

Sunday 8th February 2026
+The Second Sunday before Lent

The collect of the day

Almighty God, you have created the heavens and the earth and made us in your own image : teach us to discern your hand in all your works and your likeness in all your children; through Jesus Christ your Son our Lord, who with you and the Holy Spirit reigns supreme over all things, now and for ever. AMEN

The reading from Genesis
(1.1 - 2.3)

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters.

Then God said, “*Let there be light*”; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

And God said, “*Let there be a dome in the midst of the waters, and let it separate the waters from the waters.*” So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day.

And God said, “*Let the waters under the sky be gathered together into one place, and let the dry land appear.*” And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good.

Then God said, “*Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.*” And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it

was good. And there was evening and there was morning, the third day.

And God said, “*Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.*” And it was so. God made the two great lights – the greater light to rule the day and the lesser light to rule the night – and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day.

And God said, “*Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.*” So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, “*Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.*” And there was evening and there was morning, the fifth day.

And God said, “*Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.*” And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, “*Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.*” So God created humankind in his image, in the image of God he created them; male and female he created them.

God blessed them, and God said to them, “*Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of*

the sea and over the birds of the air and over every living thing that moves upon the earth.” God said, “*See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.*” And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

The Psalm
(136)

Give thanks to the Lord for he is gracious, who alone does great wonders, who by wisdom made the heavens, who laid out the earth upon the waters. **R/. For his mercy endures for ever.**

Who remembered us when we were in trouble, and delivered us from our enemies, who gives food to all creatures. Give thanks to the God of heaven **R/. For his mercy endures for ever.**

The reading from Romans
(8.18-25)

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God.

We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have

the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

The reading from the Gospel
according to Saint Matthew
(6.25-34)

Jesus taught his disciples, saying: ‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?’

‘Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you — you of little faith? ‘Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.’

The collect following communion

God our creator, by your gift the tree of life was set at the heart of the earthly paradise, and the bread of life at the heart of your Church : may we who have been nourished at your table on earth be transformed by the glory of the Saviour’s cross and enjoy the delights of eternity; through Jesus Christ our Lord. AMEN

Dydd Sul 8^{fed} Chwefror 2026 ail Sul cyn y Garawys

Colect y dydd

Hollalluog Dduw, creaiſt y nefoedd a'r ddaear a'n creu ni ar dy ddelw dy hun : dysg ni i ddirnad ôl dy law yn dy holl waith a'th lun yn dy holl blant; trwy Iesu Grist ein Harglwydd, yr hwn gyda thi a'r Ysbryd Glân sy'n teyrnasu goruwch pob peth yn awr a hyd byth. AMEN

Darllenriad o Genesis

(1.1 – 2.3)

Yn y dechreuad creodd Duw y nefoedd a'r ddaear. Yr oedd y ddaear yn afluniaidd a gwag, ac yr oedd tywyllwch ar wyneb y dyfnder, ac ysbryd Duw yn ymsymud ar wyneb y dyfroedd. A dywedodd Duw, *"Bydded goleuni."* A bu goleuni. Gwelodd Duw fod y goleuni yn dda; a gwahanodd Duw y goleuni oddi wrth y tywyllwch. Galwodd Duw y goleuni yn ddydd a'r tywyllwch yn nos. A bu hwyr a bu bore, y dydd cyntaf.

Yna dywedodd Duw, *"Bydded ffurfafen yng nghanol y dyfroedd yn gwahanu dyfroedd oddi wrth ddyfroedd."* A gwnaeth Duw y ffurfafen, a gwahanodd y dyfroedd odani oddi wrth y dyfroedd uwchlaw iddi. A bu felly. Galwodd Duw y ffurfafen yn nefoedd. A bu hwyr a bu bore, yr ail ddydd.

Yna dywedodd Duw, *"Casgler ynghyd y dyfroedd dan y nefoedd i un lle, ac ymddangosed tir sych."* A bu felly. Galwodd Duw y tir sych yn ddaear, a chronfa'r dyfroedd yn foroedd. A gwelodd Duw fod hyn yn dda. Dywedodd Duw, *"Dyged y ddaear dyfiant, llysiau yn dwyn had, a choed ir ar y ddaear yn dwyn ffrwyth â had ynddo, yn ôl eu rhywogaeth."* A bu felly. Dygodd y ddaear dyfiant, llysiau yn dwyn had yn ôl eu rhywogaeth, a choed yn dwyn ffrwyth â

had ynddo, yn ôl eu rhywogaeth. A gwelodd Duw fod hyn yn dda. A bu hwyr a bu bore, y trydydd dydd.

Yna dywedodd Duw, *"Bydded goleuadau yn ffurfafen y nefoedd i wahanu'r dydd oddi wrth y nos, ac i fod yn arwyddion i'r tymhorau, a hefyd i'r dyddiau a'r blynyddoedd. Bydded iddynt fod yn oleuadau yn ffurfafen y nefoedd i oleuo ar y ddaear."* A bu felly. Gwnaeth Duw y ddau olau mawr, y golau mwyaf i reoli'r dydd, a'r golau lleiaf y nos; a gwnaeth y sêr hefyd. A gosododd Duw hwy yn ffurfafen y nefoedd i oleuo ar y ddaear, i reoli'r dydd a'r nos ac i wahanu'r goleuni oddi wrth y tywyllwch. A gwelodd Duw fod hyn yn dda. A bu hwyr a bu bore, y pedwerydd dydd.

Yna dywedodd Duw, *"Heigied y dyfroedd o greaduriaid byw, ac uwchlaw'r ddaear eheded adar ar draws ffurfafen y nefoedd."* A chreodd Duw y morfilod mawr, a'r holl greaduriaid byw sy'n heigio yn y dyfroedd yn ôl eu rhywogaeth, a phob aderyn asgellog yn ôl ei rywogaeth. A gwelodd Duw fod hyn yn dda. Bendithiodd Duw hwy a dweud, *"Byddwch ffrwythlon ac amlhewch a llanwch ddyfroedd y moroedd, a lluosoged yr adar ar y ddaear."* A bu hwyr a bu bore, y pumed dydd.

Yna dywedodd Duw, *"Dyged y ddaear greaduriaid byw yn ôl eu rhywogaeth: anifeiliaid, ymlusgiaid a bwystfilod gwyllt yn ôl eu rhywogaeth."* A bu felly. Gwnaeth Duw y bwystfilod gwyllt yn ôl eu rhywogaeth, a'r anifeiliaid yn ôl eu rhywogaeth, a holl ymlusgiaid y tir yn ôl eu rhywogaeth. A gwelodd Duw fod hyn yn dda.

Dywedodd Duw, *"Gwnawn ddyn ar ein delw, yn ôl ein llun ni, i lywodraethu ar bysgod y môr, ar adar yr awyr, ar yr anifeiliaid gwyllt, ar yr holl ddaear, ac ar bopeth sy'n ymlusgo ar y ddaear."* Felly

creodd Duw ddyn ar ei ddelw ei hun; ar ddelw Duw y creodd ef; yn wryw ac yn fenyw y creodd hwy. Bendithiodd Duw hwy a dweud, *"Byddwch ffrwythlon ac amlhewch, llanwch y ddaear a darostyngwch hi; llywodraethwch ar bysgod y môr, ar adar yr awyr, ac ar bopeth byw sy'n ymlusgo ar y ddaear."*

A dywedodd Duw, *"Yr wyf yn rhoi i chwi bob llysieuyn sy'n dwyn had ar wyneb y ddaear, a phob coeden â had yn ei ffrwyth; byddant yn fwyd i chwi. Ac i bob bwystfil gwyllt, i holl adar yr awyr, ac i bopeth sy'n ymlusgo ar y ddaear, popeth ag anadl einioes yn-ddo, bydd pob llysieuyn glas yn fwyd."* A bu felly. Gwelodd Duw y cwbl a wnaeth, ac yr oedd yn dda iawn. A bu hwyr a bu bore, y chweched dydd.

Felly gorffennwyd y nefoedd a'r ddaear a'u holl luoedd. Ac erbyn y seithfed dydd yr oedd Duw wedi gorffen y gwaith a wnaeth, a gorffwysodd ar y seithfed dydd oddi wrth ei holl waith. Am hynny bendithiodd Duw y seithfed dydd a'i sancteiddio, am mai ar hwnnw y gorffwysodd Duw oddi wrth ei holl waith yn creu.

Y Salm (136)

Diolchwch i'r Arglwydd am mai da yw. Y mae'n gwneud rhyfeddodau mawrion ei hunan. Gwnaeth y nefoedd mewn doethin-eb. Taenodd y ddaear dros y dyfroedd.

R/. Oherwydd mae ei gariad hyd byth.

Pan oeddem wedi'n darostwng, fe'n cofiodd, a'n gwaredu oddi wrth ein gelynion. Ef sy'n rhoi bwyd i bawb. Diolchwch i Dduw y nefoedd.

R/. Oherwydd mae ei gariad hyd byth.

Gwrandewch Efengyl Crist yn ôl Sant Mathew (6.25-34)

"Am hynny 'rwy'n dweud wrthych, peidiwch â phryderu am eich bywyd, beth i'w fwyta na'i yfed, nac am eich corff, beth i'w wisgo; onid oes mwy i fywyd rhywun na bwyd, a mwy i'w gorff na dillad?"

"Edrychwch ar adar yr awyr: nid ydynt yn hau nac yn medi nac yn casglu i ysguboriau, ac eto y mae eich Tad nefol yn eu bwydo. Onid ydych chi yn llawer mwy gwerthfawr na hwy?"

"Prun ohonoch a all ychwanegu un funud at ei oes trwy bryderu? A pham yr ydych yn pryderu am ddillad? Ystyriwch lili'r maes, pa fodd y maent yn tyfu; nid ydynt yn llafurio nac yn nyddu. Ond 'rwy'n dweud wrthych, nid oedd gan hyd yn oed Solomon yn ei holl ogoniant wisg i'w chymharu ag un o'r rhain. Os yw Duw yn dilladu felly laswellt y maes, sydd yno heddiw ac yfory yn cael ei daflu i'r ffwrn, onid llawer mwy y dillada chwi, chwi o ychydig ffydd?"

"Peidiwch felly â phryderu a dweud, 'Beth yr ydym i'w fwyta?' neu 'Beth yr ydym i'w yfed?' neu 'Beth yr ydym i'w wisgo?' Dyna'r holl bethau y mae'r Cenhedloedd yn eu ceisio; y mae eich Tad nefol yn gwybod fod arnoch angen y rhain i gyd. Ond ceisiwch yn gyntaf deyrnas Dduw a'i gyfiawnder ef, a rhoir y pethau hyn i gyd yn ychwaneg i chwi. "Peidiwch felly â phryderu am yfory, oherwydd bydd gan yfory ei bryder ei hun. Digon i'r diwrnod ei drafferth ei hun."

Defynddir gweddi ôl-ynghyd

Dduw ein creawdwr, trwy dy rodd y gosodwyd pren y bywyd ynghanol y baradwys ddaearol, a bara'r bywyd yng nghanol dy Eglwys, bydded i ni, sydd wedi ein porthi wrth dy fwrdd ar y ddaear, gael ein trawsfurfio gan ogoniant Croes y Gwaredwr a mwynhau hyfrydwch tragwyddoldeb; trwy Iesu Grist ein Harglwydd. AMEN