

Sunday 17th May 202
+The Seventh Sunday of Easter

The collect of the day

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven : we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. AMEN

A reading from Acts

(1.6-14)

When the Apostles had come together, they asked him, ‘Lord, is this the time when you will restore the kingdom to Israel?’

He replied, ‘It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.’

When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight.

While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, ‘Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.’

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away.

When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and

Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James.

All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

The Psalm

(68.1-10)

Let God arise and let his / enemies be / scattered: let those that / hate him / flee be/fore him. As the smoke vanishes, so may they / vanish a/way: as wax melts at the fire, so let the wicked / perish • at the / presence of / God.

But let the righteous be glad and re/joyce before / God: let / them make / merry with / gladness. Sing to God, sing praises to his name; exalt him who / rides on the / clouds: the Lord is his / name; re/joyce be/fore him.

Father of the fatherless, de/fender of / widows: God in his / holy / habi/tation! God gives the solitary a home * and brings forth prisoners to / songs of / welcome: but the rebellious in/habit a / burning / desert.

O God, when you went forth be/fore your / people: when you / marched / through the / wilderness, The earth shook and the heavens dropped down rain, at the presence of God, the / Lord of / Sinai: at the presence of / God, the / God of / Israel.

You sent down a gracious / rain, O / God: you refreshed your in/heritance when / it was / weary. Your people / came to / dwell there: in your goodness, O God, / you pro/vide • for the / poor.

The reading from 1 Peter

(4.12-14; 5.6-11)

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice in so far as you are sharing Christ’s sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters throughout the world are undergoing the same kinds of suffering.

And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power for ever and ever. Amen.

The reading from the Gospel according to Saint John

(17.1-11)

Jesus looked up to heaven and said, ‘Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him.

‘And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

‘I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me.

‘I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them.

‘And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.’

The collect after communion

Eternal Giver of love and power, your Son Jesus Christ has sent us into all the world to preach the gospel of his kingdom : confirm us in this mission, and help us to live the good news we proclaim; through Jesus Christ our Lord. AMEN



Colect y dydd

O Dduw, Brenin y gogoniant, dyrchefaist dy unig Fab Iesu Grist â buddugoliaeth fawr i'th deyrnas yn y nefoedd : erfyniwn arnat beidio â'n gadael yn ddigysur, ond anfon dy Ysbryd Glân i'n nerthu ni a'n dyrchafu i'r fan lle'r aeth ein Hiachawdwr Crist o'n blaen, yr hwn sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth. AMEN

Darlleniad o Actau (1.6-14)

Felly, wedi iddynt ddod ynghyd, fe ofynasant iddo, "Arglwydd, ai dyma'r adeg yr wyt ti am adfer y deyrnas y Israel?"

Dywedodd yntau wrthynt, "Nid chwi sydd i wybod amseroedd neu brydiau y mae'r Tad wedi eu gosod o fewn ei awdurdod ef ei hun. Ond fe dderbyniwch nerth wedi i'r Ysbryd Glân ddod arnoch, a byddwch yn dystion i mi yn Jerwsalem, ac yn holl Jwdea a Samaria, a hyd eithaf y ddaear."

Wedi iddo ddweud hyn, a hwythau'n edrych, fe'i dyrchafwyd, a chipiodd cwmwl ef o'u golwg.

Fel yr oeddent yn syllu tua'r nef, ac yntau'n mynd, dyma ddau ŵr yn sefyll yn eu hymyl mewn dillad gwyn, ac meddai'r rhain, "Wŷr Galilea, pam yr ydych yn sefyll yn edrych tua'r nef? Yr Iesu hwn, sydd wedi ei gymryd i fyny oddi wrthyhych i'r nef, bydd yn dod yn yr un modd ag y gwelsoch ef yn mynd i'r nef."

Yna dychwelsant i Jerwsalem o'r mynydd a elwir Olewydd, sydd yn agos i Jerwsalem, daith Saboth oddi yno.

Wedi cyrraedd, aethant i fyny i'r oruwchystafell, lle'r oeddent yn aros: Pedr ac Ioan ac Iago ac Andreas, Philip a Thomas, Bartholomeus a Mathew, Iago fab Alfeus a Simon y Selot a Jwdas fab Iago.

Yr oedd y rhain oll yn dyfalbarhau yn unfryd mewn gweddi, ynghyd â rhai gwragedd a Mair, mam Iesu, a chyda'i frodyr.

Y Salm (68.1-10)

Bydded i Dduw godi, ac i'w elynion wasgaru, ac i'r rhai sy'n ei gasáu ffoi o'i flaen. Fel y chwelir mwg, chwâl hwy; fel cwyr yn toddi o flaen tân, bydded i'r drygionus ddarfod o flaen Duw.

Ond y mae'r cyfiawn yn llawenhau; y maent yn gorfoleddu gerbron Duw ac yn ymhyfrydu mewn llawenydd. Canwch i Dduw, molwch ei enw, paratowch ffordd i'r un sy'n marchogaeth trwy'r anialdir; yr ARGLWYDD yw ei enw, gorfoleddwch o'i flaen.

Tad yr amddifaid ac amddiffynnydd y gweddwon yw Duw yn ei drigfan sanctaidd. Mae Duw yn gosod yr unig mewn cartref, ac yn arwain allan garcharorion mewn llawenydd; ond y mae'r gwrthryfelwyr yn byw mewn diffeithwch.

O Dduw, pan aethost ti allan o flaen dy bobl, a gorymdeithio ar draws yr anialwch, crynodd y ddaear a glawiodd y nefoedd o flaen Duw, Duw Sinai, o flaen Duw, Duw Israel.

Tywelltaist ddigonedd o law, O Dduw, ac adfer dy etifeddiaeth pan oedd ar ddiffygio; cafodd dy braidd le i fyw ynddi, ac yn dy ddaioni darperaist i'r anghenus, O Dduw.

Darlleniad o 1 Pedr (4.12-14; 5.6-11)

Gyfeillion annwyl, peidiwch â rhyfeddu at y prawf tanllyd sydd ar waith yn eich plith, fel petai rhywbeth rhyfedd yn digwydd ichwi. Yn hytrach, yn ôl maint eich cyfran yn nioeddiadau Crist llawenhewch, er mwyn ichwi allu llawenhau hefyd, a gorfoleddu, pan ddatguddir ei ogoniant ef. Os gwaradwyddir chwi oherwydd enw Crist, gwyn eich byd, o achos y mae Ysbryd y gogoniant, sef Ysbryd Duw, yn gorffwys arnoch.

Ymddarostyngwch, gan hynny, dan law gadarn Duw, fel y bydd iddo ef eich dyrchafu pan ddaw'r amser. Bwriwch eich holl bryder amo ef, oherwydd y mae gofal ganddo amdanoch. Ymddisgyblwch a byddwch effro. Y mae eich gwrthwynebydd, y diafol, yn prowla o gwmpas fel llew yn rhuo, gan chwilio am rywun i'w lyncu. Gwrthsafwch ef yn gadarn mewn ffydd, gan wybod fod eich cyd-Gristionogion yn y byd yn profi'r un math o ddiodeffiadau.

Ond wedi ichwi ddioddef am ychydig, bydd Duw pob gras, yr hwn a'ch galwodd i'w dragwyddol ogoniant yng Nghrist Iesu, yn eich gwneud yn gymwys, yn gadarn, yn gryf ac yn ddiysgog. Iddo ef y perthyn y gallu am byth. Amen.

Gwrandewch Efengyl Crist yn ôl Sant Ioan (7.1-11)

Wedi iddo lefaru'r geiriau hyn, cododd Iesu ei lygaid i'r nef a dywedodd: "O Dad, y mae'r awr wedi dod. Gogonedda dy Fab, er mwyn i'r Mab dy ogoneddu di. Oherwydd rhoddaist iddo ef awdurdod ar bob un, awdurdod i roi bywyd tragwyddol i bawb yr wyt ti wedi eu rhoi iddo ef.

"A hyn yw bywyd tragwyddol: dy adnabod di, yr unig wir Dduw, a'r hwn a anfonaist ti, Iesu Grist. Yr wyf fi wedi dy ogoneddu ar y ddaear trwy orffen y gwaith

a roddaist imi i'w wneud. Yn awr, O Dad, gogonedda di fyfi ger dy fron dy hun â'r gogoniant oedd i mi ger dy fron cyn bod y byd.

"Yr wyf wedi amlygu dy enw i'r rhai a roddaist imi allan o'r byd. Eiddot ti oeddent, ac fe'u rhoddaist i mi. Y maent wedi cadw dy air di. Y maent yn gwybod yn awr mai oddi wrthyt ti y mae popeth a roddaist i mi. Oherwydd yr wyf wedi rhoi iddynt hwy y geiriau a roddaist ti i mi, a hwythau wedi eu derbyn, a chanfod mewn gwirionedd mai oddi wrthyt ti y deuthum, a chredu mai ti a'm hanfonodd i.

"Drostynt hwy yr wyf fi'n gweddïo. Nid dros y byd yr wyf yn gweddïo, ond dros y rhai a roddaist imi, oherwydd eiddot ti ydynt. Y mae popeth sy'n eiddof fi yn eiddot ti, a'r eiddot ti yn eiddof fi. Ac yr wyf fi wedi fy ngogoneddu ynddynt hwy.

"Nid wyf fi mwyach yn y byd, ond y maent hwy yn y byd. Yr wyf fi'n dod atat ti. O Dad sanctaidd, cadw hwy'n ddiogel trwy dy enw, yr enw a roddaist i mi, er mwyn iddynt fod yn un fel yr ydym ni yn un. "

Defynddir gweddi ôl-ynghyd

Rhoddw'r Tragwyddol cariad a nerth, anfonodd dy Fab Iesu Grist ni i'r holl fyd i bregethu efengyl ei deyrnas : cadarnhâ ni yn y genhadaeth hon, a chynorthwya ni i fyw y newyddion da a gyhoeddwn; trwy Iesu Grist ein Harglwydd. AMEN

