

Tafod Twrog

Rhif/No 87

Chwefror/Mawrth/Ebrill
February/March/April
2022



SAINT TWROG'S CHURCH
LLANDDAROG

Ficer / Vicar

Canon Dewi Roberts

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Annwyl Gyfeillion

Mae dydd Mercher y Lludw, sef dechrau'r Garawys, yn syrthio eleni ar Fawrth yr ail, yn syth ar ôl Gŵyl Dewi Sant. Mae Gŵyl ein Nawddsant a dechrau'r Garawys yn aml yn agos at ei gilydd yng nghalendr yr Eglwys.

Roedd Dewi Sant, yn fynach blaenllaw yn Eglwys gynnar Cymru. Sefydlodd gymuned fynachaidd gan fyw bywyd syml a hunan-ymwadol yn y traddodiad mynachaidd Celtaidd. Ei eiriau olaf i'w ddilynwyr oedd: "Byddwch lawen a chedwch eich ffydd a'ch cred, a gwnewch y pethau bychain a glywsoch ac a welsoch gennyf i."

Mae tymor y Garawys yn ein hysgogi i ganolbwyntio ar ein bywyd mewnol, ac i ofyn beth neu bwy y dylem boeni amdano neu gofalu amdano. Mae'r Garawys yn rhoi amser inni fyfyrion dawl, gan ein cryfhau yn y person mewnol i fod o wasanaeth ffrwythlon i eraill. Mae gwasanaeth ymroddgar yn dod â bodlonrwydd a llawenydd mewnol. Ond mae hunan-ymwybyddiaeth fyfyrion yn ein helpu i sylweddoli'r pethau yn ein bywyd sy'n rhwystro'r bodlonrwydd a'r llawenydd hwn. Mae yna bethau yn ein bywyd sy'n amharu ar berthnasoedd iach, cariadus a llawen.

Dywedodd Catherine Doherty bod y "Garawys yn amser o fynd yn ddwfn iawn i'n hunain... Beth sy'n sefyll rhyngom ni a Duw? Rhyngom ni a'n brodyr a'n chwiorydd? Rhyngom ni a bywyd, bywyd yr Ysbryd? Beth bynnag ydyw, gadewch inni yn ddidrugaredd ei rwygo allan, heb eiliad o betruso."

Roedd gan Catherine Doherty hefyd 'Archiad Bach' sy'n fuddiol i ni feddwl amdano yn ystod y Garawys:

"Yn fach - byddwch bob amser yn fach! Byddwch yn syml, yn distadl, fel plentyn. Pregethwch yr Efengyl yn eich bywyd - heb gyfaddawdu! Gwrandewch ar yr Ysbryd. Bydd Ef yn eich arwain chi. Gwnewch bethau bychain yn eithriadol o dda oblegid eich cariad Ohonof. Cariad ... cariad ... cariad, byth yn cyfrif y gost."

Mae gennym reswm mawr i wneud y pethau bychain yn eithriadol o dda, pan wnaeth Crist y 'Peth Mawr' o 'ddarostwng ei hun, gan fod yn ufudd hyd angau, ie, angau ar groes:' gan ein caru â chariad angerddol, heb cyfrif y gost. Roedd Crist yn barod er mwyn cariad i ddiodef. Yn wir, roedd yn rhwym er mwyn cariad i arllwys ei einioes drosom ni.

Garawys bendithiol a Pasg llawen i chwi.

Canon Dewi Roberts

Dear Friends

Ash Wednesday, the beginning of Lent, falls this year on the 2nd of March, the day after the feast day of St David. The feast day of our Patron saint and the beginning of Lent usually fall close together in the Church calendar.

St David was a leading monk in the early Welsh Church. He founded a monastic community and lived a simple, austere life in the Celtic monastic tradition. His last words to his followers were: "Be joyful, and keep your faith and your creed, and do the little things that you have seen me do and heard about."

The season of Lent prompts us to focus on our inner life, and to ask what or who we should be concerned about or care about. Lent gives us a time of quiet reflection, strengthening us in the inner person to be of fruitful service to others. Dedicated service brings inner contentment and joy. But reflective self-awareness helps us realise the things in our life that hinder this contentment and joy. There are things in our life that get in the way of healthy, loving, and joyful relationships.

Catherine Doherty said, "Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation."

Catherine Doherty also had a 'Little Mandate' which is useful for us to ponder during Lent:

"Little — be always little! Be simple, poor, childlike.

Preach the Gospel with your life — without compromise!

Listen to the Spirit. He will lead you.

Do little things exceedingly well for love of Me.

Love... love... love, never counting the cost."

We have great reason to do the little things exceedingly well, when Christ did the 'Great Thing' of 'humbling himself by becoming obedient to death, even death on a cross:' loving us with a passionate love, without counting the cost. Christ was willing for love's sake to suffer. Indeed, he was bound for love's sake to pour out his soul for us.

A blessed Lent and a joyful Easter to you.

Canon Dewi Roberts

Editorial

It was so good to be able to hold our usual Christmas services, albeit still with some restrictions. Of course we were disappointed not to be able to hold the Plygain service again this year, but we would not have been able to adhere to Covid guidelines. We look forward with optimism to next year's Plygain service.

We have sadly lost well-respected community members in the last quarter including some of our own congregation in St Twrog who will be sorely missed.

The service to raise funds for the Diocesan link in Bukavu was very well supported and we thank everyone who did so in so many ways. A sum of over £800 was raised.

A thank you to Debbie for her very interesting article which gives a very good insight into the many roles a woman takes on.

Kate and Rob tell us all about their many travels around the UK in the past year and we have reports from the Mothers' Union, Llanddarog School, Clwb Iau and of course "Round and About" giving you information about many of the local groups.

I would be grateful if you could let me have your articles for the next edition to cover May, June and July, by Monday 18th April.

Margaret Rees
tafodtwrog@outlook.com

Flower Rota

Chwefror/February

6th & 13th Mrs Jean Jackson

20th & 27th Mrs Eirlys James

Mawrth/March

Dim Blodau/No Flowers

Ebrill/April

3rd & 10th Dim Blodau/No Flowers

17th & 24th Mrs Eluned James

Hapusrwydd a Thristwch

Joys and Sorrows

Bedydd / Baptism

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

Priodas / Marriage

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

Burial of Ashes

12 December 2021 Mrs Joan Yelland, Ffairfach, Llandeilo

Angladd/Funeral

6 November 2021 Mrs Angela Knott, Brynhyfryd, Llanddarog

3 November 2021 Mrs Evelyn Ransome (Service of Remembrance)
Brodawel, Llanddarog

26 November 2021 Mrs Elsie Evans, Brynhyfryd, Llanddarog

15 January 2022 Geraint Davies, Pontfaen Cottage, Llanddarog

28 January 2022 Mrs Bethan Davies, Brynhyfryd, Llanddarog

29 January 2022 Selwyn Evans, Coedhirion – Remembrance Service

It is with great sadness that we report the deaths of Angela Knott, Evelyn Ransome, Elsie Evans, John Evans, Geraint Davies, Bethan Davies and Selwyn Evans since the last edition of Tafod Twrog. We sympathise with the families in their sad loss.

Angela Knott

Angela's health deteriorated during the past year, as a result of having an amputation and having a major stroke. Angela was a character and we can't think of her without a smile being brought to our faces. She was well known for her sheep and many of the veterinary students who were trained by her sang her praises and described her as a lady ahead of her time. She was a faithful member of St Twrog's, also the MU, where we all remember her descriptive talk about her beloved sheep. During her time at Llanddarog she was very involved in the life of the village, a member of the WI, Porthyrhyd and Llanddarog Pensioners Association and Llanddarog Show Committee. One eulogy wouldn't cover Angela's life so she had decided on two, Angela in England and Angela in Wales. Yes she was a tonic to us all. May she rest in peace and rise in glory.

Evelyn Ransome

Evelyn was 93 years old and could live independently until the last couple of weeks before her death. A lady of many attributes who kept her light under a bushel. She was excellent at all kinds of artistic work, sewing and tapestry. She presented me with a tapestry kneeler that she had made for me on the

occasion of my ordination as a Priest last June, which I treasure. She was also an avid reader and a talented musician who enjoyed classical music and played the organ at St Twrog's for Evensong for many years. Evelyn also supported so many things in the locality, she was a faithful member of the WI and was always ready to display her craft work in the Llanddarog Show. Evelyn had a strong moral code and honesty was at the top of the list. Evelyn fought the good fight, she finished the course and certainly kept her faith.

Elsie Evans

Elsie was a nurse and born in Paddington London, she met David who was a Welshman but in the Police Force in London and after retirement decided to come back to Wales to reside in Llanddarog. Elsie had been a sick lady for many years but she kept smiling through all her ups and downs. She was a family person, who treasured the time spent with her children and grandchildren. She enjoyed her experience at Lourdes and was always looking forward to visiting her son in Portugal and her daughter in Somerset. She valued her time at the Day Centre in Carmarthen and she used to be such a tonic to the others there. Elsie was a deeply spiritual lady who valued immensely her home Communions. May she rest in peace and rise in glory.

Geraint Davies

Gyda thristwch cofnodwn farwolaeth Geraint a oedd ond 65 mlwydd oed. Roedd yn wr annwyl, addfwyn a thawel, byth am dynnu sylw at ei hun, gan fod yn well gyda fe fod yn y cysgodion. Roedd bob amser yn barod i helpu unrhyw un a gwneud hynny heb un ffws. Wastad a gwen lydan ar ei wyneb. Siom a sioc i'r teulu oedd y newyddion am ei dostrwydd cyn y Nadolig. Cafodd diagnosis Epilepsi pan oedd ond 36 mlwydd oed a gwynebodd hyn yn ddewr a dirwgnach. "Gwyn ei byd y rhai addfwyn, canys hwy a etifeddant y ddaear". Dywedodd Y Fam Teresa "Byddwch yn ffyddlon yn y pethau bychain, oherwydd yn rhain y bydd eich cryfder". Y pethau bychain oedd yn bwysig i Geraint a'i ffyddlondeb i'w deulu ar flaen y rhestr. Coffa da amdano a diolch am gael ei adnabod.

John Evans, Clevedon, Somerset (Late of Newlands Llanddarog)

It was a shock for us all to learn of the sudden death of John on November 25th and we had a service of remembrance for him on December 15th (to coincide with his funeral service at Weston Crematorium). It was an opportunity for us in Llanddarog to remember John and to pray for the family. We sympathise with Judy, Jolene, Harri and all family members in their sad loss. May he rest in peace and rise in glory.

Bethan Davies

Gyda thristwch cofnodwn farwolaeth Bethan Davies, Brynhyfryd, Llanddarog. Fe fyddai wedi dathlu ei 90 oed ym Mis Mehefin ond roedd hynny ddim i fod.

“Duw biau edau bywyd as hawl i fesur ei hyd”. Roedd wedi byw yn yr ardal am 47 o flynyddoedd, yn wraig a oedd wedi gweithio yn galed iawn yn ffermio am flynyddoedd yn ardal Llanpumsaint. Roedd yn berson y teulu, yn hoffi bod yng nghanol y plant a’r wyrion a hwythau yn ei chanmol gan ei bod yn berson “spesial’ iawn, yn dyner a gofalgwr iawn. Mae’r teulu am ddiolch i’r gofalgwr ffyddlon am eu gofal tyner ohonni. Bu’r angladd yn Eglwys Sant Twrog Dydd Gwener 28ain o Ionawr. Cydymdeimlwn a Wyn a Maureen a’r teulu i gyd yn ei ucolled a’u hiraeth. Coffa da amdani.

Selwyn Evans (Coedhirion)

Cawsom ein syfrdanu fel cymdogaeth wrth glywed am farwolaeth sydyn iawn Selwyn ar fore Sul 16eg o Ionawr. Ni allwn feddwl am Selwyn heb fod gwen ar ein hwyneb gan ei fod yn llawn hiwmor a direidi. Yn berson adnabyddus iawn a oedd wedi cyfrannu yn helaeth i sawl sefydliad a chymdeithas dros y blynyddoedd. Cydymdeimlwn a Daphne, Tomos, Heulwen a Lyn yn eu colled a’u tristwch. (A more detailed tribute will appear in the next edition of Tafod Twrog)

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 at home or in hospital - gan gynnwys/including: Doreen Rees, Marilyn Jones, Freda Davies, Raymond Lloyd, Eirwen Davies, Mags Rees, Rosemary Tilley, Doreen Northwood, Rose Rees. Please inform the wardens if someone falls ill or is in hospital.

Llongyfarchiadau/Congratulations

Many congratulations to Geoff Quick on his 90th Birthday and Ann Davies on her 80th Birthday during the last quarter.

Penblwydd Hapus i Margaret Davies ar Ebrill 10fed, pan fydd yn dathlu ei phenblwydd yn 90 oed.

If you know of special celebrations such as these coming up in May, June and July, please let me know in advance so that we can congratulate the people concerned in Tafod Twrog. Margaret at tafodtwrog@outlook.com, 275479 or see me in church.



Congratulations also to John Rees, who has been St Twrog's Bellringer for 25 years. He took over the lead role from Ken Lewis, Glan Parry and Huw Voyle Williams in 1975, having also become a Warden in 1974. He continues to ring the church bell for for most Sunday services, weddings and funerals. So on New Years Eve 2021 at midnight as usual he rang the New Year in from the Tower of St Twrog.

"I heard the bells on Christmas Day.
Their old familiar carols play. And wild
and sweet the words repeat. Of peace
on earth goodwill to men."

Henry Wadsworth Longfellow

"Let me show you what a woman can do!"

By Mrs Debbie Roberts

Young women give birth, suffer the loss of parents and celebrate Christmas. They argue with their siblings, they weep, they dream, they hurt and enjoy small triumphs.

Women's lives mirror one another. Whether living in a tin shack in Uganda or in a tenement in Victorian London; women are sisters and must endure poverty, hunger, and disease.

A woman is the touchstone holding home, family and society together. She is able to make a home wherever Providence dictates. The matriarch can make a cosy home be it in a gated manor in Beverley Hills or a humbler abode in the Old Kent Road. In Victorian London there was no guarantee of pure drinking water. In many parts of the world today there isn't any clean drinking water. During the Covid Pandemic the air all

over the world became contaminated with aerosol droplets. Come hell or high water, we women must put food on the table; and keep body and soul together. The rich man in his castle and the poor man at his gate; must observe the rules made to conquer the Pandemic. Even nurses must shop for food after a twelve-hour shift. The food supply is not guaranteed. A woman has to struggle and bravely multitask. Be it being a heroic NHS nurse on a covid ward whilst also being a single parent juggling childcare.

What a woman can do is be all things to all people: and above all be kind. By utilising all her personal skills home life is kept afloat for all the family.

A wise woman can make the pennies stretch, and feed her family, all on only twenty pounds a week. She has the innate intuitive ability to steer a good course through life's turbulent seas. Able to teach her children the difference between right and wrong through her actions. A woman cares deeply and helps other women to give birth and places the newborn baby on his mother's breast. Providing a place of shelter where there is no fear. At the same time she gives palliative care to elderly parents and holds the hands of those dying during the night.

Young girls in poor countries have to put up with "period poverty". Married off soon after puberty young girls are forced to suffer the pains of childbirth. Tragically, birthing still born babies due to her narrow cervix. The sisterhood is strong enough to endure gender violence, sex trafficking, genital mutilation, and modern slavery.

Eleanor Roosevelt said, "A woman is like a tea bag. You never know how strong she is until you put her in hot water".

Amen to our sisterhood and to our bond of blood. Easily keeping multiple plates spinning in the air at the same time. Women will sacrifice themselves for their families: prepared to starve so that her family may be fed. The lioness is prepared to kill a predator to provide meat for her cubs.

“Life is like riding a bicycle. To keep your balance, you must keep moving. If you stop, you fail”. *Albert Einstein*.

TIME TO SEE MORE OF THE UK

Unable, as well as unwilling, to travel abroad last year, we contented ourselves with wandering around the UK, taking the opportunity to make good the oft made promise to meet up with those we haven't seen for a long time. The longest timelapse was with a friend of my teenage years, whom Rob had only met briefly at our wedding, but as the three of us chatted over lunch the years melted away. In numerous short trips we've visited places from Carlisle to Dungeness, Pembrokeshire to Norfolk. We think of an area we fancy, then find somewhere with good transport access to use as a base and explore by car or train. In this way we've seen lots of cities and small towns and walked in some amazing places. Late afternoon sunshine on the nature reserve at Rye and on a walk to Spurn Head both gave us a chance to look at birdlife, which would have been even better if we'd remembered the binoculars!

Late September saw us based in Lincolnshire. On the way we had an interesting and thought-provoking visit to the recently opened Bomber Command Museum, and had time for Choral evensong in the cathedral before reaching our accommodation. On a fine morning we set off to walk in the Lincolnshire Wolds and were quite pleased to miss one of the markers on our planned route, thus cutting a mile off the distance, as the day turned out to be much warmer than we expected. The guidebook said that spectacular views were to be had from the highest point, but the writer had obviously not checked recently as the roadside hedges were so high that even Rob couldn't see over them. We also nipped across the Humber Bridge and spent a day in Hull just to see why I'd liked the city so much on my previous visit fifty years ago for interview at the university. All I could remember (apart from having lunch in Littlewoods, a treat in those days) was the friendliness of the people. We had a great day, with lots to look at and enjoy and the locals were as friendly and helpful as I remembered. We hope to go back in a couple of years when all the renovations are finished.

The thing which left the strongest impression of this trip is the memorials we came across. We found a whole chapel with displays in memory of trawlermen as well as individual plaques in numerous places to seamen of both Royal and Merchant navies, to the Air Sea Rescue and RNLI, to Coastal Pilots, Tugboat crews and Underwater Cable Layers and many others. The most beautiful was one of the last we saw, in the shopping centre in Hull. This city was heavily bombed in both wars,

second only to London. Pro-rata it suffered more devastation than anywhere in the UK and was second only to Malta in the Commonwealth. The Hull People's Memorial was funded by public donations to commemorate civilians killed in air attacks between 1939 and 1945. It is a shining metal globe-shaped structure circled by the names of the fallen on a series of metallic ash tree leaves, some alone, others in family groups, and is a beautiful and arresting sight. The strangest memorial which we came upon quite by chance, was at the roadside on our walk in the Wolds; a small stone commemorating a pilot who had crashed nearby. Apparently on discovering that the man had no living relatives, the residents of this small hamlet had clubbed together to ensure he was not forgotten, a lovely act. But the thing that surprised us most was that at the bottom was written 'Er cof' with no explanation, not something we had expected to see so far from home.

Kate Jones

Coffee and Craft Day on Saturday November 27th

On 27th November the church hosted a coffee and craft day to raise funds for the Diocese of Bukavu in the Congo as part of the Diocese's World Mission. You may recall the terrible storm here on the night of 26th/27th November which prevented our speaker from coming from Pembrokeshire.

Nevertheless we were pleased to receive many visitors from our community who came to see what the church does in the way of crafts and fundraising for the wider community, with stalls displaying the Crosses in your Pocket, Hugs/Matiau Cwtsh, Baby Bundles, the Flower Guild, items made by church members, Knit and Natter Group and the Craft Group. We also explained about the craft items we use to adorn the church. There were of course, also items for sale – after all our aim was to raise money for Bukavu.

Puxley Chapel came into its own again for the provision of refreshments, giving visitors the opportunity to catch up with those they hadn't seen for a while. We would like to thank all those attending for their support and of course all those who brought articles to show and helped to prepare the church for the event, as well as the clearing up afterwards.

Margaret Rees

NEWYDDION YSGOL LLANDDAROG

Blwyddyn newydd dda i bawb! Mae tymor Gwanwyn ysgol newydd wedi dechrau a phawb rwy'n siwr wedi mwynhau seibiant byr yn sŵn dathliadau'r gwyliau Nadolig.

Er gwaethaf cyfyngiadau a rheolau cymdeithasol, buodd y disgyblion yr un mor weithgar wrth gefnogi gwahanol elusennau yn ystod y tymor diwethaf. Codwyd £122 ar gyfer yr elusen Teenage Cancer Trust wrth i ddisgyblion wisgo dillad lliwgar, llachar i'r ysgol. Codwyd £165.60 ar gyfer Plant Mewn Angen trwy gynnal diwrnod gwisgo gwisg ffansi. Buodd pob dosbarth yn brysur iawn yn creu cynnyrch Nadolig ar ddiwedd y tymor er mwyn codi arian ar gyfer yr ysgol, ac yn wir roedd crefftiau pob dosbarth yn werth eu gweld.

Mae bywyd ysgol yn mynd yn ei flaen fel arfer, ac er nad oes modd cynnal ymweliadau tu allan i'r ysgol ar hyn o bryd, cymerwyd rhan mewn nifer o weithdai rhithiol yn ymwneud â themau'r tymor yn eu lle. Cymerodd dosbarthiadau Pantyffynnon a Phenrhiw ran mewn gweithdy rhithiol gyda'r Amgueddfa Lleng Rufeinig Cymru ar ffordd o fyw y Rhufeiniaid yn ystod eu cyfnod yng Nghymru, a chymerodd dosbarth Pantyffynnon ran mewn gweithdy COP26 ar ddechrau mis Tachwedd. Ar ddiwedd y tymor cafwyd cyfle i ymuno yn rhithiol â sioe Nadolig Tudur Phillips a Anni Llŷn sef Yr Heriau Hurt. Llongyfarchiadau hefyd i dîm Dosbarth Pantyffynnon a ddaeth yn fuddugol yn rownd cyntaf cystadleuaeth Cwis Dim Clem sy'n cael ei chynnal gan Menter Cwm Gwendraeth - eto yn cael ei chynnal yn rhithiol.

Fel rhan o'u gwaith mae dosbarthiadau Pantyffynnon a Phenrhiw wedi bod yn gwneud breichledau Mala Heddwch. Breichledau yw rhain sy'n cynrychioli cyfeillgarwch, caredigrwydd, parch a heddwch rhwng crefyddau a phawb yn y byd. Roedd gweithio'r breichledau hyn yn dipyn o sialens ond yn ffordd arbennig o ddysgu am y gwahanol negeseuon oedd gan bob glain a chwllwm arni wrth i'r disgyblion ddysgu pwysigrwydd parchu pawb yn y byd, beth bynnag eu crêd, er mwyn creu byd gwell.

Wythnos ola'r tymor, llwyddodd Sion Corn i wibio heibio i ddymuno Nadolig Llawen i'r disgyblion ac er nad oedd yn bosib i bawb ddod at ei gilydd ar gyfer parti'r ysgol, llwyddodd pob dosbarth yn ei dro i ddathlu trwy gynnal parti dosbarth.

Yn ystod yr wythnosau diwethaf rydym wedi dechrau cynnig gwersi ukulele i'r disgyblion ac mae ein diolch yn fawr i John a Eluned James am eu dysgu. Mae pob un ohonynt yn mwynhau y gwersi yn fawr iawn.

Oherwydd sefyllfa Covid, wrth gwrs, nid oedd yn bosib i ddathlu'r Nadolig gyda'r gymuned a rhieni yn y ffordd arferol eleni eto. Serch hynny, wrth ddod â thymor cyntaf y flwyddyn ysgol i fwcwl, recordiwyd ein gwasanaeth Nadolig a'i rannu gyda rhieni. Diolch hefyd i'r Ficer a'r Parch Jean Voyle Williams am gymryd rhan ynddo. Rydym yn dra ddiolchgar i'r ddau ohonynt, am eu parodrwydd i arwain gwasanaethau wythnosol disgyblion ar hyd y flwyddyn drwy gyfrwng TEAMS ac, o ganlyniad, parhau â'r cyswllt cryf a phwysig gyda chymuned yr Eglwys.

Marian Evans

Newyddion Clwb Iau News

In November Clwb Iau met in Church, and we welcomed Cerys and her mum Anna Thomas from Porthyrhyd. It was lovely to see everyone again and we all had fun making Christmas crafts together. We also started to prepare for the Crib Service and Catherine worked out the parts in the script that Myfanwy had kindly prepared for us. We were all happy to see Helen, and the children helped Jean present the cheque for money raised from the sponsored walk for the Teenage Cancer Trust. We also enjoyed some festive cupcakes and mince pies baked by Sian, Betsan & Tomos.



Ym mis Tachwedd fe wnaeth Clwb Iau gwrdd yn yr eglwys, ac fe groeshawyd Cerys a'i mam Anna Thomas o Borthyrhyd. Hyfryd oedd gweld pawb eto, a chafwyd lot o hwyl yn gwneud crefftau Nadolig gyda'n gilydd. Fe wnaethom ddechrau paratoi ar gyfer gwasanaeth y Crud, ac fe fu Catherine yn dosbarthu'r sgrïptiau a wnaethpwyd gan Myfanwy. Roedd pawb yn hapus i weld Helen, ac fe fu'r plant yn helpu Jean i gyflwyno siec i'r 'Teenage Cancer Trust', a gasglwyd ar y daith gerdded nodedig. Fe

wnaeth Sian, Betsan a Tomos goginio cacennau, ac fe fwynhawyd rhain gan bawb.

During December we met at Church to practise for the Nine Lessons and Carols Service where Hawys, Einir, Betsan and Hunydd played the Ukuleles and sang a new carol composed by John and Eluned James 'Cofio Geni Iesu Grist', and Sian and Catherine took part in the readings. Thank you John and Eluned for your time helping in the practices. You all sounded wonderful.

Dwry gydol mis Rhagfyr, fe fuom yn cwrdd yn yr eglwys i ymarfer ar gyfer y gwasanaeth Naw Llith a Carol. Yn ystod y gwasanaeth fe fu Sian a Catherine yn darllen, ac fe berfformiodd Hawys, Einir, Betsan a Hunydd garol newydd o'r enw 'Cofio Geni Iesu Grist' a gyfansoddwyd gan John ac Eluned James. Hoffwn ddiolch yn fawr i John ac Eluned am helpu'r merched yn yr ymarferion, roeddech yn swnio'n hyfryd.

The Crib service on Christmas Eve was really lovely and all the children of Clwb Iau took part playing instruments, singing and reading beautifully, we were so very proud of them all. Well done Mason, Jenson, Charlie, Oliver, Tomos, Betsan, Einir, Hawys and Hunydd. It was also very lovely to see Charlie and Oliver's little brother Lewis enjoying with Mam and Dad in the congregation! Thank you Wendy Jones for accompanying and helping to prepare for the service again this year.

Roedd gwasanaeth y crud ar Noswyl Nadolig yn hyfryd, ac roedd y plant yn wych tra'n chwarae offerynnau, canu a darllen. Da iawn Mason, Jenson, Charlie, Oliver, Tomos, Betsan, Einir, Hawys ac Hunydd, ni'n brawd iawn o chi gyd. Hyfryd hefyd oedd gweld Lewis (brawd bach Charlie ac Oliver) yn mwynhau yn y gynulleidfa gyda Mam a Dad! Diolch hefyd i Wendy Jones am ei help gyda'r ymarfer, ac am gyfeilio yn y gwasanaeth eto eleni.



Unfortunately, due to Covid restrictions in place in January, we were unable to hold our Clwb Iau Christmas Party. We hope to meet next on Sunday 6th March 11.00am-12.00pm in church if restrictions allow. We plan to have a tour of the church with Jean and also do some crafts in preparation for Mothering Sunday.

O achos cyfyngiadau COVID, nid oedd yn bosib cynnal ein Parti Nadolig, a'r gobaith yw i gwrdd yn yr eglwys ar y 6ed o Fawrth rhwng 11:00yb a 12:00yp, os fydd y cyfyngiadau wedi gollwng. Fe fyddwn yn cael taith o amgylch yr eglwys gyda Jean, ac yn gwneud crefftau i baratoi ar gyfer Sul y Mamau.

Thank you to all the parents and friends of Clwb Iau and members of the Church who have helped with Clwb Iau and we look forward to hopefully a more settled time for everyone this year.

Diolchwn i holl rhieni a ffrindiau y Clwb Iau, ac aelodau'r eglwys sydd wedi ein cefnogi, ac edrychwn ymlaen yn fawr at flwyddyn wych yn 2022.

For more information about Clwb Iau, please contact Maria Jones 07761083414/ Sian Plimmer 07761083414/ Daphne Evans 01267275666 / Jean Voyle Williams 01267275222 or williams784@btinternet.com

Tannau Twrog

Cymerwyd rhan gan ein grŵp iwcilelis yng ngwasanath naw llith a charolau.



The group performed a carol, composed by John. Another of John's compositions was performed by our four young talented members: Betsan, Einir, Hawys and Hunydd. We were very fortunate to have Trystan's backing on the bass ukulele.

Mothers' Union ~ Undeb Y Mamau

Our October meeting was held on Zoom. After welcoming us, prayers and readings, Jean brought us up to date with those members unwell, in hospital or care homes and sadly Evelyn Ransome who had died.

She then introduced Kate and Rob Jones, who had stepped in at the last minute. They had met in London and had considered a variety of possible vocations for their future life together. These changed following the arrival of 4 girls, and 32 years ago they saw a PO advert for a shop with accommodation. Visits to the Peak District and then Cambridge were unsuccessful, but the sudden sale of their house and nowhere to go brought them to Porthyrhyd in January 1989, where the business seemed fine but accommodation not great, however, they stayed. Then we heard some of the stories, some funny, some frightening, when distraction by 3 men was used to steal £1000. A very entertaining evening.

We met in church in November when Daphne gave us an insight into her career. Her first choice was obviously teaching, but there were a surprising variety of other jobs along the way. Some were necessary following her marriage to Selwyn and move to Wales.

There was low attendance for the Carmarthenshire MU Gathering in Kidwelly, perhaps due to the short notice of the confirmation of date as well as the reluctance of many to join a gathering after many months of social distancing. Opening prayers were led by Rev. Glenys Payne, with a short study based on Matthew ch 22 asking "Who is my neighbour?"

Wendy gave a brief review of the accounts, which included £402.95 MUE related grant for 2020. She has now taken over as representative for MU Enterprises and thanked Trixie for all her work and everyone for supporting and buying cards etc. £858.50 had been donated for AFIA, half of the normal amount at this time of year. Money for other projects is also lower than pre Covid times. Subscriptions will remain at £20 for the coming year.

MU membership has sadly decreased in the Diocese during the pandemic. Carmarthen now has 23 branches, 3 having closed this year and 1 considering closure.

Just one retreat was held this year, St. Non's was closing for refurbishment and the Sisters of Mercy would not be returning. A new venue is needed.

Members were asked to consider four questions about the future of the MU. It was felt we needed to promote and prioritise what MU does and encourage new members. Fellowship was important, prayer links, partnership with Plant Dewi and projects.

The Guest speaker was Lord Ted Rowlands who spoke of his life as an MP in an amusing and informative way. He stepped down in 2001 after 32 years, looking forward to time with his wife, in the garden and playing golf. However in 2004 he had a call from No 10 asking him to allow his name to go forward to the House of Lords. He explained the differences and similarities between the Commons and the Lords. A lot of time was spent scrutinising legislation from the Commons. He felt reform was long overdue. He took questions from members and was thanked by Heather.

In her address Heather said how good it was to actually meet in person and thanked everyone who, during the lockdowns, had kept in touch in their branches by phone and Zoom. Projects had been maintained and AFIA had sent one family for a break in Tenby. 2022 is the start of a new triennial and she thanked the three trustees retiring and welcomed the three new ones. She thanked Brenda and Lorna for their support during the past three years and thanked members for nominating her for a second term. She also thanked Jean for all the translating she had done. During the next three years we will need to ask ourselves what it means to be a MU member.

The meeting ended with a blessing from the Bishop.

The next meeting is planned for 22nd June 2022 in Bronwydd Hall.

On 27th November members supported the Coffee and Craft day for St Davids Diocese World Mission, helping with the refreshments and stalls. The proceeds of over £800 were going to a library and education centre in Bukavu.

December 9th we met in church for a members evening with a Christmas theme. Debbie's favourite carol is The Rocking Carol, a memory from childhood. For Margaret Rees it was 'In the Bleak Mid Winter', by Christina Rossetti, and she gave us some of the history. It was an English lesson and a poem that stuck in Marion Little's memory, Tim an Irish Terrier, delivered in an excellent Irish accent. Jenny spoke of scouting and canoeing at Marlow on the river Thames. Daphne read 'Ballad of the Bread Man' by Charles Causley 1968, an updated version of the Nativity. Kate had a piece from 'Cancer Research UK' by Jeffrey Archer. 'The Son of God' was a thought-provoking interpretation of His life. A

Yorkshire country man's report, to his friend, of his first attendance at a Messiah concert, from 'Fill My Stocking', was Barbara's choice and caused a few laughs.

The Deanery Advent service was held on 14th December in Llanllwch. 44 members attended, including five from St Twrog, with banners and representatives from 11 branches and several clergy. It was good to see old friends.

January was a planning and AGM meeting on Zoom. It is good to know that MU Llanddarog Branch continues to grow, with two new members this year bringing our number to 31. At a time when MU membership appears to be decreasing we can congratulate ourselves on continuing to keep meeting (in one way or another) and share experiences, helping those in need at home and abroad.

Dates for your diary.

Thursday 10th February 7pm

Canon Dewi Roberts, 'My Idaho Sabbatical'

Friday, 25th February 12 noon

Wave of Prayer

Thursday 10th March 7pm

Dathlu ein Nawddsant Dewi ~ Celebrating our Patron Saint David

Thursday 14th April 7pm

Maundy Thursday, Holy Communion in Church.

Depending on Covid restrictions we hope to clean shoes in the morning, 10am till noon, outside Llanddarog and Porthyrhyd POs.

New members always welcome. Enquiries to Jean Voyle Williams 01267 275222

Barbara Quick

Taken from Smiles – A magazine for HSBC staff

Q. Name the four seasons? – A. Salt, pepper, mustard and vinegar

Q. How is dew formed? – A. The sun shines down on the leaves and makes them perspire.

Thinking of Others and Taking Action

As I think about the articles in this edition of Tafod Twrog (and others before of course) I can see that, as a church, we don't sit back and let life come at us. No, we seize every opportunity to think about others and how we can help. Immediately we had the first lock down we started making sure those who needed help in our own community did not suffer if we could help it. Our church was the first in our Local Ministry Area (and others not too distant from our own), once we were allowed, to do a risk assessment to enable people to come in to pray and then to start services when that was allowed. We kept in contact by phone, took shopping to people, etc. I know that we were not the only ones, but as a church community we did our bit – and continue to do so.

We purchased a year's licence for Zoom so that we were not limited to 30-minute sessions never expecting that we would have to renew that licence again, but we have. This enabled us to have Tuesday morning prayer, Mothers' Union meetings, Knit and Natter (yes we were still able to knit while we nattered on Zoom!). Elizabeth started a craft group and she and I continued to sell cards on request, the profit from which goes half to the church and half to Mind Carmarthen. We donated £115 to Mind Carmarthen during 2021.

The Knit and Natter group continue to make items for charity including baby clothes and blankets for the Baby Bundles. In fact I was asked if any of the local agencies wanted Trauma Teds (small handmade knitted teddies given by the police, ambulance and fire service to children going through trauma) so I am on the case with finding someone to donate them to if we make them. We are so lucky to have a group who want to help others by making knitted/crocheted items.

Support for the Foodbank in Carmarthen continued, with money in the first few months being donated via the internet. Over the past year we have donated food etc to the Foodbank on five occasions – usually around school holiday times – and donated £1056.25 (including Gift Aid) in all.

Of course, we also supported the Carmarthenshire County Council Toy Appeal again this year. Previously we have bought gifts for children and taken them to County Council locations but due to Covid we were asked to send money. We raised £614.20 to this cause.

Immediately we heard that Teenage Cancer Care Trust had helped William Beynon with his illness, Jean proposed we raise money for them by having a sponsored walk/silence. This was so well supported by all the Clwb Iau and church members that we were able to raise £3,674.00 (which included £122 from Llanddarog School). You will see the photo of everyone starting out on their journey in the Clwb Iau article.

In November we held a Coffee and Craft morning as part of the Diocesan World Mission to raise money for Bukavu, where we raised £841.60.

We support Llanddarog School, not only in holding some school services in the church but by donating the rental income we receive from Carmarthenshire County Council to the School which was £500 in 2021 as well as Canon Dewi or Rev. Jean undertaking services each Tuesday.

I know its not all about money raised, but what we do as well.

Nevertheless, its good to know that we raised well over £7,000 in total.

Margaret Rees



Its seems it takes the Welsh speakers are faster walkers than English speakers!

Sent in by Jean

He who walks alone shall surely arrive first.

Arabian Proverb

Don't judge a man until you have walked two moons in his moccasins.

Native American Proverb

Bowlio Dan Do Llanddarog Indoor Bowls

A competition was recently held for a cup in memory of Christine Williams, Gofryn, Llanddarog, donated by her husband Alun. Christine died after a short illness and was a keen and loyal member of the Club since its formation in 2009. The cup was won by Nigel Evans of Cwmmawr.

The competition was combined with the Urdd's Carmarthenshire 2023 National Eisteddfod appeal and proceeds were donated to the fund.

Cysylltwch/Contact: Enquiries to Lewis Jones 01267 275593.

CFfl/YFC Llanddarog

Braf oedd cael dod nol at ein gilydd i gwrdd wyneb yn wyneb ym mis Medi. Mae wedi bod yn hyfryd i weld hen aelodau yn ôl ond mae wedi bod yn bleser i groesawi nifer fawr o aelodau newydd i'n plith. Mae wedi bod yn wych i gael nifer o nosweithiau amrywiol yn y neuadd a rhoi cyfle i'r aelodau i gymdeithasu a chwrrd a phobl newydd.

Rydym yn falch iawn i weld nifer o gystadlaethau y Sir wedi dychwelyd wyneb yn wyneb dros y misoedd diwethaf hefyd. Dyma ychydig o hanes y cystadlu;

Eisteddfod y Sir

Braf iawn oedd bod nôl yn Neuadd San Pedr yn cystadlu wyneb yn wyneb yng nghystadleuaeth Eisteddfod y Sir unwaith eto. Roedd brwdfrydedd yr aelodau i gystadlu yn wych a braf iawn oedd gweld cryn lwyddiant yn ystod y diwrnod.

Gwenno Evans aeth ati i gystadlu yn yr Unawd 16 neu iau, a'r gystadleuaeth Sioe Gerdd i aelodau dan 28. Perfformiadau arbennig o dda, da iawn i ti am fynd ati i gystadlu mewn cystadleuaethau mor boblogaidd.

Dafydd Owen meistr y Tiwba gystadlodd yn yr Unawd Offerynnol a llwyddodd i ennill y wobwr gyntaf. Yn ogystal cafodd y fraint i fynd ymlaen i gystadlu yn Eisteddfod Cymru a llwyddodd Dafydd unwaith yn rhagor i gipio'r wobwr gyntaf ar lefel Cymru. Camp arbennig! Rydym yn falch iawn o'i lwyddiant. Llongyfarchiadau mawr i ti Dafydd.

Cai Williams, un o aelodau newydd y clwb, gamodd ar y llwyfan i gystadlu yn y gystadleuaeth Llefaru dan 16 oed a llongyfarchiadau iddo am ddod yn gydradd 3ydd.

Roedd y gystadleuaeth Stori a Sain yn un poblogaidd iawn eleni, ac Ynyr Seymour, Hywel Williams, Menna Isaac a Llyr Griffiths rhoddodd gynnig arni. Darn heriol ond llwyddodd bawb i bortreadu y darn yn arbennig o dda!

Adran Gwaith Cartref Eisteddfod y Sir

Braf iawn oedd gweld cymaint wedi manteisio ar y cystadlaethau Gwaith Cartref eleni.

Y dasg ar gyfer y gystadleuaeth i aelodau 28 neu iau eleni oedd cynllunio a recordio podlediad yn cyfweld â chyn aelod dylanwadol y mudiad.

Caryl Jones aeth ati i gyfweld a Gethin Thomas, Y Berllan a braf iawn oedd cael y cyfle i sgwrsio a thrafod hanes y clwb a'r mudiad gyda Gethin. Cipiodd Caryl y wobwr gyntaf ar lefel Sir a chael y ffrindiau o gystadlu ar lefel Cymru a dod yn gydradd 3ydd.

Y ddau frawd, Llyr a Sion Campbell aeth ati i ddylunio poster recriwtio ar gyfer y gystadleuaeth i aelodau 16 neu iau a llwyddodd y ddau i ddod yn gydradd 3ydd, da iawn nhw!

Y gair ar gyfer y gystadleuaeth brawddeg oedd 'Penyfan'. Aeth Gruffydd Williams a Caryl Jones ati i lunio brawddegau a dyma ei ceisiadau;

'Paid edrych nawr, y fenyw acw'n noeth!' Gruffydd Williams

'Pandemig echrydus newidiodd y frwydr am normalrwydd'. Caryl Jones

Llwyddodd Caryl i gyrraedd yr 2il safle yn y gystadleuaeth.

Thema Cofio oedd ar gyfer y gystadleuaeth Celf a Chrefft eleni a llongyfarchiadau mawr i Ffion Campbell ar gael cydradd 3ydd.

Llwyddodd y clwb i dderbyn yr 2il wobwr ar gyfer y Tarian Gwaith Cartref ac yn 5ed ar gyfer Tarian yr Eisteddfod. Llongyfarchiadau mawr i bob un oedd wedi cystadlu, a hoffwn i ddiolch yn fawr i bawb am ei brwdfrydedd a'i parodrwydd i gystadlu. Diolch hefyd i bawb oedd wedi helpu paratoi'r aelodau. Ymlaen i Eisteddfod 2022!

Chwaraeon y Sir

Mae pawb yn mwynhau cystadleuaeth Chwaraeon y Sir a chael y cyfle i gymdeithasu, gweld hen ffrindiau a mwynhau gyda'n gilydd yn Nghlwb Rygbi'r Quins.

Iwan Davies, Ffion Howells, Ellis Davies ac Einir Rees gynrychiolodd y Clwb yn y cystadleuaethau Tip It, Darts, Dominos, Jenga, Draughts, Mixed Pool a Table Skittles. Da iawn i nhw gyd.

Yn ystod mis Tachwedd roedd yna gystadleuaeth Paratoi Cyw Iâr, a Ceris

Morgan aeth ati i ddysgu'r hen sgil a roi tro arbennig arni! Da iawn ti!
Sgil arbennig i ddysgu.

Siarad Cyhoeddus Saesneg y Sir

Morgan Davies, Anest Voyle a Llyr Griffiths oedd ein tîm iau ni eleni, ac fe wnaeth y tri yn arbennig o dda. Roedd safon y gystadleuaeth yn uchel iawn a'r beirniad yn hapus iawn gyda phob un. Llwyddodd y tîm i gyrraedd yr 2il safle. Llongyfarchiadau mawr hefyd i Morgan Davies am gael ei ddewis fel y siaradwr gorau yn yr adran iau. Llwyddiant arbennig! Mae Morgan hefyd wedi cael ei ddewis i gynrychioli'r Sir fel cadeirydd ar lefel Cymru, ac Anest Voyle fel siaradwraig wrth gefn. Llongyfarchiadau mawr iddyn nhw.

Oedfa Nadolig

Cynhaliwyd Oedfa Nadolig y clwb yng Nghapel Newydd Llanddarog ar nos Lun y 13eg o Ragfyr. Diolch i'r Parchedig Emyr Williams am baratoi gwasanaeth ar ein cyfer ac am lywio'r oedfa a diolch i'r holl aelodau am gymryd rhan. Codwyd dros £200 i Ganolfan Ganser Felindre.

Os oes rhywun eisiau ymuno gyda'r clwb, cysylltwch gyda Menna Isaac, Ysgrifenyddes y Clwb. E-bost: [c.ff.i.llanddarog.y.f.c@gmail.com/](mailto:c.ff.i.llanddarog.y.f.c@gmail.com)
Facebook: CFFl Llanddarog YFC

Wednesday Craft Group

The Wednesday Craft Group meets on the 2nd, 4th & 5th Wednesdays from 2 - 4pm. In January we were again back on Zoom but hope that by February restrictions will be removed and we can meet again at Heolddu. Last Spring we made daffodils from crepe paper and this year's flower will be roses. We will also be looking at recycling lots of the items in our blue bags and upcycling. Other sessions will include crochet, shopping bags and embroidery.

For more details contact: Elizabeth phone 01269 832569 or email heolddufarm@outlook.com.

Gardening Club

Gardening Club will be held in February. For more information please contact Jenny on 01269 871496 or Elizabeth on 01269 832569.

Llanddarog Show

No further news for this edition.

Knit and Natter

We do still meet up as a group when Covid restrictions allow but during January we are meeting via Zoom – and this will continue until we are all

allowed to meet up again in each other's homes. We have made more twiddle mits for Ammanford Hospital and are working on the poppy display – putting in more poppies. Cysylltwch/Contact Margaret Rees on 275479 if you would like to join us.

Merched y Wawr

Blwyddyn Newydd Dda i bawb. Rydym yn falch o fod wedi gallu cyfarfod gyda'n gilydd fel aelodau ym mis Medi, Hydref a Thachwedd. Cafwyd prynhawn i gofio wrth i'r gangen ddathlu 40 mlynedd ym mis Medi. Roedd Rhiannon Roberts a Beti Wyn James, dwy a fu'n allweddol yn sefydlu'r gangen yn bresennol a chafwyd sgwrsio difyr wrth hel atgofion. Torrwyd y gacen gan Siân Evans a diolchwyd i Beryl Voyle am gyfrannu'r gacen, hefyd diolchwyd i Megan Williams am wneud baner arbennig i ddathlu'r deugain.

Yna Mis Hydref daeth Parch Emyr Williams, gweinidog Capel Newydd i siarad am ei brofiad a ddylanwadodd ar ei ddatblygiad fel person ac a gyfoethogodd ei fywyd. Soniodd am y gwahanol swyddi bu ynddo cyn penderfynu yn ddiweddar mynd i'r weinidogaeth, ac mae yn dal i fyw ym Meidrim gyda'i wraig a dau o fechgyn. Kay Thomas ddiolchodd iddo am gyflwyniad diddorol a hwyliog.

Testun balchder oedd clywed am lwyddiant haeddiannol rhai o'n haelodau. Llongyfarchwyd Megan Williams am Blasu Gwnïo, cyflwyniad ar ffurf fideo a baratowyd ar y cyd â'i hwyres, Mirain Alaw. Hefyd Llongyfarchiadau i Marian Williams a Beryl Voyle ar dderbyn Medal Gee am eu gwaith fel athrawon a'i ffyddlondeb i'r Ysgol Sul.

Dathlu'r Nadolig yn gynnar wnaethom eleni ganol mis Tachwedd pan aethom i dafarn Y Butchers. Margaret Davies, llywydd y mis wnaeth estyn croeso i'n gwraig wadd Jane Morgan, sef Swyddog datblygu a Hyrwyddo canghennau a Chlybiau'r Rhanbarth. Diolchodd Jane i Swyddogion y Gangen am gadw mewn cysylltiad â'r aelodau yn ystod y cyfnod clo ac amlinellodd weithgarwch rhithiol a chyhoeddiadau'r Mudiad yn genedlaethol dros y cyfnod anodd hwnnw. Ar ôl mwynhau'r cinio dangoswyd y fideo yn ôl rhain hanes Megan Williams gyda'i gwaith gwnïo a'i llwyddiant yn ennill gwobrau.

Bu dau dîm a gynrychiolodd y Gangen yng nghwis Cenedlaethol Merched Y Wawr, sef Mair, Mari ac Ann a sgoriodd 98 a Margaret, Beryl, Marian, Gina ac Eirwen a sgoriodd 97 allan o gant.

Yn ystod y cinio Nadolig casglwyd £76 o blith yr aelodau at Apêl Deganau'r Cyngor Sir.

Am fanylion pellach cysylltwch gyda'r ysgrifenyddes Eirwen Jones 01267 275593

Neuadd y Pentre Llanddarog Village Hall

Llanddarog hall is now open with Covid 19 restrictions. Contact Mair Davies 01267275271.

Porthyrhyd & Llanddarog Pensioners Society

We had high hopes last November that with a New Year we would be able to re-establish monthly meetings, even if that meant changing the venue to allow for social distancing but it was not to be as restrictions were re-imposed. We remain determined to meet as soon as possible.

In the meantime we wish everyone a Happy New Year.

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

Our meetings in the village hall on the first Wednesday of the month are now taking place but during January and February we meet at 2pm. Then in March, with longer daylight hours, we return to 7pm.

At our last meeting members were asked to 'Adopt a Character' so we were entertained by an author, doctor, amateur sleuth, sionni winwns, policeman and royalty in the form of Queen Victoria!

The programme for the next three months will be:

2nd February Card Making

2nd March Cawl Supper to celebrate St. David's Day

6th April Recipe & Sample of a favourite item.

New members always welcome.

Please advise us of any news - just give Margaret 01267 275946 or Marion 01267 275507 a call.

More from Smiles

Q. What are steroids? – A. Things for keeping carpets still on the stairs.

DYDDIADAU AR GYFER Y DYDDIADUR / DATES FOR YOUR DIARY

Mae'r wybodaeth yma yn gywir ar hyn o bryd. Fe gewch wybod os bydd unrhyw newid / These are correct at present. You will be informed if we have to make any changes

Chwefror/February

6 Sul/Sunday 4^{ydd} Sul cyn y Garawys/4th Sunday before Lent

9.30am Cymun Bendigaid (*Cymraeg*)

5.00pm Evensong (*English*)

5.45pm Cyfarfod o'r Cyngor Eglwysig/Church Council Meeting

7 Dydd Llun/Monday

10.30am Deanery Meeting of the MU at the Ivy Bush Royal Hotel

8 Dydd Mawrth/Tuesday

9.00am Gwasanaeth yn Ysgol Llanddarog

10.00am Boreol Weddi/Morning Prayer on Zoom

9 Dydd Mercher/ Wednesday

9.15am Gwasanaeth yn Ysgol y Fro Llangyndeyrn.

10 Dydd Iau/Thursday

7.00pm Undeb y Mamau/ MU- Speaker Canon Dewi Roberts

13 Sul/Sunday Trydydd Sul cyn y Garawys/Third Sunday before Lent

9.30am Boreol Weddi (*Cymraeg*)

5.00pm Holy Communion (*English*)

15 Dydd Mawrth/Tuesday

9.00am Gwasanaeth yn Ysgol Llanddarog

16 Dydd Mercher/Wednesday

9.15am Gwasanaeth yn Ysgol Y Fro Llangyndeyrn.

20 Dydd Sul/Sunday Ail Sul cyn y Garawys/Second Sunday before Lent

9.30am Holy Communion (*Dwieithog/Bilingual*)

22 Dydd Mawrth/Tuesday

10.00am Boreol Weddi/Morning Prayer on Zoom (*Dwieithog/Bilingual*)

24 Dydd Iau/Thursday

7.00pm MU quiz on Zoom

25 Dydd Gwener/Friday

12 noon MU Wave of Prayer

27 Dydd Sul/Sunday Sul cyn y Garawys/Sunday before Lent

9.30am Cymun Bendigaid (*Cymraeg*)

11.00am Holy Communion (*English*)

Mawrth/March

1 Dydd Mawrth/Tuesday

9.00am Gwasaneth yn Ysgol Llanddarog

10.00am Cymun Bendigaid yn yr Eglwys i ddathlu ein Nawdd Sant Dewi

2 Dydd Mercher y Lludw/Ash Wednesday

9.15am Gwasanaeth yn Ysgol Y Fro Llangyndeyrn

7.00pm Cymun Bendigaid/Holy Communion (*Dwieithog/Bilingual*)

4 Dydd Gwener/Friday

7.00pm Cwrdd Chwiorydd Y Byd (Bethlehem Porthyrhyd)

6 Dydd Sul/Sunday Garawys 1/Lent 1

9.30am Cymun Bendigaid (*Cymraeg*)

11.00am Clwb Iau

5.00pm Evensong (*English*)

7 Dydd Llun/Monday

7.00pm Myfyrdod y Garawys/Lenten Meditation (*Dwieithog/Bilingual*)
on Zoom

8 Dydd Mawrth/Tuesday

9.00am Gwasanaeth yn Ysgol Llanddarog

9 Dydd Mercher/Wednesday

9.15am Gwasanaeth yn Ysgol Y Fro Llangyndeyrn

10 Dydd Iau/Thursday

7.00pm Undeb y Mamau/MU (Dathlu ein Nawdd Sant Dewi)

13 Dydd Sul/Sunday Garawys 2/Lent 2

9.30am Boreol Weddi (*Cymraeg*)

11.00am Clwb Iau

5.00pm Holy Communion (*English*)

14 Dydd Llun/Monday

7.00pm Myfyrdod y Garawys/Lenten Meditation (*Dwieithog/Bilingual*)
on Zoom

- 15 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol Llanddarog
- 16 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Y Fro Llangyndeyrn.
- 20 Dydd Sul/Sunday Garawys 3/Lent 3**
9.30am Holy Communion (*Dwieithog/Bilingual*)
- 21 Dydd Llun/Monday**
7.00pm Myfyrdod y Garawys/Lenten Meditation (*Dwieithog/Bilingual*)
on Zoom
- 22 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol Llanddarog
- 23 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol y Fro Llangyndeyrn.
- 27 Dydd Sul/Sunday Garawys 4/Lent 4 Sul y Fam/Mothering Sunday**
9.30am Gwasanaeth y Teulu/Family Service (*Dwieithog/Bilingual*)
Dim Gwasanaeth yn yr hwyr/No evening service
- 28 Dydd Llun/Monday**
7.00pm Myfyrdod y Garawys/Lenten Meditation (*Dwieithog/Bilingual*)
on Zoom
- 29 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol Llanddarog
- 30 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Y Fro Llangyndeyrn
- 31 Dydd Iau/Thursday**
7.00pm MU Quiz on Zoom
- Ebrill/April**
- 3 Dydd Sul/Passion Sunday**
9.30am Cymu Bendigaid (*Cymraeg*)
5.00pm Evensong (*English*)
- 4 Dydd Llun/Monday**
7.00pm Myfyrdod y Garawys/Lenten Meditation (*Dwieithog/Bilingual*)
on Zoom

- 5 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol Llanddarog
- 6 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Y Fro Llangyndeyrn
- 10 Dydd Sul/Sunday Sul y Blodau/Palm Sunday**
9.30am Cymun Bendigaid (*Dwieithog/Bilingual*)
Dim gwasanaeth yn yr hwyr/No evening service
- 14 Dydd Iau Cablyd/Maundy Thursday**
Glanhau Esgidiau/ Shoe Cleaning (10.00am – 12.00pm if permissible)
7.00pm Cymun Bendigaid/ Holy Communion (*Dwieithog/Bilingual*)
- 15 Dydd Gwener y Groglith/Good Friday**
2.00pm Gwasanaeth Gorsafoedd y Groes yn Eglwys Llangyndeyrn/
Service of Stations of the Cross at Llangyndeyrn Church
- 17 Dydd Sul Y Pasg/ Easter Sunday**
6.00am (approx.) Gwasanaeth Codiad Haul gyda brechwast yn dilyn yn yr
eglwys / 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
- 24 Dydd Sul/Sunday Pasg 2/Easter 2**
9.30am Holy Communion (*Dwieithog/Bilingual*)

The Lord Needs It

by Dr. Ralph F. Wilson

Donkeys are notoriously stubborn. Or, as one donkey psychologist opined, a donkey's natural reaction is to freeze when he senses danger, and then wait to assess the situation. So they're not really stubborn, you know, just careful. I guess that makes me feel better about donkeys. Doesn't it?

On Palm Sunday two thousand years ago or so, it is time for Jesus to enter Jerusalem as King. And so he arranges for a donkey, the animal of a king, similar to the animal that David his forefather had ridden. It is to fulfill the ancient prophecy of Zechariah:

"See, your king comes to you,
righteous and having salvation,

gentle and riding on a donkey,
on a colt, the foal of a donkey."

It may have been a spur-of-the moment arrangement, or anticipated by a prior conversation with the donkey's owner. No matter. Today, Jesus tells a couple of his disciples:

"Go to the village ahead of you, and as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' tell him, 'The Lord needs it.'"

Indeed, someone does challenge the disciples as they are getting the donkey. "What are you doing, untying that donkey? He isn't yours!"

"The Lord needs him," they say, and then go ahead unhindered, untying the colt and bringing it to Jesus. Jesus mounts this young donkey, and rides him into the Holy City, fulfilling prophecy, and setting off a sequence of events that end not in a gruesome crucifixion on Friday, but in a glorious resurrection early the following Sunday morning.

I am struck by the words the disciples are given to say should their assignment be questioned: "The Lord needs it."

First, the disciples need to calm the owners, then the young donkey itself. "The Lord needs it." Those words are enough.

Sometimes I've wondered if the Lord really needs me. What difference do I make to the Lord, among all the billions on the earth? And the philosopher in me wonders how a truly omnipotent God could ever need anything or anybody? But I quiet these thoughts.

The gospel writers tell us that Jesus needs a particular donkey this day, one who is unridden, unbroken. God's purposes forever set this particular donkey apart as the one the Lord uses. Maybe, later, the owners put up a sign on their fence: "Jesus of Nazareth rode on this very donkey!"

Why does Jesus choose this particular donkey on this particular day? We don't really know. But he does. His instructions are, tell anyone who asks: "The Lord needs it." And the donkey is made instantly available to the Lord, no matter what his owner has planned for it. *Mi donkey es su donkey.*

When I was nine years old, I became acutely aware that I hadn't given my life to Christ. That was my issue. Not, do I believe? But, will I give myself to God entirely, unreservedly, however he wants to use me?

For weeks I struggled with the realization that the Lord wanted me to give myself to him, and I was resisting. Kind of like a young, fearful, stubborn donkey. And then came the day when Jesus overcame my fears and I walked forward to pray with the pastor, my resistance over.

The Lord needs me. Oh, that's boastful, you say. Yes, but also true. He called for me, and now I'm available whenever and wherever he wants to use me. I've been like that donkey. Unbroken, at first. Skittish. Prancing a bit. But as I become comfortable with the Master riding on me, I begin to enjoy it. I look forward to it. To be needed, desired, wanted by Jesus is an amazing privilege, you know.

My dear friend, Jesus needs you. He's picked you out. Now he is calling you for his purposes. Are you willing? Are the words, "The Lord needs it," enough for you? Or will you be stubborn, selfish and fearful so that you freeze, refusing to move. I encourage you to relax and trust him. Jesus knows how to calm you, how to train you, how to use you in ways that will ever mark your life with glory. Relax, and let him take your rope. Then follow on. It'll be okay.

The story of Palm Sunday begins with a wonderful word: "The Lord needs it," met with instant permission.

Yes, my friend, the Lord needs you! Say, "Yes."

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A man who was completely innocent, offered himself as a sacrifice for the good of others, including his enemies, and became the ransom of the world. It was a perfect act.

Mahatma Gandhi

I believe in Christ, like I believe in the sun - not because I can see it, but by it I can see everything else.

C.S. Lewis

All the great works of art, the cathedrals - the Gothic cathedrals and the splendid Baroque churches - are a luminous sign of God, and thus are truly a manifestation, an epiphany of God.

Pope Benedict XVI

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