

RHAGFYR 2025 DECEMBER

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BABELL

ZION

NEWYDD



'The people that walked in darkness have seen a great light: they that dwelt in the land of the shadow of death, upon them hath the light shined.'

'Y Bobol oedd yn rhodio mewn tywyllwch a welodd oleuni mawr: y rhai a fu'n byw mewn gwlad o gaddug dudew a gafodd lewyrch golau.'

## Congregational news

It has been a busy three months leading up to Advent beginning with the Macmillan Coffee Morning, the Harvest Thanksgiving Service, the weekly Friendship Centre and fortnightly singalongs and our Christmas Fayre held earlier than usual so as not to clash with the Christian Aid Fayre which was held at Wesley Chapel at the end of November.



A lot of fun was had at our first craft session at the Friendship Centre led by Linda resulting in lovely flower brooches. The next craft session during Friendship Centre will be held on the 4<sup>th</sup> of December when Carole will instruct us in the art of card making.

The weather proved a hindrance as well. The Friendship Centre was closed twice during the month. Some of us will remember scenes like this as being an usual occurrence back in the day – the Towy bursting its



banks and flooding the main road in Pensarn which at that time would have been the main route to Llanelli. On the second occasion our kitchen team Tina and Nan were totally cut off from the outside world due to snow, would you believe it in Pembrokeshire! The only ones to benefit that day were the neighbours who were treated to Tina's lovely soups and cakes.

However, I imagine things are going to get even busier as we prepare for the various services, get practising for the Plygain evening in Christ Church not forgetting the cooking of puddings, cakes and mince pies which are all part of celebrating Christmas. Father Christmas has to be contacted for a visit to the Sunday Club too and it would be nice to have an outing to the Ten Pin Bowling Alley quite soon, when we get a free evening for all those interested – children and adults alike.

There have been a few falls amongst our congregation. Mike's poem to the "Fallen Women" has had no influence at all on Charmaine and Sandra. But we are glad to see that they are up and about once again. Esme has recently celebrated her 89<sup>th</sup> birthday and unfortunately was taken ill a few days before but we are glad to say that she is slowly improving and feeling much better.





**Dathlu Deugain mlynedd yn flaenor/ Celebrating forty years as elder**



Fe ddaeth y cyfle i longyfarch Kevin Bowen mewn Oedfa Gymun a chyflwyno Tystysgrif iddo i nodi deugain mlynedd yn flaenor yn yr Henaduriaeth. Bu Kevin yn flaenor yng Nghapel Cwmbach ers 1984 ac rym ni'n falch iawn ohono yn y Babel Zion Newydd fel aelod gweithgar tu hwnt yn ogystal ag olynu Nan fel Ysgrifennydd y Cyhoeddiadau.

Siwd mae'r teis yn mynd Janet?



**Christian Aid Coffee Morning**

Babel Zion Newydd and Tabernacle Chapel were in charge of the Bottle Stall at the Coffee Morning in Wesley Chapel and it was lovely to see so many from BZN present.



*Tybed pwyl enillodd y ci?*

**The Christmas Fayre**

Another successful morning was held on the 22<sup>nd</sup> of November when we welcomed many of the community into the Chapel and vestry for coffee and mince pies. The stalls were packed full to the brim and many thanks to all for their hard work in the lead up to the day and during the morning. The Mayor of Carmarthen Heledd ap Gwynfor opened the Fayre accompanied by her son Meredydd or Mayor Junior as she called him. £823 was raised.

A very busy morning for the



kitchen staff



HOFF ADNODAU  
FAVOURITE VERSES

Hoff adnod Pat



We often take our worries and requests to God in prayer, but possibly we forget to thank Him for our blessings, such as His everlasting love.

Hoff adnod Kevin

A part of one of my favourite verses is one that I first learned to recite as a small child in Sunday school.

“Duw Cariad yw”



The full verse is “**God is love; and he that dwelleth in love dwelleth in God, and God in him**”

(John 4 verse 8)

For a child it's a simple and reassuring message, easy to learn and remember.

As an adult one comes to realise the enormity of those three little words. 'Agape' is one of the Greek words which refers to love shown by selfless giving, unconditional affection and a commitment to the wellbeing of others, reflecting the divine love of God.

This is a challenge for everyone but as Christians it's something we should be striving for.

**The funeral of Mrs Nesta Wyn Davies was held on November 14<sup>th</sup> in Babel Zion Newydd and we include part of Rev Mike Shephard's tribute to her in this Newsletter. He chose four words to describe Nesta each beginning with F.**

The first such word speaks of Nesta's capacity for *FRIENDSHIP*. She possessed a warmth of personality which was almost tangible and was quick to extend friendship to others. Gwen and I, along with Nesta, and others, were well served by a local bus and used it regularly. It came courtesy of Morris Travel and can be described as a *Friendship Centre on Wheels*. It even has resident pastors – not in the form of ordained ministers – but consisting of two very wonderful drivers – David and Peter – who 'look out' for their, primarily, elderly clientele and go out of their way to help them. There is a lovely atmosphere on the bus to which all passengers contribute and Nesta was one of them. She could befriend with words – but also with a welcoming smile which made others feel at home. We thank God today for her friendship.

The second F stands for several things – all of them linked – and containing words such as *FRAGILITY* and *FALLS*

A couple of years ago several female passengers on the bus suffered falls of different kinds – not on the bus – but in the wider community – often with serious outcomes. Nesta, who had become increasingly frail in her later years, was one of them. She nevertheless retained her sense of humour and appreciated being mentioned in a poem I wrote to mark those falls. I called it '*The Bus of Fallen Women.*' Here is Nesta's verse.

*Nesta fell one Sunday,  
When going home from church.  
She had a misnamed 'funny turn'  
And to the pavement lurched.  
But folk came to her rescue,  
And gave her needful aid.  
She called them 'Good Samaritans' –  
Like those in Gospel's page.*

It took Nesta an age to recover and I am not sure that she ever fully recovered. Not completely. But being a resilient person, she was not one to give up on life and, many months later, was back on that bus travelling *daily* to town and struggling to retain her independence.

This 'fallen woman' would carry on doing that until the end. Her philosophy was one of 'Get up, dust yourself down, and carry on.'

The third F stands for the word *FRUIT*. But let me explain.

I had been preparing an all-age Harvest Service and intended to ask a congregation to imagine a quarrel in the kitchen involving fruit and vegetables. They were all arguing as to which was the best.



We can imagine an apple boasting that *an apple a day keeps the doctor away* and that he was the most health-giving fruit in the world. A pear, who was a bad speller, could be heard saying that there were *two of them*, so he was the most productive. From the fridge the voice of a mushroom could be heard shouting that he made people laugh for he was a really 'FUN GUY.' You get the drift. Such thoughts were in my mind when I met Nesta in town. I was unshaven and a hug and kiss caused Nesta to comment that she did not like my facial hair. It scratched her face. I explained that I had a skin problem which made shaving difficult. She responded in this way.  
*Use Mango! Rub a piece of Mango over your face. It's better than any moisturiser. I've used it for years. It works wonders. AND IT DID!*

And the final F? It stands for Nesta's FAITH.

She was the kind of person who makes it easier for people to believe in God. That cannot be said of every Christian and churches, if we are honest, can be difficult places. It's all us sinners under one roof! Bound to be problems! But Nesta lived the life! She loved God and was a loyal follow of Christ. She lived out the precepts of the Gospel. Nesta's neighbours, Caerwen and Alan Gibbard, were telling me recently that one of the joys of their life was to listen to Nesta, who had a lovely voice, singing hymns as she pegged out the clothes. Faith meant everything to her. She had a faith for life. It was a faith that enabled her to face death unafraid as she saw our passing as the means of entry into a better life.

To Nesta I would say

*GO MAN GO!* Enjoy the journey! Travelling mercies!

Mike Shephard ©

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**Friendship Centre Rota**

**\*Craft sessions**

4/12/2025 *	Maisie and Rosemary
11/12/2025	Pat and Carole
18/12/2025	Tina and Nan [Buffet contributions welcome]
8/1/2026 *	Helen and Sian
15/1/2026	Maisie and Rosemary

**Sunday Services/Gwasanaethau ar y Sul**

Dr Dai Lloyd	<b>2 pm</b>	7/12/2025
Candlelight Community Carol Services	<b>4 pm</b>	14/12/2025
Children's Carol Service with Rev Mike Shephard	<b>10 am</b>	21/12/2025
Mr Dafydd Evans Meidrim	<b>10 am</b>	28/12/2025
Mr Hugh Waddell	<b>2 pm</b>	4/1/2026
Communion Service: Rev Emyr	<b>10 am</b>	11/1/2026
Congregation Service	<b>10 am</b>	18/1/2026

Flowers/ Blodau		Cleaning/Glanhau	Announcing and Communion Cyhoeddi a Pharatoi'r Cymun
Nan Thomas	Rhagfyr/ December	Meurig, Carole and Sian	Lynn Davies
Helen Gibbon	Ionawr/ January	Meurig, Carole and Sian	Sian Cassell
Doreen Davies	Chwefror/ February	Helen and Gwyn	Pat Morgan

Singalong Tuesdays: December/Rhagfyr 2ail BZN  
 December/Rhagfyr 16fed Canu Carolau/Carol Singing  
 at Plas y Dderwen at 1.45pm and Towy Castle at 3pm  
 January/Ionawr/7fed BZN  
 January/Ionawr 21ain Towy Castle

**Dates for the Diary**

**Rhagfyr 3ydd: Gwasanaeth Garolau Chwiorydd yr Henaduriaeth am 2pm**  
**December 13<sup>th</sup>: Singalong group singing at Wesley Coffee Morning at 10am**  
**December 14<sup>th</sup>: 4 pm: Community Candlelight Service**  
**7.30: Plygain Merched y Wawr Eglwys Crist/Christ Church**  
**December 21<sup>st</sup>: Children's Service at 10 am**  
**Christmas Eve: Communion Service at 11.15 pm**  
**Christmas Day: United Service at 9 am**



## 'Ffordd Arall' gan T Elfyn Jones

**This poem is based on the verse from Mathew 2:12**

'And being warned in a dream not to return to Herod they departed to their own country by another way.'

Rhown ddiolch bod "ffordd arall"  
i'n harwain tua thre,  
rôl plygu mewn rhyfeddod  
wrth grud Tywysog Ne';  
ffordd na all trais na chynllwyn  
na chledd 'run Herod ddim  
ei gwneuthur yn ddidramwy,  
er maint ei lid a'i rym.

Rhown ddiolch bod "ffordd arall"  
i ddeiliaid Crist mhob oes,  
a wŷr am olau'r Seren  
a nerth i gario'r groes;  
er profi mynych rwystrau  
a blinder oriau maith,  
di-ffael yw'r gofal dwyfol  
i'w dwyn i ben y daith.

Rhown ddiolch bod "ffordd arall"  
a luniwyd er llesad,  
ffordd cymod rhwng cenedloedd  
heb arni ddig na brad;  
ar hon daw'r pererinion  
i dre dros fryn a phant-  
ac ni bydd Rahel mwyach  
yn wylo am ei phlant.

A summary in translation

As we kneel in wonder beside the crib of the Christ-child we can be thankful that there is another way- a way on which we can journey free from violence, deception and any Herod's sword. We can be thankful that there is another way – a way where people know of the light of the Star and have the strength to carry the cross knowing that the arms of the Saviour will carry them through to the end of their earthly journey.

We can be thankful that there is another way – a way for nations to be reconciled, a way which is without anger or treachery. Pilgrims are continually on this path searching for peace and where Rachel will no longer be weeping for her children.

## Canu carolau Plygain

Mae'r Parti canu yn paratoi'n brysur ar gyfer canu yn Eglwys Crist ar gyfer Plygain Merched y Wawr. Er nad yw pawb yn canu carolau Plygain ar y noson honno mae traddodiad wedi datblygu gyda ni i geisio dewis yr hen garolau fel yr oeddynt yn cael eu canu flynyddoedd yn ôl ar yr aelwyd ac yn yr eglwysi yn gynnar fore dydd Nadolig pan fyddai oedfaon yn cael eu cynnal wedi iddi wawrio sef ar ganiad y ceiliog- 'pulli cantio'. Mae'r carolau yn gallu bod yn hir, yn bregethau ar gân yn wir ac yn cynnwys proffwydoliaethau'r Hen Destament yn ogystal â'r hanesion am fywyd Iesu. Roeddwn yn hoff o'r disgrifiad hwn fore ddoe yn Oedfa'r Bore ar y radio pan soniodd Rhian Morgan am y Parti Plygain sydd gyda nhw yn Llandeilo. "Beth yw'r dress code?" gofynnodd un o'r côr ac roedd hyn yn atgoffa Rhian am hen ffrind o Lanrhaeadr a ddywedodd unwaith, "Allwch chi ddim canu Plygain heb wynto'r baw ar eich wellingtons!" Mae rhyw neges fanna yn rhywle.



The singing group are busy preparing for the Merched y Wawr Plygain to be held at Christ Church on the 14<sup>th</sup>. Not all groups sing Plygain carols on that evening but we at BZN have developed a tradition of singing the old carols which would have been rehearsed in homes around the fire and then sung at the early morning Christmas Day service at dawn or at the crow of the cockerel, pulli cantio, in Latin. Hence the word, Plygain. These carols often have many verses which are really sermons in song going back to the Old Testament Prophecies culminating with the life and death of Jesus. Rhian Morgan, a curate in Llandeilo fawr Church has a Plygain group and on November 30<sup>th</sup>'s Midday Service she mentioned that one of the singers asked her what the dress code would be for the next Plygain service. She was reminded of an old friend from Lanrhaeadr who once said "You can't sing Plygain unless you can smell the dirt on your wellingtons!". There's a message there somewhere.

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Enfys rhyfeddol dros bentref Capel  
Dewi

Gweddiwn

'Arglwydd Iesu, dysg im gerdded  
drwy y byd yn ôl dy droed'. Y  
Nadolig hwn atgoffa ni beth yw gwir  
ystyr yr ŵyl, i ledaenu dy neges di o  
gariad yn ein cymunedau ac i daenu  
neges o heddwch ble bynnag yr awn.

Lord Jesus, teach us to walk with you wherever we go. Let us be reminded at this Christmas time of the true meaning of the festival, to spread your message of love and peace in our communities and wherever we go.

### Our Minister Emyr on Radio Cymru

On November 23<sup>rd</sup> Emyr took the Midday Service on Radio Cymru. Emyr's message was based on "The Light." He began his message by saying that as people we don't like the dark. When we go into a dark room the first thing we do is switch on the light. We avoid the dark for many reasons - anxiety increases and worry and distress lead to fear. Darkness without light can lead to apprehension and fear. But God of Creation is not God of darkness. God said, "Let there be light." The Book of Genesis starts with light and the light was good. Light is the symbol of life, truth, and hope. Just as the sun at its rising changes the day so does the light of God change everything. Jesus said, "I am the Light of the World." The light of God through Jesus changes everything, turning uncertainty to certainty and offering guidance in the midst of the most difficult of circumstances. Darkness to us may mean negative thoughts, hopelessness and fear but Jesus offers a new way of life and encourages us to walk in that light and to show that light to others.



### Ein Gweinidog Emyr ar Radio Cymru Tachwedd 23ain 2025

Roedd neges Emyr yn seiliedig ar 'Y Goleuni'. Dechreuodd trwy ddweud nad ydym fel pobol yn hoffi'r tywyllwch. Wrth fynd i mewn i unrhyw ystafell dywyll y peth cyntaf rym ni'n gwneud yw troi'r swits ymlaen. Rym ni'n bobl sydd am osgoi tywyllwch am nifer o resymau- mae pryder yn tyfu mewn tywyllwch, mae gofidiau a phryder yn magu ofn. Mae tywyllwch heb oleuni yn peri i bobol stryglo yn llawn pryder ac ofn.

Ond, meddai Emyr, dim Duw y tywyllwch yw Duw'r Greadigaeth. Dywedodd Duw "Bydded goleuni." Mae'r Beibl yn dechrau gyda goleuni ac fe welodd Duw bod y goleuni yn dda. Mae goleuni yn symbol o drefn, o fywyd, o'r gwirionedd ac o obaith. Fel mae haul y bore yn newid patrwm y dydd, mae goleuni Duw yn newid popeth. Dywedodd Iesu, "Myfi yw Goleuni'r byd." Mae goleuni Duw, trwy Iesu, yn newid popeth, yn troi ansicrwydd yn sicrwydd ac yn cynnig arweiniad ynghanol yr anoddaf o amgylchiadau. Mae'n dangos y ffordd i ni fyw.

Mae tywyllwch yn gallu golygu meddyliau negyddol iawn, anobaith ac ofn and mae Iesu'n cynnig bywyd newydd, i gerdded yn y goleuni hwnnw a'i arddangos i eraill.

'Thy Word is a lamp unto my feet and light unto my path.'

Psalm 119:105



'Mae dy Air yn llusern i'm troed ac yn oleuni i'm llwybr.'

The Children's Page but not exclusively. LLIWIWCH Y LLUN.  
Bydd gwobrau i'w hennill



Stori'r Geni

Rhowch y llythrennau hyn mewn trefn. i wneud geiriau cywir

RIAM  
SOFPEJ  
GLUAIB  
NERBIN  
BSEREP  
THEMEBLE  
GELAN  
EISU  
UWD  
URA

The Nativity Story

Unscramble the following words

RAMY  
SOPHEJ  
RDHEEPHS  
NGIK  
GENAMR  
THEMEBLE  
GELAN  
ESJUS  
DGO  
LDOG