

Tafod Twrog

Rhif/No 76

January/Ionawr

February/Chwefor

March/Mawrth

Ebrill/April

2019



SAINT TWROG'S CHURCH
LLANDDAROG

Ficer/Vicar

Canon Bryan Witt B.D.

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Darllenydd Lleyg / Lay Reader

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Annwyl Ffrindiau

Rargian fawr, ai dyna'r amser? Nid wyf yn gwybod ble mae'r amser wedi mynd, i chi? Nid does gennyf ddigon o amser i wneud yr holl rwyf am eu wneud, nid oes yna ddigon o oriau yn y dydd!

Rwyn siwr nad fi yn unig sydd yn dweud na meddwl fel yna. Dyma ni yn 2019 yn barod. Mae cymaint ohonom ni yn byw bywydau prysur, yn rhuthro o un peth i beth arall. A pham? Fy ateb i yw "am ein bod y medru". Ydwyf, yr wyf yn medru rhuthro o un peth i'r llall oherwydd ceir, awyrennau, ebyst, ipad, rhyngrwyd ayb ayb. Flynyddoedd yn ol ni fyddem wedi gallu gwneud cymaint o'r pethau i ni yn eu gwneud heddiw. Ond y cwestiwn i ofyn ydyw, a ydyn ni yn well o wneud cymaint? Mewn sawl ffordd mwy na thebyg yr ateb yw.

Clywaf yn aml rhywun yn dweud "Fe geisiaf ddod o hyd i'r amser Ficer", ac yn syth rwyf yn gwybod ei bod yn annhebygol y bydd y person yna yn gwneud yr hyn yr oeddent yn chwilio amser iddo. Mae'n werth nodi bod dod o hyd i rhywbeth, ddim yn awgrymu mai ni sydd berchen arno yn y lle cyntaf. Rwyn awgrymu y dylem rhoi'r gorau ar ddod o hyd i amser ond yn hytrach canolbwyntio ar wneud amser. Oni fyddai yn beth hyfryd i wneud amser i ddiolch i rhywun sy'n agos i ni, yn lle eu cymeryd yn ganiataol, neu gwneud amser i helpu rhywun, gweithred fach efallai ond a fydd yn gwneud gwahaniaeth i fywyd person. Ac wrth gwrs yn bwysicach, gwneud amser i Dduw. Gwneud amser i siarad â Duw mewn gweddi, gwneud amser i adlewyrchu ar ei ddaioni a'i gariad.

Mae Duw o hyd yn gwneud amser i ni. Mae Iesu yn dangos hynny yn yr Efengylau. Rydym mewn blwyddyn newydd, ac mae pob diwrnod yn ddiwrnod newydd, felly heddiw gwnewch amser i rannu tangnefedd a chariad. A bydded i dangnefedd a chariad Duw fod gyda ni i gyd byth bythoedd.

Pob Bendith

Canon Bryan

Dear Friends

Goodness me, is that the time? I don't know where the time goes to, do you? I haven't enough time to do all that I want to do – there aren't enough hours in the day!

Well, I'm sure that I'm not the only person who says and thinks things like that. Here we are in 2019 already. So many of us lead such busy lives – rushing from one thing to another. And why? Well, my answer is “because I can”. Yes, I can rush because of cars, aeroplanes, emails, Ipads, internet etc etc.!

Years ago we could not have done so much of what we do today – but this begs the question, are we any better for being able to do so much? I suspect in many ways the answer would be – no.

I so often hear – Oh, I'll try and find time, Vicar. And straight away I know that it is unlikely that person will do what they were finding time for. It's worth remembering that to find something implies it may not be yours in the first place. I suggest that we give up trying to find time and rather concentrate on making time. Wouldn't it be a loving thing to do to make time to thank someone close to you instead of taking them for granted? Or make time to help someone, a small help may be just enough to make a big difference in that person's life.

And of course most importantly, make time for God. Make time to speak to God in prayer, make time to reflect on His goodness and love.

God always makes time for you, Jesus shows us that in the Gospels.

We are in a new year, every day is a new day, so today make time to share peace and love. And may God's peace and love be with us all and for all time.

Every blessing

Canon Bryan

Editorial

Another packed edition of Tafod Twrog. The Pensioners' trip to Isle of Wight, a short explanation of Advent in Church, Alice Abadam, news from China and from our Church School, plus all the regular news about parish activities.

In November we held a Craft Fayre in the Church and there was a lively atmosphere with all sorts of things going on. Thanks to everyone who supported it.

Christmas will soon be here and its something I always look forward to, especially the Crib Service and Midnight Mass on Christmas Eve. The sense of community at this time is wonderful.

You will notice that this edition covers four months. Since starting to edit Tafod Twrog I have found that for some of our contributors, most notably the School and Llanddarog Show, the timings don't fit very well. So we have decided that this will be a four month edition, with all future editions being quarterly from then on. So in the summer edition the Show will be able to publish about the outcomes from the Show, the school will not be rushed to produce an article immediately on return from the summer holidays as well as the Church being able to cover the whole of the Christmas in one edition and Easter season in another. We hope you like the changes.

I would be grateful to have your articles for that edition by 14th April at the latest please.

Margaret Rees, Ty'r Llain
reesmargaret@outlook.com / 01267 275479

Blodau'r Allor ~ Altar Flowers

January/Ionawr

13 & 20 Mrs. M. Morris
27 & 3 Feb Mrs. D. Northwood

February/Chwefror

10 & 17 Mrs. C. Owen
24 & 3 Mar Mrs. M. Phillips, Drefach

Lent/Y Garawys

April/Ebrill

21 & 28 Mrs. M. Phillips, Llanddarog

Bedydd/Baptism

15.9.18 Zahra Brooke Walters, Tumble

Priodas/Marriage

Yn y cwarter diwethaf dathlwyd tair priodas / Three marriages were celebrated in the last quarter.

Angladd/Funeral

9.10.18 Elizabeth Pamela Evans, 1 Cae Person, Llanddarog

We sympathise with Mr Donald Evans and family on the death of Pam, who came from Port Talbot but had lived in Llanddarog for nearly 50 years. She had a massive stroke twenty-one years ago and the prognosis was not good, but through her determination and the excellent care she received from the family, she lived life as best as she could. Pam's motto in life was "What is broken can be mended. What hurts can be healed. And no matter how dark it gets, the sun is going to rise again". She was a family person, respected by all those around her. Grant her, O Lord, eternal rest: And let light perpetual shine upon her.

Cydymdeimlwn gyda Mrs Ann Davies, Heol Trefenty, Cefneithin ar farwolaeth ei Modryb Mrs Eirwen Evans yn ddiweddar. Fe fuodd Ann yn ffyddlon iawn iddi, a thrwy ei gofal tyner a gofalus ohonni, fe allodd ei modryb gael ei dymuniad olaf sef parhau yn ei chartref tan y diwedd." Yn gymaint ag i chwi ei wneud i un o'r lleiaf o'r rhain, i mi y gwnaethoch".

Cydymdeimlwn gyda teulu y diweddar Mr Meurig Voyle, Erw Myrddin, Dinbych ar farwolaeth Meurig. Brodor o Landdarog ydoedd a symud i'r gogledd yn 1966 i fod yn Ysgrifennydd Sirol Undeb Amaethwyr Cymru Sir Ddinbych. Yn 1968 ychwanegwyd Sir Fflint at ei gyfrifoldebau. Bu'n weithiwr brwd dros yr Undeb ac er iddo ymddeol yn 1989 ni phallodd ei ddiddordeb na'i ymroddiad i'r Undeb. Fe fyddai pawb o Landdarog yn tyrru i bafiliwn Undeb Amaethwyr Cymru yn y Sioe Frenhinol bob blwyddyn, oherwydd fe fyddai yna groeso twymgalon yn eu disgwyl, ac roedd chwerthin Meurig i'w glywed ymhell cyn cyrraedd yno. Roedd yn gymeriad hoffus, diffuant ac egwyddorol, un a oedd yn gweithredu ei ffydd. Yn aelod selog o Gapel Mawr Dinbych ac wedi bod yn flaenor yng Nghapel Newydd ac yna yng Nghapel Mawr am nifer o flynyddoedd. Yn ddyn y teulu, gŵr, tad, tad yng nghyfraith, tadcu, hen ddatcu, a brawd annwyl iawn. Roedd yn gofalu am yr holl deulu, a gwnaeth hynny trwy gydol ei oes. Gallai Meurig siarad a phawb ac roedd ganddo wybodaeth eang mewn sawl maes. Er iddo

gyrraedd oedran teg mae yn chwith ar ei ol, ond coffa da amdano. "Gwyn eu byd y rhai pur o galon: canys hwy a welant Dduw".

Cofiwn yn gariadus am bawb a fu farw yn ddiweddar; ac am bawb y mae tymor eu coffhad yn syrthio yr adeg hon o'r flwyddyn. Bydded i'r ffyddloniaid ymadawedig orffwys mewn heddwedd a chyfodi mewn gogoniant. / We remember with love all those who have died recently and those whose anniversaries fall at this time of the year. May the faithful departed rest in peace and rise in glory.

Cleifion/The Sick

Gweddiwch dros bawb sy'n glaf mewn ysbryd corff neu feddwl, gartref neu mewn ysbyty. / Please pray for the sick in body, mind or spirit. Please inform the wardens if someone falls ill or is in hospital. Home communion can be arranged.

Llongyfarchiadau/Congratulations

Congratulations to Mags Rees' son, Gareth, and Angela on taking part in the Cardiff Half Marathon on Sunday 7th October 2018. There were about 25,000 runners and Gareth complete his run in 2 hours 45 minutes. He was running in aid of the NSPCC, receiving a medal and T-shirt for completing the course. This was his first attempt at this type of charity event.

Also we would like to congratulate Gareth on passing his probationary period, becoming a fully fledged Police Officer. We know he has made his Mum very proud.

Congratulations to all those celebrating special birthdays and anniversaries in the coming quarter.

Croeso/Welcome

I ni yn croesawi Y Parchedig Nicholas Bee, Gweinidog Newydd Capel Newydd i'r fro hon ac edrychwn ymlaen yn fawr iawn i gael cydweithio gydag ef mewn gwahanol weithgareddau yn ystod y flwyddyn.

A warm welcome to Revd Nicholas Bee, the New Minister of Capel Newydd. We look forward to working alongside him in different activities during the year.

Our Isle of Wight Experience.

Rob and I recently went to the Isle of Wight in the company of the merry travelling group known as the Porthyrhyd and Llanddarog Pensioners' Society, and a very good time was had by all.

One of the outings was to Newport, the island capital. In the tourist information office we picked up a leaflet for a walking trail round the town and set off to follow it. We discovered various interesting places such as the former Grammar school, built in 1619, where Charles 1 stood trial whilst a prisoner in nearby Carisbrooke Castle; and the building which was the island's first public lending library when erected in 1904. We ended our tour in the Minster, where the body of Princess Elizabeth, daughter of Charles 1, was re-interred after it was discovered during 19th century renovation work on the church. Queen Victoria was appalled that a member of the royal family should have been forgotten in such a way and personally paid for the tomb and the beautiful marble figure on it, as well as the windows in the chapel in which it is housed. As we passed the High Altar we could not fail to see the large number of white roses, carefully placed with blooms facing the congregation, spread across it.

We took advantage of the refreshments on offer and sat chatting to the lady who served us. We discovered that not only could she make excellent tea and cope with a dodgy toaster, she was also a Lay Reader, wife of one of the clergy and convener of the Mothers' Union, so we asked about the roses. Apparently, it has been a long-standing tradition that all the funeral directors in the town get together for a memorial service in the church on the last Sunday in October, being a date close to All Souls Day. To this service they invite the families of all those for whom they have provided a funeral throughout the year, wherever the service occurred, the invitation to be passed on to anyone who might like to come. Everyone attending is handed a long-stemmed white rose and during the service they are all placed on the altar. We heard that some people still come to remember for years after the death of their loved one; one lady has not missed the date in over twenty years. There are usually over 200 people in the congregation, all being offered light refreshments afterwards - also funded by the Undertakers. Sadly, this year only 50 people came; not because of a lack of deaths or mourners, but because of Government action. I'm sure we've all heard of the GDPR rules, introduced this year, intended to stop us all being plagued by unsolicited messages but this action has meant that the bereaved could not be contacted in advance unless they had given their prior permission. so numbers at the service were greatly diminished. In future, such permission will have to be sought at the time of personal contact with next of kin. The "Law of Unintended Consequences" strikes again!

Kate Jones

Advent

Many of us are aware of what we do with an Advent Calendar - the idea is to open a numbered door each day from 1st December to Christmas Eve. Behind each door is a surprise, often chocolate, but that's not all Advent is about. It marks the start of the Christian year. It is the four weeks before Christmas, beginning on November 30 or the nearest Sunday to it. This is the Church's New Year's Day. The word Advent comes from the Latin 'adventus' which means 'arrival' or 'coming' and it's the time for Christians to prepare for celebration of the birth of Jesus and look forward to the time that Jesus will come again.

The clergy usually wear purple or royal blue clothing in their churches during Advent. During Advent no flowers decorate churches, but it is usual to have an Advent Crown, also known as an Advent Wreath, made from a circle of evergreen plants like holly and ivy which symbolises God with no beginning or end. The evergreen is a reminder that God does not change. The holly is also a symbol of the crown of thorns that Jesus wore when he was crucified. Four candles are fixed round the circle with another in the middle.

Various colours of candles have been used such as three purple and a pink with one white in the middle. Unlit candles represent darkness. One purple candle is lit on the first Sunday of Advent. On the second Sunday it is lit again together with another purple one, the third purple one is lit on the third Sunday and on the fourth Sunday the pink candle is included. On Christmas Day the white candle is also lit representing Jesus Christ as the light of the world. Sometimes four red candles and one white are used, red being a colour associated with Christmas.

What do the Advent Candles stand for?

1. The candle of **Hope** so prayers on this day focus on hope.
2. This candle is a symbol of God's **Peace**, reminding Christians of the Prophets who said that the Messiah would be born.
3. The candle of **Love**, represents John the Baptist who baptised Jesus.
4. The candle of **Joy** reminds Christians of Jesus' mother, Mary.
5. The fifth candle reminds Christians of the birth of Jesus.

Alice Abadam

Pan oedd Mary Thorley yn darlithio ar ferched anghofiedig Caerfyrddin yn UYM fe soniodd am gynllun Cymdeithas Ddinesig Caerfyrddin i osod placiau glas ar gartrefi y menywod yma ac fe addawodd Jean a finne y bydden ni yn cynnal rhyw ddigwyddiad yn yr eglwys i dalu am blac i gofio am Alice Abadam.

Pam Alice Abadam?

Dyma'r hanes . Fe dreuliodd hi ei phlentyndod yn Neuadd Middleton ac wrth gwrs mae gyda ni yr Abadam Arms yn ein plwyf.

Er na chafodd addysg ffurfiol roedd yn medru sawl iaith, ac yn arlunydd a cherddor dawnus. Yn 1880 trodd at yr Eglwys Babyddol a roedd yn organyddes a chor feistres yn Eglwys y Santes Fair Caerfyrddin. Roedd yn byw ar y pryd yn 26 Teras Picton.

Yn 1904 symudodd i Lundain gyda'i chydymaith hir oes y meddyg a'r seiciatrydd Alice Vowe Johnson. Yno bu'n brwydro am hawliau cyfartal i ferched ac fe roedd yn un o'r etholfreintwyr(suffragettes) Pan gafodd gwagedd dros 30 mlwydd oed y bleidlais yn 1918 dal i ymgyrchu wnaeth hi nes bod pleidlais i bob gwraig.

Dychwelodd i Gaerfyrddin yn 1939 a bu farw ym Mryn Myrddin 31 o Fawrth 1940. Claddwyd hi gyda Alice Vowe Johnson ym mynwent Eglwys Santes Fair.

Ar Ddydd Sadwrn 3^{ydd} o Dachwedd fe ddadorchuddiwyd y plac i nodi bywyd Alice ar fur 26 Teras Picton gan brif ddisgybl ysgol Bro Myrddin a phrif ddisgybl ysgol uwchradd y Frenhines Elizabeth. Ewch i'w weld. Yna ar ddydd Sadwrn Tachwedd y 24ain dadorchuddiwyd plac arall ar fur Ty Principality yn Neuadd Middleton gan ei gor nith.

Roedd yn ffrainc i fod yn bresennol ar y ddau fore arbennig yma i gofio am y fenyw gadarn hon ac i feddwl bod ni yn Eglwys St Twrog wedi gwneud gweithred fach i gofio amdani.

After listening to Mary Thorley's lecture on The Forgotten Women of Carmarthen and the decision of the Carmarthen Civic Society to place blue plaques on the homes of these women, Jean and I promised to hold an event in our church to pay for a plaque for Alice Abadam. We chose her because of her connection with the parish. She spent her childhood in Middleton Hall and there is a link with the Abadam Arms.

On Saturday 3rd of November the plaque was unveiled at 26 Picton Terrace Carmarthen and Jean, Huw, Mair and I were present at the ceremony.

Alice is remembered for campaigning for equal rights for all women and she was a suffragist. She was buried at St Mary's Church Carmarthen in 1940.

You will learn more about this remarkable woman when we will hold an event in the Church in February..... Watch this space !!!!

Vilna Thomas

Undeb y Mamau ~ Mothers' Union

This year the MU General Meeting was held in Swansea. As it was on the doorstep and never having attended a General Meeting I decided to apply for a ticket, as did Elizabeth. Tickets were restricted due to space in the Brangwyn Hall and the Diocese had only been allocated 50 so many were disappointed.

On Monday 17th September, Elizabeth and I attended the celebration service in the Collegiate and Parish Church of St Mary, which is in the centre of Swansea. Again, because of numbers and space there were two services, so we went to the 3pm service. Elizabeth immediately recognized someone from Winchester and I had a chat with Ann Gill who sat behind me.

We stood and sang Tell out my soul, while the dignitaries, followed by the clergy, including Canon Bryan, processed in. Revd. Canon Ian Rees, Rector of Central Swansea welcomed everyone and gave the opening prayer. The service followed a familiar pattern with Lynne Tembey, Worldwide President, reading the first lesson at our service and Kay Warrington reading at the evening service. The second lesson was read by Ruth Roberts, Swansea and Brecon Diocesan President and Glenys was to read in the evening. The Most Revd John Davies, Archbishop of Wales gave the address in the afternoon. He took as his theme MULO, Mothers' Union Listening, Observing, Acting, causing laughter when he explained that on his notes he had MUOLA and was getting tongue tied. The Rt Revd Joanna was giving the evening service address. The choir sang an anthem and Revd Eli Jenkins Prayer. It was a good feeling to be surrounded by a church full of people from all over the country with the same aims. Elizabeth and I took time to look around the church at the end, talking to others as we went, but the Archbishop and Bishop were still outside shaking hands when we finally left.

Next day we returned to Swansea for the General Meeting in the Brangwyn Hall, with Wendy Evans as an additional passenger. Of course, members travelling some distance had stayed in Swansea overnight. Some stayed a few extra nights, having a holiday, travelling to St Davids on the Thursday where Glenys took Midday Prayers. There was coffee on arrival and chat with some of our 50 Diocesan members, who had travelled by car, train, bus and mini bus.

The meeting began with the Presidents, Trustees and Clergy processing in and the Archbishop giving the welcome and leading the Opening Worship. Councilor David Phillips, Right Worshipful Mayor of Swansea, dressed in full

regalia, then welcomed us, giving the history of the Brangwyn Panels and the City. He did go on a bit! Kay Warrington our Provincial President said she was Inspired, Informed and Proud to be a member of MU. Ruth Roberts Diocesan President of Swansea and Brecon introduced herself.

Lynne Tembey took to the stage and introduced us to the Trustees, although we could not see them as they were below facing her. She wanted to know where members had come from. Shouts from the floor included Australia, Trinidad and Tobago, Scotland, Ireland, Canterbury, York, plus others, with a large contingency from Wales. There are four million members in 84 countries. With support from a PowerPoint presentation, she told us to, "Be strong in the Lord", Ephesians Ch6 and spoke of her last 6 years as Worldwide President, always feeling God was with her. She felt privileged and humbled to visit so many countries and members. The following day she was off to Trinidad and Tobago at 6am and recorded our shouted greeting to them. She thanked the staff for all their help. Three years ago they started to update the Constitution and in April this year, 2018, the Queen approved and signed it.

Bev Jullien, the Chief Executive told us cards had been sent from MU to Harry and Megan for their wedding and to Kate and William on the birth of Louis, replies had been framed and were hanging in Mary Sumner House. She thanked members for their stories and fund raising. Units were no more, instead there would be working groups and task groups involving members, but they had left a legacy, including lately, the Prayer Book. Families First made a loss this year and members needed to order their own copies in future. Families Worldwide would be delivered to members houses. MU had reached needy families, the lonely, vulnerable, prisoners, tackled modern day slavery, run craft campaigns and AFIA. All things are possible through Christ.

Midday Prayers were led by Revd Tim Williams, Provincial Chaplain for Wales.

The afternoon session began with a talk by Revd Rachael Carnegie, Co Director of Anglican Alliance. She explained how Mothers' Union made a difference with their Faith in the Church and in Action, as in MULOA. She had seen MU bring hope to many communities and of course their Love was the greatest of all. MU can transform human lives by proclaiming the Good News, teach, baptize, nurture and respond to human need by loving service. Members had been given paper leaves to write their prayer for the MU, which were hung on the Tree of Life and Love, which she hoped would bear fruit.

Daniel McAlister joined MU in 2014 as their Fundraiser. He called Lynne Tembey and her husband to the stage for a surprise This is Your Life, from her commissioning in January 2013 to present day. With pictures it was interesting and humorous. The new Worldwide President is Sheran Harper, the first to be elected from outside the UK.

The Right Revd Andrew Proud, MU Central Chaplain led the closing worship.

The two days were inspiring, reminding us that we are a small part of a worldwide organization. Next year the meeting will be in Portsmouth on Monday and Tuesday, the 16th and 17th September.

Our Branch enjoyed a behind the scenes visit to Castell Howell in Cross Hands in October. In November Canon Patrick entertained us with stories of Cosmo and Colin, the Christchurch cat and dog, amusing but with a message.

Dates for your Diary

January 10th AGM followed by Cheese and Wine. Mrs Heather Witt will outline her vision for future as new Diocesan President.

January 23rd Stripping the Jesse Tree. Archidiaconal service, 2pm at Llanllwch church.

February 4th Deanery meeting 10.30am in The Ivy Bush

February 8th Breakfast with Alice, Mary Thorley, 10- 12.30pm

February 17th Parish lunch 1pm. at The Plough, Llandeilo

February 25th Wave of Prayer in church 12.30 – 12.55pm.

March 14th Speaker Revd Eldon Phillips with Cawl to follow.

April 9th Deanery Quiet Evening at 6.30pm in church.

April 18th Maundy Thursday, Cleaning shoes, 9am till 1pm.

Meetings are in church at 7pm unless otherwise stated. New members always welcome. Enquiries to Jean Voyle Williams 01267 275222.

Barbara Quick

**The Mothers Union Archdeaconry Faith & Create Day in Christchurch,
Carmarthen, Monday 12th November 2018.**

The day, organised and led by Heather Witt, started wet and overcast as we overloaded her car with craft equipment and materials. About 25 members attended and we explored three Bible verses using the MULOA model (in the absence of counters or beads we used glitter pots).

One of the verses much used through the day was from the beginning of Isaiah Chapter 43

*When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze.
For I am the Lord your God,*

Craft activities used the same verses for Reverse Wood Prints, Foiling, Angels, Scripture Journals from junk materials, Sympathy & Birthday Cards, MU Collecting Boxes, Decorated Verses to hang or place where they can continually remind us of our great God.

It was a peaceful and happy day shared by members from Branches across the Archdeaconry.

Elizabeth Wills

DYDDIADAU CLWB IAU DATES

Ionawr/January 12th (Dydd Sadwrn/Saturday)

3.00p.m – 4.30p.m Parti Blwyddyn Newydd/ New Year's Party

Chwefror/February 10th

11.00a.m – 12.15p.m (Thema/Theme Goleuni/Light)

Mawrth/March 10th

11.00a.m – 12.15p.m (Thema/Theme Y Garawys/Lent)

Mawrth/March 31st Sul y Fam /Mothering Sunday

10.00a.m Gwasanaeth y Teulu/ Family Service

Ebrill/April 19th Gwener y Groglith/Good Friday

2.00p.m – 3.00p.m Yn yr Ardd Fotaneg Gorsafoedd y Groes/Stations of the Cross in the Botanic Garden

DYDDIADAU AR GYFER Y DYDDIADUR / DATES FOR YOUR DIARY

(am fanylion am batrwm misol y gwasanaethau, gwelwch y dudalen olaf)

(for details of the monthly pattern of services, please see the back page)

January

6 Dydd Sul/Sunday Gŵyl yr Ystwyll/Epiphany

9.30am Cymun Bendigaid

5.00pm Evensong

8 Dydd Mawrth/Tuesday

10.00am Boreol Weddi/ Morning Prayer (Bilingual)

10.30am Paned a Chlonc (For those who want to learn Welsh)

10 Dydd Iau/Thursday

7.00pm Cyfarfod Cyffredinol Undeb y Mamau/MU branch AGM

12 Dydd Sadwrn/Saturday

3-4.30pm Parti Blwyddyn Newydd Clwb Iau/Clwb Iau New Year's Party

13 Dydd Sul/Sunday - Bedydd Crist/Baptism of Christ

9.30am Holy Communion (English)

5.00pm Gwasanaeth Y Plygain (Cymraeg)

20 Dydd Sul/Sunday - Ystwyll 3/Epiphany 3

9.30am Holy Communion (English)

2.30pm Service in the Botanic Garden (Bilingual)

21 Dydd Llun/Monday - Wythnos Cytun/Week of Christian Unity

7.00pm Gwasanaeth Cytun yn Eglwys Sant Twrog/Cytun Service at St Twrog's Church (Bilingual)

23 Dydd Mercher/Wednesday

10.00am Cytun- Cymun Bendigaid yn Eglwys Dewi Sant Llanarthne/Holy Communion at St David's Church Llanarthne (Bilingual)

2.00pm Undressing the Jesse Tree Service – St Mary's Church, Llanllwch

24 Dydd Iau/Thursday

10.00am Cytun- Gwasanaeth yng Nghapel Newydd Llanddarog/Service at Capel Newydd Chapel Llanddarog (Bilingual)

25 Dydd Gwener/Friday

10.00am Cytun- Gwasanaeth yng Nghapel Seion/Service at Capel Seion (Bilingual)

27 Dydd Sul/Sunday - Ystwyll 4/Epiphany 4

9.30am Cymun Bendigaid (Cymraeg)

11.00am Holy Communion (English)

Dim gwasaneth yn yr hwyr/No evening service

29 Dydd Mawrth/Tuesday

10.00am Boreol Weddi/Morning Prayer (Bilingual)

10.30am Paned a Chlonc (For those who want to learn Welsh)

Chwefror / February

3 Dydd Sul/Sunday - Pumed Sul cyn y Garawys/Fifth Sunday before Lent

9.30am Cymun Bendigaid (Cymraeg)

5.00pm Evensong (English)

4 Dydd Lun/Monday

10.30am Deanery Meeting, Ivy Bush

8 Dydd Gwener/Friday

10am "Breakfast with Alice", Mary Thorley

10 Dydd Sul/Sunday - Pedwerydd Sul cyn y Garawys/Fourth Sunday before Lent

9.30am Boreol Weddi (Cymraeg)

11.00am - Clwb Iau (Thema/Theme Goleuni/Light)

12.15pm

5.00pm Holy Communion (English)

12 Dydd Mawrth/Tuesday

10.00am Boreol Weddi/Morning Prayer (Bilingual)

10.30am Paned a Chlonc (For those who want to learn Welsh)

16 Dydd Sadwrn/Saturday

10.00am Bore Coffi Plant Dewi/Plant Dewi Coffee morning at St Peter's Civic Hall, Carmarthen

17 Dydd Sul/Sunday - Trydydd Sul cyn y Garawys/Third Sunday before Lent

9.30am Holy Communion (Bilingual)

1.00pm Parish Dinner at the Plough Llandeilo

24 Dydd Sul/Sunday - Ail Sul cyn y Garawys/Second Sunday before Lent

9.30am Cymun Bendigaid (Cymraeg)

11.00am Holy Communion (English)

Dim gwasanaeth yn yr hwyr/No evening service

25 Dydd Llun/Monday

12.30 – 12.55 Llanddarog MU Wave of Prayer

26 Dydd Mawrth/ Tuesday

10.00am Boreol Weddi/Morning Prayer (Bilingual)

10.30am Paned a Chlonc (For those who want to learn Welsh)

Mawrth/ March

1 Dydd Gwener/Friday

7.00pm Cwrdd Gweddi Byd Eang y Chwiorydd yng Nghapel Newydd Llanddarog

3 Dydd Sul/Sunday - Sul o flaen y Garawys/Sunday before Lent

9.30am Cymun Bendigaid (Cymraeg)

5.00pm Evensong (English)

6 Dydd Mercher y LLudw/ Ash Wednesday

7.00pm Cymun Bendigaid/Holy Communion (Bilingual)

10 Dydd Sul/Sunday Garawys 1/Lent 1

9.30am Boreol Weddi (Cymraeg)

11.00am Clwb Iau

5.00pm Holy Communion (English)

11 Dydd Llun/Monday

7.00pm Myfyrdod y Garawys/Lenten Meditation Eglwys St Twrog (Dwyieithog)

12 Dydd Mawrth/Tuesday

10.00am Boreol Weddi/Morning Prayer (Bilingual)

10.30am Paned a Chlonc (for those who wish to learn Welsh)

14 Dydd Iau/Thursday

7.00pm Undeb y Mamau (Cawl a Siaradwr Gwâdd Parchedig Eldon Phillips)/
MU cawl and Guest Speaker Revd Eldon Phillips

17 Dydd Sul/Sunday - Garawys 2/Lent 2

9.30am Holy Communion (English)

2.30pm Gwasanaeth arbennig yn yr Ardd Fotaneg/Special service in the
Botanical Garden.

18 Dydd Llun/Monday

7.00pm Myfyrdod y Garawys/Lenten Meditation Capel Newydd (Bilingual)

24 Dydd Sul/Sunday - Garawys 3/Lent 3

9.30am Cymun Bendigaid (Cymraeg)

11.00am Holy Communion (English)

Dim Gwasaneth yn yr hwyr/No evening service

25 Dydd Llun/Monday

7.00pm Myfyrdod y Garawys/Lenten Meditation Eglwys St Twrog (Bilingual)

26 Dydd Mawrth/Tuesday

10.00am Boreol Weddi (Cymraeg)

10.30am Paned a Chlonc (For those who want to learn Welsh)

31 Dydd Sul/Sunday - Garawys 4/Lent 4 - Sul y Fam/Mothering Sunday

10.00am Gwasaneth y Teulu yn Eglwys Sant Twrog/Family Service at St
Twrog's Church

Ebrill/April

1 Dydd Llun/Monday

7.00pm Myfyrdod y Garawys/Lenten Meditation yn Capel Newydd
(Dwyieithog)

7 Dydd Sul/Sunday - Sul y Dioddefaint/Passion Sunday

9.30am Cymun Bendigaid (Cymraeg)

5.00pm Evensong (English)

8 Dydd Llun/Monday

7.00pm Myfyrdod y Garawys/ Lenten Meditation Eglwys St Twrog
(Dwyieithog)

9 Dydd Mawrth/Tuesday

6.30pm Undeb y Mamau Deoniaeth Caerfyrddin yn Eglwys Sant Twrog/
MU Deanery Quiet Evening at St Twrog.

14 Dydd Sul/Sunday - Sul y Blodau/Palm Sunday

9.30am Cymun Bendigaid/ Holy Communion (Bilingual)

Dim gwasanaeth yn yr hwyr/No evening service.

18 Dydd Iau - Cablyd/Maundy Thursday

Glanhau Esgidiau/ Shoe Cleaning (9.00 – 1.00pm)

7.00pm Cymun Bendigaid/Holy Communion (Bilingual)

19 Dydd Gwener y Groglith/Good Friday

1.30pm Gwasanaeth byr yn Eglwys Llanarthne/Short Service at Llanarthne
Church

2.00pm – Gorsafoedd y Groes/ Stations of the Cross Ardd Fotaneg/

3.00pm Botanic Garden

21 Dydd Sul Y Pasg/Easter Sunday

6.00am Gwasanaeth Codiad Haul gyda brechwast yn dilyn yn yr eglwys/
(approx.) Sunrise Service to be followed by breakfast in the church

9.30am Cymun Bendigaid (Cymraeg)

11.00am Holy Communion (English)

Dim gwasanaeth yn yr hwyr/No evening service

28 Dydd Sul/ Sunday - Pasg 2/Easter 2

9.30am Cymun Bendigaid/Holy Communion (Bilingual)

Dim gwasanaeth yn yr hwyr/No evening service

30 Dydd Mawrth/Tuesday

10.00am Boreol Weddi (Bilingual)

10.30am Paned a Chlonc (For those who want to learn Welsh)

“Yesterday is gone. Tomorrow has not yet come. We have only today. Let us
begin.” — *Mother Theresa*

“A man who dares to waste one hour of time has not discovered the value of
life.”

— *Charles Darwin, The Life & Letters of Charles Darwin*

Ffair Grefftau yn Eglwys St Twrog / Craft Fayre in St Twrog's Church

Despite very inclement weather, the Craft Fayre on 10 November was very well supported by the community, for which we are so very grateful. Thank you to all those who helped prepare the church for the day and to clear up afterwards and to those who kept us well provided with refreshments throughout the day. These things don't happen on their own and without the support of church members, this event could not have taken place. It was so good to see our friends and neighbours there.

The magnificent sum of £800 was raised, £400 being donated to MIND Carmarthen and the remainder to St Twrog's Church. Thank you so much for your generosity.

We have received this letter of thanks from MIND Carmarthen:

Margaret Rees



132B Priory Street
Carmarthen
Carmarthenshire
SA31 1LR
T: 01267 222 990

E: carmsmind132@aol.com

30/11/2018

To everyone at Llanddarog Parish church

I am writing to you with regards to the donation of £400.00 that we have received from yourselves.

I would firstly like to offer my appreciation. It is a very generous donation.

The money that we have received off yourselves will go towards encouraging our service users to participate in workshops at the centre. This year, we are taking our services users out for Christmas lunch at the Toby Carvery, so this will help towards their party.

A big thank you for this kind donation,

Kind Regards
Emma Rees,
Centre Manager

Mae Mind yn dibynnu ar Mind relies on donations to
roddion i barhau gyda' I continue its work. Please
waith. A fydddech gystal help if you can. Contact
â'n helpu os gallwch chi. 01267 222 990 or email
Cysylltwch â 01267 222990 to make a donation
neu anfonwch ebost at carmsmind132@aol.com
Reg. Charity No.: 1157044 Company No: 08521406

News from China

Adam, Mim, Bella and Tilly (6 November 2018)

Since September Adam has started working for a like-minded locally run charity, Shaanxi Agape Community Care Association. Established over 20 years ago they manage orphanages and provide services for special needs children and their families and carers. He has joined as an English Language Consultant for some of their programmes, but the role focusses on building partnerships with many individuals and organisations who have a heart for marginalised children.

A typical week's activities include:

Tuesday: Warrior House, which provides a safe, secure and nurturing home for older teenagers with a range of physical and mental special needs. Currently ten children live and join activities in the house and Adam's role is to teach English through providing physical education classes. He was extremely nervous at first having little experience of working with older teens with such diverse needs, but he feels that God has truly blessed him with this as he has rarely felt a stronger welcome and joy from a class as when at the Warrior House.

Wednesday: Mobile Library Programme which visits schools each week leading teams teaching English, art, physical education and Chinese story times, and they are looking to add new schools to the programme this year. One Adam visited Raindrops Kindergarten, an hour's drive from the city, where he had a wonderful time learning about family and playing outside in the Autumn sunshine. They have built a strong relationship with this school and the local primary school in the same village and it is encouraging to see the teachers looking to learn some of the songs that they sing and wanting to be part of the classes and activities.

Thursday: Xi'an Children's Hospital where Adam continues to lead weekly teams at the Leukaemia Treatment Ward, teaching English, crafts and playing games with the children who live there whilst receiving treatment. They are all at different stages in their treatment and recovery. They are all in the class together where ages range from 4 to 15. What the children lack in energy due to their treatment they make up for in enthusiasm and excitement to join in with lessons and activities. They have just had an entertaining and lively 'Autumn Festival' event and have Thanksgiving this month with their Christmas plans also underway – so, a busy time.

Saturday: Little Fish Library. Here English classes are held each week for the children of migrant workers living in the local area. Many are in no position to pay the fees charged by the many top-up English classes operating in the city, so these children risk falling behind. The Little Fish Library also opens every evening after school to provide homework support and other classes and as a safe, fun place to come after school whilst many of the parents are working long hours.

It has been wonderful to see God's hand at work making this role possible for Adam. The family's China journey has equipped them and helped them build many relationships, opening many doors. Many amazing individuals and organisations are working to better the lives of children and young people, who through no fault of their own find themselves on the fringes of society or simply missing out. They feel they are blessed to have many wonderful volunteers and partners, both Chinese and foreign, who join them and help lead many activities. They are grateful too to the many groups and individuals who sponsor these projects and help make them possible. They thank you also for your prayers and support for them and for the work that He has called them all to be a part of.

Please pray above all for safety and security. The family have shared how things are tightening in the country and their city, sadly having to say goodbye to more foreign families over the past few weeks as they have come under scrutiny. Please also pray for the families, especially for the children, who have had to leave as they re-adjust.

Please pray for their Christmas preparations as they look to run events in the rural schools, children's hospital and beyond. Give thanks for the partnerships that have enabled them to work together on these events and for the unique gifts and strengths that everyone brings.

“Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.”

Barack Obama

“We must use time as a tool, not as a crutch.”

John F. Kennedy

Newyddion Ysgol Llanddarog

Mae diwedd tymor yn gyflym agosau ac yn ôl yr arfer mae wedi bod yn dymor llawn prysurdeb i'r disgyblion. Dyma hanes ychydig o ddiwyddiadau'r tymor.

Cynhaliwyd amrywiaeth o weithgareddau codi arian, gan gynnwys bore coffi Macmillan yng nghantîn yr ysgol ar ddechrau'r tymor pan godwyd £832 ar gyfer yr elusen. Braf oedd gweld cymaint wedi dod i gefnogi a'r holl ddanteithion a chacennau hyfryd a dderbyniwyd i wneud y bore yn un llwyddiannus. Llwyddwyd i godi £270 ar ddiwrnod Diwrnod Plant Mewn Angen wrth i'r staff a'r disgyblion wisgo pyjamas i'r ysgol ac wrth werthu bisgedi, ysgytlaeth lliw a lluniau Photobooth. Buodd disgyblion 5 a 6 yn weithgar iawn yn paratoi amrywiaeth o grefftiau Nadoligaidd ar gyfer y stondin ysgol yn Ffair Grefftiau Eglwys St Twrog a'r elw yn mynd at gronfa'r ysgol. Cyfranwyd hefyd i gasgliad yr Eglwys o fwydydd hir- oes ar gyfer Banc Bwyd Caerfyrddin.

Ar ddiwrnod ein Ffair Nadolig a gynhaliwyd ddydd Mercher 28ain o Dachwedd, roedd amrywiaeth o siwmperi lliwgar, hyfryd i'w gweld wrth i bawb wisgo eu siwmperi Nadolig i'r ysgol. Diolch i aelodau'r Gymdeithas Cyfeillion a'r holl rieni am eu gwaith caled a'u brwdfrydedd i wneud y noson yn un mor llwyddiannus ac i bawb a gefnogodd. Diolch hefyd wrth gwrs i Sion Corn a gafodd noson brysur iawn yn ei groto!

Gorffennodd y tymor yn sŵn bwrlwm dathliadau'r Nadolig ac eleni am y tro cyntaf penderfynwyd i ddisgyblion y Cyfnod Sylfaen gynnal sioe a'r Adran Iau gynnal cyngerdd. Yn dwyn y teitl Nadolig yn Rwla cafodd y gynulleidfa ei thywys i wlad y Rwla a chwrdd â'i thrigolion oedd am ddysgu mwy am Stori Fwya'r Byd trwy fynd i weld plant Ysgol Llanddarog yn perfformio Stori'r Geni. Roedd y gynulleidfa wrth ei bodd wrth iddynt gael eu diddanu gan y disgyblion lleiaf. Llongyfarchiadau iddynt am gynnal sioe arbennig iawn. Cyngerdd yn llawn eitemau amrywiol oedd gan ddisgyblion yr Adran Iau a chyfle i ddangos eu talentau arbennig trwy actio, canu a llefaru. Roedd pob dim yn nwylo mentrus disgyblion Blwyddyn 6 a diolch i'r holl ddisgyblion am eu gwaith caled a llongyfarchiadau iddynt am gynnal noson llwyddiannus iawn. Braf oedd gweld cefnogaeth rhieni a'r gymuned ar gyfer y perfformiadau. Diolch hefyd i athrawon offerynnol y Sir am eu cefnogaeth ar gyfer cyngerdd yr Adran Iau.

Wedi wythnosau prysur iawn mae'r disgyblion nawr yn edrych ymlaen at y cinio Nadolig blynyddol a'r parti'r Nadolig wrth gwrs. Dymunwn Nadolig Llawen a Blwyddyn Newydd Dda i bawb.

Bowlio Dan Do Llanddarog Indoor Bowls

League games are played on Tuesdays with practice nights on Thursdays from 7 to 9pm in the Village Hall. New members welcome. Enquiries to Lewis Jones 275593.

Clwb Cinio/Luncheon Club

Last Tuesday in the month. Yn fisol ar y dydd Mawrth olaf. 1pm Prince of Wales, Porthyrhyd.

Knit and Natter

The knit and natter group sessions are hosted in different group members' houses on the first and third Thursday of each month. We have a lot of fun during our meetings and yet we are still very productive! If you are interested in coming along, contact Margaret Rees on 275479. Don't worry, if you need a lift, we can usually fit one or two more in!

The hosts for this quarter are as follows:

3 January	Marian Daniels	7 March	Carol King
17 January	Heather Witt	21 March	Jenny Youens
4 February	Pam Roper	4 April	Margaret Rees
21 February	Celia Bond	18 April	Mo Whitehead

Merched y Wawr

Mis Medi roedd dros ugain aelod yn bresennol, a braf oedd estyn croeso i ddau aelod newydd. Cyflwynodd Gwenda, llywydd y mis, y ddwy chwaer, Siân a Llinos sydd yn gweithio fel therapyddion aromatherapi a ffodotherapi yn eu clinig yn Llanfihangel ar arth. Noson llawn hiwmor a gwybodaeth am y triniaethau amrywiol a'r prisiau cymharol rad a godant am eu gwasanaeth. Estynnwyd cynghorion ar sut i fwyta'n iach ac awgrymu gwahanol fwydydd ar gyfer gwahanol afiechydon.

Mis Hydref croesawodd Kay, llywydd y mis pawb i'r Noson Goffi a diolchodd iddynt am ei presenoldeb ac am eu haelioni. Mr Alun Wyn Bevan, oedd ein siaradwr gwadd ac yn wyneb cyfarwydd fel sylwebydd a darlledwr. Fe'n difyrrwyd ganddo yn sôn am y cymoedd glofaol ac am hanesion y byd chwaraeon. Codwyd £300 at elusen Cancr Y Fron.

Mis Tachwedd yng Ngwesty'r Hebog yng Nghaerfyrddin cafwyd ein cinio Nadolig. Llywyddwyd gan Margaret Davies a chyflwynodd Jane Morgan, Swyddog Hyrwyddo a

Datblygu'r Mudiad. Cafwyd hanes byr a diddorol ganddi gan sôn sut y daeth y swydd yma i'w rhan. Cafwyd gwledd a mwynhad yng nghwmni ein gilydd.

Bydd y cyfarfod nesaf ar y 16eg o Ionawr am 1.30y.p. gyda the prynhawn a gemau bwrdd.

Am ragor o wybodaeth cysylltwch gyda'r ysgrifennyddes Eirwen Jones

Neuadd y Pentre Llanddarog Village Hall

Addas ar gyfer pob math o weithgareddau yn y Brif Neuadd, cegin hwylus, ystafell gefn ar gyfer gweithgareddau llai o faint maes parcio eang. / Looking for a place to hold an event, then Llanddarog Village Hall is the place with a main hall, a committee room, a spacious kitchen and a large car park. Cysylltwch/Contact: Mair Davies 275271/ 07527933331

Paned a Chlonc

On the second and fourth Tuesday in school term time, following the usual 10 o'clock morning prayer service, we meet in the community area of the church at 10.30 to share coffee and chat so that Welsh learners have an opportunity to practise their Welsh. See Dates for your Diary here in Tafod Twrog. All are welcome.

Porthyrhyd & Llanddarog Pensioners Society

In October this year we held a Thanksgiving Service for the NHS, being addressed by Aneira Thomas, who was the first National Health baby to be born in Wales. We had a very enjoyable stay in November in the Isle of Wight where we had a beautiful hotel, lovely weather and trips to Osborne House, the Needles, Shanklin and Godshill. Also in November we had a very entertaining afternoon reminiscing about the life of Ryan Davies and listening to various tapes with the speaker for the day Mike Evans who was Ryan's road manager.

As usual we had an excellent Christmas meal, prepared and served by the Prince of Wales, with small gifts from Father Christmas.

The programme for the next four months is:

January 8 th	2pm Quiz
January 10 th	Pantomime, Tumble
February 5 th	2pm Janice Richards, "Life behind the Black Door"
February 27 th	1pm Chitty Chitty Bang Bang, Lyric Theatre
March 5 th	2pm Dydd Gwyl Dewi Sant, Llanddarog School
April 2 nd	2pm OLYV

New members are always welcome as we all enjoy the friendship and activities offered by the society. Meetings are held at Neuadd Fach, Porthyrhyd on the first Tuesday of the month unless otherwise stated and begin at 2pm. Enquiries to Marion Little 01267 275507.

Porthyrhyd, Y Neuadd Fach

The Hire of The Hall and Cae'r Efail: The hall is an ideal venue for private parties, group meetings or conferences. If you wish to hire the Hall or Cae'r Efail please contact Mair Evans 01267 275411 or e-mail mairevans@hotmail.com or 01267 275730 / Mae'r Neuadd Fach ar gael i'w llogi ar gyfer cyfarfodydd, dosbarthiadau, partion ac ati. Ffoniwch 01267 275411 neu 01267 275730

Dyddiadau i'w cofio!:

Arddangosfa Arlunio - Mehefin 26 - 28

Parti Porthyrhyd - Gorffennaf 12fed.

Cofiwch hefyd am y Whist bob nos Lun am hanner awr wedi saith a'r Clwb Bowlio dan do bob nos lau am saith o'r gloch.

Sioe Llanddarog Show

At this year's Annual General Meeting Mr Emyr Williams, Laswern, Cwmisfael was re-elected Chairman for the forthcoming year with Mr and Mrs Huw Rees, Pantllan as Presidents and Mr and Mrs Selwyn Evans, Coedhirion as President Elect. The chairman outlined the success of this year's show, and other events organised by the Committee, and thanked everyone for their assistance. Treasurer Howard Davies presented a balance sheet for the year that highlighted the ever-increasing costs of running the Show and stated the importance of fundraising activities to maintain its financial stability.

The Annual Dinner was held on Friday the 21st. September at the Red Lion, Llandyfaelog with guest speaker Rachael Garside who recalled amusing events during her work as a reporter. Proceeds from the evening raffle raised £600 for the Air Ambulance, the Chairmans choice of charity this year.

A President's Evening with guest artists and buffet will take place on Saturday 16th February at Neuadd y Gwendraeth, further details will be available shortly.

For further information on the show visit our web-site www.sioellanddarogshow.co.uk or contact Lewis Jones on secretary@sioellanddarogshow.co.uk

Llanddarog and District Women's Institute

Programme for the next four months:

- January** Wednesday 10th at 1.30pm- Speaker Revd. Canon Bryan Witt
February Wednesday 6th at 1.30pm – Craft 'Show the Love'
March Wednesday 6th – St David's Day lunch in Carmarthen
Thursday 14th – Spring meeting at Ferryside
April Wednesday 3rd – Activity, Jack Yorke

We meet in the committee room of Neuadd y Pentre, Llanddarog at 7pm on the first Wednesday of each month. New members are always welcome, please contact Margaret Morris.

YFC/C. Ff. I Llanddarog

Mae'r clwb yn mynd o nerth i nerth gydag aelodau newydd yn dal i ymuno gyda'r clwb. Braf yw gweld hyn yn enwedig wrth gofio fod y clwb yn dathlu 70 mlynedd eleni. Mae wedi bod yn flwyddyn brysur i Glwb Ffermwyr Ifanc Llanddarog, gan ddechrau gyda'r Bingo Pasg, i'r noson trwy'r degawdau, cerdded o gwmpas y plwyf, y ginio mawreddog, y daith tractorau, noson 'Rhowch gynnig arni' a'r Gymanfa Ganu. Hoffai'r Clwb ddiolch yn fawr i bawb sydd wedi cynorthwyo mewn unrhyw fodd drwy gydol y flwyddyn i wneud y flwyddyn yn un llwyddiannus ac yn un i'w chofio.

Mae'r aelodau wedi bod yn brysur yn cystadlu yn ystod y misoedd diwethaf gyda'r Eisteddfod, noson chwaraeon a Chwis y Sir. Braf yw gweld yr aelodau yn barod i gystadlu a throi eu dwylo at unrhywbeth. Eleni fe mentrodd y Clwb ar y gystadleuaeth Côt yn yr Eisteddfod. Roedd hyn yn gyfle gwych i bawb yn y Clwb gael cyfle i fod ar y llwyfan gyda'i gilydd, gan gynnwys cael cyn-aelodau'r Clwb i ymuno gyda ni yn y Côt hefyd. Llwyddodd y Clwb i gyrraedd yr 2il safle a chafodd pawb brofiad bythgofiadwy. Cafodd nifer o'r aelodau lwyddiant mawr mewn amryw o gystadlaethau yn ystod y penwythnos, ac fe ddaeth y Clwb yn 6ed am darian yr Eisteddfod.

Edrychwn ymlaen nawr at y flwyddyn newydd a chyfle i gystadlu yn y Siarad Cyhoeddus, Wythnos Adloniant, Diwrnod Gwaith Maes a'r Rali!

Croeso cynnes i unrhyw aelodau newydd i ymuno gyda ni yn y flwyddyn newydd. Os am ragor o wybodaeth cysylltwch gyda Caryl Jones ar 07875797587.

The Easter Story

By Linda Sue Pochodzay Edwards

What an awfully sad day it had been for the friends of Jesus! They had stood watching sorrowfully, as Jesus hung on the cross dying. They didn't fully understand why it had to happen.

They believed that Jesus was the Son of God, and they remembered how He had healed the sick and made blind people see. They remembered how He had fed thousands of people with just a few loaves of bread and fish. They even remembered how He had caused dead people to come back to life. He was such a good, kind man; why did He have to die?

Just before the sun was beginning to sink into the west, Joseph, one of Jesus' friends, noticed that Jesus was no longer breathing. He hurriedly went to ask Pilate if he could have the body of Jesus so he could bury Him. When Pilate agreed, Joseph and Nicodemus (another friend) carefully wrapped Jesus' body in clean cloths. Then they took Him to a tomb to bury Him.

The next day, the *Pharisees* started thinking about Jesus. They were the people that had wanted to kill Jesus. They remembered how He had taught them, saying that He would rise again after three days. They were worried that it might be true! They also thought that Jesus' disciples would remember and might try to steal the body from the tomb just so they could say that Jesus rose again. They went to Pilate, suggesting that the tomb be closed up with a huge stone and that guards be placed all around the tomb.

Just before daylight the next day, the most *amazing* thing happened! There was a GREAT EARTHQUAKE! An Angel from the Lord came down from heaven, moved the gigantic stone away from the door of the tomb and sat on it. The guards began to shake with fear! They fell down to the ground as if they were dead!

Mary and some other women had decided to get up very early in the morning and go to visit the tomb where Jesus was placed. While walking down the road, they were discussing how they were going to get inside the tomb. They had brought along some spices and perfume that they wanted to place on Jesus' body. They knew the huge stone had been placed in the doorway and they had no idea how they were going to move it.

What a SURPRISE they found when they reached the tomb! The stone had *already* been moved! And . . . there was an ANGEL sitting on the stone! The women were quite afraid, but the angel spoke gently to them: "Don't be afraid. I know that you have come to see Jesus. He is not here; for he is risen just as he said. Come inside and see the place where he lay." The women went inside the tomb and found it empty, just as the angel had told them.

The angel spoke to the women one more time: "Go *quickly* and tell the other disciples that Jesus has risen from the dead; and he is going into Galilee where you will see him."

The women did just as the angel had told them. They ran quickly from the tomb, with fear and great joy, to tell the good news to the other disciples. But . . . when the women found Peter and their other friends and tried to tell them the good news, . . . *no one believed them!*

When the women persisted, Peter decided that he needed to find out for himself. He ran all the way to the tomb. He went inside. He saw the cloths that had been wrapped around Jesus, but the body was not there. He wondered if it could *possibly* be true. Did Jesus *really* raise from the dead? Was Jesus *really* alive?

Two of Jesus' other friends were going on a journey to a village called Emmaus. As they walked and talked, they discussed all the things that had happened over the past few days. A man came along and joined the group. He walked along with them and wanted to join their discussion. Cleopas began telling the man about how Jesus was crucified on the cross. They talked about how the women found the empty tomb.

As they continued their journey, they invited the man to come in with them and have dinner. When they sat down to eat their meal, the man picked up a loaf of bread and broke it in pieces. Then he prayed for the meal and gave the bread to the men. At that *very moment* they realized that the man was JESUS! They had been talking to Jesus the *whole time* and didn't even know it!

Then . . . ANOTHER strange thing happened. As soon as they realized who it really was that sat at the table with them . . . Jesus *disappeared!* They talked about the wonderful time they had talking with Jesus down the road, and they just *couldn't help* talking about his strange disappearance. They got up from their meal and returned to Jerusalem where they told all the other disciples the good news that Jesus REALLY DID raise from the dead and had talked with them.

As they were talking, Jesus *again* appeared to them. They were afraid and thought they were seeing a ghost, but Jesus told them not to be afraid. He showed them His hands and feet where He had been nailed to the cross, so they would believe that it was really Him.

When they saw the nail holes in His hands and feet, they finally believed that Jesus had risen from the dead, just like He said He would. They were soooo happy and joyful to have their friend with them again. They were soooo excited that they had to tell EVERYBODY the good news that *JESUS IS ALIVE!*

Taken from www.childschapel.org

GWASANAETHAU'R SUL YN EGLWYS Y PLWYF
SUNDAY SERVICES IN THE PARISH CHURCH

Sul/Sunday 1	Cymun Bendigaid	9.30 am	Evensong	5 pm
Sul/Sunday 2	Boreol Weddi	9.30 am	Holy Communion	5 pm
Sul/Sunday 3	Holy Communion	9.30 am	Service in the Botanic Gardens	2.30 pm
Sul/Sunday 4	Cymun Bendigaid	9.30 am	Holy Communion	11 am
Sul/Sunday 5	Cymun dwyieithog gyda eglwysi eraill LLannau Tywi / Bilingual Holy Communion with the other churches in the Ministry Area of Llannau Tywi. Lluniaeth i dillyn/ Refreshments to follow			10 am

SWYDDOGION ST TWROG OFFICIALS

WARDENIAID/WARDENS		Mrs Mair Rees	285396
		Mr Huw Voyle-Williams	275222
TRYSORYDD/TREASURER		Mr Robert Jones	275756
YSGRIFENNYDD/SECRETARY		Miss Vilna Thomas	275372
UNDEB Y MAMAU/ MOTHERS' UNION	Secretary	Mrs Mair Rees	275396
	Treasurer	Mrs Margaret Rees	275479
CLWB IAU		Mrs Helen Beynon	275623
		Mrs Sian Plimmer	07761083414
		Mrs Maria Jones	07528378374
GLANHAUWRAIG/CLEANER		Mrs Pam Roper	275656
SWYDDOG DIOGELWCH IECHYD/ HEALTH & SAFETY OFFICER		Mr Huw Voyle Williams	275222
SWYDDOG DIOGELU/SAFEGUARDING OFFICER		Mrs Daphne Evans	275666
WEBSITE COORDINATOR / CYDLNYDD Y WEFAN		Mrs Margaret Rees	275479