

Inner Peace

The Revd Noel Carter writes:

We live in a difficult and often confusing world. Coping with this day by day is a real challenge that can be made easier if we can discover an inner peace in our lives. Investing time in personal prayer is undoubtedly part of the answer, but we often need signposts to that inner oasis of calm that we can find within ourselves. The Bible is an excellent atlas for our personal spiritual journey. Let's start with the practical and take encouragement from Jesus.

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Mark 1:35

I find immense strength from just part of a single verse from the Book of Psalms.

Psalm 46:10 *"Be still, and know that I am God;"*

These words are deeply rooted in my spiritual psyche and rise to the surface when the going gets tough. Those very words seem to bring instant calm and peace that enable me to face what lies ahead. I find encouragement from the story of Elijah too. He was desperate to see God and he discovered him where he least expected him.

"Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after



the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, "What are you doing here, Elijah?" 1 Kings 19:11-13 Version

"What are you doing here?" is a question I often ask myself and in seeking the answer I discover God in surprising places.

Busyness can also be a constant nagging, that disrupts our peaceful inner core. So much to do and no time to do it in! Again, we should be encouraged by Jesus actions.

"Because so many people were coming and going that they did not even have a chance to eat, Jesus said to his disciples, 'Come with me by yourselves to a quiet place and get some rest.' So, they went away by themselves in a boat to a solitary place." Mark 6:31-32

(Continued on page 4)

REGULAR SERVICES IN OUR CHURCHES - ALL WELCOME

GWASANAETHAU RHEOLAIDD YN EIN HEGLYSI - 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, St David's and St Katherine'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, St Hilary's and St Katherine'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; **Morning Worship** St Katherine'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, St Hilary's and St Katherine'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 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

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**

HOLY EUCHARIST also on **Wednesdays 10 am** - All Saints, **Thursdays 10.30 am** - St Paul's (in church Hall on 22nd August), **Fridays 10 am** - St David's

Join us for coffee - 10 am Thursday - St Ffraid's; (No coffee at St Paul's and St David's during August)

Storytime Café - for pre-school children and their carers, 10.30 am every Wednesday - St Paul's (not 21st August)

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

Koinonia Groups (Bible study, prayer & discussion) - not meeting in August


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

Julian Group - not meeting in August

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	(For other contact details and online addresses - please see inside back cover)
OFFICE:	Penrhyn Beach East, Llandudno, LL30 3NT - 01492 541615 - office@aberconwy.church Open 10-12.30 pm Tuesday, Wednesday, Thursday	

Mis Awst 2019 - Y CALENDR/CALENDAR - August 2019

		Services	Other events
Thursday	1	HE 10.30 am St P	Afternoon Tea 2-3.30 pm St D Church Hall
Friday	2	HE 10 am St D	Cancer Support Group 10.30 am AS
Saturday	3		Summer Brass Concert 7.30 pm St P
SUNDAY	4	SEE OPPOSITE PAGE - Also: Holy Baptism 12.45 pm St H	12.30 pm St H Lunch in Llanrhos Schoolroom
Monday	5		Dementia Café 10.30-12.30 pm AS; Craft Group 1 pm St P
Tuesday	6		
Wednesday	7	HE 10 am AS; Storytime Café 10.30 am St P; Praying for Growth 6.30-8.30 pm St C	
Thursday	8	HE 10.30 am St P	
Friday	9	HE 10 am St D	
Saturday	10		
SUNDAY	11	SEE OPPOSITE PAGE - Also: Holy Baptism 12.45 pm St H; Building Blocks including Holy Baptism 4 pm St P	
Monday	12		Craft Group 1 pm St P
Tuesday	13		
Wednesday	14	HE 10 am AS; Storytime Café 10.30 am St P	
Thursday	15	HE 10.30 am St P	
Friday	16	HE 10 am St D	
Saturday	17	Holy Matrimony 11 am AS and 12 noon St H	
SUNDAY	18	SEE OPPOSITE PAGE - Also: Holy Baptism 12.45 pm St H and St M and 2 pm St M	
Monday	19		Craft Group 1 pm St P Church Hall
Tuesday	20		St Hilary's Fellowship, 2.30 pm Llanrhos S/room
Wednesday	21	HE 10 am AS; (No Storytime Café)	
Thursday		HE 10.30 am St P (in Church Hall); Open Table 7 pm St M	Christian Aid Summer Fayre, 10-4 pm St John's Methodist church hall, Mostyn Street
Friday	23	HE 10 am St D	"Joseph" 4 pm St P
Saturday	24		
SUNDAY	25	SEE OPPOSITE PAGE - Also: The 11 am service at St D will be an OpenAir Service followed by a Barbecue; Holy Baptism 12.45 pm St H and St M	
Monday	26		(Bank Holiday)
Tuesday	27		
Wednesday	28	HE 10 am AS; Storytime Café 10.30 am St P	
Thursday	29	HE 10.30 am St P	
Friday	30	HE 10 am St D	
Saturday	31		

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

Inner Peace - Continued from the front page.

Worry also disturbs our inner serenity. We worry about so many things. Some things are important, but, in the scheme of things, many are not. We even worry if there is nothing to worry about!

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all

his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6

Our inner peace is the greatest and most valuable treasure that we can discover.

Search for it!

What is happening in the Mission Area? Be' sy'n digwydd yn yr Ardal Genhadol?

Many regular events take a break for August, for example the Julian and Koinonia Groups will not be meeting, Cuppa and Crafts will not meet at St Hilary's, there will not be coffee after the Friday service at St David's, and there is no Bible Briefs or Prayer Breakfast in August. There will not be Thursday coffee mornings at St Pauls on Thursdays, although tea and coffee will be served in church after the 10.30 am service. It is probably as well to check whether other things are happening. 'Normal service' will be resumed in September, and meanwhile we hope everyone enjoys the rest of the summer and can perhaps take sometime for rest and relaxation.

Praying for Growth Gweddio dros dwf

Please continue your prayers for growth in our Mission Area, praying that our clergy and laity may all find strength and inspiration and be encouraged to share the Good News and work for the growth of the church in this place



There will be another special time of **Prayer for Growth** at **St Cystennin's Church** on **Wednesday 7th August from 6.30-8.30 pm** - feel free to come and go between those times.

Please also remember in your prayers Izah Hughes, Luna Moulton, Shelly and Michael Lowson, Reggie Ethan Jones, Taylor Ruben Davies-Jones, Loki Lof, Jax Craven and Charlie Kilcourse, to be welcomed into the church by baptism during August, and also Jonathan Stokes and Chloe Hodgson and Alexander Smith and Hannah McGoona, who are to be married in Mission Area churches this month.

COMMUNITY AFTERNOON TEA

Raising funds for local charities

(£140 was raised at July's community tea and given to Ysbyty Glan Clwyd children's ward)

St David's Church Hall, Penrhyn Bay

Thursday 1st August, 2-3.30 pm.

£3 per person - pay on the day

Details from Ann Beardmore 07872 933926

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, those living with cancer, family and friends and anybody who feels they would benefit from this group.

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. Free of charge to all.

St Michael's Church

Llandudno Junction

AFTERNOON TEA

Saturday 3rd August – 3 pm

Whether you come along with your friends or by yourself, you can be assured of a warm welcome and chat.

*GOOD COMPANY, GOOD CAKES
ALL WELCOME*

Tickets (£3) available after our 9.30 a.m. Sunday service, and you are invited to join us then too for a cuppa and chat, or pay on the day.

PARKINSON'S SUPPORT GROUP

Every Monday afternoon in St Michael's Church, Llandudno Junction, 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

llandudnopdsg@gmail.com

Summer Brass

Come along to St Paul's Craig y Don at **7.30 pm on the first Saturday of the month** (4th August, 1st September).

The concerts by Holywell Brass Band raise money to support young musicians at St Paul's and the up and coming young talent in Holywell Band.



Afternoon Tea seems to be a popular activity at the moment. Pictured above is the Summer Tea at St Paul's at the end of June. As usual, the ladies of St Paul's provided a wonderful tea, and a good time of fellowship was had by all. (See report on page 10)



Joseph in a Week!

A summer holiday musical workshop for 7-12 year olds is taking place this August at St Paul's Church in Craig y Don, Llandudno.

There will be a performance of "Joseph and His Amazing Technicolor Dreamcoat" on the **Friday afternoon 23rd August at 4 pm.**

All welcome

Please note that various activities at St Paul's will be transferred to the Church Hall or will not take place during the week 19th-23rd August, due to the children's holiday club using the church. Check the calendar on page 3 for details.

OPEN AIR SERVICE

St David's Church, Penrhyn Bay

Sunday 25th August 11 am

With the Beulah Brass Band, followed by B-B-Q

All are welcome (2 or 4-legged)



Jeannette Bennett-Williams writes:

We now have the Llandudno district Christian Aid Week total available and I'm pleased to say we have raised a good amount again this year - **£5242.90** - which includes our Churches so many thanks to all our supporters and helpers. The **house to house collection raised £1087.87** (our Churches are the only area still doing a limited collection) and the coffee mornings and donations in the week by various Llandudno Churches and Chapels raised £4155.03. Our Church members responded generously to the appeal and we raised £2267.21, only a little down on last year. A big thank you .

The **SUMMER FAYRE** will be again be held at **St John's Methodist Church Hall on Thursday, 22nd August from 10 am – 4 pm.** There will be the usual stalls, and cakes (especially sponge cakes which can be cut into slices, scones etc.), jams, books and bric a brac will be gratefully received. Also we will need volunteers to help over the lunchtime hours from our Churches and

in the morning to help with making sandwiches as we did last year. It is a good day, so do pop in for coffee, light lunch or tea and enjoy the fellowship.

There will be Christian Aid **Coffee mornings** at Gloddaeth on Wednesday 11th September and Holy Trinity on Thursday 3rd October.

A FASHION SHOW for Christian Aid is being held at **St. Paul's Craig y Don on Friday 27th September at 7 pm.** (see poster opposite)

The clothes are being provided by St. Vincent de Paul Charity shops to include day wear, outer wear and a James Bond theme for evening wear. They will be available to purchase on the night and they have done these shows before

Tickets are available now in our Churches at £5 to include a glass of wine/soft drink/tea/coffee and nibbles, and models will be mostly from all our Churches and Chapels in our Llandudno area.

Any aspiring models out there please contact Ann Milne 01492 876996 or myself on 01492 582911.

This should be a fun night!!! do come.

GRAND FASHION SHOW FOR CHRISTIAN AID



IN CONJUNCTION
WITH
ST. VINCENT de PAUL

ON
27th SEPTEMBER 2019
AT 7.00PM

AT
ST PAUL'S CHURCH
CRAIG-Y-DON

Admission: £5 (to include
glass of wine/tea/coffee)



Church Open Doors

As part of Cadw's Open Doors Festival in September - the largest heritage festival in Wales - several of our churches will be open on a Saturday during September. These include St Hilary's on 7th September and St Cystennin's and All Saints on the 14th. More details in the September magazine, but make a note of the dates now, especially if you do not know these churches already - they are well worth a visit.

During September Cadw opens the doors to many of its sites across Wales. This year Cadw is celebrating the range and breadth of its sites in care, offering expert tours at some of its unstaffed monuments, opening sites which are normally closed, and opening up areas that visitors do not normally get to see as part of Visit Wales's 'Year of Discovery'. More details on Cadw's website <https://cadw.gov.wales/about-us/news/open-doors-2019>

St Hilary's, Llanrhos

Unfortunately the Strawberry Tea had to be cancelled, but there will be an informal **Buffet Lunch** after the morning service on **Sunday 4th August**.

Please contact Doreen Owen (01492 585127) for more details.

St Hilary's Fellowship will meet on **Tuesday 20th August** (possibly in church) at 2.30 pm when Phyl Evans will talk about doing flowers for church.

We hope that this may encourage some more people to volunteer for the flower rota as she hopes to show how arrangements can be simple and easy.



News from the Mission Area

Newyddion o'r Ardal Genhadol



THE MOTHERS' UNION

Undeb y Mamau

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

St Ffraid's Branch, Glan Conwy

Kath Jones writes:

At our May meeting John and Gill Smith entertained us with several short films which they put together from still photographs. In June after a short planning meeting, Anne Clutton's daughter gave us an origami lesson. We tackled making a many pointed star, with varying degrees of success, but enjoyed by all. This was followed by scones with jam and cream, also enjoyed by all.

Eglwys St Ffraid's Church Glan Conwy was also the setting for the **Aberconwy Aled Festival Service** on a beautiful summer afternoon at the beginning of July. We were delighted by the service prepared by the Revd Sarah Hildreth Osborn, who presided at Holy Communion on the anniversary of her first celebration at Hawarden, and two members from Hawarden were present. The Revd Juliet Fraser explored in her sermon the story of the prodigal son.

Representatives from St. Ffraid's, Llandrillo yn-Rhos and Old Colwyn and local Diocesan members witnessed the Diocesan President Beryl Griffiths and Vice President Janet Rees commission the new President and Vice President of the Aberconwy & Aled Mothers' Union Family Group, Marjorie Jones and Anne Jones (see the picture above). Anne was also organist for the service .

Refreshments were served in Church House by members of St. Ffraid's and there was also a



M.U. sales table with cards, calendars etc.

Thanks were expressed to all present for supporting this event and good wishes to Marjorie and Anne in their roles as President and Vice President



Friday 9th August is Mary Sumner Day in the Anglican Church calendar of festivals. Mary Sumner was a clergyman's wife in Hampshire who founded the Mothers' Union to encourage local mothers to relate their Christian faith to family life. Over 140 years later the Mothers' Union remains the greatest memorial to Mary Sumner, with 4 million members in 83 countries continuing to support marriage and family life through diverse community and development projects. A prayer for 9th August:

Faithful and loving God,
who called Mary Sumner to strive for the renewal of family life:
give us the gift of your Holy Spirit,
that through word, prayer and deed your family may be strengthened and your people served;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen

All Saints, Deganwy

Pat Chapman writes:

Congratulations to Mrs Mary Meldrum and Mrs Myra Chapman who both celebrated their 90th birthdays at the beginning of June. They are pictured right with the Revd Juliet Fraser.



Afternoon Tea

Thirty two members of All Saints Congregation both past and present enjoyed an afternoon tea in the church on 4th July (pictured above). Sandwiches were served followed by a variety of fancy cakes and then strawberries and cream, all accompanied by a cup of tea. The tea was enjoyed by everyone who attended. A raffle was held and the proceeds of the raffle will be donated to the Food Bank. A huge thank you to Betty Raggett (pictured right) for her hard work and to her daughter and son-in-law for their help.

St David's, Penrhyn Bay

Elizabeth Livesey writes:

Serving coffee after the 11 o'clock service at St David's has produced many benefits. Apart from the social interaction and fellowship and the chance to discuss the service and other current and personal issues there has been a considerable financial impact. In the past three years the 'coffee money' has contributed £2,500 towards the new kitchen at the back of the church, £450 towards the cost of the drain required, £450 towards the cost of the beautiful mural above the kitchen and £100 towards the cost of the new re-usable beakers instead of the throw-away plastic cups. In June this year £354 was contributed towards the cost of the new



chairs, making coffee drinking even more comfortable and pleasant. Thank you to everyone who stays to enjoy the enhanced facilities.

Unfortunately several ladies have had to resign from the coffee rota this year so if anybody would like to volunteer, either on a regular basis or to be on the reserve list, I'd be delighted to hear from them. In these days of gender equality our menfolk would be equally welcome!

Many thanks.

St Paul's, Craig-y-Don

St Paul's Fellowship

Dorothy Roberts writes:

Despite the gloomy forecast for thunder, lightning and heavy showers for the weekend, Monday 24th June turned out to be a warm sunny day and we welcomed 50 people to our afternoon tea. It was lovely to see so many friends old and new come along to support us.

We were pleased to welcome Godfrey and Melissa who had accepted our invitation to join us. With them was their little girl Angela. She looked beautiful, dressed in white with curls in her hair tied with bright pink ribbons. What a good girl she was, sat in her chair, looking around and taking it all in.

Thank you to all who came, in particular those who were joining us for the first time. Also many thanks to all the ladies who worked so hard with making the food etc - the tables were a joy to see and very little food was left!

A grand total of £280 was raised, which will go towards the cost of repairs which are urgently needed to the church hall. The Fellowship have agreed to meet the cost of the repairs and are busy considering ways to raise money. Please look out for details of what is on in Pew News and posters advertising the events.

A warm welcome is extended to anyone who

Peter Marshall writes:

Please pray for Ed Gray, who lives in Llanrhos with his wife Beki (assistant chaplain of St David's College), and who was recently terribly injured in a horrific accident.

At a small staff party, somehow a barbecue exploded in Ed's face. He was air-ambulated to Whiston, Liverpool. Ed is a full time Christian youth worker for the Gloddaeth Holidays which started at the end of July. He is also testing his vocation as an ordinand through Diocese of Manchester where his sending church is. Your prayers are asked for Ed, for Beki, and for everyone who was traumatised by this event. Many thanks.



Above: Megan and Mandy were as usual in charge of the raffle at the St Paul's Fellowship Afternoon Tea, which helped contribute to the £280 raised during the afternoon.

would like to join us at our meeting on a Monday once a month, when we usually have a speaker followed by afternoon tea.

St Grwst's, Llanrwst

Services Continue - Cynnal Gwasanaethu

A reminder that the church will be temporarily closed for almost a year for refurbishment work. During the closure, services will continue at Church House, Watling Street: Every Sunday Bilingual Holy Eucharist at 4 pm, and on the 2nd and 4th Sunday Morning Prayer in Welsh at 9.30 am.

Visit the Facebook page for updates on progress: @stgrwstchurch



Pictured above: The Revd Peter Marshall with the new Bishop of Derby, Bishop Libby, at the ordination of the Revd Amanda Marshall, wife of Peter's nephew Richard. Amanda is curate at

Ashbourne Parish Church. Peter was preaching at Amanda's first Eucharist, when he had a surprise heart attack. We give thanks for his steady recovery and pray that he will soon be restored to full health.

St Hilary's, Llanrhos

The Summer Garden Party Concert, presented by Organist Jelena Stepanova and her pupils on 12th July, was another great success - some say the best ever!

A full church enjoyed their strawberries and Prosecco and beautiful music. These pictures show just some of the stars of the concert and also Jelena receiving a bouquet of flowers from the Revd Noel Carter at the end of the concert.

Jelena puts a huge amount of effort into preparing for these concerts, as do her talented pupils, and we are very grateful to her. The evening raised £400



which will be divided between church funds and Ty Gobaith Children's Hospice.

Many thanks to all who helped provide a wonderful evening.



Another concert is planned for Christmas (probably on Friday 13th December) so look out for further details.

NEWS FROM FRIENDS IN ZIMBABWE

Patrick Rohde writes:

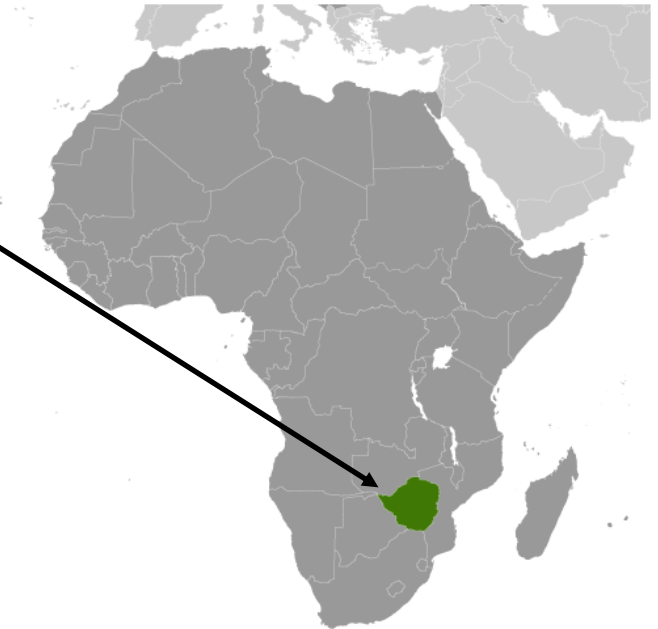
We recently had this letter from Norman and Mary Zigomo in Zimbabwe (formerly members of the congregation at St Paul's Craig-y-Don), who tell of the difficulties they are having to deal with in day to day life, as well as the problems the country is facing in dealing with the after effects of the recent cyclones.

Dear Patrick and Barbara,

We must apologise for failing to make contact with you on your birthdays this month because of the very serious problems this country is experiencing with daily electricity blackouts which are affecting the internet connectivity. For the last two weeks we have been getting only 6 hours of electricity a day from 11 pm to 5 am. This has caused a lot of problems with the functioning of appliances and boreholes and water supply.

Our economic situation is taking a serious nosedive. There is no foreign direct investment coming into the country and the cost of living is spiralling. Inflation is hovering around 80% and there is no respite in sight. There are also threats of strikes and job stayaways from Trade Unions which will obviously fuel unrest and cause deaths from trigger happy security forces as before. We are therefore facing a very bleak situation. However, we are confident that our dear Lord will intervene as He responds to our prayers.

Mary thanks you for the message you sent her on her 73rd birthday. She has had cataracts removed from both eyes and is recovering remarkably well. We are very pleased with the outcome.



There is a lot of recovery work going on in the areas affected by the destruction of Cyclone Idai. The international community responded with foodstuffs, blankets, clothes and cooking pots and utensils, and a lot of people from outside the country are busy working on temporary shelters to accommodate those who lost their livelihoods.

All the family wish you the best and warm greetings to all our dear friends at St. Paul's.

Best wishes and God's blessings to you.

Norman and Mary

Please remember in your prayers all those places where everyday life is much harder than it is here, where political and economic events bring about shortages and restrictions, where war and conflict make for anxious and dangerous situations, and where natural disasters destroy homes and livelihoods. We have much to be thankful for, and need to remember that so many live under much greater pressures than we do.



Local Matters - Petha' Lleol



Conwy Food Bank

Feeding local people in crisis
www.conwyfoodbank.co.uk

Dear Supporters

Everyone here at the Food Bank would again like to send heartfelt thanks to all of you who so generously donate both food and cash to provide for families living in crisis during these difficult times.

In June a total of 90 parcels were issued, 22 to families with 50 children, 64 to single people [a big increase this month] and 4 couples.

The moving average is still rising. Sometimes our stock runs low, so we would be so grateful for your continued help. We are also glad to hear from anyone who can give a few hours to help us in our store and drivers to collect and distribute donations.

Thank you for your kindness

Conwy Food Bank



Dementia Friendly screenings at Theatr Colwyn

There is no dementia screening in August.

The Knitted Bible



Tuesday 30th July - Saturday 10th August

St John's Methodist Church,
Mostyn Street

10 am to 4 pm

Exhibition and Activities



Please come and visit to view the many scenes from the Bible. There is also an opportunity to take part in various activities knitting related activities. Anyone able to help with stewarding the exhibition would be most welcome - contact Rev Bev on 01492 877799.

FROM THE EDITORS - GAN Y GOLYGYDDION

A SPECIAL PLEA FOR AUGUST!

Copy Day is the 7th of the month, but particularly this month we ask that material be sent in by or before August 7th for the September issue. This is due to various factors affecting the process of producing the magazine, which mean we may not be able to apply the usual leniency about copy dates! Please send items to jastone@dunelm.org.uk or to the Parish Office.

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.

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

TWAM - Tools With A Mission

Please don't forget this worthwhile charity, which can deploy your surplus tools across the world, enabling people to earn a living and support themselves and their families. In many countries people have few skills, little education and no means of earning a living. A switch from aid dependency to self-sufficiency is impossible without help.

TWAM started 30 years ago and has since provided this help by collecting and refurbishing tools and equipment no longer required in the UK. and sending it overseas. Through collectors and centres across the UK, a team of dedicated volunteers and supporters help transform lives.

Victoria Whiteman is collecting contributions locally. She lives at 36 Maes y Castell, Llanrhos, LL30 1NG and her phone number is 01492 584848 - ALL CONTACT ON THIS TELEPHONE NUMBER PLEASE. Please deliver to the above address if you can, but a local representative of TWAM could collect, if absolutely necessary.

TWAM contacts:

Telephone: 01473 210220

Email: lindag@twam.uk.

Post: Tools With A Mission, 2 Bailey Close, Ipswich IP2 0UD

Website: <https://www.twam.uk/>

Items to donate:

Tools of all kinds, agricultural, building, plumbing, motor mechanics, power tools, knitting and sewing machines (as well as general haberdashery items). Please see the website for the full details, where there is also a viewable 'infomercial' about TWAM.



"Come with me by yourselves to a quiet place and get some rest."

As the Revd Noel Carter writes on the front page, it is important to take time off from the bustle of everyday life. Try a Small Pilgrim Place - pictured above is the Pales Quaker Meeting House at Llandegley - spaces for pondering, breathing, meditating, praying and 'being'; simple, quiet and unpretentious, with the presence of the Divine; Places of worship, gardens, ruins, open spaces, holy wells, etc.; welcoming and inclusive.

Find out more on www.smallpilgrimplaces.org.