

Tafod Twrog

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August/September/October 2023



Ficer/Vicar

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Annwyl Gyfeillion

“Peidiwch â phryderu am ddim, ond ym mhob peth gwneier eich deisyfiadau yn hysbys i Dduw trwy weddi ac ymbil, ynghyd â diolchgarwch.” Philipiaid 4:6

Mae diolch yn feddyginiaeth ardderchog i bryder. Ond mae bywyd modern yn ein gwneud yn fwyfwy pryderus. Mae bywyd yn fwy cymhleth heddi nag yr oedd 50 mlynedd yn ôl. Er enghraifft, mae agor cyfrif banc neu gael morgais neu basio prawf gyrru i enwi dim ond tri pheth yn ymddangos yn anoddach a chymhleth heddiw. A'r genhedlaeth iau sy'n gorfod goresgyn yr anawsterau a'r cymhlethdodau hyn yn bennaf oll.

Rydym yn wir yn byw mewn byd cymhleth a phryderus a hynny cyn i un feddwl am ddiffyg heddwch yn y byd, neu am newid hinsawdd, neu hinsawdd economaidd anodd. Felly, beth allwn ni fod yn ddiolchgar amdano, a fydd yn ein helpu i leihau ein pryder.

Gallwn ddechrau gyda 4 peth bach (er nad yw'r rhain cyn lleied os nad oes gennych chi nhw):

1. Aer glân i'w anadlu (gan nad oes gan bawb aer glân i'w anadlu).
2. Gwely i gysgu ynddo yn y nos (canys nid oes gan bawb wely i gysgu ynddo).
3. Y gallu i ddarllen ac ysgrifennu (canys nid yw pawb yn gallu darllen nac ysgrifennu).
4. Dŵr glân i'w yfed (canys llawer yn ein byd sy'n dioddef oherwydd diffyg dŵr glân).

A beth am 4 peth mawr:

1. Cael teulu (canys nid oes gan bawb deulu).
2. Bod yn iach (gan nad oes gan bawb iechyd da).
3. Gwybod bod gennym ni fwyd i'w fwyta heddiw (canys nid oes gan bawb sicrwydd y bydd ganddyn nhw unrhyw fwyd heddiw nac yfory).
4. Gwybod bod gennych y gallu i feddwl yn glir ac yn ddigynnwrf a bod gennych atgofion melys (l'r rhai â salwch meddwl neu ddementia nid ydynt bob amser yn meddu y doniau hyn).

Mae'n dda weithiau ysgrifennu rhestr o'r pethau y gallwn fod yn ddiolchgar amdanynt. A chyn i ni sylweddoli bydd y rhestr hon yn dod yn hir. A gobeithio y byddwn yn dod yn llai pryderus mewn byd sydd fel petai eisiau dod â mwy o gymhlethdod a phryder i'n bywydau. A thrwy gyfrif ein bendithion niferus gallwn fod yn ddiolchgar amdanynt a thyfu mewn

diolchgarwch.

“Mae diolchgarwch yn ansawdd tebyg i drydan: Rhaid ei gynhyrchu a'i ollwng a'i ddefnyddio er mwyn iddo fodoli o gwbl.” *William Faulkner*

Pob bendith yng Nghrist

Canon Canghellor Dewi Roberts

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The Vicarage

Dear Friends

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

Gratitude is a great remedy for anxiety. But modern life makes us increasingly anxious. Life is more complicated today than it was 50 years ago. For example, opening a bank account, getting a mortgage, or passing a driving test to name just three things seem to be more difficult and complicated today. And it is the younger generation who must overcome these difficulties and complications most of all.

We are truly living in an anxious world and that is before one even thinks about the lack of peace in the world or climate change, or the tough economic climate. So, what can we be grateful for, that will help us reduce our anxiety.

We can start with 4 little things (though these are not so little if you don't have them):

1. Clean air to breathe (for not everyone has clean air to breathe).
2. A bed to sleep in at night (for not everyone has a bed to sleep).
3. Being able to read and write (for not everyone can read or write).
4. Clean water to drink (for many in our world suffer due to lack of clean water).

And what about 4 bigger things:

1. Having a family (for not everyone has a family).
2. Having good health (for not everyone has good health).
3. Knowing that we have food to eat today (for not everyone has assurance that they will have any food today or tomorrow).
4. Knowing that you can think clearly and calmly and have fond memories (for those with mental illness or dementia do not always possess these gifts).

It is good sometimes to write a list of the things that we can be grateful for and before we know it, this list will become long. Hopefully, we will become less anxious in a world that seems to want to bring increased complexity and anxiety into our lives. And by counting our many blessings we can be grateful for them and grow in gratitude.

“Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all.” *William Faulkner*

Every Blessing in Christ

Canon Chancellor Dewi Roberts

Editorial

We've been busy over the past few months, with trips to Ledbury and Llandudno, raising money in a variety of ways and supporting those in our community who are in need. Trips don't happen by themselves and need much organising, as does the fund raising, so a sincere thank you to all those who have done the organising!!

Thank you Jean for your article about 'workers' – it seems as though we have quite a few of those here and long may it last!! Let's be thankful, as our Vicar says, for what we have.

Could I have articles for the next edition of Tafod Twrog, covering November, December and January, by 8 October.

Margaret Rees
reesmargaret@outlook.com

Altar Flower Rota

August 6th
August 13th & 20th
August 27th & Sept 3rd
Sept 10th & 17th
Sept 24th & Oct 1st
Oct 8th & 15th
Oct 22nd & 29th

Wendy Thomas, Ty'n Coed (White Hall)
Lucinda Tomlin
Dawn Webb
Beryl Williams
Elizabeth Wills
Jackie Martin
Kim Williams
Advent

Bedydd / Baptism

Priodas / Marriage

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

Angladd / Funeral

1 June 2023 Bryn Jones, Carmarthen (Interment of Ashes)

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, Peg Harries, Rosemary Tilley, Mags Rees, Rose Rees, Eiriona Thaine, Eirwen Davies, Doreen Northwood, Wilma Evans, Alison and Richard Amner. Please inform the wardens if someone falls ill or is in hospital.

Llongyfarchiadau / Congratulations

Congratulations to Doreen Rees, who will be 90 on 10 September.

If you know of special celebrations coming up in November, December or January 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.

Diolch/Thank You

Thank you so much for the many cards and expressions of sympathy that I received following the death of my mother, Mildred Owens. Mum had a wonderful life and enjoyed meeting friends and family right up until the end of her life when she had just celebrated her 99th Birthday.

We are extremely grateful to Rev. Jean Voyle Williams for leading the prayers during the Thanksgiving Service on April 8th and to all our friends who travelled up to join us in Pembridge. Tomos and I really appreciated your support and encouragement during what was a sad, difficult day but also a celebration of a life well lived. The donations following the service and in memory of my mother totalled nearly £2000 which will be split equally between St. Mary's Church, Pembridge and the RNIB. Thank you so much to all of you who contributed.

Daphne Evans

Côr yr Eglwys

Yn y flwyddyn 1951 ym mis Hydref penderfynwyd Sefydlu Côr y Bechgyn yn ein Heglwys. Ar y pryd roedd yna 15 o fechgyn yn aelodau a'r prif fachgen oedd Ken Howells. Yn y gwasanaethau roeddent yn eistedd yn y Gangell.

Yn fuan iawn wedyn dechreuwyd sôn am y merched a rhyw 15 yn dangos diddordeb, a'r prif ferch oedd Linda Rees. Am fisoedd buom yn gorfod mynd yn ffyddlon i'r gwasanaethau a gan bod 'na ddim lle yn y Gangell rhaid oedd eistedd yn y ddwy sedd flaen yng Nghorff yr Eglwys.

Cawsom ein trwytho i ganu y Boreol a'r Hwylol Weddi a'r Cymun ac i siantio y salmau. Roedd Ysgol Gân yn aml a Mr D H Pallant yr organydd yn ein dysgu. Hefyd cawsom ein hyfforddi sut i ymddwyn, i gerdded yn urddasol, pryd i godi, i eistedd a phenlinio. Gwneuthpwyd "kneelers" allan o bren yn y seddau ond yn yr ail rhes roedd rhain yn dueddol i symud ymlaen, wedi profi hyn sawl gwaith. Ac yna ym mis Tachwedd 1953 fe gyrhaeddodd y gwisgoedd – gwisg las a chap bach glas ar y pen. A dyna ni yn swyddogol Côr Merched Eglwys Sant Twrog.

Wedi hyn cawsom ein dysgu i ddarllen y llithiau gan Mrs Rosa Jones ac oherwydd bod rhaid darllen wrth yr Eyr fe wnaethpwyd bocs addas a chlustog glas arno i ni sefyll arno gan bod nifer ohonon ni yn rhy fyr i gyrraedd y Beibl.

Roedd y bechgyn wedi cael tynnu llun tu allan i'r Eglwys yn eu gwisgoedd ac fe benderfynwyd byddai yr un peth yn digwydd i'r merched. Ond ar y noson benodedig roedd yn arllwys y glaw ac felly bu rhaid mynd i fyny i'r Stiwdio yn Cefneithin. Rwy'n cofio'n glir fy mod yn siomedig dros ben.

Rwy'n siwr y gallwch ddychmygu cyn pob gwasanaeth rhyw dri deg o ieuenctid yn ymgynull yng Nghapel Puxley. Pawb i fod yn dawel ond y siarad yn mynd yn drech na ni ambell waith, ac ambell i fachgen drwg (dim enwi neb) yn taflu capiau'r merched dros y lle.

Roedd yn gyfnod hapus a llewyrchus ac nid yw'r ddysgieidiaeth a gawsom y pryd hynny wedi mynd yn ofer.

Celebrating 70 Years

70 years ago the Church Surplice Choir was formed, the boys in 1951/52 and the girls in 1953.

Over 30 youngsters attended the Morning and Evening Services and most of us in the Sunday School in the afternoon as well. We were taught to sing the Canticles and the Psalms and the Eucharist was also sung. The organist was Mr D H Pallant who kept the shop Modern Stores in Porthyrhyd. He was quite a character and his shop was "Open All Hours" except when there was something on in church and then he would close the shop with a notice on the door – "Back in an hour".

Mr Pallant was small of stature but a man we all respected and obeyed. We were all amused with the size of the pencil that he used to lead the choir. The chief choristers were Ken Howells and Linda Rees. The incumbent at the time was the Revd. David Williams and his daughter Betty Williams assisted with playing the organ. [Go and look at the early photographs of the choir in Puxley Chapel and you will see the people mentioned above.]

70 years later the choir is still in existence. There has been ebb and flow over the years and comings and goings. Let's hope that more members, especially the youngsters, will join the choir in the future and, who knows, we will have another celebration in ten years' time.

The Church Council have decided to hold a special service of celebration on **Saturday, 30th September** at **2pm**. An invitation is extended to anyone who has been a member of the choir over the years to attend this service. Please inform everyone of the event. I am sure it will be a great afternoon.

Vilna Thomas

"Sing, then. Sing, indeed, with shoulders back, and head up so that song might go to the roof and beyond to the sky. Mass on mass of tone, with a hard edge, and rich with quality, every single note a carpet of colour woven from basso profundo, and basso, and baritone, and alto, and tenor, and soprano, and also mezzo, and contralto, singing and singing, until life and all things living are become a song. O, Voice of Man, organ of most lovely might."

— *Richard Llewellyn, How Green Was My Valley*

Mae Eglwys Iesu Grist angen mwy o weithwyr/
The Church of Jesus Christ needs more workers

“Y mae'r cynhaeaf yn fawr ond y gweithwyr yn brin, deisyfwch felly ar Arglwydd y cynhaeaf anfon gweithwyr i'w gynhaeaf” (Mathew 9:37,38)

The harvest is truly plentiful, but the labourers are few. Pray therefore that the Lord of the Harvest, will send forth labourers into His Harvest” (Matthew 9:37,38)

Mae bob enwad yn sylweddoli heddiw bod angen mwy o weithwyr ar bob Eglwys. Rwyn siwr serch hynny bod yr Eglwys wedi bod yn pregethu hyn drwy'r canrifoedd. Wrth edrych o gwmpas ym mhob sector o'r Eglwys heddiw mae angen trawsdoriad o bob oedran a gallu.

The Church of today of all denominations certainly needs more labourers, as the challenges it faces are complex. In Mark's Gospel we are reminded of Jesus's words to his disciples “Go into the world and preach the Gospel to every creature”. If we think of the word God and Gospel they both start with the letters GO. That has to be our mission as Christians, we need to take the Church out to the people. Rhaid mynd a'r Eglwys allan at y bobl. Rhaid i'r gymdeithas o'n cwmpas weld Duw ar waith trwom ni. Tipyn o sialens i bob un ohonom.

Beth yw cyfraniad Eglwys yn Sant Twrog, tuag at anghenion unigolion a mudiadau wedi bod yn ystod hanner cyntaf 2023? What has been our contribution here at St Twrog's to the needs of others so far in 2023?

Here is the list of what we have been up to:

Carmarthen Food Bank (contributions every 6 weeks of food and donations). On-going throughout the year.

Alison and Richard Amner - £500

Turkey Earthquake Appeal - £443.75

MU AFIA (Away from it all holidays for families in need) - £100

The MU members have been busy crocheting blankets for our indoor members and others known to us who are in hospital or care homes. These have been gratefully received.

Tir Dewi - £351.88

Guide Dogs for the Blind - £250



Plant Dewi: Donations of £250 plus donations of a cot, a rocker Moses basket, a high chair, nappies and baby clothes and a multitude of accessories. (this is an ongoing project). Here you can see all the items donated to the Baby Bundles in June.

Margaret and Peter Rees also hosted a very successful Open Garden where the money raised was for charitable causes. Another example of doing God's work in the community. Total raised is already over £1000.

I also know that individuals have contributed generously to other charities during the year.

Felly mae Eglwys Sant Twrog ar waith yn y gymuned a diolchwn am bob gweithiwr sydd yn y winllan. Mae y Clwb lau yn tyfu mewn rhifoedd a'r plant yn frwdfrydig iawn. We are also so blessed with our helpers and volunteers in Clwb lau as the children and young people are the future of any church.

Dywedodd Dewi Sant wrthym am wneud y Pethau Bychain. David our Patron Saint told us to do the little things in life, the little things that can

make a difference to each one of us, such as a warm smile of greeting, showing care and concern for others, making someone to start believing in themselves that they can do it. Surely that is what our faith is all about. Sunday services are an opportunity for us to recharge our batteries but our Christian work starts after the door of the Church is closed on Sundays.

We would value your ideas and input about how we can make the Church more attractive to people of all ages so if you have any suggestions please phone me or email me (details are on the back cover).

Drwy weithio gyda'n gilydd fe allwn wneud Eglwys Iesu Grist yn berthnasol i'w chymuned.

Pob bendith.

Jean Voyle Williams

Newyddion Ysgol Llanddarog

Mae'r flwyddyn ysgol ar fin dod i ben unwaith eto. Blwyddyn sydd, fel pob blwyddyn arall, wedi cael ei dal ym mhrysurdeb bywyd ysgol. Ond wrth gwrs mae digon i'w wneud cyn allwn gau drysau'r ysgol am seibiant dros yr Haf. Rhaid gwneud yn siwr bod mabolgampau, y Ffair Haf, etholiad Eco-Gyngor Ysgol a theithiau hwyl i gyd wedi'u trefnu cyn ffarwelio â'n disgyblion – rhai y byddwn yn ffarwelio â hwy am y tro olaf wrth iddynt adael i fynd i'r ysgol uwchradd ym Mis Medi.

Hedfanodd gwyliau hanner tymor y Sulgwyn heibio ym mwrlwm Eisteddfod yr Urdd yn Llanymddyfri gyda nifer o blant Dosbarth 5 a 6 ynghlwm â'r Prosiect 23, Chwilio'r Chwedl ac yn ail-adrodd hanes yr ymgyrch yn erbyn boddï Llangyndeyrn. Yna daeth llwyddiant i'r ysgol eleni wrth i gôr yr ysgol gipio'r wobr gyntaf yng nghystadleuaeth y Côr i ysgolion dan 150 o blant gyda'r gân boblogaidd, hyfryd 'Cân yn Ofer'. Roedd pob un, fel y gallwch ddychmygu, wrth eu bodd. Profiad arbennig iddynt ac un y byddant yn ei gofio am byth mae'n siwr. Diolch hefyd i'n cyfeilyddes Ceri Llwyd am ei chefnogaeth yn ystod yr wythnosau diwethaf. I ddathlu eu llwyddiant, aeth plant y côr i'r Sied yn Felinwen i goginio pitsas ac addurno cacennau bach gyda Lisa Fearn. Cafwyd bore hwylus iawn yn ei chwmni.

Ar y 3ydd o Fehefin daeth y Welsh Whisperer i gynnal gweithdy gyda phlant Blwyddyn 4,5 a 6. Cyfansoddwyd cân am yr ysgol yn ystod y dydd ac yna'r noson honno roedd cyfle iddynt ei pherfformio gyda'r Welsh Whisperer mewn noson codi arian a drefnwyd gan Gymdeithas Cyfeillion yr Ysgol. Cynhaliwyd ein mabolgampau ar 26ain o Fehefin gyda Marci G yn darlledu'r cyfan yn fyw. Llongyfarchiadau i dîm Arthne am ennill gyda'r pwyntiau mwyaf ac i Cai a Gwawr am ennill y tariannau am y bachgen a'r ferch gyda'r nifer mwyaf o bwyntiau. Wedi prynhawn hwylus ym mabolgampau'r ysgol, trefnwyd y ffair haf i'w dilyn yn syth. Roedd hi mor braf i weld cymaint o rieni a thrigolion y pentre yn cefnogi ac iard yr ysgol yn llawn bwrlwm gyda stondinau o bob math i godi arian er lles y disgyblion. Diolchwn yn fawr i'r pwyllgor Cymdeithas Cyfeillion am ei holl waith caled, am drefnu gweithgareddau llawn hwyl ac am lwyddiant y noson. Diolch hefyd i'r holl rieni a ffrindiau a gefnogodd yn ystod y noson.

Fe aeth pob dosbarth yn ei dro i'r safle ailgylchu yn Nantycaws fis diwethaf lle buont yn dysgu, trwy gyfres o fideos a chyflwyniadau, am sut mae nwyddau yn cael eu hailgylchu a'u trwsio i'w hailddefnyddio. Diolch i staff y safle am y croeso.

Ar ddiwedd y flwyddyn ysgol hon, fe fyddwn yn ffarwelio â un deg un o ddisgyblion fydd yn dechrau ar eu haddysg uwchradd ym Maes y Gwendraeth ym mis Medi. Yn ôl yr arfer, cynhelir y Gwasanaeth Ymadael ar Fawrth 18fed yn Eglwys St Twrog.

Ac yn olaf, llongyfarchiadau mawr i Miss Heledd James, cynorthwywraig yr ysgol ar ennill gradd dosbarth cyntaf mewn Addysg a Gofal Blynyddoedd Cynnar o Brifysgol y Drindod Dewi Sant. Camp arbennig!

Marian Evans

“Live as if you were to die tomorrow. Learn as if you were to live forever.”
— *Mahatma Gandhi*

“You can never be overdressed or overeducated.”
— *Oscar Wilde*

“Education is the most powerful weapon which you can use to change the world.”
— *Nelson Mandela*

Mothers' Union ~ Undeb y Mamau

Gareth Davies from Tir Dewi was our speaker in May. His talk, as a survivor of the Aberfan disaster, was a very personal account of his life with its many ups and downs that led to his current position and deep belief in God. He then explained and answered questions as to how the charity helps those needing support in the farming community.

In June a trip to Ledbury had been organised by Mrs. Daphne Evans. See Margaret's report. It had been arranged before we knew that the MU Diocesan Gathering was on the same day, however Barbara was able to attend at the Gwenllian Centre, Kidwelly, with 32 members attending, mainly from the Carmarthen Archdeaconry. President Heather Witt welcomed everyone and Chaplain Glenys Payne lead opening prayers.

Wendy gave a comprehensive report of the finances. To date 367 members have paid membership through their branches, or directly to Wendy as Diocesan members and 145 by Direct Debit, with some subs still outstanding. MUe stall and personal purchases have resulted in £417.50 from MSH in Annual Turnover grant.

Brenda gave the Admin report. There will be a new database later in the year. 29 members are going to the AGM in York in September. 25-year membership certificates will be added to the 40 year certificates.

Jane Rees gave her AFIA report, explaining the procedure for applying for an AFIA grant. It is never given to individual claims. It continues to support Plant Dewi for their away days.

Enfys Thomas led the Transformation Now Workshop when members were asked to consider three things.

1. What to keep in MU.
2. What to shred.
3. What to progress.

Responses included, making prayer at the heart of everything we do and fellowship, getting rid of the image of tea makers and an organisation for elderly women, working with our communities and promoting and celebrating MU.

In her address Heather thanked the trustees and Wendy, Brenda and Glenys for their support, reviewing the events and work which had taken place during the year. She was concerned about the Branches that had closed or were thinking of closing but remained positive, knowing that some branches had welcomed new members.

The meeting closed with the commissioning of three new trustees.

By the time you read this we will have done the Pilgrimage around Llanddarog, hopefully in the dry!

Dates for your Diary.

August 9th: Mary Sumner Day, Holy Communion followed by optional Lunch at the Butchers Arms at 1pm. Names to Rev. Jean Voyle Williams

14 September: Cymun Bendigaid/Holy Communion followed by presentation of certificates to members who have completed over 25 years and Enrolment of new Members. Mrs Heather Witt, Diocesan President and Mrs Eiryth Thomas, Vice President in attendance.

12 October: Rev. Mary Thorley

16 November: Noson yr Aelodau/ Members Evening

25 November: Carmarthen Archdeaconry Gathering in Llandybie Church

Meetings are held in church on the 2nd Thursday of the month at 7pm unless stated otherwise. New members always welcome.

Enquiries to Revd. Jean Voyle Williams 01267 275222

Mothers' Union Trip to Ledbury

What an early start! But so worth it. By 8 o'clock we had left Llanddarog and were on our way to Ledbury, with a detour to the Oakchurch Farm Shop for coffee. In fact I was like a child in a sweet shop when I saw all the plants and only just made it back to the coach in time for moving on to Ledbury. The coffee and cake were a real treat and a chance to chat to others on the trip. I didn't have time to see the rest of the Farm Shop, so I can see a separate trip for me before too long.

Ledbury's historic streets are lined with brilliant independent shops, plus plenty of places to refuel. The town is surrounded by woods, orchards



and hills, with footpaths winding up to the Malvern Hills. Literary luminaries, including Elizabeth Barrett Browning and John Masfield, knew and loved this area. When we arrived, Morris Dancers were dancing in the Market House, although we were only able to see one dance before they left.

The Market House

But, having been here before, Vilna, Pam and I wanted to re-visit the Church of St Michael and All Angels. We were on our way there when we saw the Heritage Centre (in the old Grammar School) and couldn't resist popping in. It was fascinating. It's a long, low half-timbered building sitting at the top of Church Lane, the cobbled street that runs from the Market House up to the parish church (St Michael and All Angels). One of the stewards was spinning yarn and gave us so much information, explaining that the animals would be taken for slaughter through the bottom entrance of the building, where there was a stream running under the building which they used to wash away the debris. There is a glass



window in the floor showing the stream bed which is now dry. There was a small gift shop and activities for younger visitors with quizzes and items they could handle.

From there we walked on the short distance to the Church. The Last Supper is beautifully depicted on the reredos screen and in an article in the Malvern Gazette and Ledbury Reporter of Friday 9 June which Caerwen and Allan had the foresight to buy while they were there, it says



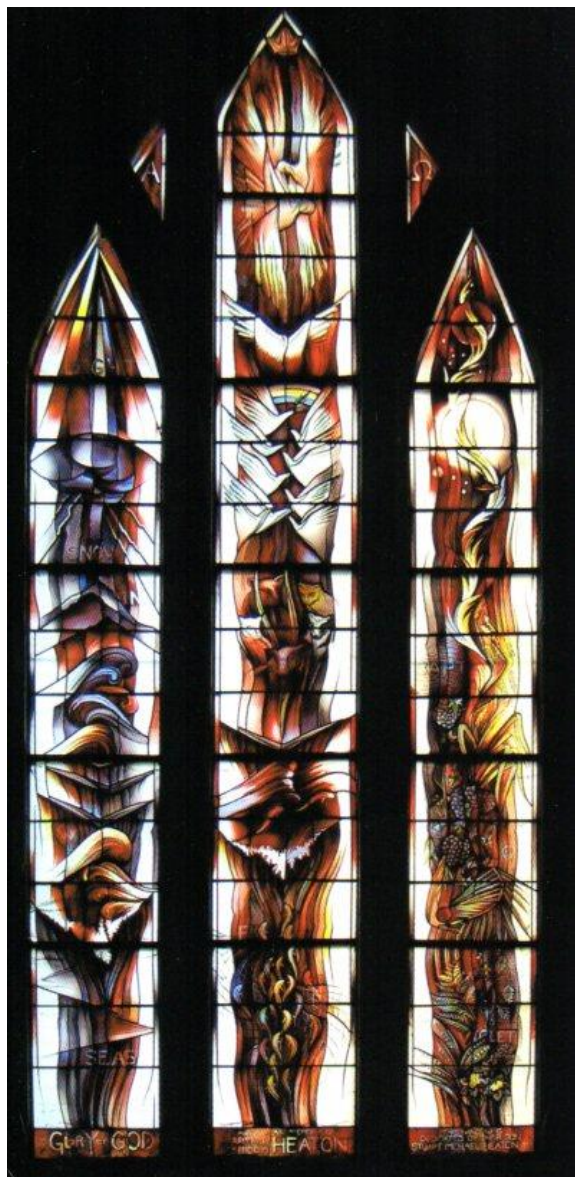
“The historical importance of Ledbury’s Last Supper is growing all the time.

That’s the opinion of Ronald Moore, the art expert who restored the painting in 2018 and discovered the signature of Titian on it. Mr Moore also wrote the book ‘Titian’s Lost Last Supper’, which was published in 2021. And he says a number of important events have taken place since then.

“It will all create new interest the in Last Supper since its art is of historical importance and thus its value has been found to be considerably greater The painting had sat undiscovered in Ledbury Parish Church for decades before its significance was realised.”

“Research on Ledbury’s Last Supper continues – but art historians believe they do now know where the painting originally hung. It was almost certainly the Convertite, now a women’s prison in Giudecca, Venice,” said Mr Moore. “It was listed in Zanetti’s study on Venetian

painting in 1733. "It is not possible to enter to check the walls there but I was sent an original plan of the chapel by a Venetian historian and it would have fitted perfectly 'sopra la porta nella chiesa' – over the door in the chapel – and it was recorded as being there."



We were also very taken with the window by John Clark in the North aisle dating from 1991 (See photo to the left) - a dramatic interpretation of "The Benedicite", a Biblical poem which speaks of all creation praising God. It has details such as the Mothers' Union badge, a cricket bat and ball and family pets that link the window to Arthur and Biddy Heaton's interests. Its amazing what you can see in the window when you study it for any length of time.

As we left the church, we saw there was an exhibition in the Bell Tower. Many of the bells have now been restored. The 8 bells date back to 1690. Of the 85 people of Ledbury who lost their lives in the Great War, four were bellringers. A photograph of the Ledbury Band of Bellringers from 1911 hangs in the ringing room in the tower next to a board which commemorates a peal rung by the band in the previous year. A peal is the greatest test of skill and concentration that a ringer

can attempt and lasts just over three hours. This was the first ever successful peal by a local band. This is just a small reminder of the scale of the loss to our nation of so many talented young men in the prime of their lives with so much to look forward to.

The heaviest bell in the tower at St Michael's weighs over a ton and was cast in 1736. It has this inscription: *WHEN YOU HEAR MY HARMONIOUS SOUND, LET LOVE AND PEACE IN YOU ABOUND* - an inscription on the newest and lightest bell was inscribed with a similar message from the present people of Ledbury to mark the 100th

anniversary of the Armistice at the end of the Great War, showing a similar commitment to peace.

Before we left the Church, the Warden advised us to look closely at the cobbles on the way back. There was a line of cobbles marking the end of each day's work. Naturally, more was achieved than on some days than on others but it looks like they had rain on a couple of days because the amount achieved was much less! So, when you are next in Ledbury – have a look.

We did manage to have a raffle on the way back and were able to raise sufficient for a tip for the driver as well as having £50 as a donation towards Plant Dewi Baby Bundles.

A very enjoyable day. Thank you so much, Daphne, for making all the arrangements.

Margaret Rees

Clwb lau

We have had a great summer term and on June 24 at the Llanddarog Show we were fortunate to be in the Children's corner with Llanddarog school. We had craft and colouring activities and a tuff tray with compost farm vehicles and animals.

On June 29th we had a Sports Evening and barbecue at Huw and Jean's. Many thanks for a lovely welcome and all who helped to make it a success. It was such fun to see all the children taking part as well as the their parents and grandparents.

Clwb lau would not be such a success without the continued support of the whole family and we are hoping a few more children will start with us in September .

Clwb lau has finished the summer sessions and will restart on the 10th September with a launch party for everyone and to welcome new families. On the 29th September we will meet for the Harvest thanksgiving at 6.30 and on October 8th we are hoping Clwb lau children will bring their pets along to the Pet service .

Hope you all have a lovely Summer break.

Helen Beynon

Porthyrhyd Pensioner's Trip to Llandudno

On 1st May a group of pensioners set off from Porthyrhyd on a Holiday, much delayed because of COVID restrictions not allowing us to travel together. The destination had been changed at the last minute so instead of Warners Bodellwyddan Castle we made our way to The Marine Hotel Llandudno in North Wales.

We arrived on Monday afternoon just in time to browse around the Victorian Festival taking place in the town. Our Hotel right on the front made it easy to explore the Shops and stroll along the front by the beach to the pier.

On Tuesday morning we were up and out on the coach ready for a trip to Llaeth y Llan yogurt factory. It was down some very narrow lanes and not easy to find, but on arrival we were welcomed and given a tour of the factory. Unfortunately we were not given a taste or any free samples. We did have tea and cakes and a look at their Garden. In the afternoon we made our way to Anglesey and visited Llanfairpwllgwyngyllgogerychwyrndorb-llantysilogogoch to explore the old station and visitor centre. This was a chance to eat, drink and shop. Kate and I found a lovely Haberdashery Shop that seemed to sell so many pretty things that we wanted.

On Wednesday morning after a good breakfast we were all on the coach ready to explore more of North Wales, we made our way to Llanberis and the Snowdon Mountain Railway. We took the easy way of seeing Snowdon by watching a very good film as trains that day were only going part way up and we did not have much time. We were booked on the Steam Train that took us around the Lake with several stops to get out and admire the scenery.

In the afternoon we visited Betws-Y-Coed. This was a chance to visit the shops and another very pretty station where we stopped for afternoon tea and watched the passing trains.

Thursday was our free day and a chance to do things in Llandudno. Quite a lot of us found the tram and visited the Great Orme, the air at the summit was quite bracing and too near the edge - it was a job to stand upright - but

worth it for the stunning views over Llandudno. Later some of us caught the bus into Conwy which was quite eventful as we found ourselves in the middle of a large funeral when the driver took a wrong turn. Further on the bus broke down and people started to get out and walk. Once we got going again we picked them back up.

Our first stop was to St Mary's and All Saints Church, where we were made very welcome and given a tour. This started life as Aberconwy Abbey run by Cistercian Monks under the patronage of Llewelyn the Great who died and was buried in the Abbey in 1240. Since 1284 St Mary's Church has been the parish church of Conwy, traces of the Abbey remaining today in the main entrance with the thick tower wall and three lancet windows. There are a pair of stained-glass windows showing the translation of the Bible into Welsh by William Morgan and William Salesbury. A floor slab in the Chancel for Nicholas Hookes reads that he was the 41st child of his father! He himself fathered 27 children! St Mary's is still the spiritual heartbeat of Conwy, where worship has flourished for nearly 850 years. We then made our way to the harbour to see the smallest house in Great Britain which was apparently occupied until 1900. The last person to live there was Robert Jones a local fisherman who was 6 feet 3 inches tall.

Later it was back to the hotel for dinner and to check out the evening entertainment. There were several hotels along the front where you could go in and listen to all types of music. On Friday morning it was time to leave and an early start to get our cases on board, have breakfast and be ready to be on the coach by nine. All too soon our holiday was over, we enjoyed the journey back with wonderful scenery and we were back in Porthyrhyd in time for tea.

We are very lucky to have people like Egwad, Vilna and Angela who arrange these trips for us.

Pam Roper

“The world is a book and those who do not travel read only one page.”

— St. Augustine

“Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colours. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.”

— Terry Pratchett, *A Hat Full of Sky*

Bowlio Dan Do Llanddarog Indoor Bowls

Cysylltwch/Contact: Enquiries to Lewis Jones 01267 275593.

Clwb Ffermwyr Ifanc Llanddarog

Mae Clwb Ffermwyr Ifanc Llanddarog wedi bod yn brysur iawn dros y misoedd diwethaf yn cystadlu, dysgu sgiliau newydd a chymdeithasu.

Llongyfarchiadau mawr i dîm hŷn y clwb, Menna Isaac, Ffion Howells, Ffion Anderson ac Iwan Davies am ennill y gystadleuaeth Bowlio Deg yn Xcel Bowl, Caerfyrddin ar y 1af o Fawrth.

Ar y 1af o Ebrill cynhaliwyd Diwrnod Gwaith Maes y Sir ar Fferm Coleg Gelli Aur. Braf oedd gweld rhai o aelodau'r clwb yn manteisio ar gystadlaethau gwahanol eleni. Llongyfarchiadau mawr i William Richards a Steffan Thomas am gyrraedd yr 2il safle yn y gystadleuaeth Fferm Ffactor. A da iawn i Iwan Thomas a Ioan Anderson am gystadlu am y tro cyntaf yn y gystadleuaeth yma.



Ar ôl y Diwrnod Gwaith Maes roedd yn amser i baratoi at ddiwrnod y Rali oedd yn cael ei gynnal ar Faes y Sioe, Nantyci ar y 13eg o Fai. Fe fuodd rhai yn brysur yn cystadlu yn y cystadlaethau Barnu Stoc cyn diwrnod y Rali. Llwyddodd Iwan Thomas a William Richards i dderbyn yr 2il safle am y tîm gorau yn y Barnu Gwartheg Holstein a llongyfarchiadau mawr i Angharad Williams am gael y pwyntiau uchaf fel unigolyn yn y gystadleuaeth Barnu Moch Cymreig.

Braf oedd gweld dau dîm yn mentro ar y gystadleuaeth Canu Grŵp. Fe ddaeth Llew, Gwyn a Ioan yn 2il a'r merched Ela, Einir, Erin, Hawys a Cerys yn 3ydd. Iwan Thomas a ddefnyddiodd ei ddwylo medrus i baratoi llo godro a llwyddo i gipio'r wobwr gyntaf! A llongyfarchiadau i Carys Phillips am gipio'r 3ydd wobwr yn yr adran hŷn. Yn ogystal a'r canu grŵp aeth Ioan ati i ganu'n unigol hefyd a chipio'r 3ydd wobwr. Einir aeth amdani i osod blodau i aelodau dan 16 oed a da iawn hi am dderbyn y 4ydd safle. Mae cogyddion yn ein plith yn ogystal wrth i Llew a Ioan dderbyn yr 2il safle yn y gystadleuaeth Ryseit y Beirniad. Roedd yn hyfryd i weld dau dîm, Ben a Lolo a William ac Ellis yn defnyddio ei sgiliau saerniaeth i ail-greu adnodd yn defnyddio palets. Ar ôl wythnosau o waith di-flino braf oedd derbyn yr 2il wobwr yn y gystadleuaeth Arddangosfa Ffederasiwn. Mentrodd pedwar tîm ar y cystadlaethau Sgiliau ar y Sbot a Gêm y Cenedlaethau. Mae'r cystadlaethau yma yn rhai anodd gan nad oes modd iddynt baratoi o flaen llaw, ac yn derbyn y dasg ar y diwrnod ond da iawn i bob un am

defnyddio ei sgiliau a'i meddwl creadigol i gyflawni'r tasgau.

Ar ddiwedd diwrnod llawn o gystadlu llwyddodd y tîm iau i gyrraedd y 4ydd safle. Mae'r dyfodol yn un disglair iawn i Glwb Llanddarog ac edrychwn ymlaen i weld yr aelodau yma'n parhau i fwynhau cystadlu ac yn datblygu sgiliau oes wrth iddynt gystadlu mewn amryw o gystadlaethau drwy gydol y flwyddyn. Yn ogystal roedd yn ddiwrnod arbennig iawn i'r clwb eleni wrth i Menna Isaac, Ysgrifenyddes y Clwb gael ei wneud yn Ddirprwy Lysgenhades y Sir am y flwyddyn 2023-34. Hoffai holl aelodau'r Clwb ddymuno'n dda i Menna am y flwyddyn sydd i ddod.

Roedd hi'n flwyddyn fythgofiadwy i Sir Gaerfyrddin eleni wrth i ni groesawi Eisteddfod yr Urdd i Lanymddyfri. Braf oedd gweld nifer fawr o'n haelodau yn manteisio ar y cyfle i fod yn ran o'r sioe agoriadol ar faes yr Eisteddfod sef Chwilio'r Chwedl, ac yn camu ar lwyfan yr Eisteddfod i gystadlu mewn amryw o gystadlaethau gyda'i hysgolion. Da iawn i bob un ohonoch, a daliwch ati!

Fe fydd y clwb yn cael hoe dros yr haf, ond edrychwn ymlaen i ail-ddechrau ym mis Medi. Mae'r clwb yn cwrdd ar nos Lun yn Neuadd Llanddarog am 7:30yh. Os hoffech fwy o wybodaeth am y clwb neu eisiau ymuno gyda ni, cysylltwch â –
c.ff.i.llanddarog.y.f.c@gmail.com

Craft Club

Held at Elizabeth Wills' home every Wednesday other than the third Thursday in the month. Recently we have pressed flowers and leaves ready to make framed pictures, decorated eggs for Easter, crafted paper flowers, made cards and coasters from recycled materials and added to our 2023 scrapbooks. Contact Elizabeth on 01269 832569.

Gardening Club

Held at Jenny Youens; home every third Wednesday in the month – to swap plants and learn more about gardening.

Llanddarog Show

Llanddarog Show Committee wishes to extend a heartfelt thank-you to the local community for supporting this year's Show, which was held on Saturday the 24th of June.

A special Thank You must go to the Stewards and Judges, without whom the show would not have been possible. Chairman Mansel Morgan welcomed visitors and Presidents Lesley and Hywel Mainwaring to Pantypwll field, and a successful and fun-filled day was had by exhibitors and visitors, who were all pleased to see the rain replaced by glorious sunshine in the afternoon. We are grateful to Towy Valley Axe Racing and Dynamic Twirlstars for their entertaining displays during the day, and to Carmarthenshire Hunt for bringing the Inter-Hunt Relay to the Show for the first time, an entertaining end to the day's activities.

Bryn Fon a'r Band, and Baldande, ensured a fantastic evening concert was enjoyed by the many who attended, the first since before COVID, and a very welcomed return to Llanddarog Show.

Thank you to the Prince of Wales, Porthyrhyd for hosting an enjoyable evening on Saturday the 1st of July, during which Committee members had the opportunity to thank the many people who had helped in the lead-up to the show, and on the day itself.

The Annual Dinner will be held on Friday the 22nd of September, at the Emlyn Arms Llanarthne. For more information, please contact Claire Williams at secretary@sioellanddarogshow.co.uk.

Knit and Natter

Having made sufficient blankets for St Twrog Church members who are in care homes or too unwell to leave their own homes, it is time to move on to other things. If there is anything you feel we could make to support others please let us know. In the meantime we continue to do a variety of things including macrame, cross stitch, knitting and crochet. Making garments and items for our own homes. 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.

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

Merched y Wawr

Mis Ebrill croesawyd ein siaradwr gwâdd, Mr Aled Owen gan ein Llywydd Margaret Davies. Rhoddodd grynodedb o'i yrfa hyd yn hyn a'r profiadau a'i arweiniodd at ei waith presennol fel cynghorydd Ward Gorslas ac aelod o gabinet Cyngor Sir Gâr gyda chryfrifoldeb dros newid hinsawdd, dadgarboneiddo a chynaliadwyaeth. Soniodd sut y bu iddo ymddiddori mewn ynni adnewyddiadwy wedi iddo gymhwyso fel trydanwr Solar ac yn sgil hynny, sefydlu ei fusnes Ynni Da. Cafodd wahoddiadau cyson i drafod y pwnc mewn ysgolion a bellach mae'n trefnu digwyddiadau pwer pedal ac ati. Manylodd ar yr heriau sy'n wynebu'r Cyngor Sir wrth anelu i leihau allyriadau carbon yn sylweddol yn ei weithrediaau. Cafwyd orig ddifyr yn gwrando ar Aled.

Cafwyd cyfarfod blynyddol y gangen ym mis Mai gyda Janet Thomas yn llywydd.

Etholwyd Swyddogion ar gyfer Medi 2023- 2024 a chytunodd pawb i aros yn ei swyddi am flwyddyn arall. Trefnwyd rhaglen amrywiol a diddorol am y flwyddyn nesaf.

Ar ddiwrnod braf ym mis Mehefin aethpwyd ar ein taith flynyddol a chafwyd cinio yn y Diplomat, Llanelli ac yna ymlaen ar y bws i Mwmbwls am brynhawn o siopa ac ymlacio ger lan y môr.

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

Neuadd y Pentre Llanddarog Village Hall

Contact Mair Davies 01267275271.

Porthyrhyd & Llanddarog Pensioners Society

May 1st: Please see Pam Roper's article about our successful holiday in Llandudno.

On June 6th we travelled to St Fagan and enjoyed stepping back into the past.

In July it is always the AGM followed by a strawberry tea. We were pleased that all the officials agreed to remain in their posts.

In August we are hoping to visit the Bishop's Palace Gardens at Abergwili.

On September 5th a visit to the Dyfed Shire Horse Farm at Eglwyswrrw has been arranged. They have bred the Drum Major horses of the Household Cavalry, which we saw taking part in the Coronation Ceremony and Trooping the Colour. The afternoon will be spent in Cardigan.

We are always pleased to welcome new members. Contact Marion Little (01267 275507) or Angela Skym (01267 275503)

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 programme for July, September and October as follows. As usual there is no meeting in August.

July 5th Care and Repair (delayed from June).

Sept. 6th Rev. Victoria Hackett

Oct. 4th Mr Tony Waters 'Titanic'

Enquiries to Marion Little 01267 275507.

Any inquiries please contact Margaret 275946 or Marion 275507.

“It is not enough to be busy; so are the ants. The question is: What are we busy about?”

— *Henry David Thoreau*

“Happiness is when what you think, what you say, and what you do are in harmony.”

— *Mahatma Gandhi*



2023 Blwyddyn Pererindod yr Esgobaeth.

July 8th St Twrog's local Pilgrimage and our leader was Janet Ingram, St David's.

DYDDIADAU AR GYFER Y DYDDIADUR / DATES FOR YOUR DIARY

Mae'r wybodaeth yma yn gywir ar hyn o bryd./These are correct at present.

Awst/August

- 6 Dydd Sul/Sunday Gweddnewidiad ein Harglwydd/Transfiguration**
9.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)
- 9 Dydd Sadwrn/Saturday – Mary Sumner Day**
12noon Holy Communion followed by optional lunch at the Butchers Arms at 1pm, names to Rev. Jean Voyle Williams
- 13 Dydd Sul/Sunday Drindod / Trinity 10**
9.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)
- 20 Dydd Sul/ Sunday Drindod / Trinity 11**
9.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)
- 27 Dydd Sul/Sunday Drindod / Trinity 12**
9.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

Medi/September

- 3 Dydd Sul/Sunday Drindod / Trinity 13**
9.30am Cymun Bendigaid (*Cymraeg*)
5.00pm Evensong (*English*)
5.45pm PCC Meeting
- 10 Dydd Sul/Sunday Drindod / Trinity 14**
9.30am Boreol Weddi (*Cymraeg*)
5.00pm Holy Communion (*English*)
- 11 Dydd Llun/Monday**
10.30am MU Deanery Meeting
- 12 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol yr Eglwys yng Nghymru Llanddarog
- 13 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 14 Dydd Iau/Thursday**
7.00pm Cymun Bendigaid Undeb y Mamau gyda cyflwyno tystysgrifau i rhai sydd wedi bod yn aelodau am dros 25mlynedd a derbyn aelodau newydd/ MU Holy Communion where all members who have completed 25 years or more will be presented with certificates and new members enrolled

Medi/September (Cont'd..)

- 17 Dydd Sul/Sunday Drindod / Trinity 15**
9.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)
- 19 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol yr Eglwys yng Nghymru Llanddarog
- 20 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 24 Dydd Sul/Sunday Drindod / Trinity 16**
9.30am Cymun Bendigaid (*Cymraeg*)
11.00am Holy Communion (*English*)
- 26 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol yr Eglwys yng Nghymru Llanddarog
- 27 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 28 Dydd Iau/Thursday**
6.30pm Gwasanaeth Diolchgarwch am y Cynhaeaf (*Cymraeg*) gyda lluniaeth i ddilyn.
Pregethir gan Y Parchedig Ganon Dyfrig Lloyd Caerdydd
- 30 Dydd Sadwrn/Saturday**
2.00pm Gwasanaeth arbennig I ddathlu penblwydd y Côr yn 70oed/
A special service to celebrate the 70th anniversary of the choir.

Hydref/October

- 1 Dydd Sul/Sunday Drindod17/Trinity 17**
11.00am Harvest Eucharist (*English*)
Guest Preacher Revd Dr Adrian Morgan
- 3 Dydd Mawrth/Tuesday**
9.00am Gwasanaeth yn Ysgol yr Eglwys yng Nghymru Llanddarog
- 4 Dydd Mercher/Wednesday**
9.15am Gwasanaeth yn Ysgol Llangyndeyrn
- 7 Dydd Sadwrn/Saturday**
10.00am Cynhadledd Esgobaethol/ Diocesan Conference at Newcastle
Emlyn Rugby Club

Hydref/October (Cont'd..)

8 Dydd Sul/Sunday Drindod 18/Trinity18

11.00am Gwasanaeth Anifeiliaid Anwes / Pet Service

5.00pm Gwasanaeth Diolchgarwch Cymraeg yr Archddiaconiaeth yn
Eglwys Sant Pedr Caerfyrddin. Pregethir gan y Parchedig
Jean Voyle Williams

10 Dydd Mawrth/Tuesday

9.00am Gwasanaeth yn Ysgol yr Eglwys yng Nghymru Llanddarog

11 Dydd Mercher/Wednesday

9.15am Gwasanaeth yn Ysgol Llangyndeyrn

12 Dydd Iau/Thursday

7.00pm Undeb y Mamau/Mothers' Union:
Speaker Rev. Mary Thorley

15 Dydd Sul/Sunday Drindod 19/Trinity 19

9.30am Cymun Bendigaid/ Holy Communion (*Dwyieithog/Bilingual*)

17 Dydd Mawrth/Tuesday

9.00am Gwasanaeth yn Ysgol yr Eglwys yng Nghymru Llanddarog

18 Dydd Mercher/Wednesday

9.15am Gwasanaeth yn Ysgol Llangyndeyrn

22 Dydd Sul/Sunday Drindod / Trinity 20

9.30am Cymun Bendigaid/Holy Communion (*Dwyieithog/Bilingual*)

24 Dydd Mawrth/Tuesday

9.00am Gwasanaeth yn Ysgol yr Eglwys yng Nghymru Llanddarog

25 Dydd Mercher/Wednesday

9.15am Gwasanaeth yn Ysgol Llangyndeyrn

26 Dydd Iau/Thursday

7.00pm Undeb y Mamau/MU Quiz on Zoom

29 Dydd Sul/Sunday Sul y Beibl/Bible Sunday

10.00am Gwasanaeth Ardal Weinidogaeth Bro Cydweli LMA Service
at Cwmffrwd Church (*Dwyieithog/Bilingual*)
(No service at Llanddarog Church)

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	Mair Rees Huw Voyle-Williams	275396 275222
Trysorydd/Treasurer	Robert Jones	275756
Ysgrifennydd/Secretary	Vilna Thomas	275372
Ysgrifennydd Cofnodion/Minute Secretary	Margaret Rees	275479
Undeb Y Mamau / Mothers' Union Ysgrifennydd/Secretary Ysgrifennydd Cynorthwyol/Assistant Secretary Trysorydd/Treasurer	Mair Rees Elizabeth Wills Margaret Rees	275396 01269832569 275479
Clwb Iau	Helen Beynon Sian Plimmer Maria Jones	07761083414 07528378374
Glanhauwraig / Cleaner	Pam Roper	275656
Swyddog Diogelwch Iechyd / Health & Safety Officer Swyddog Diogelwch Iechyd Cynorthwyol Assistant Health & Safety Officer	Huw Voyle Williams Peter Rees	275222 275479
Swyddog Diogelu/Safeguarding Officer	Carol Owen	01269 845770
Cydlynnydd Y Wefan/Website Coordinator	Margaret Rees	275479