

Sunday the 15th of March 2026
+ The Fourth Sunday of Lent : Mothering Sunday

The collect of the day

God of compassion, your Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself : strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; through Jesus Christ 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 Exodus (2.1-10)

A man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said.

Then his sister said to Pharaoh's daughter, 'Shall I go and get you a

nurse from the Hebrew women to nurse the child for you?'

Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother.

Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it.

When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

The Psalm (34.11-20)

Come, my children, and / listen to / me: I will / teach you the / fear • of the / Lord. Who is there who de/lights in / life: and longs for / days to en/joy good / things?

Keep your / tongue from / evil: and your / lips from / lying / words. Turn from evil / and do / good: seek / peace / and pur/sue it.

The eyes of the Lord are up/on the / righteous: and his ears are / open / to their / cry. The face of the Lord is against / those who do / evil: to root out the re/membrance • of them / from the / earth.

The righteous cry and the / Lord / hears them: and delivers them / out of / all their / troubles. The Lord is near to the / broken/hearted: and will save / those • who are / crushed in / spirit.

Many are the / troubles • of the / righteous: from them / all • will the /

Lord de/liver them. He keeps / all their / bones: so that not / one of / them is / broken.

The reading from 2 Corinthians (1.3-7)

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ.

If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering.

Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

The reading from the Gospel according to Saint John (19.25-27)

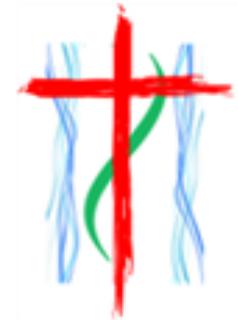
Standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.'

Then he said to the disciple, 'Here is your mother.' And from that hour

the disciple took her into his own home.

The collect following communion

Loving God, as a mother feeds her children at the breast you feed us in this sacrament with the food and drink of eternal life : help us who have tasted your goodness to grow in grace within the household of faith; through Jesus Christ our Lord. AMEN



Text from the Church in Wales – Ward of the Lord 2011 copyright © Church in Wales Publications 2011. Collects and Post Communion Prayers from the book *New Calendar and the Collects*. Copyright © The Representative Body of the Church in Wales 2003. ISBN – 1853115495. Quotations and Psalms from *The New Revised Standard Version (Anglicized Edition)*, copyright 1989, 1995 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used as permitted.

Sul y Fam / Sul y Mamau

Colect y dydd

Dduw tosturi, y bu i'th Fab Iesu Grist, plentyn Mair, gyfranogi o fywyd cartref yn Nasareth, ac a ddygodd y teulu dynol cyfan ato'i hun ar y groes, cryfha ni yn ein byw beunyddiol fel y gallwn, mewn llawenydd ac mewn gofid, brofi nerth dy bresenoldeb i rwymo ynghyd ac i iacháu ; trwy Iesu Grist ein Harglwydd. AMEN

Darlleniad o Exodus

(2.1-10)

Priododd gŵr o dylwyth Lefi ag un o ferched Lefi. Beichiogodd hithau ac esgor ar fab, a phan welodd ei fod yn dlws, fe'i cuddiodd am dri mis. Ond gan na allai ei guddio'n hwy, cymerodd gawell wedi ei wneud o lafrwyn a'i ddwbio â chlai a phyg; rhoddodd y plentyn ynddo a'i osod ymysg yr hesg ar lan y Neil. Yr oedd chwaer y plentyn yn sefyll nid nepell oddi wrtho er mwyn cael gwybod beth a ddigwyddai iddo.

Daeth merch Pharo i ymdrochi yn yr afon tra oedd ei morynion yn cerdded ar y lan, a phan welodd y cawell yng nghanol yr hesg, anfonodd un ohonynt i'w nôl. Wedi iddi ei agor, fe welodd y plentyn, ac yr oedd y bachgen yn wyllo. Tosturiodd hithau wrtho a dweud, "Un o blant yr Hebraid yw hwn."

Yna gofynnodd chwaer y plentyn i ferch Pharo, "A gaf fi fynd i chwilio am famaeth o blith gwragedd yr Hebraid, iddi fagu'r plentyn iti?"

Atebodd merch Pharo, "Dos." Felly aeth y ferch ymaith a galw mam y plentyn.

Dywedodd merch Pharo wrth honno, "Cymer y plentyn hwn a'i fagu imi, ac fe roddaf finnau dâl iti." Felly cymerodd y wraig y plentyn a'i fagu.

Wedi i'r plentyn dyfu i fyny, aeth ag ef yn ôl at ferch Pharo. Mabwysiadodd hithau ef a'i enwi'n Moses, oherwydd iddi ddweud, "Tynnais ef allan o'r dŵr."

Y Salm

(34.11-20)

Dewch, blant, gwrandewch arnaf, dysgaf ichwi ofn yr ARGLWYDD. Pwy ohonoch sy'n dymuno bywyd ac a garai fyw'n hir i fwynhau daioni?

Cadw dy dafod rhag drygioni a'th wefusau rhag llefaru celwydd. Tro oddi wrth ddrygioni a gwna dda, ceisia heddwch a'i ddilyn.

Y mae llygaid yr ARGLWYDD ar y cyfiawn, a'i glustiau'n agored i'w cri. Y mae wyneb yr ARGLWYDD yn erbyn y rhai sy'n gwneud drwg, i ddileu eu coffa o'r ddaear.

Pan waedda'r cyfiawn am gymorth, fe glyw'r ARGLWYDD a'u gwaredu o'u holl gyfyngderau. Y mae'r ARGLWYDD yn agos at y drylliedig o galon ac yn gwaredu'r briwedig o ysbryd.

Llawer o adfyd a gaiff y cyfiawn, ond gwareda'r ARGLWYDD ef o'r cyfan. Ceidw ei holl esgyrn, ac ni thorrir yr un ohonynt

Darlleniad o 2 Corinthiaid

(1.3-7)

Bendigedig fyddo Duw a Thad ein Harglwydd Iesu Grist, y Tad sy'n trugarhau a'r Duw sy'n rhoi pob diddanwch. Y mae'n ein diddanu ym mhob gorthrymder, er mwyn i ninnau, trwy'r diddanwch a gawn ganddo ef, allu diddanu'r rhai sydd dan bob math o orthrymder. Oherwydd fel y mae dioddefiadau Crist yn gorlifo hyd atom ni, felly hefyd trwy Grist y mae ein diddanwch yn gorlifo.

Os gorthrymir ni, er mwyn eich diddanwch chwi a'ch iachawdwriaeth y mae hynny; neu os diddenir ni, er mwyn eich diddanwch chwi y mae hynny hefyd, i'ch nerthu i ymgynnal dan yr un dioddefiadau ag yr ydym ni yn eu dioddef.

Y mae sail sicr i'n gobaith amdanoch, oherwydd fe wyddom fod i chwi gyfran yn y diddanwch yn union fel y mae gennych gyfran yn y dioddefiadau.

Gwrandewch Efengyl Crist

yn ôl Sant Ioan

(19.25-27)

Ond yn ymyl croes Iesu yr oedd ei fam ef yn sefyll gyda'i chwaer, Mair gwraig Clopas, a Mair Magdalen. Pan welodd Iesu ei fam, felly, a'r disgybl yr oedd yn ei garu yn sefyll yn ei hymyl, meddai wrth ei fam, "Wraig, dyma dy fab di."

Yna dywedodd wrth y disgybl, "Dyma dy fam di." Ac o'r awr honno, cymerodd y disgybl hi i mewn i'w gartref.

Defynddir gweddi ôl-ynghyd

Dduw cariadus, fel y mae mam yn bwydo'i phlant ar y fron, rwy't yn ein bwydo ni yn y sacrament hwn â bwyd a diod y bywyd tragwyddol : cynorthwya ni sydd wedi blasu dy ddaioni i dyfu mewn gras yn nheulu'r ffydd; trwy Iesu Grist ein Harglwydd. AMEN

