

Chwefror 2022 / February 2022

Cylchlythyr/Newsletter

Rhif/Issue 42

Rhiw Babell Pensarn Caerfyrddin SA31 2DJ

BABELL ZION NEWYDD

Y mae Duw yn noddfa ac yn nerth i mi, yn gymorth parod mewn cyfyngder. Felly nid ofnwn, er i'r ddaear symud ac i'r mynyddoedd ddisgyn i ganol y môr;

God is our refuge and our stronghold, a timely help in times of trouble.
So we will not be afraid even if the earth is shaken and mountains fall
into the ocean depths;
Psalm 46:1-2

**This newsletter has been
digitised as part of a project to
archive material relating to
Llangunnor so that a record
exists for future generations**

**Thanks to Babell Zion Newydd Chapel for
permission to do this**

Llangunnor Network
*Preserving and Promoting
Llangunnor*

Words of thanks

It has been a very odd four months for us at Brynawel for which we were quite unprepared. Gwyn, as you know, tested positive for Covid mid November and spent almost 7 weeks in Glangwili Hospital, four and half of which were in ITU - the Critical Care Unit. He came home on January 5th and is making good progress. He is grateful and has nothing but praise and admiration for the hospital staff, doctors and nurses, who work tirelessly under extreme pressure during unprecedented times. Gwyn and I wish to thank everyone for your prayers, support and concern during those times and for continuing to do so as he makes his recovery. It is going to be a long road but we have both learnt such a lot from our experience and for this we are truly grateful.

Diolch i chi gyd am eich gweddiau ac am bob cymorth. Rydym yn gwerthfawrogi pob gair a gweithred.

Diolch

Diolch i Corey am arwain gwasanaethau rhithiol dros fis Ionawr.

Thank you Corey for leading our January virtual services. Covid -19's Omicron variant put everyone on high alert at the beginning of the year but we are now embarking on a fresh beginning and as we step into the season of Lent let us hope that we can meet again in the chapel building and put our fears behind us.

Thank you

Thank you to the family of the late Stan Jenkins for arranging that contributions in lieu of flowers be donated to the Friendship Centre. A sum of £295 has been received. Diolch yn fawr iawn i'r teulu am feddwl amdanom ar amser anodd iddynt.

Dydd Gweddi Byd / World Day of Pray

Christ Church Lammas St

March 4th 2022

English Service at 10. 30 am

Gwasanaeth Cymraeg am 2 o'r gloch

Elders' Meeting/Cyfarfod Blaenoriaid

Monday March 7th at 6pm at Babell Zion Newydd
Cyfarfod Blaenoriaid am 6 o'r gloch Nos Lun Mawth 7fed

Rev Mike Shephard writes....

THE NEED TO PAUSE

The Judge had thought hard and long about the evidence before him. He had listened carefully to the concluding remarks of both barristers. He had decided, after deliberation that so serious a crime deserved an immediate loss of liberty. He asked the defendant to stand and commented thus.

You have been found guilty of a most heinous crime. You entered a public library and removed a book from the shelf. The book had done you no harm and had not, in any manner, provoked you. It was simply sitting there, minding its own business waiting, possibly, to be borrowed by someone who might have been interested in its content. You removed it from the shelf and opened it at random. You took a pen concealed on your person and willfully blacked out every comma and several full stops. So serious an offence can have only one outcome - A LONG SENTENCE!

Yes, I know, it is a very silly joke. It is one of those ridiculous stories that appeals to my warped sense of humour. That said, it serves a useful purpose. It reminds us that we must make room in our busy lives TO PAUSE. There must be times when we stop chasing our tails and ease up. We must take our foot off the peddle and chill out. We must bring wisdom to bear on our hectic schedule and ensure that some 'me' or 'us' time is factored into our frenetic activity. If we fail to do this, we will become increasingly stressed and will be paving the way for more serious nervous breakdown. Ignoring the commas could lead, quite literally, to a death sentence.

The likelihood of emotional meltdown has increased many times over as a result of the recent pandemic. Colleagues who have tested positive for Covid 19 will have had no choice other than to self-isolate. Their absence will have had to be filled by their fellow workers who will, in consequence, become close to burn out. There is no need for me to further elaborate. The scenario has become an ever-present reality.

I worked as a probation officer/family court adviser for the best part of forty years. Working from home, during those years, was not permissible and was only allowed in exceptional circumstances. The technology to do so was unavailable for most of my career and even when it surfaced the practice was viewed with suspicion. The phrase 'working from home' was accompanied by a disdainful look which inferred many things with 'skiving off' being one of them.

The reality of 'working from home' is very different. One consequence is a lack of face-to-face contact with others which, in the short term, can be attractive. In the longer term it can lead to feelings of loneliness and isolation. It becomes impossible to share ideas with others and, worse still, severs us from supportive discussion. It can result in the deepest kind of depression. When one attends a set base there is a distinction

between work and free time – the latter period beginning, in my case, when I left the office. The home worker finds it hard, if not impossible, to switch off and the place that was once a refuge becomes the focal point of anxiety and stress. Working from home is a removal of the comma. It does not recognise the importance of the pause.

My working life was stressful in that I combined my full-time court role with that of part-time church-based ministry. I know, full well, which was the most stressful. If I were to say that there are more breakdowns amongst the clergy than any other profession, save perhaps for those in the medical profession, it would be reflected by the statistics. It is the most stressful of jobs because it is home-based. Because it is home-based there are no set hours. Parishioners believe that their pastor should be available at any time and that belief is reinforced when the manse or vicarage is seen as part of the stipend. It is madness and unless one safeguards that all important ‘comma’ the outcome can be calamitous. I have mentioned nervous breakdown. Marital and family breakdown are also the result of insufficient punctuation in overly busy lives.

We can learn a lot, you and I, from road signs. I encountered this message when travelling on the M6 South. “Slow Down. Take a Break.”

What is true of motorways is true, also, of life’s pathway. We owe it to ourselves to take a break. Perhaps we should all pray this prayer, whether religious or not.

Slow me down, Lord!
Help me to learn from the tortoise and not the hare.
The race is not always won by those who are swift,
Hurrying, scurrying – and full of care.
Help me to see truth in the trunk of the Oak tree
And to hear the truth it tells –
I grew unhurriedly. And in consequence.
I GREW STRONG. I GREW WELL.

© Mike Shephard

A Message from Rev Emyr Williams

On Sunday March 13th Revd Evan Morgan [General Assembly Moderator and Minister of Salem Canton] will be in the Myrddin Presbytery to promote the Presbyterian “Seeds of Hope” appeal.



Evan has accepted the challenge to walk at least 5k in each one of the 14 Presbyteries throughout Wales. It will be Myrddin’s turn on 13/3/2022 and this will be the order of the day:

- A short service at Capel y Ddôl, Llanarthne at 2:00 pm with a cup of tea in hand to follow
- 3pm Begin the walk from the Chapel to the Entrance of the Botanical Gardens, onto Porthyrhyd and up the hill to Capel Newydd Llanddarog.
- 6 o’clock Communion Service at Capel Newydd with Revd Evan Morgan presiding.

You are welcome to join at either or both services without doing the walk and you are also welcome to do any part of the walk. It is not compulsory to do it all!

Emyr adds that you can come on your bike or push a push-chair. There is no need to wear wellingtons – trainers or walking shoes desirable.

Come and join us to support Evan. We can launch the appeal happily and in good spirits and also worship together.

Best wishes to Evan and best wishes to every chapel as we begin to raise money for this worthwhile cause in 2022.

Pob bendith

Emyr



More on the “Seeds of Hope” Appeal

Thank you for the rain: Filmed by a farmer in Kenya

Some films leave an unexpected impression and the 90 minute film “Thank you for the Rain” did just that. I was expecting to watch how drought and famine and dirty water, as shown in the Water Aid advertisement, affect Africa’s people and how Christian Aid and other agencies need our support to deal with this. But this film showed us another perspective.

Kisulu Musya, a Kenyan farmer told us his story. He and his family would gaze at the black clouded skies every day and pray for rain. Surely those black clouds were full of moisture and would burst at any time to give life to their fields? But it wasn’t to be. Many men would move for months at a time to seek work in the cities to feed their families and pay for their children’s education. Kisulu’s 5 of 6 children came home from school one morning only to tell their father that the money had run out and that only their brother’s education was covered. Kishulu was an educated man and he could be seen reading to his children and trying his best to home-school. They would have to wait until the next harvest to earn some money from the sale of their fruit and vegetables, IF THE RAIN CAME.

The rains did come but it was a storm bringing torrential rain and the joy turned into complete and utter despair. All their hard work in the fields was washed away. The roof of their small dwelling of two rooms came away and everything was soaked including the books that Kishulu had been using to teach his children to read.

However what touched me was the happy faces when the community came together to rebuild their homes once more.

Living with them during this time was the Norwegian journalist Julia Dahr and she invited Kisulu to visit Norway and to meet the activists for climate change. He told his story at a convention in Oslo and in many other towns and villages throughout the country. Julia Dahr was not sure whether she had made the right decision to invite him to Norway to witness such a different standard of living to that in Kenya.

When Kisulu returned to his village he became more of a coordinator between the different communities encouraging them to plant trees but the rainy seasons failed, there was no work, no produce and planting trees didn’t pay. It was futile in their eyes. This time he didn’t leave home to find work in the city but instead sold his eight goats. This was heartbreaking for the farmer but it did mean that he was able to spend time with his family.

But they were faced with another storm. They lost everything, a 5 banyan year tree came down and the maize crop was completely lost in the floods. The rain which would have been a blessing turned out to be destructive.

We next see Kishulu at the COP26 summit in Paris addressing world leaders on behalf of the farmers in Kenya. He was so excited about being able to tell his story and to bring it to the attention of these powerful people but nothing came of the experience and as we know by now not a lot has been achieved since then as to the world's commitment to cut down on emissions which cause global warming. It was a complete waste of time when leaders were not willing to compromise and recognise that climate change is here and is real.

It was a powerful documentary and one which makes us really sit up and re-evaluate our values.

Three quotes which left an impression were:

“Leaders should be parents and know what it means to be a starving community.”

“Devotion is submission by someone who is willing.”

and

“We are not serious with our lives.”

HG

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A Prayer for Peace

As we watch our television screens in horror at what is happening in the Ukraine let us pray for a speedy resolve. We pray for our world leaders and the decisions that they make and hold the people of the countries involved in our hearts and minds.

O Dduw, gweddiwn am heddwch yn ein calonau, yn ein cartrefi, yn ein cenhedloedd, yn ein byd. Heddwch dy ewyllys a heddwch ein hangen.

Amen

O Lord, we pray for peace in our hearts, in our homes, in our nations and in our world; the peace of your will and the peace of our need. Amen.

Neges wrth / A message from y Parchg Beti Wyn

Croeso i bawb ymuno mewn Cwrdd Gwreddi ar Fawrth 1af i Eiriol dros Gymru.

Byddwn hefyd yn cofio mewn gwreddi am y sefyllfa yn yr Wcrain.

Beti Wyn James is inviting you to a scheduled prayer meeting via Zoom

Topic: A prayer meeting for Wales and the situation in Ukraine

Time: Mar 1, 2022 07:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/87359799532?pwd=bFM3M3VYMXJDejNlN2p0d2RETGcrdz09>

Meeting ID: 873 5979 9532

Passcode: 23489

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Sunday Services / Gwasanaethau ar y Sul

Mr Corey Hampton	2pm Christening / Communion	6.3.22
Revd Mike Shephard	10.30	13.3.22
United Pastorate service		20.3.22
Peniel Foelgastell	2pm	
Revd Mary Thorley	10.30	27.3.22
Mr Corey Hampton	10.30 Communion	3.4.22

Flowers/ Blodau		Cleaning/ Glanhau	Announcing and Communion Cyhoeddi a Pharatoi'r Cymun
Jackie Evans	March/Mawrth	Helen Gibbon Maisie Johnson	Carole Rees
Maisie Johnson	April/Ebrill	Helen Gibbon Sian Cassell	Molly Thomas
Doreen Davies	May/Mai	Janet a Lynn Davies	Meurig Rees

Contact Information for Corey and Catrin

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