

Sunday 14th September 2025
+ The Exultation of the Holy Cross

The collect of the day

Almighty God, in the passion of your blessed Son you made an instrument of painful death to be for us the means of life and peace : grant us so to glory in the cross of Christ that we may gladly suffer for his sake; who is alive and reigns with you and the Holy Spirit, one God, now and for ever . AMEN

The reading from Numbers (21.4-9)

The Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, ‘Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.’

Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, ‘We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us.’

So Moses prayed for the people. And the Lord said to Moses, ‘Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.’

So Moses made a serpent of bronze, and put it upon a pole; and whenever a

serpent bit someone, that person would look at the serpent of bronze and live.

The Psalm (22.23-28)

I will tell of your name / to my people; in the midst of the congregation / will I praise you. Praise the Lord, / you that / fear him: O seed of Jacob, glorify him; stand in awe of / him, O / seed of / Israel.

For he has not despised nor abhorred the suffering of the poor; neither has he hidden his / face / from them: but when they / cried to / him he / heard them.

From you comes my praise in the great / congregation: I will perform my vows in the / presence of / those that / fear you. The poor shall eat / and be / satisfied: those who seek the Lord shall praise him; their / hearts shall / live for / ever.

All the ends of the earth shall remember and / turn to the / Lord: and all the families of the / nations shall / bow before him. For the kingdom / is the / Lord’s: and he / rules / over the / nations.

The reading from Philippians (2.6-11)

Christ Jesus, though he was in the form of God, he 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 reading from the Gospel according to Saint John (3.13-17)

Jesus said to Nicodemus: ‘No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

‘For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.’

The collect after 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



Dydd Sul 14^{eg} Medi 2025

+ Gŵyl y Grôg

Colect y dydd

Hollalluog Dduw, gwnaethost i offeryn angau dolurus fod i ni yn fywyd a thangnefedd trwy ddioddefaint dy Fab gwynfydedig: caniatâ i ni orfoleddu yng nghroes Crist fel y bydd i ni ddioddef yn llawen er ei fwyn ef; sydd yn fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth. AMEN

Darlleniad o Numeri

(21.4-9)

Yna aeth yr Israeliaid o Fynydd Hor ar hyd ffordd y Môr Coch, ac o amgylch gwlad Edom. Dechreuodd y bobl fod yn anniddig ar y daith, a siarad yn erbyn Duw a Moses, a dweud, "Pam y daethoch â ni o'r Aifft i farw yn yr anialwch? Nid oes yma na bwyd na diod, ac y mae'n gas gennym y bwyd gwael hwn."

Felly anfonodd yr ARGLWYDD seirff gwenwynig ymysg y bobl, a bu nifer o'r Israeliaid farw wedi iddynt gael eu brathu ganddynt. Yna daeth y bobl at Moses, a dweud, "Yr ydym wedi pechu trwy siarad yn erbyn yr ARGLWYDD ac yn dy erbyn di; gweddïa ar i'r ARGLWYDD yrru'r seirff ymaith oddi wrthym."

Felly gweddïodd Moses ar ran y bobl, a dywedodd yr ARGLWYDD wrtho, "Gwna sarff a'i gosod ar

bolyn, a bydd pawb a frathwyd, o edrych arni, yn cael byw."

Felly gwnaeth Moses sarff bres, a'i gosod ar bolyn, a phan fyddai rhywun yn cael ei frathu gan sarff, byddai'n edrych ar y sarff bres, ac yn byw.

Y Salm

(22.23-31)

"Molwch ef, chwi sy'n ofni'r ARGLWYDD; rhwch anrhydedd iddo, holl dylwyth Jacob; ofnwch ef, holl dylwyth Israel.

Oherwydd ni ddirmygodd na diystyru gorthrwm y gorthrymedig; ni chuddiodd ei wyneb oddi wrtho, ond gwrando arno pan lefodd." Oddi wrthyt ti y daw fy mawl yn y gynulleidfa fawr, a thalaf fy addunedau yng ngŵydd y rhai sy'n ei ofni.

Bydd yr anghenus yn bwyta, ac yn cael digon, a'r rhai sy'n ceisio'r ARGLWYDD yn ei foli. Bydded i'w calonnau fyw byth!

Bydd holl gyrrau'r ddaear yn cofio ac yn dychwelyd at yr ARGLWYDD, a holl dylwythau'r cenhedloedd yn ymgrymu o'i flaen. Oherwydd i'r ARGLWYDD y perthyn brenhiniaeth, ac ef sy'n llywodraethu dros y cenhedloedd.

Darlleniad o Philipiaid

(2.5-11)

Er bod Crist Iesu 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 Ioan

(3.13-17)

Dywedodd yr Iesu, "Nid oes neb wedi esgyn i'r nef ond yr un a ddisgynnodd o'r nef, Mab y Dyn. Ac fel y dyrchafodd Moses y sarff yn yr anialwch, felly y mae'n rhaid i Fab y Dyn gael ei ddyrchafu, er mwyn i bob un sy'n credu gael bywyd tragwyddol ynddo ef."

Do, carodd Duw y byd gymaint nes iddo roi ei unig Fab, er mwyn i bob un sy'n credu ynddo ef beidio â mynd i ddistryw ond cael bywyd tragwyddol. Oherwydd nid i gondemnio'r byd yr anfonodd Duw ei Fab i'r byd, ond er mwyn i'r byd gael ei achub trwyddo ef.

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

