

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 2019

The Revd Noel Carter writes:

**What will you do for Lent this year?
There is something for everyone!**

Lent is a real spiritual journey. How will you travel in 2019? Begin your journey by coming to one of the Eucharists on Ash Wednesday – the traditional way to begin Lent. Everyone in St Asaph Diocese is being encouraged to say the 2019 Lent Prayer at 6 pm every day in Lent. The prayer is printed below and Prayer Cards are available in all our churches. You can join one of the different Lent Groups that are meeting in the Mission Area. There's lots to choose from (see pages 4 and 5 for full details). I hope and pray that God will bless and inspire your Lent journey this year.

Diocesan Lent Prayer 2019

Compassionate God,
As you enfold us in your hands,
give us your compassion for people in
need of your grace, mercy and love.
Help us to follow you
into places of despair and darkness
carrying your light and hope.
Touch our lips with wisdom and
empower us with your Holy Spirit to
bring your life and healing.
Teach us good Lord
to see you in the lives of others.
Amen



Services

***Holy Eucharists with
Imposition of Ashes***

10 am - St Ffraid's, Glan Conwy

10 am - St Cystennin's

10 am - All Saints, Deganwy

7 pm - St Grwst's, Llanrwst

7 pm - St Hilary's, Llanrhos

7 pm - St David's, Penrhyn Bay

**Also: Sung Compline at 7.30 pm at
St Paul's Church, Craig-y-Don**



"Gwnewch y pethau bychain - Do the little things"

REGULAR SERVICES IN OUR CHURCHES - ALL WELCOME

1st Sunday of the month

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

2nd Sunday of the month

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

3rd Sunday of the month

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

4th Sunday of the month

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

5th Sunday of the month

8 am **Holy Eucharist** All Saints and St David's
 9.30 am **Holy Eucharist** St Michael's and St Martin's
 9.45 am **Choral Eucharist** St Paul's
 11 am **Holy Eucharist** All Saints; **Morning Prayer** St Hilary's
 11.15 am **Holy Eucharist** St Ffraid's
 4 pm **Holy Eucharist** St Grwst's
 6.30 pm **Holy Eucharist** St Hilary's

On the 5th Sunday St Cystennin's and St Katherine's hold a joint service at 10.30 am, alternating between the two churches, and the 11 am service on a 5th Sunday may vary at **St David's**—see **calendar opposite**

HOLY EUCHARIST also on **Wednesdays 10 am** - All Saints, **Thursdays 10.30 am** - St Paul's, **Fridays 10 am** - St David's

Join us for coffee - 10 am Thursday - St Paul's and St Ffraid's; 10.30 am Friday - St David's

Storytime Café - for pre-school children and their carers, 10.30 am every Wednesday - St Paul's

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

Koinonia Groups (Bible study, prayer & discussion): **Morning** - 2nd and 4th Weds, 10.30 am (01492 876451 for details)

Evening - 1st and 3rd 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 - St Michael's (except Bank Holidays) Contact 01492 585063 for more information

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

CLERGY:	Rev Noel Carter (Mission Area Leader) 01492 339521 Rev Dr Godfrey Chigumira 01492 543706 Rev Juliet Fraser 01492 596655 Rev Sarah Hildreth-Osborn 01492 640032 Rev Peter Walker 01492 583579	(For other contact details and online addresses - please see inside back cover)
OFFICE:	Penrhyn Beach East, Llandudno, LL30 3NT - 01492 541615 - office@aberconwy.church	

Mis Mawrth 2019 - CALENDAR - March 2019

		Services	Other events
Friday Dydd Gŵyl Dewi	1	HE 10 am St D; World Day of Prayer Service 10.30 am, Holy Trinity Llandudno	Cancer Support Group 10.30-12.30 AS; Craft Fair 10-4 pm St P Church Hall
Saturday	2		Holywell Brass Band Concert 7.30 pm St P
SUNDAY	3	SEE OPPOSITE PAGE	St David's Day Lunch 12.30 pm Llanrhos S/room
Monday	4		Dementia Café 10.30-12.30 pm AS; Daffodil Tea 2.30 pm St P Hall
Tuesday	5		Pancake Party 2.30 pm Llanrhos Schoolroom; Bible Briefs 7.30 pm, 8 Llys Helig
Ash Wednesday	6	HE 10 am AS, St C and St Ff; HE 7 pm St D, St G and St H; Sung Compline 7.30 pm St P	Storytime Café 10.30 am St P
Thursday	7	HE 10.30 am St P	MAGAZINE COPY DATE; Lent film group & lunch, Noon, 27 Church Walks; Afternoon Tea 2-3.30 pm St D Church Hall
Friday	8	HE 10 am St D	
SUNDAY	10	SEE OPPOSITE PAGE Also: <u>No morning services</u> at AS or St M; HE and Service of Thanksgiving for Peter Walker 3 pm AS; Building Blocks 4 pm St P	
Tuesday	12		Lent Meeting & Frugal Lunch 11 am St M; Cuppa, crafts & chat 2.30 pm Llanrhos S/room; AS and St Ff Mothers' Unions 2.30 pm; Bible Briefs 7.30 pm 8 Llys Helig
Wednesday	13	HE 10 am AS	Storytime Café 10.30 am St P; Lent Course 7 pm Hospice Chapel
Thursday	14	HE 10.30 am St P	Lent film group & lunch, Noon, 27 Church Walks
Friday	15	HE 10 am St D; Holy Matrimony 3 pm St H	
Saturday	16		Prayer Breakfast 9 am St P
SUNDAY	17	SEE OPPOSITE PAGE	
Tuesday	19	Open Table 7 pm (venue tbc)	Lent Meeting & Frugal Lunch 11 am St M
Wednesday	20	HE 10 am AS	Storytime Café 10.30 am St P; Lent Course 7 pm Hospice Chapel
Thursday	21	HE 10.30 am St P	Lent film group & lunch, Noon, 27 Church Walks
Friday	22	HE 10 am St D	
SUNDAY	24	SEE OPPOSITE PAGE	Electoral Roll revision begins
Monday	25		St P Fellowship 2.30 pm
Tuesday	26		Lent Meeting & Frugal Lunch 11 am St M; AS Mothers' Union 2.30 pm; Cuppa, crafts & chat 2.30 pm Llanrhos S/room;
Wednesday	27	HE 10 am AS	Storytime Café 10.30 am St P; Lent Course 7 pm Hospice Chapel
Thursday	28	HE 10.30 am St P	Lent film group & lunch, Noon, 27 Church Walks
Friday	29	HE 10 am St D	
Saturday	30	Holy Matrimony 11.30 am St H	
MOTHERING SUNDAY	31	SEE OPPOSITE PAGE Also: Morning Worship 11 am St D; Joint Service for St C and St K 10.30 am at St C; DigIn for Mothering Sunday 3 pm St D Hall	

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; 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

Activities for Lent



Once again we will be joining with the parish of Holy Trinity Llandudno for a **LENT COURSE**, to be held on **Wednesday evenings from 13th March to 10th April at 7 pm in St David's Hospice, Abbey Road, Llandudno, LL30 2EN**

We will be using the Church in Wales' Lent course **The Inheritance of Lent: The Generosity of God - "What have you inherited from God in faith and how do you respond to such a gift of love?"**

This is a Lent Course for everyone, no matter how much you know or don't know. It will deepen our understanding of God's generosity and what it means to follow the way of Jesus today. This Lent Course will guide us through Bible passages, reflections, and prayer; through the making of pipe-cleaner people; through sharing stories and thoughts on topics which touch into our lives and the life of our Church. Together, and across the Province, we will look at generosity and inheritance through:

- Openness to others
- The environment
- Who are our neighbours?
- The economic landscape
- Issues of justice and peace
- Our own offering and discipleship
- New Life in and with Jesus
- Then, what happens next?

One Province | One Church | One People

We are again very grateful to the Hospice for allowing us to use their Chapel and premises for our Lent gatherings.

There are other opportunities to meet and discuss during Lent:

LENT MEETING AND FRUGAL LUNCH at St Michael's Church, Llandudno Junction, 11 am every Tuesday 12th March to 9th April. Each meeting will look at an episode of the BBC drama series "Rev". This will lead to discussion about issues facing the church today. The Lent meeting will conclude with a simple soup lunch. Something different! Something for you?

"Rev"...setting the scene:

The Revd Adam Smallbone is an Anglican priest who has recently moved from a small rural parish to the 'socially disunited' St Saviour-in-the-Marshes in East London. Unable to turn anyone away from his pastoral care, he is faced with a series of moral



challenges as he balances the needs of genuine believers, people on the streets, and drug addicts, as well as the demands of social climbers using the church to get their children into the best schools.

Adam has an impossibly difficult job being a modern city vicar. His wife Alex, who has her own career as a solicitor to worry about, provides fantastic support for him, seeing through his life as a priest, whilst not being involved with his work. He is also supported by lay reader Nigel, who believes he should be running the church. Supervising is Archdeacon Robert, who puts pressure on Adam to increase the congregation and church income. Parishioners include Colin, a heavy drinking, unemployable lost soul who is Adam's most devoted parishioner; Adoha, well known for her romantic intentions towards the clergy; and Mick, who is homeless and appears on Adam's doorstep in different situations asking for money.

Why "Rev" Season 3 for Lent?

This final season of Rev (originally aired in 2014) encourages us to reflect on some interesting and complex issues and also draws us to the heart of our faith, the matter of death and resurrection. Through humour, human experience and a deep sense of Christian spirituality "Rev" provides an excellent platform through which we can reflect on our own journey of faith and draw closer to God through Lent 2019.



Another Story Must Begin

There will also be a **LENT COURSE** exploring the film of the musical "Les Miserables" - Another Story Must Begin - at the Rectory, 27 Church Walks, followed by a simple lunch. The session starts at midday, and the first one will show the film. The 5-week course begins on Thursday 7th March, the day after Ash Wednesday.

Lent Bible Briefs

Informal Bible Study
meeting at 8 Llys Helyg, Deganwy LL31 9BN
at 7.30 pm

Tuesday 5th March – Pancakes to sustain the journey – Travelling in faith!

Tuesday 2nd April - The journey to Calvary



PANCAKE AFTERNOON

Tuesday
5th March
2.30 pm

Llanrhos School Room

Quiz and Raffle

Tickets £3 from Doreen 01492 585127

What else is going on in the Mission Area?



DIGIN.ORG.UK

Come and join us on **Mothering Sunday** for our new way of doing/being church.

For good coffee, cakes, reflections, discussions, music and craft activities:

'Digin' at St David's Hall Penrhyn Bay

Sunday 31st March 3 pm

We hope to offer something for all ages, so spread the word, this is church but not as you may know it, come and see.

Come with an open mind and heart

Praying for Growth

Please continue to pray for the growth of the church in the Aberconwy Mission Area, for our leaders and our congregations, that they may be strengthened and encouraged during this season of Lent. Also please pray for Joe Lavin and Sian Hudson, and Thomas Halloran and Natalie Wareham, who are to be married in St Hilary's Church in March.

Prayer for Growth

God of Mission, who alone brings growth to your Church, send your Holy Spirit to give Vision to our planning, Wisdom to our actions, and Power to our witness. Help our church to grow in numbers, in spiritual commitment to you, and in service to our local community, through Jesus Christ our Lord. Amen.

Saturday 16th March

9 am at St Paul's Church,
Craig y Don
Food, Fellowship and
Prayer



KOINONIA GROUPS

The evening Koinonia group will meet on 7th March as usual but then not until after Easter, beginning again on 2nd May.

The morning group meets as usual in March but will not meet in April.

All are welcome to these groups which meet for bible study, fellowship and prayer. Details from the contacts listed inside the front cover.

THANKSGIVING SERVICE OF HOLY EUCHARIST FOR REV PETER WALKER



SUNDAY 10TH MARCH
ALL SAINTS' CHURCH
DEGANWY @ 3PM

The Revd Peter Walker is retiring in March. There will be a special service of Thanksgiving for Peter's ministry at All Saints Church, Deganwy on Sunday 10th March at 3 pm. This Eucharist will be followed by light refreshment and an opportunity to bid our farewells to Peter and Susie.

OPEN TABLE

The venue for the service at 7 pm on **Tuesday 19th March** still has to be confirmed - more details from the Revd. Sarah Hildreth Osborn.



ST DAVID'S DAY LUNCH



Sunday 3rd March

12.30 pm

Llanrhos Schoolroom

Tickets £12 from Doreen 01492 585127

DEGANWY

DEMENTIA CAFÉ

All Saints Church, Deganwy, 10.30 - 12.30 pm on the first Monday of each month. **Open to all** and especially those who are living with Dementia, their carers, loved ones and friends. Entry and refreshments are free of charge to all. *(See also details of Dementia Film Screenings at Theatr Colwyn - see page 13)*

Cancer Support Group

This meets in All Saints, Deganwy, on the 1st Friday of every month 10.30 am to 12.30 pm. Run with the support of Macmillan Cancer Support it is open to everyone, from those who are living with cancer, to family and friends and anybody who feels they would benefit from this group.

DAFFODIL TEA

Monday 4th March

2.30 pm

St Paul's, Craig-y-Don

Tickets £3.50



COMMUNITY AFTERNOON TEA

Raising money for local charities

St David's Church Hall, Penrhyn Bay

Thursday 7th March, 2-3.30 pm.

£3 per person - pay on the day

Details from Ann Beardmore 07872 933926



THE MOTHERS' UNION

'Listen, observe, act - in step with God'

All Saints Deganwy Branch

Pat Chapman writes: Our opening service was held in Bethel Chapel led by Rev Peter Walker. We wish Peter a long and happy retirement in his new home in Crosby. At our AGM we looked back over 2018 and forward to 2019. Mrs Daphne Light continues as Leader, Mrs Pat Chapman is Secretary and Mrs Mary Meldrum is Treasurer. On 12th March Revd Godfrey will be the speaker and on 26th March the Revd Juliet Fraser will talk about Lent. A warm welcome is extended to everyone. We meet in Bethel Chapel at 2.30 pm. The Corporate Communion in on 6th March in All Saints (10 am) and all are welcome.

St Ffraid's Branch

Kath Jones writes: We were not able to meet in January, but our February meeting was a talk by Liz Ward, one of our members, about Sister Wendy Beckett and her artwork. On March 12th our speaker will be John Cilsand, in April Revd Sarah will speak about Lent, in May we have a Quiz, and our annual outing will be in June.



LADY DAY

The Feast of the Annunciation will be celebrated with a **Diocesan Festival Service** at St Asaph Cathedral on **Monday 25th March** at 2 pm. Clergy and non members welcome.

EVENTS AT ST PAUL'S CRAIG-Y-DON

CRAFT FAIR Friday March 1st 10-4 pm in the church hall. Local sea glass jewellery, photography, cards, knit/crochet wear, home decor, hand made cards all on sale.

ST DAVID'S DAY CONCERT with Holywell Brass at 7.30 pm on **Saturday 2nd March**. Admission free with retiring collection in support of young musicians in North Wales.

SUNG COMPLINE on **Ash Wednesday 6th March** at 7.30 pm. Includes Allegri's moving setting of Psalm 51 "Miserere Mei, Deus".

BUILDING BLOCKS - FOOD, FAITH AND FUN is the relaunched Family Service at St Paul's, the first one on Sunday 10th March at 4 pm.

MOTHERING SUNDAY SERVICE at 9.45 am on **31st March**. St Paul's Church choir sing music by John Rutter with harp accompaniment. We'll be continuing the centuries old tradition of having Simnel cake afterwards.

The new **FELLOWSHIP GROUP** meeting at St Paul's is open to everyone. There is the **Daffodil Afternoon Tea on 4th March** - do come along for lovely homemade cakes and wonderful company (pay on the door or tickets from the church hall at the Thursday Coffee morning.) Some interesting speakers are lined up too - on **Monday 25th March** Chris Dearden who is our Churchwarden will talk about his work with BBC outside broadcasting. In April Mrs Ros Harrison will tell us about her Christian Work with her husband in Tanganika, and Ann Roberts will give us an insight into life as Mayor of Conwy. There is a Summer Afternoon Tea on 24th June and in July Mr Peter Day will talk about some interesting details of the ship wrecks off the coast of Anglesey. If you see something that interests you please come along - you will be most welcome

CRAFT TOGETHER meet in church **every Monday** at 1 pm. Originally founded at St John's Methodist Church the group has re-established itself using St Paul's church and have now become a St Paul's group. All welcome.



Advance Notice



After the success of previous years' events St Paul's Church
Craig-y-Don will be holding another

Arts and Crafts Exhibition with Musical Interludes

on the Weekend of May 4th, 5th & 6th 2019 (Bank Holiday Weekend)

We will be looking for people prepared to display their work, with works being for sale, over the three days. Framed paintings to be hung on screens and craft work to be displayed on tables. A hanging fee will be charged and a fee per table. A percentage of sale price will be given to the church fund.

All proceeds from the event will go to St Paul's Church Funds

Forms to enter work will be available during March along with further details.

In the meantime if you'd like to know more contact Barbara or Sandra on 01492 525814

Or email:- barbarawalker@sandraabel.plus.com

ELECTORAL ROLL: The Mission Area Electoral Roll will be revised in preparation for the Annual Meeting on 29th April. Copies of the Roll and forms will be available in the churches for you to check whether your name appears, and complete a form if necessary, during the period 24th March to 9th April. If you are a regular worshipper in any of the Mission Area churches your name should be on the Roll so that you can play a full part as a member of the church.

News from the Mission Area

Good News!

Bishop Gregory has announced:

"I am delighted to announce that on the completion of her curacy, **Juliet Fraser** is now



assuming duties as a fellow priest-in-charge in the Shared Ministry Team for Aberconwy Mission Area. Juliet has brought considerable talent to her ministry in Rhyl and now in Aberconwy, and we welcome her to this new role."

This is great news for our Mission Area. Juliet will have particular responsibility for All Saints Deganwy and St Michael's in Llandudno Junction.

She will be licenced at a special service in All Saints Deganwy on Sunday 7th July at 3 pm. Come along to the special service to mark the beginning of a new chapter in Juliet's ministry.

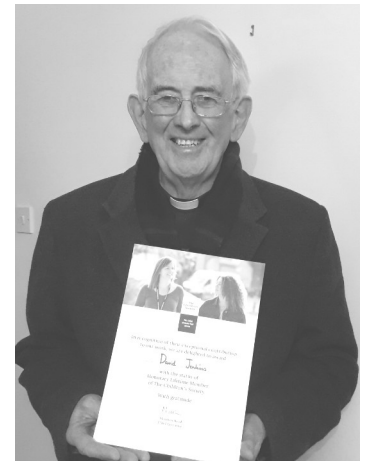
Christingle - Memories and a Surprise

Doreen Owen writes:

On the second Sunday in January we enjoyed a lovely Christingle service at St Paul's Church arranged by Juliet & Ginny.

While we sat there memories flooded back to past services when we would line up to give a donation to The Children's Society in exchange for our Christingle. (That was before they decided to support only children living in England.)

Rev David Jenkins had a surprise that week, although being retired for more than ten years; he received a certificate in recognition for "Exceptional Contribution to the work of the Children's Society".



Valentine's Day Special



The first Digin was held on 10th February at Llanrhos Schoolroom, focussing on the theme of 'Love'. After coffee and delicious cake, cookies and fruit, we had the chance to think about what love really means to

us and to our relationships with one another and with God. With lots of stickers, colours and glue to make our own Valentine cards, and songs and prayers, a good time was had by all, and we are looking forward to the next session at St David's on Mothering Sunday afternoon.

News from Ysgol Bodafon

Sian Jenkinson writes:

The days are getting longer and brighter for everyone, and the bright sparks in Bodafon are coming up with some mighty fine ideas for drawing our school and church community together!

Year 1 have been receiving road safety awareness training (Kerbcraft) recently on the yard to begin with and then on Bryn y Bia Road. Thank you to those parents that have volunteered their time as helpers to allow us to be able participate in this worthwhile scheme. It is a great scheme to help our children.

Shrove Tuesday will soon be upon us on March 5th, so a great opportunity for St Pauls in Craig-y-Don to think "out of the box" for the family service - on Sunday March 10th - a family event called "Building Blocks - Food, Faith & Fun" will



be hosted at the church. It will feature Lego activities, some family time, plus the opportunity to make a pancake or two – all in all, it is going to be a flippin' great time for sure!

Shrove Tuesday precedes Ash Wednesday, which then marks the start of Lent. It is a time when some of us traditionally think of what we can give up before Easter – often people think of food - but it is also a time to perhaps think about fasting or giving up some other things – so it could be cutting down on screen time and replacing it with family time.

You may have read in the news over the last month that the government is stepping up on advice and guidance on how much screen time a child should have – living in the digital world it is vital that we don't just monitor how much screen time our children have, but what they watch or access is something we all need to be aware of too.

/Continued overleaf

It is funny how God speaks – as I was writing this article, my 5 year old daughter arrived home with Dad from school and shouted “Mummy, we have been learning about being safe on the Internet!” - a sign of the times and how things have changed since I was that age!

But it isn't just the responsibility of school to teach our children how to stay safe online – it is our responsibility as adults and parents to model some good behaviour, so we might find we are challenged as to how distracted we get with social media, or what we watch. Screen time is everything from TV, to i-pads, i-phones, Facebook and all the various social networks – the screen and online world is everywhere today, and it is a challenge to us all.

In the book of Proverbs, it says “Train a child in the way he should go, and when he is old he will not turn from it” (chapter 22 v 6). Children absorb information like little sponges, but they also learn what they see.....so let us be challenged in the coming season of Lent, perhaps by choosing less of the online world

and channeling our energies into the stuff that matters – family and community – plus a bit of pancake flipping for good measure!

To close this month, a heartfelt prayer from our Head Mr Lloyd-Owen – one of the ongoing challenges of a small school is ensuring adequate numbers join the school at reception – so one of the prayers of the school is very much to lay Ysgol Bodafon on the heart of parents and families in the area to make Bodafon their choice for their children to grow. Please join us as we intercede for the school to blossom in all ways – thank you all, diolch pawb.

We pray that you continue to bless our school. We have developed a loving, caring Christian ethos at Bodafon. But we would dearly like your guidance and assistance in getting more children admitted to our school, especially in the nursery and reception classes.

*In Jesus' name
Amen.*

St David's, Penrhyn Bay

St David's congregation were delighted to celebrate Roz Holland's 90th birthday with her and her husband Ken (our organist) after morning service on Sunday 27th January. She brought a beautiful cake with a picture of the young Roz (and very beautiful she was too). A happy time for all. "



Left:
Roz Holland's 90th birthday cake.

Right:
Roz cuts the cake after morning service at St David's at the end of January



FROM THE EDITORS

We welcome news and comment from across the Mission Area, with photos if possible. Please send items in by **copy date (7th of the month)** to jastone@dunelm.org.uk or to the Parish Office. (Items may have to be edited to fit available space, and late items may have to be omitted.)

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

Left: Karen Stringer, churchwarden at St David's, put together this candle display for Candlemas, the Feast of the Presentation.
Below right: The Altar, Holy family and candles.



St Paul's, Craig-y-Don

Chris Dearden and Philip Evans write:

A late Easter and a late Lent, they said..... loads of nice green ordinary time after Christmas to kick back and relax, they said.....

Sadly not. About five minutes after packing away the last Christingle, thoughts turned to the monthly family service. The numbers coming to it have been a bit low since we started, so it was time for a good hard look at what we are doing and why. The end result is that we'll have something new on Sunday 10th March: "Building Blocks – Food Faith and Fun". The idea is to focus more on the Lego activities, similar to the things we already do on Monday afternoons, and also to make it more of a social occasion by doing something with food. This month, we'll be teaching the children to make pancakes (Shrove Tuesday is a few days beforehand). We've also been planning a small celebration weekend for St David's Day with a craft fair on Friday 1st March, brass band concert on

Saturday 2nd and St David's Day communion service on Sunday 3rd.

Sung Compline makes a return to St Paul's for Ash Wednesday (6th March). Compline is an evening service focusing on inner peace, and the Wednesday evening Lent group will begin with Compline, so this service provides a nice way to begin Lent if you're intending to go to any of those sessions in the weeks to follow. Finally, we're also preparing for a Mothering Sunday service on 31st March, with the usual tradition of Simnel cake for everyone who comes along.

In between all this, we need to find time to look at the future of the church hall. A meeting was held recently to discuss its future. It was erected in 1974/5 and is close to being life-expired. The deterioration of the gutters and fascia boards is obvious in this recent view, pictured below. But we need to keep it standing for a little bit longer, which is why some emergency repairs may be carried out in the not too distant future.



Left: Out of sight but not out of mind - another church -wardens' responsibility wardens is the boiler room - new railings for the steps.



Perhaps there'll be time for a rest after Easter? Though there are already plans for a craft weekend at the start of May.....

Local Matters



WORLD DAY OF PRAYER

“Come - Everything is ready!”

10.30 am on Friday 1st March at Holy Trinity, Llandudno.

Everything is ready and the invitation is for everyone - men, women and children of all ages to join this Day of Prayer (formerly known as the Women's World Day of Prayer). Women of Slovenia, one of the smallest and youngest countries in Europe, have prepared this year's service and they encourage us to reflect on the barriers they have faced since the end of the Second World War when their country was a part of Yugoslavia, a Marxist socialist republic. They share the challenges they have met and the hopes they have for the future.



The World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. It is celebrated in over 120 countries. It begins in Samoa and prayer in native languages travels throughout the world --- through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later.



Conwy Food Bank

Feeding local people in crisis

conwyfoodbank@gmail.com

February 2019

Dear Supporters

Once again we would like to express our thanks to you for your support for the work in providing food for those living in crisis. During the year February 2018-January 2019 a total of 981 parcels were issued and is the highest recorded so far.

The last four months have been the highest four monthly totals ever, with January exceeding all expectations. The moving average has now reached 80 parcels per month for the first time - and is still rising.

In January 119 parcels were issued, 42 to families involving 98 children, 63 to single people and 14 to couples.

Your generosity and kindness is much appreciated

Thank you from All at Conwy Food Bank

Don't forget to keep topping up the Food Bank boxes in our churches!



Training Together "Exploring Silence"

with Dr Alison Woolley - Director of the Seeds of Silence project.

Tuesday 19th March, 10 am-3.30 pm in St Beuno's Retreat Centre, St Asaph.

We all have times when our prayer feels dry or it's difficult to be attentive to God. This experimental workshop will encourage you to explore how silence can deepen your relationship with God and with yourself. Refreshments and lunch provided. Cost: Free. Open to all and suitable for those with experience in silent prayer or who are wanting to find out more.

Booking is essential - please email siancharlesworth@cinw.org.uk or call 01745 582245.

Dementia Friendly screenings at Theatr Colwyn

7th March - 2 pm The Wizard of Oz
2hr (including interval)

17th April - 2 pm Easter Parade
2hr (including interval)



Also - Theatr Colwyn film screenings every Tuesday are subtitled for the hard of hearing (which for some films can also be very useful even for those not usually hard of hearing!)

St. David's Penrhyn Bay
come and drop in for
Coffee and Chat
Every Friday between
10:30 and 12:00
A warm welcome to all
(No charge)



St Ffraid's Church House
Glan Conwy

Coffee Stop

Every Thursday 10-11.30 am



FAIR TRADE FORTNIGHT

25th February to 10th March



Why not 'Take up Fairtrade for Lent'? This is something positive to do for Lent. Try to use more Fairtrade products, check that your churches are using Fairtrade tea, coffee and sugar, perhaps even also toilet paper?

Too early to talk about Easter Eggs? We may think prices are staying the same, or even increasing, but in fact the price of the cocoa going into our chocolate has plummeted in recent years. For small cocoa farmers this has been a disaster, as they struggle to send their children to school, feed their families or pay for medical treatment. By buying Fairtrade, you can change farmers' lives for the better.

Look for Fairtrade eggs in your supermarket, in Kingdom Krafts, or from Traidcraft (Dilys Stone 01492 879997).

Let's spread the word this Fairtrade Fortnight!



Conwy Fair Trade Coalition
& **Ysgol San Sior**

invite you to

FAIR TRADE PANCAKES

on Tuesday 5th March
at 2.00pm
at Ysgol San Sior
Church Walks, Llandudno LL30 2HL





Above: Some of the participants in the RSPB Big Garden Birdwatch at St Cystennin's

LLANDUDNO -KESWICK BIBLE WEEK

7-10th May - Gloddaeth Church

Tuesday, Wednesday, Thursday 7.30 pm

'Encounters with Jesus' - Luke's Gospel

Wednesday, Thursday, Friday 10.30 am

'First Things first' - Nehemiah

Friday 7.30 pm - Welsh Session

News from St Cystennin's

Lynne Davies writes:

We took part in the RSPB Garden Bird Watch at the end of January. We saw great tits, blue tits, coal tit, greater spotted woodpecker, 2 nuthatches, robin, dunnock, chaffinch, wood pigeon... and seagulls overhead and magpies in the next field! The Church was open to visitors to enjoy hot drinks and Betty's lovely bara brith.

Thanks to Michael for his continued hard work on the churchyard grounds and to all who donate bird food. We plan to hold a plant sale again this year to raise money for the mission of St Cystennin's - date to be confirmed but please bear in mind if you are sowing seeds as we will be seeking donation of plants and seedlings.

We still need another churchwarden and secretary, while Margaret continues as Treasurer, but are delighted to welcome Nick Davies as a new churchwarden and ask for your prayers to support him in his new role.