

Bywoliaeth Reithoral Y Bontfaen

Blwyddyn A

Sul Cyntaf y Garawys

Emyn I

Deugain nydd a deugain nos
Yn yr anial temtiwyd di;
Deugain nydd a deugain nos
Yr ymprydiaist drosom ni.

Ninnau ddysgwn er dy fwyn
Rywfaint o'th ddisgybiad trist:
Nerth drwy ympryd gawn i ddwyn
Gofid fel gofidiau Crist.

Cnawd ac ysbryd llesg a ball
Dan demtasiwn Satan hyf;
Ti a drechaist lid y Fall -
Yn Dy nerth mae'r gwan yn gryf.

Felly cawn ni Ddwyfol hedd,
Cysur a llawenydd mawr;
Ac angylion clauer eu gwedd
I'n gwas'naethu ddont i lawr.

Cadw ni, Waredwr gwir,
Wrth dy ystlys yn dy dŷ;
Cawn ar ôl yr ympryd hir
Gadw Pasg tragwyddol fry.

cyf. J A Jackson 1845-75

Y Colect

Hollalluog Dduw, yr ymprydiodd dy Fab
lesu Grist ddeugain diwrnod yn yr
anialwch, a'i demtio fel ninnau, ond eto
heb bechod, dyro inni ras i ddisgyblu ein
hunain mewn ufudd-dod i'th Ysbryd; a
chan wybod am ein gwendid, bydded i ni
felly adnabod dy allu achubol; trwy lesu

Year A

The First Sunday of Lent

Hymn I

Forty days and forty nights
Thou wast fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.

Should not we Thy sorrow share
And from worldly joys abstain,
Fasting with unceasing prayer,
Strong with Thee to suffer pain?

Then if Satan on us press,
Jesus, Saviour, hear our call!
Victor in the wilderness,
Grant we may not faint nor fall!

So shall we have peace divine:
Holier gladness ours shall be;
Round us, too, shall angels shine,
Such as ministered to Thee.

Keep, O keep us, Saviour dear,
Ever constant by Thy side;
That with Thee we may appear
At the eternal Eastertide.

1856 George Hunt Smyttan 1822-70

The Collect

Almighty God, your Son Jesus Christ
fasted forty days in the wilderness, and
was tempted as we are, yet without sin:
give us grace to discipline ourselves in
obedience to your Spirit; and, as you
know our weakness, so may we know
your power to save; through Jesus

Grist ein Harglwydd, sy'n fyw ac yn teyrnasu gyda thi, yn undod yr Ysbryd Glân, yn un Duw, yn awr ac am byth.
Amen.

Genesis 2.15-17, 3.1-7

Darlleniad o Genesis

Cymerodd yr Arglwydd Dduw y dyn a'i osod yng ngardd Eden, i'w thrin a'i chadw. Rhoddodd yr Arglwydd Dduw orchymyn i'r dyn, a dweud, "Cei fwyta'n rhydd o bob coeden yn yr ardd, ond ni chei fwyta o bren gwybodaeth da a drwg, oherwydd y dydd y bwytei ohono ef, byddi'n sicr o farw."

Yr oedd y sarff yn fwy cyfrwys na'r holl ffystfilod gwyllt a wnaed gan yr Arglwydd Dduw. A dywedodd wrth y wraig, "A yw Duw yn wir wedi dweud, 'Ni chewch fwyta o'r un o goed yr ardd?'"

Dywedodd y wraig wrth y sarff, "Cawn fwyta o ffrwyth coed yr ardd, ond am ffrwyth y goeden sydd yng nghanol yr ardd dywedodd Duw, 'Peidiwch â bwyta ohono, na chyffwrdd ag ef, rhag ichwi farw.'"

Ond dywedodd y sarff wrth y wraig, "Na! ni fyddwch farw; ond fe wŷr Duw yr agorir eich llygaid y dydd y bwyteu ohono, a byddwch fel Duw yn gwybod da a drwg."

A phan ddeallodd y wraig fod y pren yn dda i fwyta ohono, a'i fod yn deg i'r

Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.
Amen.

Genesis 2.15-17, 3.1-7

A reading from Genesis

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?'

The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'"

But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.'

So when the woman saw that the tree was good for food, and that it was a

golwg ac yn bren i'w ddymunio i beri doethineb, cymerodd o'i ffrwyth a'i fwyta, a'i roi hefyd i'w gŵr oedd gyda hi, a bwytaodd yntau.

Yna agorwyd eu llygaid hwy ill dau i wybod eu bod yn noeth, a gwniasant ddail ffigysbren i wneud ffedogau iddynt eu hunain.

Dyma air yr Arglwydd.

Diolch a fo i Dduw.

Salm 32

A. Llawnhewch yn yr Arglwydd, a gorfoleddwch, rai cyfiawn.

Gwyn ei fyd y sawl y maddeuwyd ei drosedd, ac y cuddiwyd ei bechod.

Gwyn ei fyd y sawl nad yw'r Arglwydd yn cyfrif ei fai yn ei erbyn, ac nad oes dichell yn ei ysbryd. **A**

Tra oeddwn yn ymatal, yr oedd fy esgyrn yn darfod, a minnau'n cwyno ar hyd y dydd. Yr oedd dy law yn drwm arnaf ddydd a nos; sychwyd fy nerth fel gan wres haf. Yna, bu imi gydnabod fy mhechod wrthyt, a pheidio â chuddio fy nrygioni; **A**

Dywedais, "Yr wyf yn cyffesu fy mhechodau i'r Arglwydd"; a bu i tithau faddau euogrwydd fy mhechod. Am hynny fe weddiâ pob un ffyddlon arnat ti yn nydd cyfyngder, a phan ddaw llifeiriant o ddyfroedd mawr, ni fyddant yn cyrraedd ato ef. Yr wyt ti'n gysgod i

delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate.

Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

This is the word of the Lord.

Thanks be to God.

Psalm 32

R. Be glad, you righteous, and rejoice in the Lord.

Happy the one whose transgression is forgiven, and whose sin is covered. Happy the one to whom the Lord imputes no guilt, and in whose spirit there is no guile. **R**

For I held my tongue; my bones wasted away through my groaning all the day long. Your hand was heavy upon me day and night; my moisture was dried up like the drought in summer. Then I acknowledged my sin to you, and my iniquity I did not hide. **R**

I said, 'I will confess my transgressions to the Lord,' and you forgave the guilt of my sin. Therefore let all the faithful make their prayers to you in time of trouble; in the great water flood, it shall not reach them. You are a place for me to hide in you preserve me from

mi; cedwi fi rhag cyfyngder; amgylchi fi â chaneuon gwardigaeth. **A**

Hyfforddafi di a'th ddysgu yn y ffordd a gymeri; fe gadwaf fy ngolwg arnat. Paid â bod fel march neu ful direswm y mae'n rhaid wrth ffrwyn a genfa i'w dofi cyn y dônt atat. **A**

Daw poenau lawer i'r drygionus; ond am y sawl sy'n ymddiried yn yr Arglwydd, bydd ffyddlondeb yn ei amgylchu. Llawenhewch yn yr Arglwydd, a gorfoleddwch, rai cyfiawn; canwch yn uchel, pob un o galon gywir. **A**

Rhufeiniaid 5.12-19

Darlleniad o'r llythyr at y Rhufeiniaid

Ein dadl yw hyn. Daeth pechod i'r byd trwy un dyn, a thrwy bechod farwolaeth, ac yn y modd hwn ymledodd marwolaeth i'r ddynolryw i gyd, yn gymaint ag i bawb bechu. Y mae'n wir fod pechod yn y byd cyn bod y Gyfraith, ond yn niffyg cyfraith, nid yw pechod yn cael ei gyfrif. Er hynny, teyrnasodd marwolaeth o Adda hyd Moses, hyd yn oed ar y rhai oedd heb bechu ar batrwm trosedd Adda; ac y mae Adda yn rhaglun o'r Dyn oedd i ddod.

Ond nid yw'r weithred sy'n drosedd yn cyfateb yn hollol i'r weithred sy'n ras. Y mae'n wir i drosedd yr un ddwyn y llawer i farwolaeth; ond gymaint mwy

trouble; you surround me with songs of deliverance. **R**

'I will instruct you and teach you in the way that you should go; I will guide you with my eye. 'Be not like horse and mule which have no understanding; whose mouths must be held with bit and bridle, or else they will not stay near you.' **R**

Great tribulations remain for the wicked, but mercy embraces those who trust in the Lord. Be glad, you righteous, and rejoice in the Lord: shout for joy, all who are true of heart. **R**

Romans 5.12-19

A reading from the letter to the Romans

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned – sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ,

sydd ar yr ochr arall: helaethrwydd gras Duw a'i rodd raslon i'r llawer, o'r un dyn, lesu Grist. Ac ni ellir cymharu canlyniad pechod un dyn â chanlyniad rhodd Duw.

Ar y naill law, yn dilyn ar un weithred o drosedd, y mae dedfryd gyfreithiol sy'n collfarnu; ar y llaw arall, yn dilyn ar droseddau lawer, y mae gweithred o ras sy'n dyfarnu'n gyfiawn. Y mae'n wir i farwolaeth, trwy drosedd yr un, deyrnasu trwy'r un hwnnw; ond gymaint mwy sydd ar yr ochr arall: pobl sy'n derbyn helaethrwydd gras Duw, a'i gyfiawnder yn rhodd, yn cael byw a theyrnasu trwy un dyn, lesu Grist.

Dyma'r gymhariaeth gan hynny: fel y daeth collfarn ar y ddynolryw i gyd trwy un weithred o drosedd, felly hefyd y daeth cyfiawnhad sy'n esgor ar fywyd i'r ddynolryw i gyd trwy un weithred o gyfiawnder. Fel y gwnaethpwyd y llawer yn bechaduriaid trwy anufudd-dod un dyn, felly hefyd y gwneir y llawer yn gyfiawn trwy ufudd-dod un dyn.

Dyma air yr Arglwydd.

Diolch a fo i Dduw.

Mathew 4.1-11

Gwrandewch Efengyl Crist yn ôl Sant Mathew

Gogoniant i ti, O Arglwydd.

Yna arweiniwyd lesu i'r anialwch gan yr Ysbryd, i gael ei demtio gan y diafol. Wedi iddo ymprydio am ddeugain dydd

abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation but the free gift following many trespasses brings justification.

If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so the act of righteousness of one leads to justification and life for all. For just as by the one person's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

This is the word of the Lord.

Thanks be to God.

Luke 2.22-40

Listen to the gospel of Christ according to St Luke

Glory to you, O Lord.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights,

a deugain nos daeth arno eisiau bwyd. A daeth y temtiwr a dweud wrtho, "Os Mab Duw wyt ti, dywed wrth y cerrig hyn am droi'n fara."

Ond atebodd Iesu ef, "Y mae'n ysgrifenedig: 'Nid ar fara yn unig y bydd rhywun fyw, ond ar bob gair sy'n dod allan o enau Duw.'"

Yna cymerodd y diafol ef i'r ddinas sanctaidd, a'i osod ar dŵr uchaf y deml, a dweud wrtho, "Os Mab Duw wyt ti, bwrw dy hun i lawr; oherwydd y mae'n ysgrifenedig: 'Rhydd orchymyn i'w angylion amdanat; byddant yn dy godi ar eu dwylo rhag iti daro dy droed yn erbyn carreg.'"

Dywedodd Iesu wrtho, "Y mae'n ysgrifenedig drachefn: 'Paid â gosod yr Arglwydd dy Dduw ar ei brawf.'"

Unwaith eto cymerodd y diafol ef i fynydd uchel iawn, a dangos iddo holl deyrnasoedd y byd a'u gogoniant, a dweud wrtho, "Y rhain i gyd a roddaf i ti, os syrthi i lawr a'm haddoli i."

Yna dywedodd Iesu wrtho, "Dos ymaith, Satan; oherwydd y mae'n ysgrifenedig: 'Yr Arglwydd dy Dduw a addoli, ac ef yn unig a wasanaethi.'"

Yna gadawodd y diafol ef, a daeth angylion a gweini arno.

Dyma Efengyl yr Arglwydd.

Moliant i ti, O Grist.

and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.'

But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you," and "On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.'

Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

Praise to you, O Christ.

Yr Ymbiliau

Gweddiwn dros Eglwys Dduw yng Nghrist Iesu, a thros bob un yn ôl eu hangen.

O Dduw, creawdwr a chynhaliwr pawb, gweddiwn dros bobloedd o bob hil ac ym mhob math o angen: hysbysa dy ffyrdd ar y ddaear, dy allu achubol ymhlith yr holl genhedloedd ..

Arglwydd, yn dy drugaredd,
gwrando ein gweddi.

Gweddiwn dros dy Eglwys ledled y byd a thros June ein hesgob: llywia ac arwain ni trwy dy Ysbryd Glân, fel y tywysir pob Cristion i ffordd y gwirionedd a chynnal y Ffydd mewn undeb ysbryd, rhwymyn tangnefedd, ac uniondeb buchedd.

Arglwydd, yn dy drugaredd,
gwrando ein gweddi.

Cyflwynwn i'th dadol ymgeledd y rhai hynny sydd mewn pryder neu argyfwng corff, meddwl neu ysbryd; cysura a chynorthwya hwy yn eu hangen; dyro iddynt amynedd yn eu dioddefiadau, a dwg ddaioni o'u helbulon ...

Arglwydd, yn dy drugaredd,
gwrando ein gweddi.

Ymddiriedwn i'th ofal grasol bawb a fu farw yn ffydd Crist, a molwn di am dy holl ffyddloniaid, gan ymlawenhau gyda hwy yng nghymundeb y saint.

The Intercessions

Let us pray for the Church of God in Christ Jesus, and for all people according to their needs.

O God, the Creator and Preserver of all, we pray for people of every race and in every kind of need: make your ways known on earth, your saving power among all nations.

Lord, in your mercy
Hear our prayer

We pray for your Church throughout the world and for June our Bishop: guide and govern us by your Holy Spirit, that all Christian people may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace and in righteousness of life.

Lord, in your mercy
Hear our prayer

We commend to your fatherly goodness all who are anxious or distressed, in body, mind, or spirit; comfort and relieve them in their need; give them patience in their sufferings, and bring good out of their troubles.

Lord, in your mercy
Hear our prayer

We entrust to your gracious keeping all who have died in the faith of Christ, and we give you praise for all your faithful ones with whom we rejoice in the communion of saints.

Dduw ein Tad, rhoddaist Dewi Sant i
bobl Cymru, i gynnal y ffydd. Wedi ein
hannog gan ei esiamp, bydded i ni lynu'n
llawen wrth y pethau sy'n arwain at
fywyd tragwyddol;

Dad Trugarog,
derbyn y gweddiâu hyn
er mwyn dy Fab,
ein Gwaredwr Iesu Grist. Amen.

Emyn 2

Iesu, Geidwad bendigedig,
ffrind yr egwan a'r methedig,
tyner ydwyt a charedig;
rho dy ras yn nerth i ni.

Iesu, buost gynt yn faban
yn y llety tlawd, anniddan;
Brenin nef a daear weithian,
dirion Arglwydd, ydwyt ti.

Iesu, drosom buost farw
ar y croesbren creulon, garw:
dirfawr werth yr aberth hwnnw
egyr byrth y nef i ni.

Iesu, gwyddost ein meddyliau,
ein llawenydd a'n gofidiau;
rho dy ras i'n tywys ninnau
i'th wirionedd sanctaidd di.

Iesu da, bydd di'n arweinydd
hwyr a bore, inni beunydd;
ac os daw tymhestlog dywydd
rho dy ras yn nerth i ni.

Percy Dearmer, 1867-1936

God our Father, you gave Saint David to
the people of Wales to uphold the faith:
encouraged by his example, may we
joyfully hold fast to the things which lead
to eternal life;

Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.

Hymn 2

Jesus, good above all other,
gentle child of gentle mother,
in a stable born our brother,
give us grace to persevere.

Jesus, cradled in a manger,
for us facing every danger,
living as a homeless stranger,
make we thee our King most dear.

Jesus, for thy people dying,
risen Master, death defying,
Lord in heaven, thy grace supplying,
keep us to thy presence near.

Jesus, who our sorrows bearest,
all our thoughts and hopes thou sharest,
thou to us the truth declarest;
help us all thy truth to hear.

Lord, in all our doings guide us;
pride and hate shall ne'er divide us;
we'll go on with thee beside us,
and with joy we'll persevere.

Percy Dearmer, 1867-1936

Ôl Gymun

Arglwydd trugarog, dyro i'th bobl ras i wrthsefyll temptasiynau'r byd, y cnawd a'r diafol, ac â chalon a meddwl pur dy ddilyn di, yr unig Dduw; trwy Iesu Grist ein Harglwydd. **Amen.**

Emyn 3

Tydi, O Dduw, a beraist
dy foliant ymhob iaith
ac ymhob gwlad a godaist
broffwydi at dy waith,
clyw foliant gwlad y bryniau
ar dafod ac ar dant
am anfon atom ninnau
golomen Dewi Sant.

Trwy Gymru cerddodd d'Ysbryd
o'i mynydd hyd ei môr,
disgleiria'i blodau hyfryd
yn llwybrau saint yr lôr;
O luniwr glân yr eirlys
a chennin aur y pant,
gwna di'n bywydau'n ddilys
fel buchedd Dewi Sant.

Y pethau bychain hynny
a welsom ganddo ef,
O dyro ras i'w dysgu
yn awr, er teyrnas nef;
rhag awel bêr Glyn Rhosyn
ffoed niwl pob pleidiol chwant
nes uno Cymru'n rhwymyn
brawdoliaeth Dewi Sant.

Post Communion

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord. **Amen.**

Rhoist lamp y Gair i arwain
ein gwlad drwy'r hirnôs ddu,
ar weddi'r saint bu d'adain
dros fywyd Cymru fu;
O Arglwydd Dduw ein tadau,
bydd eto'n Dduw ein plant
a chadw'n Cymru ninnau
yn Gymru Dewi Sant.

Cynan, 1895-1970

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