

Rector's thought!

The Revd Noel Carter writes:

In my letter last month I spoke about the difficulty of writing before the uncertainty surrounding Brexit. As I write my letter for December I find myself in a similar quandary, ahead of the General Election on the 12th of December.

The uncertain times we live in just go on and on! Of course uncertain times are nothing new. Over the centuries every generation has confronted its own challenges and we are no exception. On the first Christmas Jesus was born into a very troubled and uncertain world indeed.

The significance of Advent is often lost, but its keynote is one of hope. For two Millennia, during Advent, Christians have prepared for and anticipated, the coming of Christ. We remember the longing of Jews for a Messiah and our own longing for, and need of, forgiveness, salvation and a new beginning. Even as we prepare to look back and celebrate the birth of Jesus in a humble stable in Bethlehem, we also look forward, anticipating the second coming of Christ as the fulfilment of all that was promised by his first coming.

As I write there has been some fuss about the possibility of the election disrupting school Nativity Plays, where schools are used as polling stations. I find it encouraging that the telling of the story of Christ's birth should in a small way

be making people think about what is important.

The last time that an election fell in Advent was in 1923 when Stanley Baldwin was the Prime Minister. It was not a wise decision on his part. Who knows what this Election will bring?

What ever our political leanings are, it would be good to pray in hope for those who will be elected on the 12th December and for our nation in 2020. Uncertain times need all of us to pray in hope.



The Church of England have issued the following prayer for use before the General Election. I hope you will find it useful.

"Lord, we give thanks for the privileges and responsibilities of living in a democratic society.

Give us wisdom to play our part at election time, that, through the exercise of each vote, your Kingdom may come closer.

Protect us from the sins of despair and cynicism, guard us against the idols of false utopias and strengthen us to make politics a noble calling that serves the common good of all.

In Jesus name we pray. Amen"

REGULAR SERVICES IN OUR CHURCHES - ALL WELCOME
GWASANAETHAU RHEOLAIDD YN EIN HEGLWYSI - CROESO I BAWB

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, and St David's; **Family Service** St Hilary's
 11.15 am **Holy Eucharist** St Ffraid's
 4 pm **Holy Eucharist** Llanrwst Church House
 6.30 pm **Evening Prayer** St Hilary's

St Grwst's Church, Llanrwst:- The church will be temporarily closed for almost a year for reordering work to be undertaken. During the closure, services will continue at Church House, Watling Street, Llanrwst.

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** Llanrwst Church House
 9.45 am **Choral Eucharist** St Paul's
 11 am **Holy Eucharist** All Saints, St David's and St Hilary's
 11.15 am **Holy Eucharist** St Ffraid's
 4 pm **Holy Eucharist** Llanrwst Church House; **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; **Family Service** St David's
 11.15 am **Holy Eucharist** St Ffraid's
 4 pm **Holy Eucharist** Llanrwst Church House
 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** Llanrwst Church House*
 9.45 am **Choral Eucharist** St Paul's
 11 am **Holy Eucharist** St David's and St Hilary's; **All-age worship** All Saints
 11.15 am **Holy Eucharist** St Ffraid's*
 4 pm **Holy Eucharist** Llanrwst Church House*
 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 Cystennin's, 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** Llanrwst Church House
 6.30 pm **Holy Eucharist** St Hilary's

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
 ★ **For services during the** ★
 ★ **Christmas period and on** ★
 ★ **29th December please** ★
 ★ **see page 4** ★
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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: Prayer Group 10 am every Tuesday - St David's (01492 876451 for details); **Prayer Hour** 10-11 am every Thursday at St Michael's; **Praying for Growth** - monthly at one of the Mission Area churches - see calendar for details.
Julian Group - **8.00 pm** every Monday - St Michael's (except Bank Holidays) Contact 01492 585063 for more information
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)

CLERGY: Rev Noel Carter (Mission Area Leader) 01492 339521 (For other contact details and online addresses - please see inside back cover)
 Rev Dr Godfrey Chigumira 01492 543706
 Rev Juliet Fraser 01492 596655
 Rev Sarah Hildreth-Osborn 01492 640032

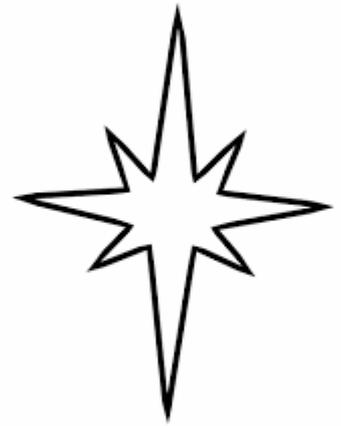
OFFICE: Penrhyn Beach East, Llandudno, LL30 3NT - 01492 541615 - office@aberconwy.church
Open 10-12.30 pm Tuesday, Wednesday, Thursday

Mis Rhagfyr 2019 - Y CALENDR/CALENDAR - December 2019

		Gwasanaethau/Services	Digwyddiadau eraill/Other events
SUNDAY	1	SEE OPPOSITE PAGE	
Monday	2		Dementia Café 10.30-12.30 pm AS; Craft Group 1 pm St P
Tuesday	3	Advent Compline 7 pm St H	PARISH OFFICE RE-OPENS AS Mothers' Union 2.30 pm
Wednesday	4	HE 10 am AS; Storytime Café 10.30 am St P	
Thursday	5	HE 10.30 am St P;	Community Afternoon Tea 2.30 pm St D Hall
Friday	6	HE 10 am St D	Cancer Support Group 10.30 am AS
Saturday	7		MAGAZINE COPY DATE
SUNDAY	8	SEE OPPOSITE PAGE - Also: Holy Baptism 12.45 pm St H and St M; 4 pm Building Blocks St P	Christmas Lunch 12.30 pm Llanrhos Schoolroom
Monday	9		Craft Group 1 pm St P
Tuesday	10	Advent Compline 7 pm St H	Cuppa, crafts & chat 2.30 pm Llanrhos S/room
Wednesday	11	HE 10 am AS; Storytime Café 10.30 am St P; 7 pm Carols for Christmas, St C	
Thursday	12	HE 10.30 am St P	
Friday	13	HE 10 am St D	
SUNDAY	15	SEE OPPOSITE PAGE - Also: 4 pm Tots and Tea AS; 7 pm Bilingual Community Carol Service, Bethel Chapel, Deganwy	
Monday	16	Carol Service 7 pm St Ff	Craft Group 1 pm St P
Tuesday	17	Advent Compline 7 pm St H	St Hilary's Fellowship Carols and mince pies, 2.30 pm Llanrhos S/room
Wednesday	18	HE 10 am AS; Storytime Café 10.30 am St P;	
Thursday	19	HE 10.30 am St P; 7 pm Carols round the Tree, St D; 7 pm Carol Service St Ma	
Friday	20	HE 10 am St D	Concert 7 pm at St H
SUNDAY	22	SEE OPPOSITE PAGE - Also: All Age Carol Services at St M and AS; 11 am at St D includes Nativity; Carol Service 3.30 pm St P	
Monday	23		
CHRISTMAS EVE	24	Please see page 4 for details of Christmas services	
CHRISTMAS DAY	25		
St Stephen	26		
St John the Evangelist	27		
Holy Innocents	28		
SUNDAY	29	HE 8 am St H; HE 10 am St Ma; HE 11 am St H (No other services in the Mission Area)	

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 M – St Michael's; St Ma - St Martin's; St P – St Paul's

Christmas Services



Carol Services in December

- Wednesday 11th 7 pm - St Cystennin's Church**
Carols for Christmas with Cantamus Choir
- Sunday 15th 7 pm - Capel Bethel, Deganwy**
Bilingual Community Carol Service
- Monday 16th 7 pm - St Ffraid's, Glan Conwy**
Carol Service led by Cor Pobl Llan
- Tuesday 17th 2.30 pm - Llanrhos School Room**
Mince Pies & Carols
- Thursday 19th 7 pm - St David's, Penrhyn Bay**
Carols around the Christmas Tree
- Thursday 19th 7 pm - St Martin's, Eglwysbach**
Carol Service,
- Sunday 22nd 9.30 am - St Michaels, Llandudno Junction**
All Age Carol Service
- Sunday 22nd 11 am - All Saints, Deganwy**
All Age Carol Service
- Sunday 22nd 3.30 pm - St Paul's, Craig-y-Don**
Carol Service



Crib Services

23rd December: 3.30 pm St Paul's Craig-y-Don

Christmas Eve:

- 3 pm** All Saints, Deganwy
4 pm St Hilary's, Llanrhos
4.30 pm St Michael's, Llandudno Junction

Christmas Eve Eucharists

- 8.30 pm** First Mass of Christmas and Blessing of the Crib, **Church House, Llanrwst**
- 10.30 pm** First Mass of Christmas, **St Ffraid's, Glan Conwy**
- 11.30 pm** First Mass of Christmas, **St David's, Penrhyn Bay**
- 11.30 pm** First Mass of Christmas, **St Hilary's, Llanrhos**
- 11.30 pm** First Mass of Christmas, **St Michael's, Llandudno Junction**



Christmas Day Eucharists

- 8 am** at St Hilary's, Llanrhos
9.30 am at St Cystennin's, Mochdre
9.45 am at St Paul's, Craig-y-Don
10 am at All Saints, Deganwy
10 am at St Martin's Eglwysbach
11 am at St Hilary's, Llanrhos
11 am St David's, Penrhyn Bay

Sunday 29th December

- 8 am** Holy Eucharist at **St Hilary's, Llanrhos**
10 am Holy Eucharist at **St Martin's, Eglwysbach**
11 am Carols and Communion at **St Hilary's, Llanrhos**
(No other services in the Mission Area)

You are warmly invited to join us at any of these services, to celebrate the Joy of Christmas!

Regular events held in our churches:

CHRISTMAS COMMUNITY AFTERNOON TEA

Raising funds for local charities

St David's Church Hall, Penrhyn Bay

Thursday 5th December 2-3.30 pm

£3 per person - pay on the day

Details from Ann Beardmore 07872 933926

DEGANWY DEMENTIA CAFÉ

first Monday of each month

10.30-12.30 pm

in All Saints Church, Deganwy

Open to all and especially those who are living with Dementia, their carers, loved ones and friends. Free of charge to all.

CANCER SUPPORT GROUP

1st Friday of every month

10.30 am to 12.30 pm

in All Saints Church, Deganwy

Run with the support of Macmillan Cancer Support it is open to everyone, those living with cancer, family and friends and anybody who feels they would benefit from this group.

PARKINSON'S SUPPORT GROUP

in St Michael's Church, Llandudno Junction

Every Monday afternoon 2-4 pm.

Open to all people affected by Parkinson's in any way, with regular dance, singing and exercise activities and plenty of time for a cup of tea and chat.

Contact Alison or John Underwood for more information on 01492 533 459 or email llandudnopdsq@gmail.com

St Ffraid's Church House
Glan Conwy
Coffee Stop
and Post Office

Every Thursday 10-11.30 am

St Hilary's Church Christmas Concert

Friday 20th December

7 pm

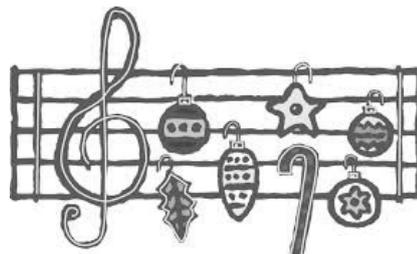
Start off your Christmas weekend in a festive way with our organist Jelena and her pupils

Get your tickets early!

Tickets £5.00

(includes a glass of wine & some nibbles)

available from Doreen 585127



Carols for Christmas with Cantamus Chamber Choir Wednesday 11th December

7 pm

St Cystennin's Church

Come and join in singing Christmas Carols, Seasonal readings and music, Christmas raffle, Refreshments

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Night Shelter Project news: "I was a stranger and you invited me in" *Matthew 25.35*

At the time of writing negotiations are still under way with Conwy County Council and Housing Justice Cymru on the proposed night shelter. There are churches and volunteers but it cannot proceed without this support in place. A decision will be made at the end of November on whether it can open in January. - look out for more information. There can never be enough volunteers (training is given) so please think about whether you and your church can offer time and help.

*To offer or find out more, contact Mike Harrison, 15 Vicarage Gardens, Llandudno LL30 1RG; Tel: 01492 870701, Mob. 07910 141410
Email: mikeonorme@gmail.com*



Be a Santa to a SENIOR
HOME INSTEAD SENIOR CARE®

Your donations will be received by a older person living alone this Christmas. Here's a few gift ideas

- Bed socks
- Blankets
- Gloves
- Hats
- Scarves
- Food hampers
- Wine/alcohol
- Diaries
- Calendars
- Notepads
- Books
- Puzzle books
- Tinned/box biscuits
- Confectionary
- Personal care items
- Grooming items
- Umbrellas
- Slippers
- Hot water bottles
- Flasks
- Light weight/easy to hold mugs
- Dressing gowns
- Handkerchiefs
- Jigsaw

Each gift delivered will make a big difference. You could help put a smile on older person face this year




Mandy Groom and the Revd Robin Green are pictured above promoting "Be a Santa to a Senior". Gifts can be dropped off to Mandy at the Parish Office from Tuesday 3rd to Thursday 12th December.



THE MOTHERS' UNION Undeb y Mamau

All Saints Deganwy Branch

Pat Chapman writes:

In October we had a very informative and entertaining talk from Rev Sue Storey about what led her to ordination. At the next meeting members had chosen a saint and shared what they had found with the rest of the group. On 1st November All Saints Mothers' Union celebrated its 92nd birthday, and at the beginning of November we listened to our favourite songs from the musicals.

R.I.P. Mrs Joyce Peace

We were saddened to hear that Mrs Joyce Peace had passed away. She was a loyal member of Mothers' Union for many years and had

celebrated her 90th birthday in May. Our love and sympathy go to her family.

Our next meeting will be our Christmas Social on **3rd December**. A warm welcome is extended to everyone. We meet in Bethel chapel at 2.30 pm. Corporate communion is on Wednesday, 4th December in church and all are welcome

We wish all members a very Happy Christmas.



OPEN TABLE
Come as you are

More information from the Revd Sarah Hildreth-Osborn (see inside front cover)

Open Table will not meet in December- dates for 2020 are:

- 23rd January
- 27th February
- 26th March
- 23rd April
- 28th May
- 25th June
- 23th July
- 27th August
- 24th September
- 22nd October
- 26th November

CHILL CHURCH TOTS 'T' TIME

AT ST MICHAELS & ALL ANGELS,
LLANDUDNO JUNCTION

A shout out and welcome to all Tots
and Teddies

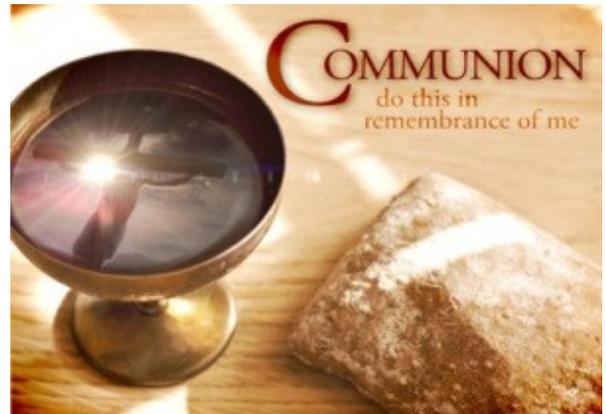
Interactive Bible Stories, songs and tea for Tots
and their Teddy bears

Sunday 15th December at 4 pm
BRING A GROWN UP TOO!



ALL SAINTS CHURCH DEGANWY

WEDNESDAY 10 a.m. HOLY EUCHARIST
AND BRUNCH



We invite you to join us for our mid-week Eucharist followed by fellowship and brunch. If you prefer, just join us at 10.30 for brunch and a chat. Whether you come to church or not – whether you join us for our Eucharist or not - we offer a warm welcome, coffee and pastries to all who may need some company and a chat.



CADEIRLAN
LLANELWY
ST ASAPH
CATHEDRAL

The Advent Procession

Sunday 1 December
Dydd Sul 1 Rhagfyr
at/am 6pm



An atmospheric and breath-taking service of music, readings and prayers for Advent, in celebration and anticipation of the arrival of Jesus Christ, the Light of the World.

Everyone is welcome at the Advent Procession and doors will open approximately 1 hour beforehand.

The service lasts for just over one hour, followed by mulled wine.

Croeso cynnes y pawb
A warm welcome to all

News from the Mission Area

Newyddion o'r Ardal Genhadol

All Saints Church, Deganwy

Pat Chapman writes:

It has been a busy time at All Saints!

After a successful Autumn Fayre on the Saturday (in spite of the weather) a congregation of over fifty celebrated the 120th Anniversary of All Saints on Sunday 3rd November. We were pleased to welcome the Mayor of Conwy, Cllr Goronwy Edwards and his wife, Eryl to share in the celebration.

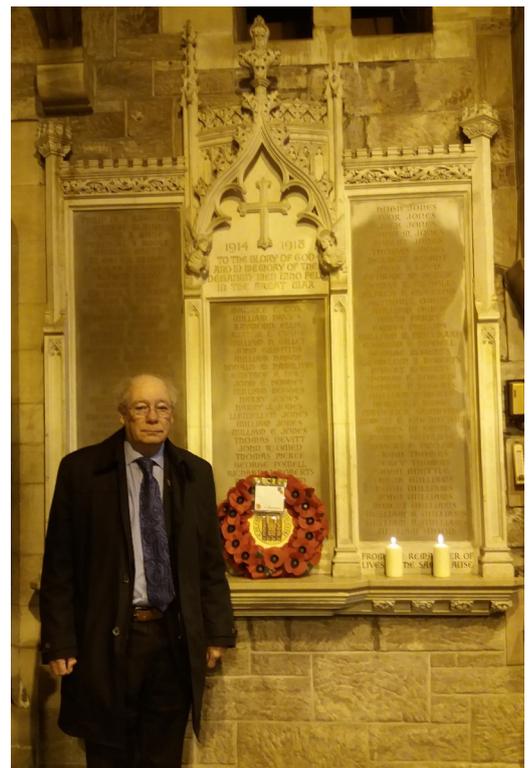
As detailed in last month's magazine, All Saints Church in Deganwy was built between 1897 and 1899 to replace an earlier mission church. All Saints was built on land given by Lord Mostyn and funded by his mother, Lady Henrietta Augusta Mostyn in memory of her parents, the Earl and Countess of Abergavenny - as recorded on the memorial tablet pictured below.



At the celebration service at All Saints - The Mayor or Conway, Cllr Goronwy Edwards and his wife (pictured left) and members of the congregation and friends (pictured below) enjoying the refreshments



On Wednesday 6th November at a short service in All Saints a wreath was laid on behalf of Conwy Town Council. The Revd Juliet Fraser opened with prayer, Cllr Vicky Macdonald read in 'Flanders Fields' and Pat Chapman read 'To Richard, My Son' by Vera Box. After the Exhortation, read by Mrs Mary Meldrum, a wreath of poppies was laid on the War Memorial by Cllr Gary Willets. (pictured right)



Making Friends Across the World

Frank Prescott writes:

Congratulations to our very own Pat and Bill Chapman who have recently returned from a trip to Japan. They were part of a small delegation from Conwy Town Council who travelled to Himeji for the twinning of Himeji Castle with Conwy Castle. As well as attending the twinning ceremony they visited a local nature reserve, Engyoji Buddhist temple, a Christian school and a Primary school, and Kameoka Shinto retreat centre. They were well looked after by members of the city council and other local people, and they had an amazing experience in being part of a historic twinning. Despite arriving back late on the Saturday Pat and Bill were in church the next day to take part in All Saints 120th Anniversary for which Pat had previously prepared a display showing the fascinating history of All Saints. Well done to you both!



Above: Pat and Bill Chapman, with Himeji Castle in the background.

Fishy Friday Quiz and Supper

The Mission Area Quiz was held at St Michaels and All Angels this year on 18th October - quiz questions compiled by our very own quiz master Noel ! Thanks to all who came along - we had a packed room of eager quizzers who also enjoyed the fish and chip supper delivered piping hot by Enochs. It was great fun and fellowship with our church family from across our Mission Area - as this is likely to be an annual event there is now less than twelve months to get revising for next year. Tell me again - how many books are there in the Old and New Testament....?!



St Pauls Fellowship

Dorothy Roberts writes:

Despite a hectic time and a lot of hard work we managed to get things sorted and were able to hold our afternoon tea in church on 28th October.

It was lovely to have so many come along to support us - friends from St Hilary's and All Saints, locals, and this time we were joined by members from the Craft Group. There was a great atmosphere there with much laughter and chatter plus a delicious spread to enjoy. We had a record number attending, raising £265. Many thanks to all who helped in any way to make the event a success.

Our next fund raising event is our Christmas Fayre on 30th November starting at 10.00 am. We have our usual stalls where you can pick up a bargain, a bumper raffle plus tasty refreshments. We look forward to seeing you.

Arrangements are being made to hold our annual lunch on 13 January. Details are being finalised and will be available shortly.

Many thanks to all those who have helped in any way to get us through the last two months it has been much appreciated.

Wishing you all a Happy and Blessed Christmas.

Remembrance Sunday at St Cystennin's



The well attended service was led by Reverend Mike Harrison. After the service prayers were said by the side of the graves of the soldiers who lost their lives from the Mochdre area.

Local Matters - Petha' Lleol

Caring for our environment

As well as working toward setting up a Night Shelter project (see page 6), Llandudno Cytun has also focussed this autumn on the climate change emergency and the problems of pollution of the environment.

There are some chilling statistics which can no longer be ignored - we are facing a real emergency. We are aware that human activity is changing the climate of our planet and damaging the natural systems which sustain populations: plants, animals and humans. But are we aware of how rapidly and relentlessly these changes are happening? What are the impacts? What can we do about it?

We need to partner with God in helping creation to flourish, to bring in a new creation that emerges from the old - a restored relationship with the world.

Sometimes we may wonder if the little changes to our lifestyle that we can make as individuals can have any effect while corporate giants carry on with apparent disregard, but we do have a responsibility as stewards of God's creation and a duty to the generations to come to do our best to conserve and preserve our beautiful planet.

Reducing our consumption of the earth's resources is one important way to help. Walk if you can, rather than using your car. Think about whether you can turn your thermostat down a degree, or turn down the radiators in rooms that are not in constant use. Don't waste food.

Think twice before buying new goods or clothes, is the old one really worn out, do you really need any more? Have you thought about a bamboo toothbrush?!

Recycling is an important factor too, whether putting things in the right boxes for the kerbside collection, or donating or buying at charity



shops. (We have certainly have plenty of those in Llandudno!). There are some real bargains to be had. There are also some collection points for some of the things that cannot normally be recycled.

Ewe Felty Thing wool shop in Madoc Street, Llandudno, The Craig-y-Don Community Centre, and Tesco's in Llandudno Junction will take the items listed below. (Probably a good idea to check exactly what they will take first). As with all recycling, try to make sure things are reasonably clean and fit the descriptions:

- Crisp Packets, biscuit and chocolate wrappers
- Toothbrushes and toothpaste tubes
- Pringle tubes
- Baby and Pet food pouches
- Acuvue - contact lenses and containers
- Baby wipe and cleaning packaging
- Trigger heads and caps from cleaning bottles
- Disposable gloves
- Beauty product packaging - not aerosols
- Dishwasher/cleaning and fragrance flexi packaging
- Oral care packaging
- Coffee capsules

Re-use single-use plastic in the Garden.

Turn bottles into:

Cane toppers - protect yourself from painful jabs by canes by topping each one with a small upside-down bottle

Cloches - cut large transparent bottles in half horizontally and use as mini cloches to shelter tender young plants

Planters - use the bottom half as a plant pot

Drip irrigators - water pots while you're away by piercing a couple of holes in the lid of a large bottle with a hammer and nail. Fill the bottle with water, screw on the lid, and plunge it upside down into the soil.

Markers - cut opaque containers in strips for plant labels.

Takeaway trays - for seed trays - after you've eaten wash the tray, make a few holes in the bottom and use for sowing seeds. Smaller than standard seed trays they are ideal for small windowsills.

Plastic cutlery can come in handy for picking out seedlings and potting on or for small scale digging in pots or window boxes, or use them as plant labels.

Pots for plots - yoghurt, cream etc pots make perfect containers for seedlings or potting on cuttings - just poke a hole in the base for drainage.

Thicker supermarket bags - once they have reached the end of their life or if you have too many, use them to make leaf mould. Gather fallen leaves, pack into the bags, tie the tops and make a couple of holes in each bag. Then store for 1-2 years before adding to soil to condition it. It will help it retain moisture and improve its drainage. Or hang bags from a hook in a cupboard or shed and use to hold tools, string or other bits and pieces.

Zero Waste - try to use products that have minimum cost to the environment. We have a zero waste shop in Llandudno - Ingrid's at 3a Vaughan Street. You can take your own container or buy a glass bottle for household liquids such as washing up liquid, hand soap, laundry liquids, shampoos and conditioners. They also sell things such as bamboo toothbrushes, bamboo cotton buds, stainless steel straws etc.

Where there is no accountability, everything is permitted. Killing is the ultimate consequence, whether of political opponents, or, through contempt and neglect, the poor, refugees, animals and the very fertility of the soil.

I don't think that some supernal consciousness, exercising ceaseless surveillance, rewards or punishes us according to our deeds. There's too much patent injustice for such a theology to be credible, life is cruelly unfair to too many people.

Yet I believe that a sacred energy, a hidden vitality, flows through all existence. Somehow it knows us and we, in our deepest moments, recognise and know it. It touches us with awe and wonder; it inspires us to reverence and love. It instructs us not to harm or kill; it chastens us with fierce remorse whenever we do harm.

It calls out to us from every living being and from the very Earth, whose healing or slow death is in our hands. If we open our heart, we can hear it speak within our own soul, calling us to remorse, reparation, compassion and love.

It summons us to account.

Some words from Jonathan Wittenberg, senior rabbi for Masorti Judaism, writing in The Times in September of this year.

HOW NOT TO EAT YOUR CLOTHES

Lots of our clothes are shedding tiny bits of plastic – microfibres – that can escape into the ocean and potentially enter the food chain. Yum.

The best fix for plastic pollution is to phase out all non-essential plastics. Meanwhile, some simple steps could help curb microfibres pollution from clothes.



1. Wash at low temperatures

It's less aggressive and therefore less likely to shake out plastic fibres.



2. Put washing in a bag

Use a Guppy Bag or Coraball in your machine – to help catch microfibres shed during the wash.



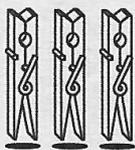
3. Fill the washing machine

A full machine reduces friction between items – in other words, they don't rub against each other as much.



4. Reduce spin speeds

Faster spins dry clothes quicker but also shake them up more, risking more plastics shedding.



5. Air dry

Tumble drying is more aggressive than hanging the washing out – and could cause your clothes to shed more plastic.



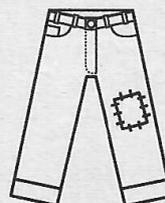
6. Use a front-loader

Tests show that top-loaders probably release more plastic fibres than a front-loading machine.



7. Buy fewer fleeces

Polyester fleece could be one of the biggest emitters of microfibres. Consider buying a woollen instead.



8. Buy clothes that last

New clothes probably shed more plastic in the first washes – so frequently changing your wardrobe may add to plastic pollution.

A Prayer for Our Earth

All-powerful God,
You are present in the whole Universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love
that we may protect life and beauty.
Fill us with your peace that we may live
as brothers and sisters, harming no one.
From Pope Francis' Laudato Si

At this time of year when we are being encouraged to indulge in rampant consumerism - to buy things we don't really need, to get in lots of food we probably won't eat, and to create lots of waste (glitter won't recycle!) - please think about spending and acquiring sensibly and responsibly.

Remember too those who will not be able to provide anything special for their families because they are struggling from day to day to just keep their family fed and housed. The food banks are as busy at Christmas as they are at any other time of year. The homeless are still homeless even if it is Christmas Day. Most of us are very fortunate.

Perhaps put something extra into your shopping trolley this month to put in the food bank box at church. Perhaps give a bit extra to a charity. Perhaps invite someone to join you for Christmas lunch. And pray for all those who will be sad, lonely, anxious, or lost this Christmas. These are the people Jesus came to!



FROM THE EDITORS - GAN Y GOLYGYDDION

Copy Day is the 7th of the month, PLEASE submit items by then so that we don't have to spend time chasing you. This is especially important in December as time will be tight with Christmas in the mix. It takes a while to organise all the material and we have to allow the printer enough time as well as having to distribute the magazine round the Mission Area.

Please send items to jastone@dunelm.org.uk or to the Parish Office. (Items may have to be edited to fit the available space, and late items may be omitted.)

We welcome news and comment from across the Mission Area, with photos if possible. We are particularly trying to include more of the Welsh language, so any articles (bilingual or with a brief summary in the other language) would be welcome.

Diolch yn fawr.

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