

All Saints, Deganwy • St Cystennin's, Mochdre • St David's, Penrhyn Bay  
St Doged's, Llanddoged • St Ffraid's, Glan Conwy • St Grwst's, Llanrwst  
St Hilary's, Llanrhos • St Katherine's, Bryn Pydew • St Martin's, Eglwysbach  
St Michael's, Llandudno Junction • St Paul's, Craig-y-Don

## Lent - A Time To Reflect

Lent is the 40 day period of time in the church calendar that starts with Ash Wednesday and ends with Easter Sunday (Sundays aren't counted). Ash Wednesday is the day we remember the beginning of Jesus' 40 days fasting and temptation in the desert. Easter Sunday is the day we commemorate his resurrection. By observing the 40 days of Lent, Christians replicate Jesus' sacrifice and withdrawal into the desert.

So, Lent is a time for reflection; a time for us to repent and pray and prepare for Easter, a way of focusing our thoughts on Jesus Christ. But how we do this differs from person to person and from church to church. For example, on Ash Wednesday (the first day of Lent), some Christians mark their foreheads with ash as a symbol of sorrow and mourning. Some Christians choose to give up a habit or behaviour during Lent. This might range from something as simple as giving up chocolate to full fasting. Only a small number of people now fast for the whole of Lent, although some maintain the practice on Ash Wednesday and Good Friday. And some Christians may commit a special activity during Lent, such as volunteer work in their community, doing something charitable for someone else, sacrificing their own time to support others - never a bad thing.

Lent is an annual opportunity to acknowledge the ways in which we have turned away from God in our lives, and we focus on turning our

hearts and minds back towards God. By giving up something, fasting or depriving ourselves of a small pleasure, we're positively turning our lives to what God wants for us.

Many of us will have experienced making small changes in other aspects of our lives that have had a huge impact. Focusing our minds on Christ may not require a huge change or effort in many respects but who knows, as we draw every closer to God, what a significant change we may encounter. Why not give it a try? After all, at the end of the day what have you got to lose - but you may have a lot to discover.

*Rev Noel Carter, Mission Area Leader*



ABOVE: The Lego Choir in session. Weekly children's activities combining Lego, music and stories from the Bible have begun at St Paul's - see report inside.

## REGULAR SERVICES IN OUR CHURCHES - ALL WELCOME

### 1<sup>st</sup> Sunday of the month

8 am **Holy Eucharist** St David's & St Hilary's  
 9.30 am **Holy Eucharist** St Michael's; **Cymun Bendigaid** St Grwst's; **Morning Prayer** St Doged's  
**Morning Worship** St Cystennin's;  
 9.45 am **Choral Eucharist** St Paul's; **Holy Eucharist** St Martin's  
 11 am **Holy Eucharist** All Saints, St Grwst's & St David's; **Family Service** St Hilary's;  
**Morning Worship** St Katherine's  
 11.15 am **Holy Eucharist** St Ffraid's Church House  
 6.30 pm **Evening Prayer** St Hilary's

### 2<sup>nd</sup> Sunday of the month

8 am **Holy Eucharist** All Saints & St David's  
 9.30 am **Holy Eucharist** St Cystennin's, St Doged's & St Michael's; **Boreol Weddi** St Grwst's  
 9.45 am **Choral Eucharist** St Paul's; **Holy Eucharist** St Martin's  
 11 am **Holy Eucharist** All Saints, St Grwst's, St David's, St Hilary's & St Katherine's  
 11.15 am **Holy Eucharist** St Ffraid's Church House  
 6.30 pm **Evening Prayer** St Hilary's

### 3<sup>rd</sup> Sunday of the month

8 am **Holy Eucharist** All Saints & St David's  
 9.30 am **Holy Eucharist** St Doged's & St Michael's; **Cymun Bendigaid** St Grwst's;  
**Morning Worship** St Cystennin's  
 9.45 am **Choral Eucharist** St Paul's; **Morning Prayer** St Martin's  
 11 am **Holy Eucharist** All Saints, St Grwst's & St Hilary's; **Morning Worship** St Katherine's;  
**Family Service** St David's  
 11.15 am **Morning Prayer** St Ffraid's Church House  
 6.30 pm **Cymun Bendigaid** St Hilary's

Please note alterations for 4th Sunday in March: There will be Cymun Bendigaid at St Hilary's and Family Service at St David's instead of on 3rd Sunday

### 4<sup>th</sup> Sunday of the month

8 am **Holy Eucharist** All Saints & St David's  
 9.30 am **Holy Eucharist** St Cystennin's & St Doged's; **Boreol Weddi** St Grwst's; **All-age worship** St Michael's  
 9.45 am **Choral Eucharist** St Paul's; **Holy Eucharist** St Martin's  
 11 am **Holy Eucharist** St David's, St Grwst's, St Hilary's & St Katherine's; **All-age worship** All Saints  
 11.15 am **Holy Eucharist** St Ffraid's Church House  
 6.30 pm **Evening Prayer** St Hilary's

### 5<sup>th</sup> Sunday of the month

8 am **Holy Eucharist** All Saints & St David's  
 9.30 am **Holy Eucharist** St Doged's & St Michael's; **Cymun Bendigaid** St Grwst's  
 9.45 am **Choral Eucharist** St Paul's; **Holy Eucharist** St Martin's  
 11 am **Holy Eucharist** All Saints & St Grwst's; **Morning Prayer** St Hilary's  
 11.15 am **Holy Eucharist** St Ffraid's Church House  
 6.30 pm **Holy Eucharist** St Hilary's

St Cystennin's and St Katherine's hold a joint service on 5th Sunday mornings alternating between the two churches, and the 11 am service on a 5th Sunday may vary at St David's.

**HOLY EUCHARIST** is also celebrated on **Wednesdays at 10 am** at All Saints and St Ffraid's Church House,  
**Thursdays at 10.30 am** at St Paul's and **Fridays at 10 am** at St David's

**Messy Church** - see calendar for details

**Prayer Group** - 10 am every Tuesday at St David's (01492 876451 for details)

**Koinonia Groups (Bible study, prayer & discussion):** **Morning** - 2<sup>nd</sup> & 4<sup>th</sup> Weds, 10.30 am (01492 876451 for details)  
**Evening** - 1<sup>st</sup> and 3<sup>rd</sup> Thurs, 8 pm (01492 583420 for details)

**St Katherine's Bible Study** - 7.45 pm every Monday (01492 540542 for details)

**Julian Group** - **8.00 pm** every Monday at St Michael's - **Note change of time**

**CAMEO (Come And Meet Each Other) Lunches** - every 1st Wednesday at 12.15 pm in St Katherine's, Bryn Pydew

**Coffee** - 10 am Thursday at St Paul's & St Ffraid's, 10 am 3rd Thursday at St Michael's, 10.30 am Friday at St David's

<b>Clergy:</b>	Rev Noel Carter (Mission Area Leader)	01492 339521
	Rev Ginny Burton (Sun, Mon, Wed only)	01492 583140
	Rev Dr Godfrey Chigumira	01492 543706
	Rev Sarah Hildreth-Osborn	01492 640032
	Rev Peter Walker	01492 583579

**Office:** Penrhyn Beach East, Penrhyn Bay, LL30 3NT - 01492 541615 - parishofficerhoscystennin@gmail.com

**OPENING HOURS** 10 am to 12.30 pm on **Tuesdays, Wednesdays and Thursdays**

# Mawrth 2017 - CALENDAR - March 2017

		Services	Other events
<b>ASH WEDNESDAY</b>	1	HE 10 am AS, St Do & St Ff HE 7 pm St D, St G, St H, St Ma	
Thursday	2	HE 10.30 am St P	Christian Aid Coffee Morning 10 am at Gloddaeth United Chapel
Friday	3	HE 10 am St D	<b>Women's World Day of Prayer</b> 2 pm Our Lady Star of the Sea 7.30 pm St John's Methodist Church Hall
<b>SUNDAY</b>	<b>5</b>	<b>SEE OPPOSITE PAGE</b> Note: Church Gift Day St D	St David's Day Lunch, 12.30 pm Llanrhos Schoolroom
Tuesday	7		St D Congregational meeting 7 pm
Wednesday	8	HE 10 am AS & St Ff	<b>MAGAZINE COPY DATE</b> Lent Group 7 pm Hospice chapel
Thursday	9	HE 10.30 am St P	
Friday	10	HE 10 am St D	
<b>SUNDAY</b>	<b>12</b>	<b>SEE OPPOSITE PAGE</b>	
Monday	13		St P Mothers' Union 2.30 pm
Tuesday	14		AS Mothers' Union 2.30 pm St Ff Mothers' Union Bible Briefs 7.30 pm Llanrhos Schoolroom
Wednesday	15	HE 10 am AS & St Ff	Adventures in Worship 2.30 pm St D Lent Group 7 pm Hospice chapel
Thursday	16	HE 10.30 am St P	
Friday	17	HE 10 am St D	
<b>SUNDAY</b>	<b>19</b>	<b>SEE OPPOSITE PAGE - note changes to usual pattern at St D and St H</b> Also: Baptism 12.30 pm St H	Christian Aid Concert 7 pm Peniel Chapel
Wednesday	22	HE 10 am AS & St Ff	Lent Group 7 pm Hospice chapel
Thursday	23	HE 10.30 am St P	Christian Aid Coffee Morning 10-12 StP Lenten Soup 12 noon St Ff
Friday	24	HE 10 am St D	
<b>MOTHERING SUNDAY</b>	<b>26</b>	<b>SEE OPPOSITE PAGE - note changes to usual pattern at St D and St H</b> Also: Baptism 3.00 pm St M	
Monday	27		St P Mothers' Union 2.30 pm
Tuesday	28		AS Mothers' Union 2.30 pm
Wednesday	29	HE 10 am AS & St Ff	Lent Group 7 pm Hospice chapel
Thursday	30	HE 10.30 am St P	St Paul's Congregational Meeting, 11 am
Friday	31	HE 10 am St D	

**KEY:** HE - Holy Eucharist; AS – All Saints; St C – St Cystennin's; St D - St David's; St Do - St Doged's; St Ff - St Ffraid's (currently meeting in the Church House); St G - St Grwst's; St H - St Hilary's; St K – St Katherine's; St M – St Michael's; St Ma - St Martin's; St P – St Paul's

## Ash Wednesday Services 1st March

Eucharist services with the imposition of ashes for those who wish.

**10.00 am** at All Saints Church, Deganwy,  
St Ffraid's Church House, Glan Conwy  
St Doged's Church, Llanddodog

**7.00 pm** at St David's Church, Penrhyn Bay,  
St Grwst's Church, Llanrwst  
St Hilary's Church, Llanrhos  
St Martin's Church, Eglwysbach

## What's On In Lent?

We shall be joining with Holy Trinity Llandudno for our Lent course again this year. Meetings will be weekly, starting on **Wednesday 8<sup>th</sup> March, in the chapel at St David's Hospice, Abbey Road in Llandudno.**

Each session will begin with Compline at **7.00 pm**, followed by an hour of study and discussion.

This year, following on from the Church in Wales change of practice for admitting people to the eucharist after baptism, without the need for confirmation, our Lent course will explore the eucharist in the life of the church and for individual Christians.

**8<sup>th</sup> March** Your ancestors ate manna in the wilderness

**15<sup>th</sup> March** This is my body broken for you

**22<sup>nd</sup> March** He was made known to them in the breaking of the bread

**29<sup>th</sup> March** If you hear my voice and open the door, I will come and eat with you

**5<sup>th</sup> April** Do this to remember me

**26<sup>th</sup> April** I am the bread of life

This will be a celebration of the Eucharist and a time of fellowship at Holy Trinity, Llandudno.

There will also be the **Service of Light and Shadows in St Tudno's** church at 7 pm on the Wednesday of Holy Week.

If you cannot get to the Hospice group there is also a Lent Bible Study based on the Easter hymn "There is a green hill" led by the Revd Bev Ramsden, meeting for five weeks starting on Wednesday 8<sup>th</sup> March at St David's Methodist church, Craig-y-Don at 11 am or St. John's Methodist in Llandudno town centre at 7.30 pm.

There will also be a Lent group meeting at the Llanrwst end of the Mission Area - please contact Rev Sarah Hildreth-Osborn on 01492 640032 for details.

There will be a **Lent Quiet Day** for the Mission Area on **Tuesday 4<sup>th</sup> April** at the Cathedral. The day will begin at 10.30 am and finish at 3 pm. Lunch will be provided. At the time of writing we are not certain of the cost, but it will be around £10, to cover cost of lunch and teas/coffees as well as a donation to the Cathedral. Sign up forms will be available in all churches, so please fill one in and return to **The Parish Office, Beach Road East, Penrhyn Bay. LL30 3NT by 27<sup>th</sup> March.** Details of the programme will also be available in our churches.



ABOVE: "Fling wide the gates!" The main entrance to St Paul's is looking somewhat smarter for a coat of paint, seen here at the undercoat stage.

**We welcome news and comment from all the churches in the Mission Area, with photos if possible. Please send items in by Copy Date (8<sup>th</sup> March for April issue) to [jastone@dunelm.org.uk](mailto:jastone@dunelm.org.uk) or to the parish office. (Contributions may be edited to fit available space, and late items may be omitted.)**

**Editor – Rev Noel Carter; Production Editor – Dilys Stone; Production Assistant – Chris Dearden**

## Mission Area Easter Vestry

The Easter Vestry Meeting for the Mission Area will take place on **Thursday 27<sup>th</sup> April at 7.30 pm in St Paul's Church, Craig-y-Don.** Please put the date in your diary.

Also please look out for the dates of the individual church Easter Vestry/AGM meetings which have to take place before this date.

If your name is not on the **Electoral Roll** and you are a regular communicant member of one of our churches please complete a form obtainable from church or from Mandy at the Parish Office. The roll will close on 12th April until after the Mission Area vestry meeting.



## Conwy Food Bank

*Feeding local people in crisis*

[www.conwyfoodbank.co.uk](http://www.conwyfoodbank.co.uk)

Conwy Food Bank sends thanks for your continued support - 2016 was the busiest year yet. Most referrals to the food bank are made by housing/homeless organisations and assistance agencies. In January 68 parcels went to 33 families which included 54 children, 31 single people and 4 couples. Amongst the singles are veterans of our armed forces, struggling with civilian life and the results of conflict trauma. Financial donations are used to buy perishable foods, toiletries and nappies, and sometimes vouchers for extra groceries. It is encouraging that some many people care about those in our community who are in crisis .

*Please do not forget to keep on popping that extra item into your shopping basket for them, and putting it in the collection boxes in the churches.*

BELOW: a crowd gathers in Glan Conwy for the live nativity celebrated there just before Christmas by the congregation of St Ffraid's church



ABOVE: Congratulations to Alan Price who celebrated his 55th year as a lay reader in February. At St David's church, the rector presented Alan with a certificate from Bishop Gregory recognizing the anniversary.

## Confirmation

The nature of Confirmation is changing. It is no longer the rite that gives admission to Holy Communion. This happens at Baptism. However, Confirmation has rediscovered its place as a service of adult commitment. The Bishop of St Asaph is coming to the Mission Area for an Archdeaconry Confirmation service at St David's Church, Penrhyn Bay on **Tuesday 3<sup>rd</sup> October.** More information in the April Magazine. If you want to know more in the meantime, please talk to one of the clergy.

Mission Area website:  
[www.aberconwy.church](http://www.aberconwy.church)

# News, Notices and Events

## Julian Group

The Group is now meeting at **8 p.m.** (on Mondays at St Michael's, Llandudno Junction) The door will be locked at 8 pm sharp so please try to arrive by five to! All welcome.

## Evening Koinonia Group

The evening Koinonia group will meet as usual on Thursday 2nd March, but then not again until after Easter, restarting on 4th May.



## Bible Briefs

Faith building monthly lectures

This month's Bible Briefs will look at the Temptation Story in the Gospels.

**Tuesday 14th March**  
**7.30 pm Llanrhos School Room**

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## Women's World Day of Prayer 2017

An international and ecumenical event, prepared this year by the ladies of the Philippines.



**Friday, 3 March**

2 pm in Our Lady Star of the Sea  
7.30 pm at St John's Methodist Church Hall

*Please join us*  
*All welcome (including men!)*

## Interested in Social Justice issues?

An opportunity to meet Rachel Lampard, Methodist Vice President, who also leads the Churches Joint Public Issues Team on issues of justice and peace.

**Wednesday 22 March**

2.30 pm St John's Methodist Church  
7.30 pm St David's Methodist Church, Craig -y-Don  
***The importance of joint action on social justice***

**Thursday 23 March**

11.30 am St David's Methodist Church  
***Reflection and Meditative Prayer***  
Refreshments served from 11 am  
**12.15 pm Poverty Lunch**  
Donations to Poverty Action Charities

## Sunday Lunch March 5th

**12.30 pm**

2 Course meal

*In the Schoolroom*

*Hot Pot, Red Cabbage & Crusty Bread*  
*Choice of Sweet, Tea or Coffee*

**£12.00**

*Tickets must be purchased beforehand*  
*(sorry non-refundable)*

Tickets & all details from Doreen 585127

*To Raise Much Needed Church Funds*



**St Ffraid's Church House**  
**Glan Conwy**

## Coffee Stop

every Thursday 10-11.30 am

Lenten soup March 23rd 12 noon



St Paul's Church, Craig Y Don

**Art and Craft Fair and Exhibition**  
With musical interludes.



**Saturday April 29<sup>th</sup> – Monday May 1<sup>st</sup> 2017**

**{Extravaganza weekend}**

**Saturday and Monday 10.00 am until 4.30 pm**

**Sunday 12 noon until 4.30 pm**

*This is a fund raising event for St Paul's Church and we are inviting people to exhibit their art work and craft projects for the three days of the bank holiday weekend.*

We hope that many of the exhibits will be for sale, but you are invited to exhibit work you do not wish to sell as well, making it clear the item is 'Not for Sale'. All pictures must have cord tied tightly across the back ready to hang. There will be a charge of £1.50 per picture to be hung and the church would take 15% of any sales. For craft work the charge would be £3.00 for a table top approximately 3' x 2' and again the church would take 15% of sales.

*Musicians will perform at intervals during the three day event.*

*Light refreshments will be on sale in church.*

Entry forms, with further information, will be available at the beginning of March from St Paul's Church; The Parish Office, St David's Church, Penrhyn Bay; Bay Gallery, Station Road, Colwyn Bay, from the back of your church, or by contacting Barbara or Sandra on 01492 525814.



St Paul's has a special service for **Mothering Sunday** on 26th March at 9.45 am to honour mothers around the world. Music comes from the well known composers John Rutter and Karl Jenkins. It's a St Paul's tradition that there's a simnel cake after the service, and not just for the mothers!

**LEFT: Rhianydd Hallas at the St Paul's piano, rehearsing with Deborah Haigh-Roberts**

**Cor Meibion Maelgwn**

*Join us for a musical evening by one of North Wales' best choirs.*

All Saints Church, Deganwy  
**Thursday, 11th May at 7.30 pm**  
Tickets £8  
available from Pat Chapman  
01492 583420.



**Cor Meibion Maelgwn**

*Ymunwch a ni am noson o musig gan un o'r gorau yn y gogledd.*

Eglwys yr Holl Saint, Deganwy  
**Nos Iau, 11fed Mai am 7.30 yh**  
Tocynnau £8  
ar gael o Pat Chapman  
01492 583420



Monies sent to Christian Aid from April to December 2016 were £8,300, an amazing total and we thank all our supporters. Thank you also to those who have given to the Christmas Appeal.

Our first Coffee Morning for 2017 is on **Thursday 2<sup>nd</sup> March** at 10.00 am at Eglwys Unedig Gymraeg Gloddaeth Avenue - all welcome.

Our Joint Churches Coffee morning with St. David's Craig-y-Don will be at St. Paul's Church Hall on **Thursday 23<sup>rd</sup> March** 10 am to 12 noon.



Help and donations from all our Churches of cakes, jams and bric-a-brac etc. much appreciated. Come along if you can and enjoy fellowship with members of other Churches.

A special event at Peniel Chapel, Deganwy, to support Christian Aid in the Philippines after the natural disasters there - Llanddulas Male Voice Choir, conducted by Eirlys Dwyrdd (also a harpist and pianist) will be performing on **Sunday 19<sup>th</sup> March** at 7 pm. Tickets (£6) can be bought at the door, or ring Ann Williams Tel 582012, or Mandy at the church office in Penrhyn Bay. If you like Male Voice Choirs this should be a good evening.

**CHRISTIAN AID WEEK** is 14<sup>th</sup>-20<sup>th</sup> MAY. We have a large area to cover and always need more collectors, so please consider prayerfully if you could help with this work and let your Church representatives know. Many of our collectors have faithfully helped for many years and would like to hand over to younger members now; so do consider this work to help the poor and needy in many areas of the world. Any new fundraising ideas would be welcome - please contact me.

The special Christian Aid Week service (probably at Gloddaeth United) is on **Sunday MAY 14<sup>th</sup>** and everyone is welcome. Come and hear of work being done with refugees in camps in Europe and how we can help. Christian Aid was set up 60 years ago to support the work with refugees in Europe following the 2<sup>nd</sup> World war and here we are again.



We need another two people from our churches to attend the committee meetings; usually four a year. Please contact myself, or the clergy, if interested. Thank you for your support in 2016 and with your help we can make 2017 even better.

*Jeannette B-Williams. Tel: 582911*



*Dilys Stone writes:*

Dr Kat Algar from Bangor University (pictured above) spoke to church members on 16<sup>th</sup> February about Dementia Friends. St Paul's is actively working on being a 'dementia-friendly' church, but there is much that we can all do by learning more about what it is like to live with dementia and turning understanding into action.

Kat emphasised the positives - it is possible to live well with dementia, and with support people with dementia can and do take an active role in life - as well as highlighting the five important things we should all know about dementia:

- It's not a natural part of ageing
- It's caused by diseases of the brain (the most common is Alzheimer's)
- It's not just about losing your memory, it can affect thinking, communicating and doing everyday tasks
- It's possible to live well with dementia
- There's more to a person than the dementia

This is an important part of many people's lives, and we can all help to make people who are living with dementia feel included in their communities. If you weren't at the meeting, try and find someone who was to share with you some of the knowledge and insights we have gained.





## FAIR TRADE FORTNIGHT

is 27th February to 12th March, and is a timely reminder of the responsibility we have to ensure that we are contributing as much as we can towards a fairer world for all.

Brexit may mean that exports from some of the world's poorest countries are threatened by new taxes or unfair competition - or it could be the moment when we start trading in a way that benefits people in those countries, helping them build technology and create jobs. Many competing interests mean there is a real danger that the needs of the poorest will be forgotten. Can you tell your MP that you want a fair deal the those who trade with us from the poorest countries?



**TRAIDCRAFT**  
Fighting poverty through trade

**The new Traidcraft Spring catalogue is in churches now or available from Dilys Stone (01492 879997). Remember that 10% of the value of any purchases will go towards your local church.**

## Real Easter Egg NEW 2017 Range



The only chocolate eggs to tell the Real Easter Story, with an Easter story booklet included. Available from Kingdom Krafts, in some supermarkets, the Traidcraft catalogue, or contact Dilys Stone 01492 879997.

## Adventure in Worship

*Mission Area Warden Barry Ainge shares his thoughts on worship, and invites you to join a group to look at new ways to connect with God.*

My wife, Penny, and I enjoy regular walks with our dog, Sophie. Some are on familiar routes which we take frequently. We enjoy well-known paths and sights, but we are sometimes surprised by something unusual or unexpected – a treecreeper clinging to a tree trunk, or a flock of sanderling running along at the water's edge – but mostly the walks are quite routine and comfortable.

We also enjoy finding new walks where everything is unfamiliar and there are new views and unexpected finds – pintail at Morfa Aber or a marsh harrier at Leighton Moss. These can be more challenging and require more planning, but it is always worth the effort. We take lots of photographs to remind us of what we have found.

Worship shares many characteristics with walking. It is a journey which can take us along familiar paths – with a few surprises along the way. We use well-known hymns which carry memories for us, but it can also be rather routine. Sometimes we need to try something new, so that we are

challenged by unfamiliar words and tunes. Music penetrates into our spirits in a way quite unlike anything else, and unexpected stories and phrases can also speak into our hearts.

Our God is someone in whose presence we should feel comfortable and at home, but He is also the God of surprises and wants sometimes to show us a new way of doing something so that we can know Him better and experience more of what He wants to give us. When we meet (at 2.30 pm on the third Wednesday of each month) we are seeking to experiment with different approaches to worship through song, prayer, hearing God's word and sharing our experiences. We would love you to join us if you are free at that time, so that you can be part of our adventure and so that we can all learn from our different experiences. We meet in St David's church hall for about an hour and you would be most welcome.

*May the joy of God go with us,  
Wherever life may take us:  
May he bring our deserts to blossom:  
May he give us peace in the storm:  
May he fill our hearts with love:  
That we may go on our way rejoicing,  
Knowing we dwell in him and he in us.*

*David Adam*



the combined voice for mental  
health and substance misuse  
involvement in north wales

llais cyfunol dros gyfranogiad  
iechyd meddwl a chamddefnyddio  
sylweddau yng ngogledd cymru

## Introducing Caniad

Caniad is for anyone involved with mental health or substance misuse services, and anyone who cares for someone using these services.

Caniad supports people who want to have their voices heard, influence decisions, and help shape mental health and substance misuse services. Our model, ethos and structure was developed by people using the services.

There are four levels of involvement:

- Informal -Come to one our network meetings, receive newsletters
- Training to support you with various roles
- Active involvement - recruiting new staff, training staff, service development meetings & lots more!
- Volunteering – promoting Caniad, mentoring

Caniad is commissioned by the Betsi Cadwaladr Health Board and the Area Planning Board for Substance Misuse. For more information, contact your local Caniad Co-ordinators:

### **Caniad Conwy & Denbighshire**

Hilary Roberts (mental health) - 07967  
329718

Email: [hilary.roberts@caniad.org.uk](mailto:hilary.roberts@caniad.org.uk)  
Ieuan Davies (substance misuse - 07580  
718827

Email: [ieuan.Davies@caniad.org.uk](mailto:ieuan.Davies@caniad.org.uk)

## Thought for the Month

***The article below by Peter Walker appears in an edition of the Weekly News in early March***

This year there are two occasions to remember on March 1<sup>st</sup>.

Of course on that date we celebrate St David's Day, the only one of our four national saints who was actually born in the country of which he is the patron saint! However, this year, March 1<sup>st</sup> also marked the beginning of Lent, the traditional forty days of 'fasting' or 'giving something up' which precede the glorious celebration of Easter in the Christian tradition.

Those of us who attended church on that day will be aware of the Ash Wednesday tradition when, as part of the service, each person receives the mark of the cross in ash (hence Ash Wednesday) on their forehead with the words 'Remember you are dust and to dust you shall return'.

I find it as deeply moving to say those words as do those who hear them as they receive 'ashing' because they remind us of our mortality and the need to treasure every single moment of our lives. And it was really fitting that Ash Wednesday and St David's Day were in tandem this year because David himself was no stranger to those disciplines we impose on ourselves during Lent.

His monastic rule prescribed that monks had to drink only water and eat only bread with salt and herbs, and spend the evenings in prayer, reading and writing. No personal possessions were allowed: even to say "my book" was considered an offence. He lived a simple life.

Perhaps the conjunction of these two festivals can lead us to reflect on how complex and busy our own lives are, and maybe use the season of Lent to slow down and treasure the simple things.

# Around the Churches



## All Saints

As usual we opened the year with communion led by Revd Peter Walker - thanks to Peter for giving us your time. At the AGM reports were given and suggestions for future programmes were noted. This was followed by an "Angel Quiz" and chat over cups of tea and biscuits.

On 14th March we look forward to Mrs Joy Green coming to speak to us and then on 28th March we discuss our favourite or special passage from the bible. We meet at 2.30 pm in Bethel School room and everyone is welcome to come along and join us. Corporate Communion will be 1st March which will be Ash Wednesday at 10 am.

## St Paul's, Craig-y-Don

On 7th February we visited Holy Trinity Llandudno Mothers' Union. On an icy cold and wet day we had a very warm welcome. The afternoon began with prayers, followed by lunch of home made soup and a roll, a pancake and tea or coffee, for a suggested donation of £3 for MU projects.

Sister Ewa Bem from the Loreto Convent gave us an introduction to a MU Day Retreat that she is organising on 6th March. We then had a

short film of MU projects for homeless people, and refuges in Manchester and Birmingham. We had all had a lovely time, and were sorry to leave in such terrible weather!

Our Corporate Communion will be at 10.30 am at St. Paul's on Thursday 2nd March, and this month will include the enrolment of 3 new members. On 13th March Wendy Carter will be coming to talk to us about Saris, and we have an informal meeting on 27th March.

## St Ffraid's

St. Ffraid's Glan Conwy Mothers Union meet on the second Tuesday of the month in Church House. We have a membership of 18. Two of our members are not always able to attend the meetings but are visited regularly and kept up to date with news. We welcomed a new member in 2016 and have already enjoyed a talk given by her on the subject of piers, accompanied by postcard illustrations.

Christmas Lunch at Maesdu Golf Club was enjoyed by all, in spite of travel problems – tree cutting at Glan Conwy Corner causing tailbacks on the A470. Members arrived having taken a variety of routes down country lanes some of us had never used before!

We look forward to talks on a variety of subjects in 2017. Unfortunately Michael Clutton had to cancel in January due to an accident, but we hope to re-book him in the future. In February we heard about tapestry design and making from Merfyn.



LEFT: The Church of the Holy Spirit in Ewloe, where the service to mark the link with the Mothers' Union in Australia was held (see next page). An interesting fact - the church doors and some furniture at Ewloe are made of Australian Walnut.

## **Gwasanaeth Undeb y Mamau i nodi'r cyswllt ag Awstralia Mothers' Union Service to mark the link with Australia**

*Karen Stringer writes.....* Many years ago the Mothers' Union in the Diocese of St Asaph heard from the Mothers' Union in the Diocese of Riverina, Australia. They were praying for them on the festival day of St Asaph. Today the MU in the Diocese of St Asaph is linked with the MU in the Diocese of Bendigo in the State of Victoria (where the temperature was in the mid 20's) and this link is celebrated on Australia Day

Many Mothers' Union members came out on a very cold day to share in worship and fellowship. The Diocese of Bendigo has recently experienced 11 years of drought followed by serious flooding and they are still recovering from the trauma. The service was led by MU Chaplain the Rev John Thelwell with the Rev Mary Brotherston

Several members who have visited Australia brought along their memorabilia for us to look at and in addition to the hymns, we listened to classic Aussie songs played on the organ - Waltzing Matilda and the like.

### **St Katherine's, Bryn Pydew**

Twenty six people attended the joint service between St. Cystennin's and St. Katherine's on Sunday 29th January at St. Katherine's. The service was organised by our Mission Team and Kathy Walls led the service.

St Katherine's donates food to Hope Restored - a local charity based in Llandudno. It was therefore good to have Brenda Fogg, who initiated the charity by collecting food and clothes for the homeless and needy in the community in 2010, to speak to us.

She started out by supplying sandwiches but now provides hot meals twice a week and recently commenced a shelter for seven men. Brenda gets a lot of support from local businesses which helps her provide food and



ABOVE: Brenda Fogg from the homeless organisation Hope Restored speaking at St Katherine's, Bryn Pydew on 29th January.

clothing. Brenda works tirelessly for the homeless day and night and she is well supported by her volunteers and her husband. We then enjoyed our joint lunch. The next joint service is at St Cystennin's on April 30th.

As you will have seen in February's magazine we have changed our Cameo lunch to the first Wednesday of the month. All welcome. Sixteen of us enjoyed Mary's wonderful soup and Gladys' bara brith at the February lunch.

*Doreen Atkinson*



LEFT: Daniel and Richard, stuck in the South Sudan city of Juba, January 2017

*Peter Marshall writes.....* The tragic outbreak of civil war in South Sudan means over a million refugees, including 700,000 going south to Uganda. Among them is our good friend Bishop Samuel of Nzara. His wife Sentina is already in Kampala with her older girls Natalia and Victoria. However his other five younger children, Ika, Daniel, Richard, Joseph and Joy, have been stuck in Juba since early December. It is now far too dangerous for them to do the 12 hour bus journey as such buses have been attacked and people killed. By the time you read this we hope they will have flown by commercial airline to Kampala and started at new schools. Joseph, 6, has spina bifida and is in a wheelchair. St Katherine's has been able to contribute £250 towards the £1,000 needed for this.

It is a great privilege and joy to be part of God's world family and offer very practical support.



I continue to be in touch with friends in South Sudan by Skype each week. I have been able to arrange for Bishop Samuel's younger brother Esau, 27, (pictured above) a very capable person, to start at BA degree course in Community Development at university in Uganda, which will give him skills that will be needed when the troubles die down. He is so thrilled to be there. My charity, Buckingham

Trust, has received donations to cover his three years there. He is asking for a laptop. Anyone like to donate one?

We were also able to arrange for the vicar of Christ Church, Bethlehem, Yambio, Revd. Wilson Elisama, to fly the 250 miles to Juba to receive his graduation certificate - too dangerous to travel by road. He passed out top at Bishop Gwynne College. You may remember that I helped rebuild Christ Church between 2005 and 2012. The village of Bethlehem is so called because it was the place where the very first CMS. missionaries in 1913 proclaimed the Lord Jesus. There are 4-600 worshippers each Sunday

Remember little Daniel, 14 months, who fell in to the cooking pot in June 2005, and for whom I arranged a medical evacuation to a burns unit in Uganda? He will be 13 at the beginning of March, and as I write is waiting to be evacuated from the war zone to continue his schooling in Uganda. What about the dentists Charles, Emmanuel and Vida? The clinic continues, but I guess may have run out of anaesthetic and needles. It is very hard to get supplies to them. Over 20,000 refugees passed through the area recently - hard to imagine. How tragic this war is.

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## **St Michael's, Llandudno Junction**

### **Fellowship**

The January meeting took the opportunity to look ahead and plan future meetings. February saw the annual fellowship meal at the Empire in Llandudno. March will be a chance to make-your-own Easter cards.

Future meetings will include a talk by the Mayoress of Llandudno, Peter Walker on the birth of pop music, and a walk (or ride for those who find walking difficult) across the river for afternoon tea in Conwy.

## Wiggle and Giggle

Ellen O'Driscoll who runs these classes at St. Michael's is now on maternity leave. Her second child arrived on 10<sup>th</sup> December, and we wish Ellen and the whole family every blessing during the coming year, and look forward to classes starting again in the spring!

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## All Saints, Deganwy

### The wonders of social media!

*Pat Chapman writes.....* For the last few years I have researched the First World War memorial in All Saints. As well as the information on the men on the memorial I have been fortunate to find photos of a few of the men named.

In January I received a message to All Saints Church Facebook page from Martine Guillett who lives in Rouen, France. During a visit to his father's grave in St Sever cemetery her husband found a photo under one of the memorials. On the back of the photo was the name of a soldier Eustace Addison Holt and his date of death. Martine did some research and found All Saints Facebook page, as Eustace Holt is named on the war memorial in the church.

Eustace A Holt was the son of the Revd. George and Mary Jane Holt, Bon Air, Deganwy. He died of wounds on 4 October 1916 aged 31. He served with the 10th Battalion, The King's (Liverpool Regiment). In the photo he is seen wearing the Liverpool Scottish highland attire.

**Advance notice: All Saints Church AGM** will take place on **Sunday, 23 April** after the All Age Service.

### More Church Information Online

All Saints Facebook page:

[www.facebook.com/All-Saints-Church-Deganwy-943977308961577/](http://www.facebook.com/All-Saints-Church-Deganwy-943977308961577/)

St Cystennin's Facebook page:

[www.facebook.com/StCystenninsChurch](http://www.facebook.com/StCystenninsChurch)

St Katherine's website: [www.stkatherinesbp.com](http://www.stkatherinesbp.com)

St Paul's website: [www.stpaulsllandudno.co.uk](http://www.stpaulsllandudno.co.uk)

St Paul's Facebook page:

[www.facebook.com/choirofstpauls](http://www.facebook.com/choirofstpauls)



23.6.15  
Eustace Addison  
Holt.  
Died 4.10.16  
We remember you.

ABOVE and LEFT: The photo of Eustace Addison Holt found in St Sever cemetery. BELOW: Another scene from the live nativity production by St Ffraid's in December. Note the sign "all visitors must report to reception"!



# St Paul's, Craig-y-Don

The Week of Prayer for Christian Unity is always a special time when we have the chance to link up with Christians from other denominations in Llandudno. This year it was a privilege to have the Communion service celebrated in St Paul's. Noel used Taizé chants within the Anglican service and told simply of some of the things that are going on at St Paul's including the posting of our Sunday Eucharists on Facebook and the new sessions on Thursday afternoons with the children from the Springfield Nurseries and the Lego company from Rhyl (of which more below). Refreshments and fellowship together were enjoyed afterwards.

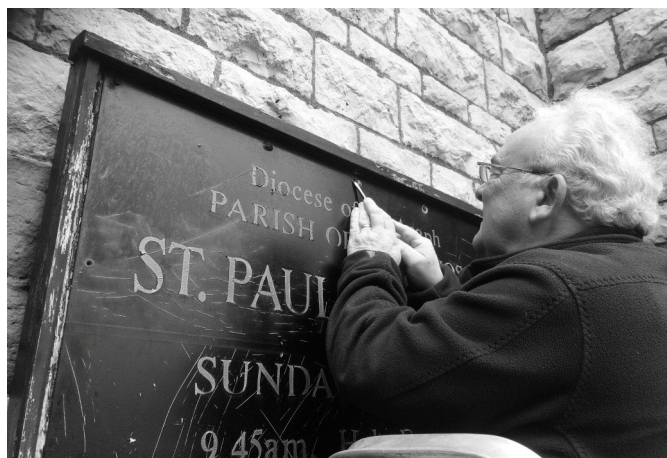
*Patrick Rohde*



## The "Lego Choir"

Over the last few weeks, a new type of children's activity has been taking place at St Paul's, combining music and Lego. Children from the nursery school opposite the church learned to sing a song about Noah's Ark, then used Lego to create an animated video to go with the music (above). The sessions have already proved popular, and have given us chance to reach out to a new age group who previously had never been in a church.

*Deborah Haigh-Roberts*



ABOVE and BELOW: the noticeboard at St Paul's, before, during and after! Top - David Hay removes the old noticeboard from St Paul's Church, still bearing the name of the old vicar. Middle - an even older noticeboard was revealed underneath, recalling the days when several services were celebrated at St Paul's..... and is "mattins" spelled wrongly? Bottom - the new noticeboard arrives in church. The Facebook web address is a definite sign of change in the last few years.



# St Hilary's, Llanrhos

Don't forget the **St David's Day lunch - Sunday 5th March** - tickets from Doreen on 585127.

**Thank you** to all those who contributed to the purchase of the new hymn books. There are some large print copies so don't forget to ask if these would be helpful for you.

We also have some new oil-filled candles for the altar - they look just the same but will please those of you who like symmetry as the wax candles always burnt down unevenly.

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## St David's, Penrhyn Bay

### Archbishop honours Church Musicians

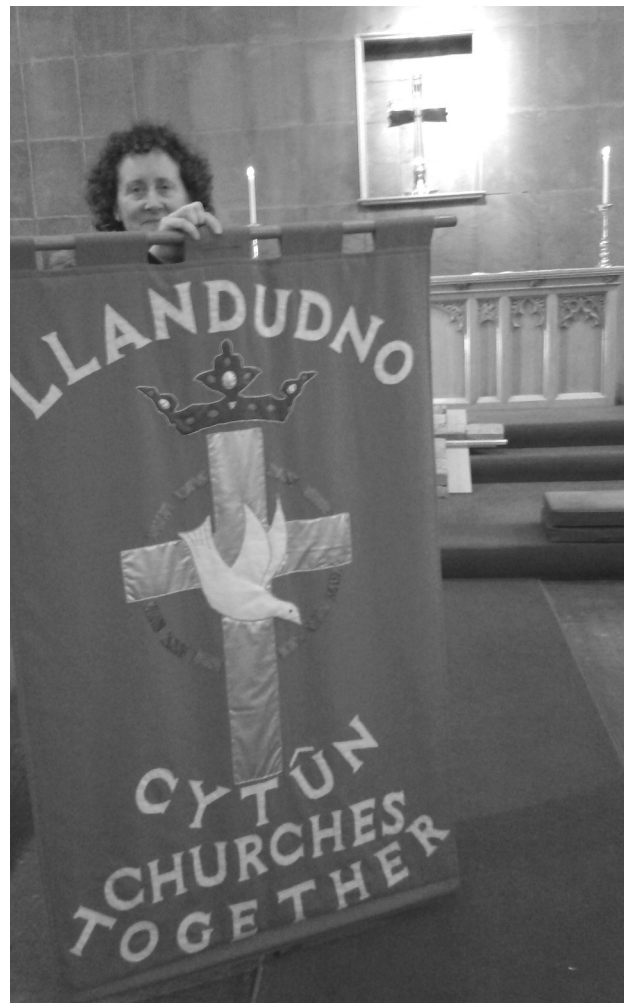
At a special service at Llandaff Cathedral on 7th January, ten people received the Archbishop of Wales' Certificate of Merit in Church Music. The certificate pays tribute to the talents and devoted service of musicians who are not professionally trained. "The contribution of musicians to the liturgy of the Church is not an incidental extra, the icing on the cake, but belongs to the very essence of what worship is all about."

John Clutton formerly of St David's Church, had been a chorister, and later choir master, for more than 65 years. Congratulations John.

### Week of Prayer for Christian Unity

**Reconciliation - The Love of Christ compels us**  
**2 Corinthians 5: 14-20**

Our morning service on 22nd January focussed on prayers for peace and reconciliation. At the evening service we welcomed members of Cytun and followed the Ecumenical Worship Service prepared by Churches Together in Britain and Ireland. At both services the building of a simple brick wall symbolised the ease with which divisions can grow, with each brick acknowledging where we have failed to be his living stones.



The Revd Bev Ramsden at St David's Penrhyn Bay with the Llandudno Cytun banner, in preparation for the Cytun President's Service on 22nd January during the Week of Prayer for Christian Unity.

### Lenten Prayer Discipline

Consider following the following discipline during the season of Lent. You decide when, where and for how long.

- MONDAY Pray for dialogue where there is war
- TUESDAY Pray for peace where there is violence
- WEDNESDAY Pray for displaced communities
- THURSDAY Pray for families who are divided
- FRIDAY Pray for your neighbours and their needs
- SATURDAY Pray for your own situation
- SUNDAY Give thanks for God's unfailing love and grace

To participate in a Lenten '**Count your blessings**' go to the Christian Aid web site  
[https://www.christianaid.org.uk/lent-easter/lent-calendar#count\\_your\\_blessings](https://www.christianaid.org.uk/lent-easter/lent-calendar#count_your_blessings)



**ST DAVID'S GIFT DAY SUNDAY 5<sup>TH</sup> MARCH**

Envelopes will be available for you to place your gift which can be Gift Aided

**Congregation meeting** - as this goes to print the congregational meeting will be Monday 6<sup>th</sup> March at 7 pm. Please check the pew news and noticeboard

**Easter flowers** - if you would like to make a contribute towards the cost of the Easter flowers at St David's, please hand your donation to the wardens. There will not be any flowers in church during March

**Dates for your Diary:**

St David's Summer Fete - Saturday 15 July

Outdoor Service at St David's

- Sunday 27 August

**GUIDE DOGS Spring Fayre**

**Saturday 25th March**

St. David's Penrhyn Bay.

1.30 pm - 3.30 pm

Usual variety of stalls including Cakes, Guide Dogs Merchandise, Books, Raffle, Easter Egg Tombola  
(offers of Easter eggs would be appreciated)

Admission £ 1.50  
to include tea or coffee and cake  
Children Free

Everyone Welcome  
*We will have Guide Dogs present, come along and meet them, they love a cuddle. Please support this event if you can and help us to help others*

For more information  
contact Sheila Tel. 01492 875098

*Rhyl Music Club*

**Carducci  
Quartet**



Play Beethoven and Philip Glass

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**Murray McLachlan  
family + Chethams**



Play Haydn, Mozart, Grainger, Schumann

7.30pm **Wednesday 22 March**



**Rhyl Town Hall.** Tickets at the door £12, accompanied under 16s free

Details on [rhylmusic.com](http://rhylmusic.com)



Reg charity no. 501671

## **And finally.....Stardate 2017**

From a galaxy far, far away (i.e. a non-conformist church in England\*) comes the following notice on their Pew Bulletin:

*Welcome! We extend a special welcome to those who are single, married, divorced, gay, filthy rich, dirt poor, y no habla ingles. We extend a special welcome to those who are crying new-borns, skinny as a rail or could afford to lose a few pounds.*

*We welcome you if you can sing like Pavarotti or like our pastor who can't carry a note in a bucket. You're welcome if you're 'just browsing', just woke up or just got out of prison. We don't care if you're more Christian than the Archbishop of Canterbury, or haven't been in church since your friend's wedding.*

*We extend a special welcome to those who are over 60 but not grown up yet, and to teenagers who are growing up too fast. We welcome keep-fit mums, football dads, starving artists, tree-huggers, latte sippers, vegetarians, junk food eaters. We welcome those who are in recovery or still addicted. We welcome you if you're having problems, if you're down in the dumps or if you don't like 'organised religion'. We've been there too!*

*If you blew all your money on the horses, you're welcome here. We offer a welcome to those who think the earth is flat, work too hard, don't work, can't spell or because Grandma is in town and wanted to go to church.*

*We welcome those who are inked, pierced or both. We offer a special welcome to those who could use a prayer right now, had religion shoved down their throats as a kid or got lost at the roundabout and ended up here by mistake. We welcome tourists, seekers and doubters, bleeding hearts ... and you!*

Now your mission for today .... having read the above, let it put flesh on the bones as you re-read 1 Corinthians 12:12-27. Then read the above passage again.

And then pray.  
(Peter Walker)

\*though probably originating at a Catholic Church in Florida, and now displayed in many churches across America and the UK,



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## CHURCH OFFICERS AND ORGANISATIONS

(all telephone numbers 01492 unless otherwise stated)

<b>Lay Readers:</b>	Mr M Clutton 876292	Mr K Livesey 548492
	Mr A Price 543138	
<b>Pastoral Assistants:</b>	Mrs P Chapman 583420	Miss M Cooke 876414
	Mrs R Williams 517256	
<b>Worship Leaders:</b>	Miss M Cooke 876414	Mrs A Huckle 580822
	Mr M Wise 581545	
<b>Churchwardens:</b>		
Mission Area	Barry Ainge 582752	Tesni Hadwin 573248
All Saints:	Mrs P Chapman 583420	Mr F Prescott 584788
St Cystennin's:	Mr P Jones 07745 357290	2 <sup>nd</sup> Warden - Vacancy
St David's:	Mrs K Stringer 07973 337650	Mr P Williams 546840
St Hilary's:	Mrs D Owen 585127	Mr E Williams 584446
St Katherine's:	Mr G Clowes 879761	Mrs M Pritchard 540542
St Michael's:	Mr I Huckle 580822	Mrs R Williams 517256
St Paul's:	Mr P Evans 877696	Chris Dearden 07941 946525

**Mission Area Secretaries :** Mrs A Milne 876996 Mrs M Pritchard 540542

**Mission Area Treasurer:** Mrs A Harty 546039

**Gift Aid Secretary:** Mrs A Harty 546039

### Choirs and Organists:

All Saints:	Organist	Mr J Wright 541552	
St Cystennin's:	Organists	Mr E Thomas 540016	Ms M Harley 582957
St David's:	Organist	Mr K Holland 878826	
St Hilary's:	Organist	Mr J Liddon-Few 07930 414287	
St Katherine's:	Organist	Mrs Angela Hall 581224	
St Michael's:	Organist	Mrs G Williams 584428	
St Paul's:	Director of Music	Miss D Haigh-Roberts 07867 964010	
	Organists	Mr T Hemuss 07775 517823	Mr K Lacey 01248 440843
		Mr J Liddon-Few 07930 414287	

**Ysgol Bodafon Head Teacher:** Mr T Lloyd Owen 547996

**Ysgol Bodafon Chair of Governors:** The Revd M Harrison 01492 870701/07910 141410

**Parish Education Service Treasurer:** Mrs A Clutton 876292

**Banner Group:** Mrs D Owen 585127

**Magazine Honorary Treasurer:** Parish Office 541615

**Bible Reading Fellowship:** Mr P Rohde 878504

**Honorary Secretary CMS** Parish Office 541615

### Mothers' Union:

All Saints: (meet at Bethel Chapel Schoolroom) Mrs D Laight 584247

St Paul's: (meet at St Paul's Church Hall) Mrs A Clutton 876292

St Ffraid's (meet at St Ffraid's Church House) Mrs. M Jones 580446.

**Ladies' Fellowships:** St David's: Mrs N Reid 549853

St Michael's: Mrs A Huckle 580822

**St Hilary's Fellowship:** Mrs D Owen 585127

[www.aberconwy.church](http://www.aberconwy.church)

