

Sunday 21st July 2024 + The Eighth Sunday after Trinity

The Collect of the Day

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern us in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, 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 (23. 1-6)

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord.

Therefore, thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord.

The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: 'The Lord is our righteousness.'

The Psalm (23)

The Lord / is my / shepherd: therefore / can I / lack / nothing. He makes me lie down in / green / pastures: and / leads me be/side still / waters. He shall re/fresh my / soul: and guide

me in the paths of righteousness * / for his / name's / sake.

Though I walk through the valley of the shadow of death, I will / fear no / evil: for you are with me; your / rod and your / staff, they / comfort me.

You spread a table before me * in the presence of / those who / trouble me: you have anointed my head with oil * / and my / cup shall be / full.

Surely goodness and loving mercy shall follow me * all the / days of my / life: and I will dwell in the / house of the / Lord for / ever.

The reading from Ephesians (2.11-22)

Remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision' — a physical circumcision made in the flesh by human hands — remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world.

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it.

So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and

grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

The reading from the Gospel according to Saint Mark (6.30-34, 53-56)

The apostles returned from their mission. They gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.

Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

The Collect after Communion

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever. AMEN



Dydd Sul 21^{ain} Gorffennaf 2024 + Yr Wythfed Sul wedi'r Drindod

Colect y Dydd

Hollalluog Arglwydd a thragwyddol Dduw, deisyfwn arnat gyfarwyddo, sancteiddio a llywodraethu ein calonnau a'n cyrff yn ffyrdd dy gyfreithiau a gweithredoedd dy orchmynion; fel trwy dy nodded mawr, y cawn ein cadw'n gorff ac enaid yn awr ac am byth; trwy ein Harglwydd a'n Hiachawdwr Iesu Grist 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 (7.1-14a)

"Gwae chwi fugeiliaid, sydd yn gwasgaru defaid fy mhorfa ac yn eu harwain ar grwydr," medd yr Arglwydd.

Am hynny fel hyn y dywed yr Arglwydd, Duw Israel, am y bugeiliaid sy'n bugeilio fy mhobl: "Gwasgarasoch fy mhraidd, a'u hymlid ymaith, heb wyllo drostynt; ond yr wyf fi am ymweld â chwi am eich gwaith drygionus," medd yr Arglwydd. "Yr wyf fi am gasglu ynghyd weddill fy mhraidd o'r holl wledydd lle y gyrrais hwy, a'u dwyn drachefn i'w corlan; ac fe amlhânt yn ffrwythlon. Gosodaf arnynt fugeiliaid a'u bugeilia, ac nid ofnant mwyach, na chael braw; ac ni chosbir hwy," medd yr Arglwydd.

"Wele'r dyddiau yn dod," medd yr Arglwydd, "y cyfodaf i Ddafydd Flaguryn cyfiawn, brenin a fydd yn llywodraethu'n ddoeth, yn gwneud barn a chyfiawnder yn y tir. Yn ei ddyddiau ef fe achubir Jwda ac fe drig Israel mewn diogelwch; dyma'r enw a roddir iddo: 'Yr Arglwydd ein Cyfiawnder.'"

Salm (23)

Yr Arglwydd yw fy mugail, ni bydd eisiau arnaf. Gwna imi orwedd mewn porfeydd breision, a thywys fi gerllaw dyfroedd tawel, ac

y mae ef yn fy adfywio. Fe'm harwain ar hyd llwybrau cyfiawnder er mwyn ei enw.

Er imi gerdded trwy ddyffryn tywyll du, nid ofnaf unrhyw niwed, oherwydd yr wyt ti gyda mi, a'th wialen a'th ffon yn fy nghysuro.

Yr wyt yn arlwyio bwrdd o'm blaen yng ngŵydd fy ngelynion; yr wyt yn eneinio fy mhen ag olew; y mae fy nghwpan yn llawn.

Yn sicr, bydd daioni a thrugaredd yn fy nilyn bob dydd o'm bywyd, a byddaf yn byw yn nhŷ'r Arglwydd weddill fy nyddiau.

Darlleniad o Effesiaid (2.11-22)

Gan hynny, chwi oedd gynt yn Genhedloedd o ran y cnawd, chwi sydd yn cael eich galw yn ddiennwadedig gan y rhai a elwir yn enwaededig (ar gyfrif gwaith dwylo dynol ar y cnawd), chwi, meddaf, cofiwch eich bod yr amser hwnnw heb Grist, yn ddieithriad i ddinasyddiaeth Israel, yn estroniaid i'r cyfamodau a'u haddewid, heb obaith a heb Dduw yn y byd.

Ond yn awr, yng Nghrist Iesu, yr ydych chiwi, a fu unwaith ymhell, wedi eich dwyn yn agos trwy waed Crist. Oherwydd ef yw ein heddwoch ni. Gwnaeth y ddau, yr lddewon a'r Cenhedloedd, yn un, wedi chwalo trwy ei gnawd ei hun y canolfur o elyniaeth oedd yn eu gwahanu. Dirymodd y Gyfraith, a'i gorchmynion a'i hordeiniadau. Ac felly, i wneud heddwoch, creodd o'r ddau un ddynoliaeth newydd ynddo ef ei hun, er mwyn cymodi'r ddau â Duw, mewn un corff, trwy'r groes; trwyddi hi fe laddodd yr elyniaeth.

Fe ddaeth, a phregethu heddwoch i chwi y rhai pell, a heddwoch hefyd i'r rhai agos. Oherwydd trwyddo ef y mae gennym ni ein dau ffordd i ddod, mewn un Ysbryd, at y Tad. Felly, nid estroniaid a dieithriad ydych mwyach, ond cyd-ddinasyddion â'r saint ac aelodau o deulu Duw. Yr ydych chiwi wedi eich adeiladu ar sylfaen yr apostolion a'r proffwydi, a'r conglaen yw Crist Iesu ei

hun. Ynddo ef y mae pob rhan a adeiledir yn cyd-gloi yn ei gilydd ac yn codi'n deml sanctaidd yn yr Arglwydd. Ynddo ef yr ydych chiwi hefyd yn cael eich cydadeiladu i fod yn breswylfod i Dduw yn yr Ysbryd.

Gwrandewch Efengyl Crist yn ôl Sant Marc (6.30-34, 53-56)

Daeth yr apostolion ynghyd at Iesu a dweud wrtho am yr holl bethau yr oeddent wedi eu gwneud a'u dysgu. A dywedodd wrthynt, "Dewch chwi eich hunain o'r neilltu i le unig a gorffwyswch am dipyn." Oherwydd yr oedd llawer yn mynd a dod, ac nid oedd cyfle iddynt hyd yn oed i fwyta. Ac aethant ymaith yn y cwch i le unig o'r neilltu.

Gwelodd llawer hwy'n mynd, a'u hadnabod, a rhedasant ynghyd i'r fan, dros y tir o'r holl drefi, a chyrraedd o'u blaen. Pan laniodd Iesu gwelodd dyrfa fawr, a thosturiodd wrthynt am eu bod fel defaid heb fugail; a dechreuodd ddysgu llawer iddynt.

Wedi croesi at y tir daethant i Genesaret ac angori wrth y lan. Pan ddaethant allan o'r cwch, adnabu'r bobl ef ar unwaith, a dyma redeg o amgylch yr holl fro honno a dechrau cludo'r cleifion ar fatresi i ble bynnag y clywent ei fod ef. A phle bynnag y byddai'n mynd, i bentrefi neu i drefi neu i'r wlad, yr oeddent yn gosod y rhai oedd yn wael yn y marchnadleoedd, ac yn erfyn arno am iddynt gael dim ond cyffwrdd ag ymyl ei fantell. A phawb a gyffyrddodd ag ef, iachawyd hwy.

Defynddir gweddi ôl-ynghyd

Cyfernertha i wasanaeth, O Arglwydd, y dwylo a gymerodd bethau sanctaidd; bydded i'r clustiau a glywodd dy air fod yn fyddar i dwrw a dadl; bydded i'r tafodau a ganodd dy fawl fod yn rhydd o ddichell; bydded i'r llygaid a welodd arwyddion dy gariad lewyrchu â goleuni gobait; a bydded i'r cyrff a borthwyd â'th gorff gael eu hadfywio

â llawnder dy fywyd; gogoniant i ti am byth.
AMEN

