gwlad.'"

A dywedodd Amaseia wrth Amos, "Dos ymaith, weledydd; ffo i wlad Jwda; ennill dy damaid yno, a phroffwyda yno. Paid â phroffwydo ym Methel eto, gan mai dyma gysegr y brenin a theml y wladwriaeth."

Ond atebodd Amos a dweud wrth Amaseia, "Nid oeddwn i'n broffwyd, nac yn fab i broffwyd chwaith; bugail oeddwn i, a garddwr coed sycamor; ond cymerodd yr ARGLWYDD fi oddi wrth y praid, a dywedodd yr ARGLWYDD wrthyf, 'Dos i broffwydo i'm pobl Israel.'"

Salm (85.8-13)

Bydded imi glywed yr hyn a lefara'r Arglwydd DDUW, oherwydd bydd yn cyhoeddi heddwch i'w bobl ac i'w ffyddloniaid, rhag iddynt droi drachefn at ffolineb. Yn wir, y mae ei waredigaeth yn agos at y rhai sy'n ei ofni, fel bod gogoniant yn aros yn ein tir. Bydd cariad a gwirionedd yn cyfarfod, a chyfiawnder a heddwch yn cusanu ei gilydd.

Bydd ffyddlondeb yn tarddu o'r ddaear, a chyfiawnder yn edrych i lawr o'r nefoedd. Bydd yr ARGLWYDD yn rhoi daioni, a'n tir yn rhoi ei gnwd. Bydd cyfiawnder yn mynd o'i flaen, a heddwch yn dilyn yn ôl ei droed.

Darlleniad o Effesiaid (1.3-14)

Bendigedig fyddo Duw a Thad ein Harglwydd Iesu Grist! Y mae wedi'n bendithio ni yng Nghrist â phob bendith ysbrydol yn y nefolion leoedd. Cyn seilio'r byd, fe'n dewisodd yng Nghrist i fod yn sanctaidd ac yn ddi-fai ger ei fron mewn cariad.

O wirfodd ei ewyllys fe'n rhagordeiniodd i gael ein mabwysiadu yn blant iddo'i hun trwy Iesu Grist, er clod i'w ras gogoneddus, ei rad rodd i ni yn yr Anwylyd.

Ynndo ef y mae i ni brynedigaeth trwy ei waed, sef maddeuant ein camweddu; dyma fesur cyfoeth y gras a roddodd mor hael i ni, ynghyd â phob doethineb a dirnadaeth. Hysbysodd i ni ddirgelwch ei ewyllys, yn unol â'r bwriad a arfaethodd

yng Nghrist yng nghynllun cyflawniad yr amseroedd, sef dwyn yr holl greadigaeth i undod yng Nghrist, gan gynnwys pob peth yn y nefoedd ac ar y ddaear.

Ynndo ef hefyd rhoddwyd i ni ran yn yr etifeddiaeth, yn rhinwedd ein rhagordeinio yn ôl arfaeth yr hwn sy'n gweithredu pob peth yn ôl ei fwriad a'i ewyllys ei hun. A thrwy hyn yr ydym ni, y rhai cyntaf i obeithio yng Nghrist, i ddwyn clod i'w ogoniant ef.

A chwithau, wedi ichwi glywed gair y gwirionedd, Efengyl eich iachawdwriaeth, ac wedi ichwi gredu ynndo, gosodwyd arnoch yng Nghrist sêl yr Ysbryd Glân, yr hwn oedd wedi ei addo. Yr Ysbryd hwn yw'r ernes o'n hetifeddiaeth, nes ein prynu'n rhydd i'w meddiannu'n llawn, er clod i ogoniant Duw.

Gwrandewch Efengyl Crist yn ôl Sant Marc (6.14-29)

Clywodd y Brenin Herod am hyn, oherwydd yr oedd enw Iesu wedi dod yn hysbys. Yr oedd pobl yn dweud, "Ioan Fedyddiwr sydd wedi ei godi oddi wrth y meirw, a dyna pam y mae'r gweithredoedd nerthol ar waith ynndo ef." Yr oedd eraill yn dweud, "Elias ydyw"; ac eraill wedyn, "Proffwyd yw, fel un o'r proffwydi gynt." Ond pan glywodd Herod, dywedodd, "Ioan, yr un y torrais i ei ben, sydd wedi ei gyfodi."

Oherwydd yr oedd Herod wedi anfon a dal Ioan, a'i roi yn rhwym yng ngharchar o achos Herodias, gwraig Philip ei frawd, am ei fod wedi ei phriodi. Yr oedd Ioan wedi dweud wrth Herod, "Nid yw'n gyfreithlon iti gael gwraig dy frawd." Ac yr oedd Herodias yn dal dig wrtho ac yn dymuno ei ladd, ond ni allai, oherwydd yr oedd ar Herod ofn Ioan, am ei fod yn gwybod mai gŵr cyfiawn a sanctaidd ydoedd. Yr oedd yn ei gadw dan

warchodaeth; a byddai'n gwrandao arno'n llawen, er ei fod, ar ôl gwrandao, mewn penbleth fawr.

Daeth cyfle un diwrnod, pan wnaeth Herod wledd ar ei ben-blwydd i'w bendefigion a'i gadfridogion a gwŷr blaenllaw Galilea. Daeth merch Herodias i mewn, a dawnsio a phlesio Herod a'i westeion. Dywedodd y brenin wrth yr eneth, "Gofyn imi am y peth a fynni, ac fe'i rhof iti." A gwnaeth Iw difrifol iddi, "Beth bynnag a ofynni gennyf, rhof ef iti, hyd at hanner fy nheyrnas."

Aeth allan a dywedodd wrth ei mam, "Am beth y caf ofyn?"

Dywedodd hithau, "Pen Ioan Fedyddiwr."

A brysiodd yr eneth ar unwaith i mewn at y brenin a gofyn, "Yr wyf am iti roi imi, y munud yma, ben Ioan Fedyddiwr ar ddysgl."

Aeth y brenin yn drist iawn, ond oherwydd ei lw, ac oherwydd y gwesteion, penderfynodd beidio â thorri ei air iddi. Ac yna anfonodd y brenin ddiennyddiwr a gorchymyn iddo ddod â phen Ioan. Fe aeth hwnnw, a thorodd ei ben ef yn y carchar, a dod ag ef ar ddysgl a'i roi i'r eneth; a rhoddodd yr eneth ef i'w mam.

A phan glywodd ei ddisgyblion, daethant, a mynd â'i gorff ymaith a'i ddodi mewn bedd.

Defynddir gweddi ôl-ynglyd

Arglwydd Dduw, dy Fab yw'r wir winwydden a ffynhonnell bywyd, yn ei roi ei hun yn wastadol i'r byd gael byw: bydded i ni dderbyn ynom ein hunain rym ei angau a'i ddiodefaint fel y gallwn gyfranogi o'i ogoniant yn ei gwpan achubol, a'n gwneud yn berffaith yn ei gariad; oherwydd y mae'n fyw ac yn teyrnasu, yn awr ac am byth. AMEN