

Tafod Twrog

Rhif/No 91

Chwefror/Mawrth/Ebrill 2023
February/March/April 2023



SAINT TWROG'S CHURCH
LLANDDAROG

Ficer/Vicar

Canon Chancellor Dewi Roberts

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Annwyl Gyfeillion

Ar ddiwrnod olaf 2022, bu farw'r Pab Emeritws Benedict XVI. A diwrnod yn gynharach bu farw'r arwr pêl-droed o Brasil, Pele.

Pan oeddwn i'n tyfu i fyny, Pele oedd fy arwr, a dwi'n cofio gwylio Pele ar deledu bach du a gwyn yn haf 1970 pan enillodd Brasil Gwpan y Byd. Roedd yn ysbrydoliaeth i mi ac i gynifer o bobl ledled y byd. Rwy'n cofio Pele yn siarad am bwysigrwydd addysg, a'i eiriau doeth ar addysg oedd yr hyn yr oeddwn angen eu clywed ar y pryd.

Ond yn ystod yr 20 mlynedd diwethaf, rydw i wedi cael fy ysbrydoli gan ostyngyddrwydd ac argyhoeddiadau diwinyddol Benedict XVI. Mewn anerchiad hanesyddol yn Neuadd San Steffan yn 2010 gerbron y deddfwyr seneddol, dywedodd yn gwbl briodol:

“Nid problem i ddeddfwyr ei datrys yw crefydd, ond cyfrannwr hollbwysig i'r sgwrs genedlaethol. Yn y goleuni hwn, ni allaf ond lleisio fy mhryder ynghylch gwthio crefydd yn gynyddol i'r cyrion, yn enwedig Cristnogaeth, sy'n digwydd hyd yn oed mewn cenhedloedd sy'n rhoi pwyslais mawr ar oddefgarwch.”

Mae'r pryder hwn hyd yn oed yn fwy perthnasol heddiw. Mae angen i ni wrando ar leisiau sy'n siarad y gwir gyda gostyngyddrwydd a gras, sy'n siarad â doethineb tawel ond dwys, ac roedd Benedict XVI yn llais o'r fath.

Rwy'n cofio pan oeddwn yn fyfyrwr yn y coleg diwinyddol, fe'n hanogwyd i bregethu'n glir ond i beidio â cheisio troi pwynt gwan yn un cryf yn syml trwy godi ein llais. Yn anffodus, yn ein hoes ni, y lleisiau uchel heb fawr o sylwedd sy'n cael y mwyaf o amlygiad a'r lleisiau tawel a doeth sy'n aml yn mynd yn ddisylw.

Ar ddechrau teyrnasiad Pab Benedict XVI, dywedodd:

"Mae bwydo'n golygu cariad a chariad hefyd yn golygu bod yn barod i ddioddef. Mae cariad yn golygu rhoi i'r praidd yr hyn sy'n wirioneddol dda, maeth gwirionedd Duw, gair Duw, maeth ei bresenoldeb."

Yn olaf hoffwn ddyfynnu Benedict ar y gobaith Cristnogol:

“Mae atgyfodiad Crist yn ddigwyddiad sydd, er ei fod yn rhagori ar hanes, yn digwydd ar adeg benodol mewn hanes ac yn gadael ôl annileadwy arno. Mae’r golau a syfrdanodd y gwarchodwyr gan gadw golwg ar feddrod Iesu wedi croesi amser a gofod. Mae'n fath gwahanol o olau, yn olau dwyfol, sydd wedi hollti tywyllwch angau ac sydd wedi dwyn i'r byd ysblander Duw, ysblander Gwirionedd a Daioni.”

Pob bendith yng Nghrist Iesu

Canon Chancellor Dewi Roberts

Dear Friends

Vicarage

On the last day of 2022, Pope Emeritus Benedict XVI died and the Brazilian football legend Pele died the day before.

When I was growing up, Pele was my hero, and I remember watching Pele on a small black and white television in the summer of 1970 when Brazil won the World Cup. He was an inspiration to me and to so many people throughout the world. I recall Pele speaking about the importance of education and his wise words on education were what I needed to hear at the time.

But in the last 20 years or so I have been inspired by the humility and theological convictions of Benedict XVI. In an historic address in Westminster Hall in 2010 before the parliamentary legislators he rightly said:

“Religion is not a problem for legislators to solve, but a vital contributor to the national conversation. In this light, I cannot but voice my concern at the increasing marginalization of religion, particularly of Christianity, even in nations which place a great emphasis on tolerance.”

This concern is even more pertinent today. We need to heed voices that speak the truth with humility and grace, that speak with a quiet but profound wisdom, and Benedict XVI was such a voice.

I remember when I was a student in theological college, we were encouraged to preach clearly but not to try to turn a weak point into a strong one simply by raising our voice. Unfortunately, in our time it is the loud voices with little substance that get the most exposure and the quiet and wise voices that often go unheeded.

At the start of Benedict's pontificate, he said:

"Feeding means loving and loving also means being ready to suffer. Loving means giving the sheep what is truly good, the nourishment of God's truth, of God's word, the nourishment of his presence."

Lastly, I would like to quote Benedict on the Christian hope:

"The Resurrection of Christ is an event which, while it surpasses history, nevertheless happens at a precise moment in history and leaves an indelible mark upon it. The light which dazzled the guards keeping watch over Jesus' tomb has traversed time and space. It is a different kind of light, a divine light, that has rent asunder the darkness of death and has brought to the world the splendour of God, the splendour of Truth and Goodness."

Every blessing in Christ Jesus

Canon Chancellor Dewi Roberts

Editorial

I realised only when putting together this edition of Tafod Twrog that Easter will soon be here! The Plygain service was very well attended and enjoyed by all, including the opportunity for friendship and food after the service.

I was pleased to see Debbie's article on the hymn "Morning has broken" as whenever I sing that hymn I am reminded of my father, whose favourite hymn it was and we sang it at his funeral. So happy and sad memories too – mixed emotions as they say.

I have translated the article from the children of Llanddarog School as I know those who do not have sufficient Welsh like to hear about what the children are doing.

Mothers' Union members continue to follow a busy programme of meetings and quizzes. But for those who are unaware, membership is not limited to mothers – oh no it is an equal opportunities organisation. You do not have to be a mother and you do not have to be female. Mothers' Union is a charity which encourages family life around the world and in doing so we also make sure our members enjoy meeting together, hearing from various speakers and enjoying the companionship of others. So come and join us.

I would be grateful if you could let me have your articles for the next edition to cover May, June and July by 17th April.

Margaret Rees

reesmargaret@outlook.com

Bedydd / Baptism

18.10.22 Hunydd Mai Jones, Porthyrhyd

Priodas / Marriage

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

Angladd / Funeral

7.12.22 Sheila Mary Margetson, Llwynfainc, Mynyddcerrig

17.12.22 David John Raymond Lloyd, Cae Person, Llanddarog

13.1.23 Vera Rees, Bron-yr-Inn, Drefach

We sympathise with the families of Mrs Vera Rees, Drefach, Mr Hugh Evans, Isyllan and Mr Alun Evans, Bromebyd. May they find support from the resurrected Lord who assured us that he is the Light of the World. May they rest in peace and rise in glory. (You can read more about them in the next edition of Tafod Twrog)

Mr Raymond Lloyd

We thank God for the life of Raymond and what a full life it was. He grew up in Mynyddcerrig one of five siblings, born to Elizabeth and Jack Lloyd. Mynyddcerrig was a very special place for Raymond and it was here that both he and Phyllis raised their children Hilary and Cindy before moving some years later to Tumble. Maeslan estate in Mynyddcerrig was one huge family in those days and there were parties to celebrate this and that. Any excuse to be together and they were all chipping in. They say that you can take a person out of Mynyddcerrig but you can't take Mynyddcerrig out of the person. And this was so true of Raymond. It was a safe place to raise a family. The important values of family life were deeply rooted in its inhabitants. Raymond was a family person and he adored his grandchildren, Jayne, David, Sarah and James. He was also proud of his great grandchildren and great great grandchildren. It was JK Rowling who said "Family is a life jacket in the stormy sea of life".

Raymond was a hard worker and worked until he was 75 years old. He knew that "Hard work beats talent, when talent doesn't work hard". He was a man who could speak to anyone as he was such an interesting person, even right to the end in his mid 90's. I am reminded of Kipling's famous poem when he was advising his son to move through life with composure and to always exercise self-control, integrity and humility and these are some words from the poem. "Yes if you can talk with crowds and keep your virtue or walk with kings - nor lose the common touch" and Raymond could do both.

He was also a great musician and played the Piano accordion every Saturday

night for years at the Abadam Arms with the late Terry Gibbard Jones. He and Phyllis would sing a duet together. Yes he was a man of many talents. He also enjoyed his rugby, who wouldn't like rugby coming from Mynyddcerrig? He didn't like it though when Wales didn't play to the best of their ability. He was telling me last season there is too much money in the game today and would then refer to the great rugby stars of the 60's and 70's. He was critical at times of the referees but it was only praise for Nigel Owens as he hailed from Mynyddcerrig. We can say that Sport is like life. It requires perseverance, self denial, hard work, sacrifice, dedication and respect for authority. Indeed values that were so important to Raymond.

Raymond was also an avid traveller. After retiring he liked going away with Laura to Scotland and other places in Wales, travelling in his camper van. Very often it would break down and Raymond and Laura would come back home in the AA recovery vehicle. But this was happening so often that in the end the AA wouldn't accept him as a member and what did Raymond do? - Switch to the RAC. So now he was their problem.

He was telling me that he remembered Charlie of Charlie's Stores starting off his business and selling things from a little shed outside Newtown. He would buy things from him which he didn't really want just to support him. He also loved travelling to Aberaeron, that was a favourite place with fish and chips in the Celtic.

During lockdown when we were told not to travel more than 3 miles Raymond would do a round trip of 30 miles as he would go around Llandeilo and back home. However he was telling me that he was only doing that because the car needed a good run. He was 92 then.

For his age he was a very interesting person and young at heart. That is why people liked to call in to see him regularly. He would also enjoy going over with Morwenna to the Post Office for a cup of coffee and looked forward to the Cawl on Wednesdays made by Jan. I think he knew everything that went on in the Churchyard as until about a year ago he would walk over and would enjoy sitting on the late Henry Lewis bench. I'm sure he will still look down on us and check up that things are as they should be.

Raymond was a man of strong faith. His Bible was in tatters as it was a bible that was in regular use. I believe that the Bible has been placed with him in the coffin. I was very privileged to take him Holy Communion on a regular basis and Morwenna joined us as well, and he wanted a sermon every time and would ask searching questions. He also wanted to know when there was a service in the church as he enjoyed listening to the church bell ringing from his back door. And isn't it so strange that he died at 5pm on Sunday evening when the bell was ringing for the Holy Communion Service.

Lots of churches complain that the older generation have not returned after the

Pandemic, well can I tell you Raymond was in Church every Sunday even when he had to wear his mask and sanitise his hands. He'd be the first to arrive and he was the first person who was allowed to leave the church at the end of the service and he felt quite honoured about that.

He was a very generous person and would contribute regularly to our Food Bank and Toy Appeal and also to the General Church fund. During lockdown when the church was closed for about 5 weeks he would leave his weekly contribution in the church envelope at the Shop. He will be missed by his family, who he dearly loved: Hilary and Cindy, John and Nolan, Jayne, David, Sarah and James and his great and great great grandchildren, his brother Terry, his close friend Peter and by Morwenna who cared so faithfully for him, He will be missed also by his Church family here at St Twrog's. I'm sure Raymond would echo the words of President George Bush "When all the dust is settled and all the crowds are gone, the things that matter are faith, family and friends".

Coffa da amdano a bydded iddo orffwys mewn hedd a chyfodi mewn gogoniant.

Rev. Jean Voyle Williams

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, Freda Davies, Marilyn Jones, Peg Harries, Rosemary Tilley, Lyn Haskins, Mags Rees, Rose Rees, Eirwen Davies, Doreen Northwood, Alun Thomas, Keith Williams, Alison and Richard Amner, Craig Morgan. Please inform the wardens if someone falls ill or is in hospital.

Llongyfarchiadau / Congratulations

Many congratulations to John Rees who will celebrate his 90th birthday on 24 March, Marian Daniels who celebrates her 80th on 4th February and Mair Rees, whose 80th birthday is on 29 April. If you know of special celebrations coming up in May, June or July please let us know in advance so that we can congratulate the people concerned in Tafod Twrog. Contact Margaret at reesmargaret@outlook.com, 275479 or see her in church.

Flower Rota

February 5th and 12th

Mrs Mair Rees, Is-y-Llan

February 19th and 26th

Mrs Myfanwy Rees,

No flowers during Lent

April 9th and 16th

Mrs E Richards, Glynhelig

April 23rd and 30th

Mrs Pam Roper

Morning Has Broken by Eleanor Farjeon

After a lovely church service in St Twrog's Church where this lovely hymn was sung beautifully, I was moved to find out about the life of the poet Eleanor Farjeon who had written it.

"Morning Has Broken" was a children's hymn written by Eleanor Farjeon:

Morning has Broken like the first morning.
Blackbird has spoken like the first bird.
Praise for the singing, praise for the morning
Praise for them springing fresh from the world."

The lyric is a reference to the Book of Genesis in the Bible, where God creates Earth on the first morning. It was inspired by Eleanor's childhood of Alfriston. She was an English author of children's stories and plays, poetry, biography, history and satire. Several of her works had illustrations by Edward Ardizzone.

Eleanor, known as Nellie, was a small timid child with poor eyesight and suffered from ill health throughout her childhood. Born on 13 February 1881. Died 5 June 1965. Farjeon died in Hampstead, London and is buried in the north churchyard extension of St John's-at-Hampstead.

The inspiring life affirming lyrics are often sung in children's services and funerals. Pop singer, Cat Stevens, had a hit during the 70s after he read the lyrics in an old hymn book. *Debbie Roberts*

Mothers' Union ~ Undeb y Mamau

In November, following opening prayers, readings and announcements, Jean introduced the Brains of our Question Time team. They were the Vicar, Mrs. Daphne Evans, Prof. Andrea Liggins and Ven. Randolph Thomas. Questions included their choice of guests for dinner, embarrassing moments, solving problems in the Diocese, should there be an Investiture of the Prince of Wales and should MU change its name? An interesting evening, plenty of food for thought.

The Carmarthen MU Archdeaconry Gathering was held in Llanllwch on 19th November. Jean, Debbie, Marion Little and Barbara attended. Eiryth lit the Christ candle and welcomed everyone. Chaplain Glenys led prayers before Enfys, a trustee, took the meeting.

Wendy, treasurer, reported that donations for AFIA were half the usual amount, two holidays had been given, but it had been decided to give more days out and weekends, as the caravans were expensive, and it would benefit more

families. The partnership with Plant Dewi is increasing. Jane Rees, new Trustee for Carmarthen has taken over as Coordinator of AFIA. Anyone can apply, and be recommended by a professional, Doctor. Vicar etc. The object is to help those whose family life has met adversity.

Rev. Delyth Wilson expressed thanks for the MU support of Plant Dewi Baby Bundles, demand for which has doubled. They hope to re-open the shop in King Street, not just selling good clothes, but with facilities for a baby changing facility for young Mums etc.

Enfys played a video which had been shown and discussed at the 2022 General meeting in Liverpool. It imagined 2026 with MU Branches closed and none of the good projects taking place. We are aware that several Branches in our Diocese have already closed since Covid. Many people do not know what the MU does, their light is hidden under a bushel. Change is essential, but not everything. We need to look at things differently.

After lunch the speaker was Annalyn from Ty Croeso, Pwll Trap, Community Officer in Bethlehem Chapel. As a result of Covid they realised that there was a need to reach out into the Community. Pews were removed in the chapel and comfortable chairs installed, along with Wifi. They provided toiletries to Carmarthen's Women's Refuge and warmer duvets, pyjamas and dressing gowns. Pethau Olyv is a hub and drop off. They have a food partnership with the Co-op. A Readathon raised over £1000 for Talking books and Plant Dewi. A weekly newsletter is produced. She thanked MU and the LMA for their support. Very enthusiastic, no task seemed too difficult.

During our President Heather's address she gave a background to her membership of MU and how much it had changed during her time. The world is changing and we need to change.

The next Archdeaconry Gathering will be in Bronwydd, June 2023.

The Deanery Advent service was held on 7th December in Abergwili, led by Rev. Jenny Britton. It was fitting that Alison Mason, Abergwili Treasurer, carried the new Diocesan Banner, as she had designed it. As the service took place during the 16 Days of Activism against Gender based Violence, the collection was given to MU Action against Gender based Violence Global.

Our January AGM meeting was held on Zoom. It opened with readings and prayers followed by Jean, Branch Leader's Report. Her mother Auriol, who had been a branch member since the branch started in Llanddarog 73 years and 6

months ago, had died 12 days before her 96th birthday. Daphne and Kim had both lost their husbands and the Vicar his mother. Jenny was not joining this year due to ill health, but we had a new member, Wendy Beynon. The plan was to recruit more this year.

Mari Thomas had resigned as Carmarthen Archdeaconry Vice President, replaced by Eiryth Thomas, Llanllwch. We are one of the strongest Branches in the Archdeaconry. Jean planned to send a quarterly letter to the current six Indoor members as she was unaware of anything coming from Mary Sumner or the Diocese. Vilna would continue the Press reports.

Barbara reported on the Deanery activities and Margaret gave her Treasurer's report. We now have 30 members. Money has been put aside for a new banner, and the small change we collect in our boxes has gone to the Diocese towards the Overseas Collection.

All the Officers were re-elected.

Dates for your Diary

Thursday 2 nd February	Archidiaconal Stripping the Jesse Tree service at 6.30pm
Thursday 9 th February	Speaker, Davina Jones with Barney the Guide dog.
To Be Announced February	Wave of Prayer
Thursday 9 th March	Dathlu Dydd Gwyl Dewi Sant/ Celebration of St David's Day with Cawl and companionship
Saturday 25 th March	Lady Day, Holy Communion in church at 10am.
Thursday 6 th April	Maundy Thursday. Cleaning shoes outside the Post Offices in Llanddarog and Porthyrhyd. Holy Communion at 7pm in church.
Saturday 29 th April	Mothers' Union Festival in St Davids Cathedral

Meetings are held in church on the 2nd Thursday of the month at 7pm unless otherwise stated. New members always welcome. Enquiries to Rev. Jean Voyle Williams, 01267 275222

NEWYDDION YSGOL YR EGLWYS LLANDDAROG

Rydym wedi bod yn brysur iawn dros y tymor diwethaf. Dyma ychydig o newyddion am brif ddigwyddiadau'r tymor oedd yn arwain ian at y Nadolig.

Rydym wedi penderfynu ail agor ein siop ffrwythau unwaith eto ac mae swyddogion yr Eco-Gyngor Ysgol yn trefnu trwy archebu ffrwythau o siop

Drefach yn wythnosol. Mae'r siop ar hyn o bryd yn gwerthu afalau, bananas ac orennau bach yn ddyddiol am 40c. Rydym yn gobeithio y byddwn yn gwneud elw yn ystod y flwyddyn er mwyn gallu prynu adnoddau newydd i'r iard chwarae.

Roedd pawb yn edrych ymlaen at ddiwrnod Plant Mewn Angen yn ystod mis Tachwedd ac eleni gwisgon byjamas i'r ysgol. Roedd nifer ohonom yn awyddus hefyd i gael tatŵ a'n hwynebaw wedi'u peintio yn ystod y dydd. Diolch i bawb am gyfrannu a chymryd rhan yn yr hwyl. Llwyddom i gasglu £127 ar gyfer yr elusen.

Roedd wythnosau olaf y tymor yn rhai prysur dros ben wrth i ni baratoi ar gyfer ein Sioe Nadolig, "Nadolig Ein Pentre Ni," yn Neuadd Llanddarog. Roedd y stori yn dilyn hanes plant yr ysgol yn trefnu sioe Nadolig eu hunain gan fod yr athrawon yn rhy brysur, ac yn ystod y sioe buom yn ymweld â gwahanol gymeriadau'r pentref. Roeddem ni i gyd wedi mwynhau cael y cyfle i berfformio unwaith eto yn y neuadd. Diolch i bawb a ddaeth i'n cefnogi. Rydyn yn gobeithio y gwnaethoch fwynhau.

Cawsom ein parti Nadolig yn yr ysgol ddydd Mercher 22ain o Ragfyr a phawb wedi mwynhau y gemau a'r dawnsio. Yn ystod y parti galwodd Sion Corn heibio a buom yn canu carolau ac yn sgwrsio gyda fe wrth iddo ddosbarthu anrhegion i ni gyd. Diolch yn fawr Sion Corn.

Angharad a Gruff, Dosbarth Pantyffynnon.

We've been very busy over the last term. Here's some news about the main events of the term leading up to Christmas.

We have decided to re-open our fruit shop once again and the School Eco-Council officers are organising by ordering fruit from Drefach shop on a weekly basis. Our shop currently sells apples, bananas and small oranges daily for 40p. We hope to make a profit during the year so that new playground resources can be purchased.

Everyone was looking forward to the Children in Need day during November and this year wearing pyjamas to school. Many of us were also keen to get our faces painted during the day. Thanks to everyone for contributing and taking part in the fun. We managed to raise £127 for the charity.

The final weeks of term were extremely busy as we prepared for our Christmas Show, "Christmas in Our Village," at Neuadd Llanddarog. The show followed the story of the school children organising a Christmas show themselves as the teachers were too busy, and during the show we visited the different characters of the village. We all enjoyed having the opportunity to

perform once again in the hall. Thank you to everyone who came to support us. We hope you enjoyed.

We had our Christmas party at school on Wednesday 22nd December and everyone enjoyed the games and dancing. During the party Father Christmas called in and we sang carols and chatted with him as he handed out gifts to us all. Thank you very much Father Christmas.

Angharad and Gruff, Dosbarth Pantyffynnon

Clwb lau

Clwb lau have had a busy few months and have welcomed some new children which is always an exciting time.

The children worked very hard practicing for their Nativity play and it was lovely seeing it all come together on Christmas Eve. They did exceptionally well and it was lovely to see the older children helping the younger ones, they sang beautifully and really gave you the Christmas spirit. It was lovely so see so many parents, grandparents, the church community coming together. Many thanks to Myfanwy for writing the script and Wendy for playing the piano.



We had a very enjoyable Christmas party on Saturday 14 January for Clwb lau members with fourteen present and another four unable to make it due to illness or other commitments. See just one of the many photos taken on the day.

Following our meeting we have decided to hold Clwb lau every two weeks commencing from January 2023. We have lots of exciting activities to do as well as a Christening of one of our children in February.

- March 5 Mothers Day activities
- March 29 Mothering Sunday Service at 9.30
- April 2 Easter treasure hunt
- April 23 Spring / Easter activities

Thank you very much to Vicar Dewi, Jean Voyle Williams and all the parents for their continued support.

Helen, Maria and Sian

Bowlio Dan Do Llanddarog Indoor Bowls

Cysylltwch/Contact: Enquiries to Lewis Jones 01267 275593.

Clwb Ffermwyr Ifanc Llanddarog

Os hoffech dderbyn fwy o wybodaeth am Glwb Ffermwyr Ifanc Llanddarog cysylltwch gyda'r ysgrifenyddes Menna Isaac ar;

E-bost: c.ff.i.llanddarog.y.f.c@gmail.com

Facebook: CFfl Llanddarog YFC

Wednesday Craft Group

Our Group meets on 1st, 2nd, 4th and 5th Wednesdays each month from 2-4pm at Heolddu Farm.

We started the New Year looking forward to 2023 with Scrap books made from recycled materials (old ring binders, left over pieces of fabric and an assortment of scraps). Before Christmas our activities included Macrame, Supermarket trolley tokens, Glitter glue painted acrylic stars hanging on twigs, Christmas cards and Christmas crackers.

Where possible we use materials rescued from our blue recycling bags and other items members and friends no longer have a use for.

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

Gardening Club

We meet on the third Wednesday each month 2-4pm at Jenny's, in her garden weather permitting, to discuss gardening in general and our current project. We also exchange plants, cuttings and seeds.

Chairperson: Jenny 07562 278445; Secretary: Elizabeth 01269 832569

Llanddarog Show

For information regarding the Show please contact Claire Williams on Secretary@sioellanddarogshow.co.uk or on 07854 838524.

Knit and Natter

We continue to make blankets for the Plant Dewi baby bundles and warm hats, scarves and blankets for the Food Bank who provide these to those who are unable to heat their homes sufficiently. We meet on the first and third Thursday each month and are always ready to help people learn to knit, but its also an opportunity to socialise in a comfortable environment. Members who feel they want to, offer their homes for the sessions –

which works out about three times a year, but it isn't essential to host a meeting. If there is anything you feel we could knit to support a particular charity please let us know.

Hosts for this quarter will be:

2 nd February	Carol King	16 th March	Celia Bond
16 th February	Elizabeth Wills	6 th April	Ann Davies
2 nd March	Margaret Morris	20 th April	Jenny Youens

Cysylltwch/Contact Margaret Rees on 275479 if you would like to join us.

Merched y Wawr

Blwyddyn Newydd Dda a dymuniadau gorau i bawb yn 2023.

Yn ein Noson Goffi ar y 19^{eg} o Hydref roedd y neuadd dan ei sang a'r gŵr gwadd oedd y newyddiadurwr a'r gohebydd Iwan Griffiths. Siaradodd yn ddifyr am ei waith sydd yn hynod o brysur o ran adrodd newyddion ac ymweld a gwahanol ardaloedd. Bu'n noson hwylus dros ben dan lywyddiaeth fedrus Gwenda Evans, llywydd y noson. Anfonwyd elw o £200 at elusen Justin Time.

Cynrychiolwyd y Gangen yn y Cwis Hwyl gan Marian Sewell, Mair Davies, Gwenda Evans a Janet Thomas. Llongyfarchiadau i'r tîm am sicrhau 78 pwynt.

Mis Tachwedd croesawyd Catrin Windsor-Jones a rhoddodd grynodedb o'i chefnidir, ei gyrfa ym myd fferylliaeth a'i phrosiect cymharol newydd, sef sefydlu busnes rhan amser sy'n deillio o'i diddordeb mewn cerdded Nordig. Soniodd am y manteision corfforol a meddyliol o ymarfer y dechneg hon ac am y gwasanaeth y mae yn ei gynnis yn lleol. Treuliwyd orig ddifyr iawn yn gwrando arni a gyda gwahoddiad i ni drïo cerdded Nordig yn y Gerddi Botaneg.

Cafwyd Cinio Nadolig ar Rhagfyr 8^{fed} yn yr Hydd Gwyn, Llanddarog. Croesawyd pawb yn gynnes gan y llywydd Margaret Davies, a'r wraig wadd oedd Angela Skym gyda neges llawn hiwmor.

Mis Ionawr edrychwn ymlaen at gwmni Gethin Thomas, yn Chwefror Laura Caradog yn sgwrsio am Yoga a Meddwlgarwch ac yn mis Mawrth byddwn yn dathlu Gŵyl Ddewi yng nghwmni Myfanwy Rees.

Am fwy o fanylion cysylltwch ag Eirwen Jones, Ysgrifenyddes ar 01267 275593.

Neuadd y Pentre Llanddarog Village Hall

Llanddarog hall is now open. Contact Mair Davies 01267275271.

Porthyrhyd & Llanddarog Pensioners Society

Our first meeting of the year was a Brains Trust Panel with Councillor. Ann Davies, Canon Chancellor Dewi Roberts and Huw Voyle-Williams, who entertained us, answering many questions posed by Angela on behalf of members.

On February 7th Dr. Sheikl Ahmed will speak about 'Poisons to Prescriptions'. Having visited Myddfai last year in June when Sheikl spoke of the Doctors of Myddfai, we look forward to enjoying this illustrated talk.

March 7th will see us celebrate our patron saint with Ysgol Llanddarog - always a happy occasion.

In April we will learn about Honey, which as we all know is a wonderful substance.

In May we are finally going to Bodelwyddan. Having originally scheduled this holiday for 2020, it is greatly anticipated.

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

As we welcome longer days moving into Spring, we continue to meet twice monthly, on the first Wednesday of the month and again later.

In January we met on the 4th and 20th when we enjoyed lunch at The Coalhouse Grill, Crosshands. On February 1st in the village hall we will reflect on our school reports and wearing our Green Hearts to show our support for the Climate Coalition and our love of this planet. On the 21st February, we shall support the local bus service by travelling to Ammanford and enjoying that town.

We meet on 1st March for a St David's Celebration with a Cawl Supper in the hall at 7pm with a guest speaker on Reflexology. On 23rd March Llanddarog WI will host the Gwenllian Group Meeting, the first such meeting since October 2019.

Any inquiries please contact Margaret 275946 or Marion 275507.

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

- 1 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 2 Dydd Iau/Thursday**
6.30pm MU Service for the Archdeaconry of Carmarthen at
St Twrog's Stripping of the Jesse Tree
- 5 Dydd Sul/Sunday Third Sunday before Lent**
9.30am Cymun Bendigaid (*Cymraeg*)
5pm Evensong (*English*)
- 7 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd Yr Eglwys Yng Nghymru
Llanddarog
- 8 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 9 Dydd Iau/Thursday**
7pm Undeb y Mamau/MU Guide Dogs for the Blind
- 12 Dydd Sul/Sunday Sul y Greadigaeth/Creation Sunday**
9.30am Boreol Weddi (*Cymraeg*)
5pm Holy Communion (*English*)
- 13 Dydd Llun/Monday**
10.30am MU Deanery Meeting at the Ivy Bush
- 14 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd Yr Eglwys Yng Nghymru
Llanddarog
- 15 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 18 Dydd Sadwrn/Saturday**
10-12pm Bore Coffi Plant Dewi/ Plant Dewi Coffee Morning
(Tannau Twrog yn perfformio)
- 19 Dydd Sul/Sunday Sul y Gweddnewidiad/Transfiguration Sunday**
9.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)
- 22 Dydd Mercher y Lludw/Ash Wednesday**
7pm Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

- 23 Dydd Iau/Thursday**
7pm MU Quiz on Zoom
- 26 Dydd Sul/Sunday Garawys 1/Lent 1**
9.30am Cymun Bendigaid (*Cymraeg*)
11am Holy Communion (*English*)
- 27 Dydd Llun/Monday**
7pm Myfyrdod y Garawys/Lenten meditation on Zoom
- 28 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd Yr Eglwys Yng Nghymru
Llanddarog

Mawrth/March

- 1 Dydd Mercher/Wednesday Dydd Gwyl Ddewi**
10am Cymun Bendigaid (*Cymraeg*)
6pm Licensing of Revd Jim Flanagan as Priest in Charge of
St Mary's Cydweli at St Mary's Church
- 3 Dydd Gwener/Friday Dydd Gweddi Byd Eang y Gwragedd**
7pm Gwasanaeth yng Nghapel Newydd Llanddarog
- 5 Dydd Sul/Sunday Garawys 2/Lent 2**
9.30am Cymun Bendigaid (*Cymraeg*)
5pm Evensong (*English*)
- 6 Dydd Llun/Monday**
7pm Myfyrdod y Garawys/Lenten Meditation on Zoom
- 7 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd Yr Eglwys Yng Nghymru
Llanddarog
- 8 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 9 Dydd Iau/Thursday**
7pm Undeb y Mamau/Mothers' Union
Cawl a Chan i ddathlu Gwyl Ddewi
- 12 Dydd Sul/Sunday Garawys 3/Lent 3**
9.30am Boreol Weddi (*Cymraeg*)
5pm Holy Communion (*English*)
- 13 Dydd Llun/Monday**
7pm Myfyrdod y Garawys/Lenten Meditation on Zoom

- 14 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd Yr Eglwys Yng Nghymru
Llanddarog
- 15 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 19 Dydd Sul/Sunday Lent 4 Sul y Fam/Mothering Sunday**
9.30am Gwasanaeth y Teulu/Family Service (*Dwyieithog/Bilingual*)
- 20 Dydd Llun/Monday**
7pm Myfyrdod y Garawys/Lenten meditation on Zoom
- 21 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd Yr Eglwys Yng Nghymru
Llanddarog
- 22 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 25 Dydd Sadwrn/Saturday**
10am Lady Day Holy Communion
- 26 Dydd Sul/Sunday Sul y Dioddefaint/Passion Sunday**
9.30am Cymun Bendigaid (*Cymraeg*)
11am Holy Communion (*English*)
- 27 Dydd Llun/Monday**
7pm Myfyrdod y Garawys/Lenten Meditation
- 28 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd Yr Eglwys Yng Nghymru
Llanddarog
- 29 Dydd Mercher/Wednesday**
9.15 Gwasanaeth yn Ysgol Llangyndeyrn
- 30 Dydd Iau/Thursday**
7pm Cwis Undeb y Mamau/MU Quiz

Ebrill/April

- 2 Dydd Sul/Sunday Sul y Blodau/Palm Sunday**
9.30am Cymun Bendigaid/ Holy Communion (*Dwyieithog/Bilingual*)
- 6 Dydd Iau Cablyd/Maundy Thursday**
10-12 Glanhau Esgidiau/ Cleaning shoes outside Llanddarog and
Porthyrhyd Post Offices.
7pm Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

- 7 Dydd Gwener y Groglith/Good Friday**
2pm-3pm Gorsafoedd y Groes/Stations of the Cross (Llanarthne Church)
- 9 Sul y Pasg/Easter Sunday**
6am Gwasanaeth Codiad Haul/ Sunrise service with breakfast to follow in Church
9.30am Cymun Bendigaid (*Cymraeg*)
11am Holy Communion (*English*)
- 16 Dydd Sul/Sunday Pasg 2/Easter 2**
9.30am Cymun Bendigaid/Holy Communion (*Dwieithog/Bilingual*)
- 18 Dydd Mawrth/Tuesday**
9am Gwasanaeth yn Ysgol Gynradd yr Eglwys yng Nghymru Llanddarog
7pm LMA Meeting Llanddarog Church
- 19 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn ysgol Gynradd Llangyndeyrn.
- 23 Dydd Sul/Sunday Pasg 3/Easter 3**
9.30am Cymun Bendigaid (*Cymraeg*)
11am Holy Communion (*English*)
- 29 Dydd Sadwrn/Sunday**
2pm MU Festival at St Davids Cathedral
- 30 Dydd Sul/Sunday Pasg 4/Easter 4**
10am Addoliad ar y cyd/ Joint Service Llanarthne

OPEN CHURCH

*The Church will be open all day on Sundays from 9.30 am to 6pm.
The Church can be made available at any time for private prayer.*

Please contact:

<i>Canon Dewi Roberts:</i>	<i>275556</i>
<i>Rev. Jean Voyle Williams</i>	<i>275222</i>
<i>Mr Huw Voyle Williams, Warden</i>	<i>275222</i>
<i>Mrs Mair Rees, Warden</i>	<i>275396</i>
<i>Miss Vilna Thomas, Secretary</i>	<i>275372</i>

**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	Cymun Bendigaid/Holy Communion (Dwyieithog/Bilingual)			9.30 am
Sul/Sunday 4	Cymun Bendigaid	9.30 am	Holy Communion	11 am
Sul/Sunday 5	Cymun dwyieithog gyda eglwysi Llanarthne a Llangyndeyrn / Bilingual Holy Communion with the Llanarthne and Llangyndeyrn Churches. Lluniaeth i ddilyn / Refreshments to follow			10 am

Swyddogion St Twrog Church Officials

Wardeniaid / Wardens	Mrs Mair Rees Mr Huw Voyle-Williams	275396 275222
Trysorydd / Treasurer	Mr Robert Jones	275756
Ysgrifennydd / Secretary	Miss Vilna Thomas	275372
Undeb Y Mamau / Mothers' Union Ysgrifennydd / Secretary Ysgrifennydd Cynorthwyol / Assistant Secretary Trysorydd / Treasurer	Mrs Mair Rees Mrs Elizabeth Wills Mrs Margaret Rees	275396 01269832569 275479
Clwb Iau	Mrs Helen Beynon Mrs Sian Plimmer Mrs Maria Jones	07761083414 07528378374
Glanhauwraig / Cleaner	Mrs Pam Roper	275656
Swyddog Diogelwch Iechyd / Health & Safety Officer	Mr Huw Voyle Williams	275222
Swyddog Diogelu / Safeguarding Officer	To be appointed in the near future	
Cydlynnydd Y Wefan / Website Coordinator	Mrs Margaret Rees	275479