

# Tafod Twrog

Rhif/No 83

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## **Ficer / Vicar**

Canon Dewi Roberts

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## Annwyl Gyfeillion

Yn y 'cyfnodau clo' mae cyflymder bywyd yn araf, ac mae gennym amser i ystyried pethau'n ddyfnach. Yn ystod yr amseroedd anodd hyn rwyf wedi dod i werthfawrogi yn fwy doethineb awduron hynafol yr Ysgrythur, a oedd yn berchen ar ddirnadaeth arbennig.

Rydym yn aml yn dychmygu ar gam mai'r byd materol neu allanol yw'r realiti mwyaf. Ond mae'r Ysgrythurau'n ein cyfarwyddo i edrych yn ddyfnach, i edrych ar fywyd mewnol y galon. Mae seintiau'r Ysgrythur lân, trwy eu bywyd a'u geiriau, yn ein dysgu sut i dyfu yn ein bywyd mewnol ac i ystyried pethau gwerth chweil.

Mae Sant Paul yn ei epistol at y Rhufeiniaid yn ein hannog i gael ein 'trawsnewid trwy adnewyddu ein meddwl'. Mae'n ein hannog i gyfeirio ein meddyliau, ein serchiadau a'n dyheadau tuag at nodau urddasol. Ac yn ei epistol at y Philipiadaid dywed: "... beth bynnag sy'n wir, beth bynnag sy'n anrhydeddus, beth bynnag sy'n gyfiawn, beth bynnag sy'n bur, beth bynnag sy'n plesio, beth bynnag sy'n glodwiw, os oes unrhyw ragoriaeth ac os oes unrhyw beth sy'n deilwng ohono canmolwch, meddylwch am y pethau hyn. ”

Yn rhy aml, nid ydym yn cymryd cyfrifoldeb am yr hyn yr ydym yn ei ganiatáu i ysbrydoli ein meddwl. Mae gan yr wyth nodwedd meddwl hyn lawer o orgyffwrdd, ond mae pob term yn ein hannog i ganolbwyntio ar yr hyn a fydd yn ysbrydoli ein meddwl ac yn arwain at dangnefedd ysbryd yn yr ystyr lawnaf.

Y llynedd fe wnaeth Capten Syr Tom ein hysbrydoli fel cenedl mewn cymaint o ffyrdd, trwy ei weithredoedd a'i eiriau. Mae angen ffigurau ysbrydoledig arnom i'n codi a'n tywys yn y cyfeiriad cywir.

Yn ddiweddar gwyliais ffilm ysbrydoledig: "A Beautiful Day in the Neighbourhood" am Fred Rogers a ysbrydolodd genhedlaethau o blant ar ei sioe deledu. Mae'r ffilm yn ymdrin â themâu maddeuant a chymod. Mae'n ffilm ysbrydoledig iawn.

Mae angen i ni ganolbwyntio ar bethau sy'n ysbrydoledig i'n henaidd. Mae angen i ni ganolbwyntio ar ffigurau duwiol ac arwrol sy'n ein

hysbrydoli ni yn y ffordd orau, a'r ffigwr mwyaf arwrol a doeth sydd erioed wedi byw yw Iesu.

Ar ddiwedd ei weinidogaeth gyhoeddus, cyn ei groeshoeliad, fe roddodd Iesu araith ysbrydoledig i'w ddisgyblion, a terfynu gyda'r geiriau canlynol: "Yr wyf wedi dweud hyn wrthy ch er mwyn i chwi, ynof fi, gael tangnefedd. Yn y byd fe gewch orthrymder, ond codwch eich calon, yr wyf fi wedi gorchfygu'r byd." *Ioan 16:33*

Pob Bendith

*Canon Dewi Roberts*

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The Vicarage

Dear Friends

During these periods of 'lockdown', the pace of life is slow, and we have time to ponder things more deeply. During these challenging times, I have come to appreciate more fully the wisdom of the ancient writers of Scripture.

We often mistakenly imagine that the material or the outward world is the greatest reality. But the Scriptures direct us to look deeper, to look at the interior life of the heart. The saints of holy Scripture through their life and words, teach us how to grow in our inner life and to ponder worthwhile things.

St. Paul in his epistle to the Romans exhorts us to be 'transformed by the renewing of our mind'. He exhorts us to orientate our thoughts, affections, and desires towards noble goals. And in his epistle to the Philippians, he says: "...whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things."

Too often, we don't take responsibility for what we allow to inspire our thinking. These eight thinking traits have a lot of overlap, but each term encourages us to focus on what will inspire our mind and lead to peace in the fullest sense.

Last year Captain Sir Tom inspired us as a nation in so many ways, by his words and actions. We need inspirational figures to lift us and guide us in the right way.

Recently I watched an inspirational film: “A Beautiful Day in the Neighbourhood” about Fred Rogers who inspired generations of children on a TV Show. The film covers the themes of forgiveness and reconciliation. It is a very inspiring film.

We need to focus on things that are inspiring to our soul. We need to focus on saintly and heroic figures who inspire us in the best way and who impart a great deal of wisdom. And the most heroic and wise figure who has ever lived is Jesus.

Jesus, towards the end of his public ministry, before his crucifixion, gave an inspiring discourse to his disciples, and concluded with the following words: “I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!” *John 16:33*

Every Blessing in Christ

*Canon Dewi Roberts*

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“The whole life of Christ was a continual Passion; others die martyrs but Christ was born a martyr. He found a Golgotha even in Bethlehem, where he was born; for to his tenderness then the straws were almost as sharp as the thorns after, and the manger as uneasy at first as his cross at last. His birth and his death were but one continual act, and his Christmas day and his Good Friday are but the evening and morning of one and the same day. And as even his birth is his death, so every action and passage that manifests Christ to us is his birth, for Epiphany is manifestation.”

*John Donne*

## Editorial

I would like to say a sincere 'thank you' to Suzanne who took over the role of Editor. Unfortunately, it has proved very difficult because of her other commitments for her to continue in this role. I am therefore fulfilling this role until I hear that someone else feels they are able to do it.

Well who could imagine that when Tafod Twrog was started 21 years ago we wouldn't be able to meet up to chat to our friends or go away for a few days? Mind you who could have imagined then that we would be able to see each other on a computer, tablet or phone – in fact a tablet was something you would take when you were ill!! So in some ways it has been a difficult year, but we have also been blessed to be able to keep in touch.

Our regular two weekly morning prayer services are now being held via Zoom so that those of us who must self-isolate can join us for prayer and also see each other for a while.

As you can see, Tafod Twrog covers just the next two months, February and March, as we will not know for certain until towards the end of March what Easter will look like for us all, particularly those of us who feel it is a special time of year to remember that Christ died for us. We usually have a sunrise service on Easter Day followed by breakfast in the Church and then both an English and a Welsh Service all on that day, but 'watch this space' as they say. We will have to wait and see what is allowed.

If you could send your articles to me at the email address below by 12 March I would be grateful.

Stay well and stay safe.

*Margaret Rees*  
[tafodtwrog@outlook.com](mailto:tafodtwrog@outlook.com)

**Bedydd / Baptism**

Yn y chwarter diwethaf ni fuodd yna fedydd / No baptisms were held in the church in the last quarter.

**Priodas / Marriage**

Yn y chwarter diwethaf ni fuodd yna briodas / No marriages were held in the church in the last quarter.

**Angladd/Funeral**

21.11.20 Harold Steven Daniels, Tumble

31.12.20 Ester Iona Mary Bateman, Penygroes

Cofiw'n 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 hedd 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.

**Cydymdeimlad / Sympathy**

Cydymdeimlwn fel Eglwys gyda Wyndham ac Angela a'u teuluoedd ar farwolaeth ei tad Basil Phillips. Fe fu yn warden yn Eglwys Sant Twrog am flynyddoedd, ac ef a'i briod Eira yn ffyddlon iawn i'r Gwasanaethau, cyn iddynt ymddeol i Tymbl ac yna mynychu yr Eglwys leol. Coffa da amdano.

Cofiw'n hefyd am Wynford Lewis gynt o Ty Newydd a fu farw yn ddiweddar. Roedd y teulu yn ffyddlon iawn i'r Eglwys a'i ddiweddar frawd Ken yn glochydd am flynyddoedd lawer. Roedd Wynford yn aelod ffyddlon bellach o Eglwys Pontiets ar ol symud i'r ardal i fyw. Cydymdeimlwn a'i chwaer Esme yn ei cholled ac yn ei hiraeth. Bydded iddo orffwys mewn hedd a chyfodi mewn gogoniant.

**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 gan gynnwys / including: Marian Daniels, Freda Davies, Elsie Evans, Angela Knott, Doreen Northwood, Rose Rees, Iori Thomas, Huw Voyle Williams and Evie. Please inform the wardens if someone falls ill or is in hospital.

## **Diolch/ Thanks**

Diolch yn fawr iawn i Mr John Rees, Erw Wen, am ganu cloch yr Eglwys i wahodd i mewn y flwyddyn newydd. Mae cloch yr Eglwys yn cael ei chanu ar Nos cyn Calan bob blwyddyn a hyfryd yw gwranddo arni. Roedd ei chlywed eleni yn bwysicach nag erioed. Mae'r arferiad wedi marw allan mewn llawer llan erbyn hyn ond ymfalchiwn bod yr hen draddodiad yn dal yn fyw yn Llanddarog. Diolch John.

A sincere thanks to Mr John Rees, Erw Wen, for ringing the Church bell on New Year's Eve to welcome in the New Year. This tradition has been alive in our village over many, many years, even though it is not done in the majority of churches these days. Listening to the bell ringing in 2021 was indeed special as everyone wanted to see the end of 2020.

Diolch i Mrs Mari Seymour am neud addurniadau ar gyfer y Nadolig a'u gwerthu yn y Siop leol. Thanks to Mrs Mari Seymour for making Christmas decorations and selling them in the local shop. She raised £75 and has given the money to our collection for the Carmarthen Food Bank.

## **Llongyfarchiadau / Congratulations**

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

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## **Cyngor Cymuned Llanddarog Community Council**

Your Council continues to work. A seat for the bus shelter and a more sustainable replacement for the seat on the green in Cwm Catti have been purchased and will be put in place as soon as practicable. The information board on the green opposite the church in Llanddarog has been removed for repair – having been in place for so long and of wooden construction it will need a complete overhaul but this is in hand.

Mae eich Cyngor yn parhau i weithio. Prynwyd sedd ar gyfer lloches y bysiau ac amnewidiad mwy cynaliadwy ar gyfer y sedd ar y grîn yn Cwm Catti a bydd yn cael ei rhoi ar waith cyn gynted ag sy'n ymarferol. Mae'r bwrdd gwybodaeth ar y grîn gyferbyn â'r eglwys yn Llanddarog wedi cael ei symud i'w atgyweirio - ar ôl bod yn ei le cyhyd ac o wneuthuriad pren bydd angen ei ailwampio'n llwyr ond mae hyn mewn llaw.

## **Mothers' Union ~ Undeb y Mamau**

Blwyddyn Newydd Dda. A happy and healthy new year, at least let us hope, with the vaccines coming on line, that will be the case. My mother used to say, "it has to get worse before it gets better"!

We were able to hold meetings in church in October and November with all the safety measures in place. In October we had a Communion service followed by the meeting and then in November we had a very interesting and amusing talk when Canon Dewi gave us an insight into his life as a cleric, which started with a religious experience while in university. He started as a Presbyterian Minister, later converting to the Anglican Communion. There were lots of moves, some good, some not so good. One amusing event was a Christmas Eucharist, which normally, as we know, can be a full house. Unfortunately on this occasion the turn out was very poor, due to a snowstorm, which meant there was rather a lot of consecrated wine to be consumed!!! He was relieved to get home safely.

No Deanery Advent service in 2020, but we had our branch Advent service on 10th December via Zoom. Jean took the service, with members reading the lessons and poem and Canon Dewi giving the Address. It was good to hear the carols and although we could not sing aloud we could follow the words and there were a few nodding heads and tapping feet.

We have also had monthly quizzes on Zoom. Jean and Huw set the questions in November. Kate won and set the questions for December which Vilna won. Canon Dewi is setting the January quiz, with Kate setting the quiz for February.

The proposed physical Diocesan Council meeting could not take place but happened on Zoom on 7th November with 44 members joining. It took the usual form with a welcome from Heather and opening prayers led by Revd. Beth Davies, as Glenys, our Chaplain was recovering from a knee replacement operation.

A letter had been received from Plant Dewi asking for help with their latest Parenting Project and giving thanks for the £2,000 given towards the distribution of Baby Bundles.

In her Treasurer's report Wendy stated expenditure was well down due to Covid so there will not be a Diocesan membership subscription in 2021, which was £5.50 for 2020. However, Mary Sumner House have



increased their subscription by £5.50, so subs remain at £20 for 2021. Llanddarog is fully paid up so a big thank you to all members. We should be getting a new magazine as well as the Worldwide prayer diary posted directly to members this year. No holidays could be given by AFIA so there is money in the fund, but we are asked to keep them in mind for the much-needed holidays when we return to normality. There were 826 paid up members in the Diocese in November.

The guest speaker was Enfys Thomas, MU Local Safeguarding Officer. She discussed the many different types of domestic abuse and the difficulty of telling someone, online scams, sweat shops, and how important it was for members to attend her course. Any training undertaken by clergy or volunteers must be refreshed every three years and adhered to or the MU insurance would not cover our activities.

In her address Heather thanked and praised members for their prayers during this difficult time and the projects, making masks and PPE etc. A form will be circulated with the opportunity to list what members have done, however small. 2021 is the final year of the triennial and will be election year. She thanked Wendy for her brilliant bookkeeping, Brenda for help with the computer and letters and the Trustees for their work.

Mari Thomas informed members that the Angel Project would be held over till Christmas 2021. The Vice Presidents were keeping in touch with Branches in their Archdeaconries.

The next meeting depends on circumstances. In person it would be in June/July in Kidwelly, otherwise via Zoom.

The uncertainty affects our branch meetings too. The January meeting was held via Zoom and we anticipate holding our February and March meetings this way. MaryThorley will be our speaker in February and Canon Patrick Thomas in March.

We do recognise that it is not possible for all members to attend via Zoom and so we hope we can hold meetings in church before long. Rest assured all branch members will be informed in plenty of time when we next hold a meeting in church.

In the meantime don't forget the Baby Bundles, Cross in your pocket and Mission to Seamen. For those on Facebook, the MU Midday prayers are online every day. Any queries to Jean 01267 275222.

*Barbara Quick*

## **Eglwys ar agor, yr adeilad a'r gwasanaeth/** **Church open, building and service**

Dyna beth oedd blwyddyn 2020!. Yr amser yma blwyddyn diwethaf pwy oedd wedi meddwl byddai ein bywydau ni wedi mynd pen i waered, a nifer helaeth ohonom wedi colli anwyliaid. Pwy fyddai wedi dychmygu y byddai sawl clo mawr wedi bod a ni yn gaeth i'n cartrefi. Er hynny more ffodus ydym ein bod yn byw yn yr ardal hon, digon o le i gerdded, nepell oddi wrth Yr Ardd Fotaneg Genedlaethol, digon o ffrindiau a chymdogion i sgwrsio â nhw ar y ffôn, a'r Eglwys i'n cynnal.

I must admit that I found it a difficult time when the Church doors were closed, as I felt that the Church was not open for people at a time when they needed it most for private prayer and worship. I can understand the concern and worry of some people especially those with underlying health conditions, as they didn't want to leave their homes in case they caught COVID. However our attendance numbers have been excellent throughout. Speaking to those who come to the services they all value the fact the Church doors have been kept open, as it gives them hope and encouragement at this difficult time. So many were disappointed over Christmas because at a late stage they were told they couldn't visit family members or family members couldn't visit them, but they valued the opportunity that they could come to a Christmas Service.

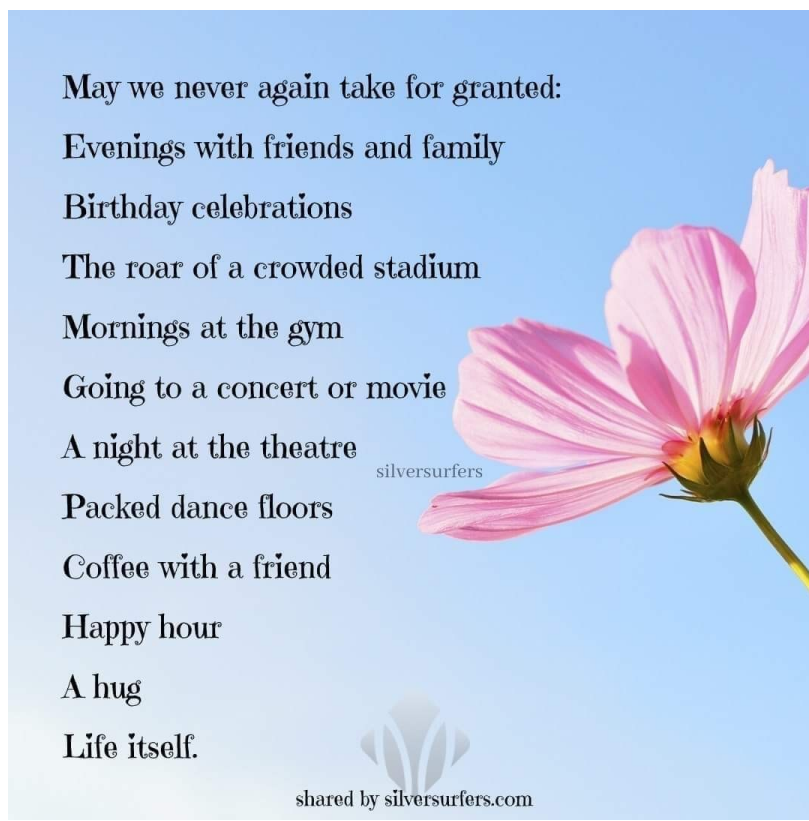
Technology has its uses but for me can never replace the personal experience of worshipping in the Church. Zoom has been very useful for meetings, quizzes, Clwb Iau activities with the children and even our Tuesday Morning Prayer. It has also been used for some of our Mothers' Union sessions and Knit and Natter, but Sunday has to be something different. I want to see my Christian family, talk to them in person (keeping of course to the strict rules of COVID19), and have the Christian icons in Church to assist me in my worship. Having the Altar as the focal point is one of the reasons I'm an Anglican.

I ni gyd yn wahanol a diolch am hynny ond yn ogystal a chadw drws yr Eglwys ar agor yn ystod y dyddiau anodd yma mae aelodau Eglwys Sant Twrog hefyd wedi bod yn dal yn weithgar mewn sawl ffordd i helpu cymaint o fudiadau lleol. Fe wnaethon ni gefnogi Apêl Teganau Cyngor Sir Caerfyrddin a chasglu 615 punt at y gronfa. Hefyd adeg y Nadolig gwnaethom gasgliad arall i Fanc Bwyd Caerfyrddin gan gynwys bwyd o

bob math ac arian. Rydym yn awr wedi dechrau casglu eto ac yn gwneud hyn bob mis. Onid mae dyna a ddywedodd Crist wrthym ein bod i rhannu a dangos cariad at eraill, yn enwedig y rhai sydd yn llai ffodus na ni. Yn ogystal a hyn rydym wedi bod yn cynorthwyo a chyfrannu at Brosiectau Plant Dewi ag Undeb y Mamau. Felly fe welwch mai nid yr adeilad yn unig sydd ar agor yn Eglwys Sant Twrog ond mae gwasanaethu yn rhan bwysig o'n gwaith a'n swyddogaeth fel Cristnogion.

Yes the building is open and the service continues. Thanks to every one of you for your valuable contribution. Diolch i bob un ohonoch am eich cyfraniad gwerthfawr.

*Jean Voyle Williams*



“Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.”

*John Milton*

“With realization of one's own potential and self-confidence in one's ability, one can build a better world.”

*Dalai Lama*

## **FROM THE INTERNET**

*We are unsure of the author of this piece as, although attributed to Pam Ayres, she has not penned this poem.*

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates

You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died

They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told

We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!

There was sex & drugs & rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts

Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?

We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like a red rag to a bull!

So here you find me stuck inside  
For four weeks, maybe more  
I finally found myself again  
Then I had to close the door!

It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no flaming flour!

Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer

At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!

So let's all drink to lockdown  
To recovery and health  
And hope this awful virus  
Doesn't decimate our wealth

We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming  
gates!

## News from Kosovo

*Rob and Kate's daughter is serving with a mission agency in Kosovo and has written this article.*

We have been living and serving in our small town in Kosovo for the past 6 years having learnt the language and integrated well into the community. Our two boys, aged 7 and 10, attend the local school and we have many friends in our town.

Our vision is to see a church of local believers raised up in our town. We use our skills and gifts to run different outreach works, designed both to bless and serve, as well as to bring about opportunities for sharing the Gospel.

As a doctor, one of the projects that I have been focusing on is a mattress library. I've sourced three specialist mattresses, designed to prevent bed sores in those who are seriously ill and bed bound. These patients are cared for at home by family, with little support from formal medical services. It is a huge privilege to be allowed into the homes of these patients to deliver the mattresses and then to follow up with them regularly.

My husband, with his background in engineering, has a passion for using technology and education to serve the community and has run many courses in robotics and computer programming in local schools. This is an entirely new area for most teachers and pupils in our town, but one that is being enthusiastically embraced.

During our time in Kosovo we have run Bible studies, mainly with older teenagers who we have come to know through the various courses and youth events we've organised.

It is not easy for anyone from our town to choose to explore the claims of Jesus, let alone to choose to follow him. There is a lot of pressure to conform to social norms and those who choose to read the Bible with us often do so in secret, not wanting family and friends to know. Some of the youth have been prevented from coming to the Bible studies, and others have had their Bibles taken from them. This is often more pressure than they can bear and they break off contact with us.

However, through these studies one young man in our town has come to know and follow Jesus and we praise God for him. We are looking forward to mentoring him on his faith journey and pray for others in our town to follow his example. We would value your prayers for this work!

## **Newyddion Clwb Iau News**

2020 has been a difficult year for everyone and due to COVID restrictions we have been unable to hold our usual Clwb Iau sessions. We have missed our sessions and taking part in Church services. We especially missed our Nativity on Christmas Eve, an important event in our Clwb Iau Calendar.

On December 19th we held a Zoom session with Canon Dewi, Jean, Helen, parents and children of Clwb Iau. It was a great success and so good to finally see everyone. I read a story about the Nativity and the importance of why we celebrate Christmas followed by a lovely story about how the robin got his red breast from Canon Dewi, Jean said a lovely prayer. We then did some activities with the children, making an Angel and icing some biscuits, followed by the children singing some Christmas songs.

It was a success and everybody enjoyed themselves. Thanks to Margaret for making the Zoom session happen. We will definitely be doing some more over the next couple of months as we are still uncertain what is going to happen.

Thank you to Canon Dewi, Jean, Maria, Sian, parents and children for your continued support of Clwb Iau.

*Helen Beynon*

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## **Bro Cydweli Local Ministry Area Council**

Due to Covid restrictions it was not until 25 November 2020 that the LMA Council held the Annual Vestry via Zoom. The officials were re-elected and the Council was informed that a Finance Sub-Committee had been established, and the opening of a bank account was in hand. The Diocese had informed all LMAs that, in order to comply with GDPR legislation, a revised electoral roll form will be devised and sent to all LMAs. The LMA will therefore not be conducting a full revision exercise until 2022. Whilst the administration of the Council had now been organised, it was felt that a sub-group should be set up to discuss mission, outreach and communication. This will be discussed further at a later meeting. It is anticipated that the 2021 Annual Vestry will be held in mid April.

*Margaret Rees,  
Secretary LMA Council*

## NEWYDDION YSGOL LLANDDAROG

Wedi tymor o addasu i drefn newydd addysgu, rheolau cymdeithasol a chadw mewn swigod dosbarthiadau, mae'r iard chwarae'r ysgol yn dawel am gyfnod unwaith eto wrth i ni ymdrechu i ddiogelu ein plant ac oedolion rhag y Coronafeirws. Rydym bellach wedi gorfod dychwelyd i'r dyddiau o ddysgu o bell a gweld ein disgyblion mewn sesiynau byw ar lein yn ddyddiol ar TEAMS. Cyfnod newydd, heriol i ddisgyblion a staff ond hefyd cyfle i addasu a phrofi dulliau newydd er mwyn cynnig y cyfleon gorau.

Mae bywyd ysgol yn mynd yn ei flaen er roedd rhaid cyfyngu ar nifer o'r gweithgareddau cymdeithasol arferol ar ddiwedd tymor yr Hydref. Bu rhaid ffeindio ffordd newydd o ddod a phob dosbarth at ei gilydd a chynhaliwyd ein gwasanaethau boreol dyddiol trwy ddulliau digidol TEAMS. Braf hefyd oedd cael y Parch. Canon Dewi Roberts a'r Parch. Jean Voyle Williams yn arwain gwasanaethau yn wythnosol a rydym yn ddiolchgar iawn iddynt am hyn.

Bu'r disgyblion yn codi arian ar gyfer Diwrnod Plant Mewn Angen trwy wisgo pyjamas i'r ysgol a llwyddwyd i ddathlu y Nadolig trwy gynnal partïon Nadolig dosbarth. Llwyddodd Sion Corn hyd yn oed i wibio heibio i ddymuno 'Nadolig Llawen' wrth bawb o ddiogelwch palmant yr ysgol. Crewyd fideo i rieni gyda'r plant yn canu carolau Nadolig eleni a 5 a 6 yn arwain stori'r Nadolig a bu'r disgyblion yn dangos eu talentau celf trwy greu addurniadau Nadoligaidd er mwyn codi arian i'r ysgol.

*Marian Evans*

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"The greatest glory in living lies not in never falling, but in rising every time we fall."

*Nelson Mandela*

"If life were predictable it would cease to be life, and be without flavor."  
*Eleanor Roosevelt*

**Bowlio Dan Do Llanddarog Indoor Bowls**

Cysylltwch/Contact: Enquiries to Lewis Jones 01267 275593.

**Knit and Natter**

We still meet on every first and third Tuesday of the month at 2pm, but now via Zoom and continue to knit for the baby bundles. Cysylltwch/Contact Margaret Rees on 01267 275479 if you would like to join us.

**Merched y Wawr**

Blwyddyn Newydd Dda i bawb. Mae cangen Merched y Wawr wedi llwyddo i gadw mewn cysylltiad drwy ffonio, e-byst a chyfarfodydd Zoom. Rydym wedi arddangos 'Yr Enfys' fel arwydd o obaith a'n diolch i weithwyr GIG.

Ers mis Medi mae'r Cyngor Cymuned wedi cymeryd drosodd gofal y diffibriliwr, a brynwyd yn wreiddiol gan y Gangen, sydd wrth ddrws Y Neuadd.

Mis Tachwedd bu'r aelodau Beryl Voyle, Marian Williams, Margaret Davies ac Eirwen fel tîm yn cystadlu yn y Cwis Hwyl drwy Gymru a chael 97 allan o 100 yn gywir.

Cafodd Megan Williams ganmoliaeth uchel am ei gwaith crefft yn y Ffair Aeaf Rhithiol a diolch iddi am gynrychioli'r Gangen.

Rydym yn cael cyfarfodydd Rhanbarth ar Zoom a hefyd trefnwyd nosweithiau ble roedd cwmnïau yn arddangos ei nwyddau Nadolig a modd i'w prynu ar lein.

Mae cymorth am ddim ar gael i aelodau sydd eisïau datrys problemau gydag unrhyw ddyfais ddigidol drwy gysylltu gyda Menter Gorllewin Sir Gâr drwy ffonio 01239 712934.

Am fanylion pellach neu'r linc am gyfarfodydd Zoom cysylltwch gydag Eirwen Jones ar 01267 275593.

**Neuadd y Pentre Llanddarog Village Hall**

Cysylltwch/Contact: Mair Davies 01267 275271/ 07527933331

**Porthyrhyd & Llanddarog Pensioners Society**

Egwad and Vilna continue to keep in contact with members. If you have any news please give us a call. Enquiries to Marion Little 01267 275507.

**Porthyrhyd, Y Neuadd Fach**

Cysylltwch/Contact Mair Evans 01267 275411 or e-mail mairevans@hotmail.com or 01267 275730.



## Llanddarog and District Women's Institute

We had a January meeting via Zoom and were very pleased with the experience, so will continue to do so. Please advise us of any news - just give Margaret 01267 275946 or Marion 01267 275507 a call.

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### Taken from the Internet, author unknown

T'was a month before Christmas,  
And all through the town,  
People wore masks,  
That covered their frown.  
The frown had begun  
Way back in the Spring,  
When a global pandemic  
Changed everything.  
They called it corona,  
But unlike the beer,  
It didn't bring good times,  
It didn't bring cheer.  
Airplanes were grounded,  
Travel was banned.  
Borders were closed  
Across air, sea and land.  
As the world entered lockdown  
To flatten the curve,  
The economy halted,  
And folks lost their nerve.  
From March to July  
We rode the first wave,  
People stayed home,  
They tried to behave.  
When summer emerged  
The lockdown was lifted.  
But away from caution,  
Many folks drifted.

Now it's December  
And cases are spiking,  
Wave two has arrived,  
Much to our disliking.  
It's true that this year  
Has had sadness a plenty,  
We'll never forget  
The year 2020.  
And just 'round the corner -  
The holiday season,  
But why be merry?  
Is there even one reason?  
To decorate the house  
And put up the tree,  
Who will see it,  
No one but me.  
But outside my window  
The rain gently falls,  
And I think to myself,  
Let's deck the halls!  
So, I gather the ribbon,  
The garland and bows,  
As I play those old carols,  
My happiness grows.  
Christmas is not cancelled  
And neither is hope.  
If we lean on each other,  
I know we can cope

## DYDDIADAU AR GYFER Y DYDDIADUR / DATES FOR YOUR DIARY

### Chwefror/February

**7 Dydd Sul/Sunday - Ail Sul cyn Garawys/Second Sunday before Lent**

10.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

**9 Dydd Mawrth/Tuesday**

10.00am Boreol Weddi/Morning Prayer (*Dwyieithog/Bilingual*) via Zoom

**11 Dydd Iau/Thursday**

2pm Undeb y Mamau/MU via Zoom- speaker Mary Thorley

**14 Dydd Sul/Sunday - Sul O Flaen Y Garawys/Sunday before Lent**

10.30am Boreol Weddi/Morning Prayer (*Dwyieithog/Bilingual*)

**21 Dydd Sul/Sunday – Sul Cyntaf yn y Garawys/First Sunday of Lent**

10.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

**23 Dydd Mawrth/Tuesday**

10.00am Boreol Weddi/Morning Prayer (*Dwyieithog/Bilingual*) via Zoom

**25 Dydd Iau/Thursday**

7pm Undeb y Mamu/MU Quiz via Zoom

**28 Dydd Sul /Sunday – Ail Sul yn y Garawys/Second Sunday of Lent**

10.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

### Mawrth/March

**7 Dydd Sul/Sunday – Trydydd Sul yn y Garawys/Third Sunday of Lent**

10.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

**9 Dydd Mawrth/Tuesday**

10.00am Boreol Weddi/Morning Prayer (*Dwyieithog/Bilingual*) via Zoom

**11 Dydd Iau/Thursday**

2pm Undeb y Mamau/MU via Zoom – Speaker Canon Patrick Thomas

**14 Dydd Sul/Sunday – Sul y Fam/Mothering Sunday**

10.30am Boreol Weddi/Morning Prayer (*Dwyieithog/Bilingual*)

**21 Dydd Sul/Sunday – Sul y Dioddefaint/Passion Sunday**

10.30am Boreol Weddi/Morning Prayer (*Dwyieithog/Bilingual*)

**23 Dydd Mawrth/Tuesday**

10.00am Boreol Weddi/Morning Prayer (*Dwyieithog/Bilingual*) via Zoom

**28 Dydd Sul/Sunday – Sul y Blodau/Palm Sunday**

10.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)