



“He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him.” Psalm 40:3

Croeso i rifyn Ionawr o'n cylchlythyr a blwyddyn newydd dda i chi gyd.

Welcome to January's issue of our newsletter and a happy new year to each of you.



Blwyddyn newydd, dechrau newydd, cyfleoedd newydd. Gadewch i ni gyd fanteisio ar yr amser sydd gyda ni i helpu a chefnogi eraill, i ddangos cariad, tosturi a charedigrwydd i'r rhai o'n cwmpas. Fel mae Esme yn ein hatgoffa yn nes ymlaen yn y cylchlythyr, dylen ni fod yn ddiolchgar am gefnogaeth eraill ond hefyd i fod yn oleuni sy'n disgleirio yn ein cymuned. Mae'r angen i BZN fod yn fwy na'r capel ar waelod y rhiw, ac i'w weld fel man llawn cysur, noddfa gyda phobl sy'n dangos gofal, fel drws cyfeillgarwch ac adlewyrchiad clir o neges Crist. Cofiwch fod geiriau yn bwysig ond mae gweithredoedd yn haws i eraill weld a deall ar brydiau.

A new year, a new beginning, new opportunities. May we all take advantage of the time we have to help and support others, to show love, kindness and compassion to those around us. As Esme reminds us later in the newsletter we need to be grateful for the support of others but also be the light that shines in our community. BZN needs to be more than just the chapel at the bottom of the hill, it needs to be seen as a place of comfort, a shelter where people care, a door of friendship and a true reflection on the message of Christ. Remember words are important but often actions are easier for others to see and understand.

But the fruit of the spirit is...

GOODNESS

Peace

Love

Faithfulness

Joy

GENTLENESS

Kindness

Self-Control

PATIENCE



Where the spirit of the Lord is there is freedom!

GALATIANS 5:22

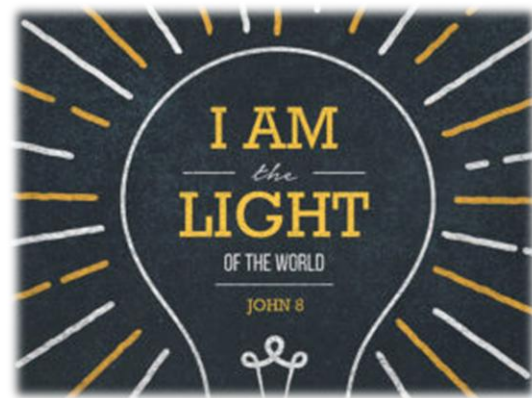
THE LIGHT

Esme writes...

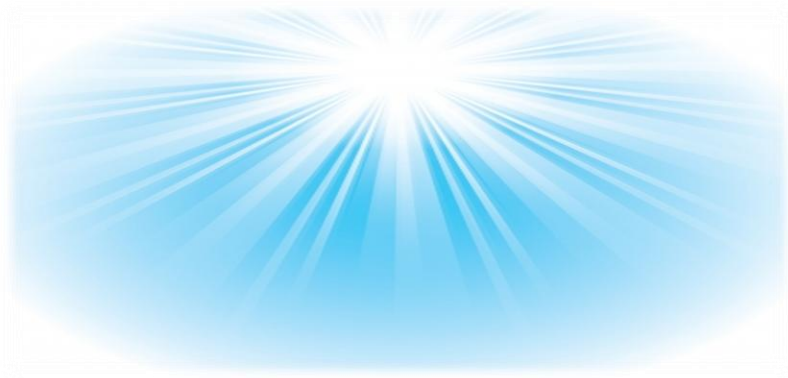
On reading our minister Emyr's message on "The Light", soon after my 89th year darkness fell upon us at Llysmorfa – a complete electrical blackout as I was watching TV and relaxing comfortably in my recliner chair at about 8 o'clock in the evening. My torch lamp was not near and in complete darkness I had to find my way using both hands, not long after being hospitalised with heart problems. Being "On your own" in any conflict is not easy as many with that experience will agree.

I heard a knock at the door and with my torch went to check who was there. It was my neighbour who came to check on my well-being and, also checked on others who were on their own. I thank God for people who show care at all times. Diolch o galon amdanynt.

"Genesis" is very interesting as a Christian, God creating light on the first day. Also, it's good to remember Jesus is described as the Light in the gospel of John.



YOU ARE THE LIGHT OF THE WORLD



**God has strategically
placed each one of us to be His light.
Just as a city in those days was
strategically placed in a location where
others could see it and find it when they
were looking for safety and help,
we too are strategically placed by God
to bring safety and help
to those around us who are seeking the same.**

Jesus said it best when He told His disciples:

You are the light of the world.

**A town built on a hill cannot be hidden,
Neither do people light a lamp and put it under a bowl.**

Instead, they put it on a stand,

And it gives light to everyone in the house.

In the same way, let your light shine before others

That they may see your good deeds

And glorify your Father in Heaven.



RHAGFYR 2025

Carols for the Community

The Community Carol Service was very well attended on the 14th of December under Candlelight. After a word of welcome by Mr Lynn Davies and the lighting of the third candle of Advent, our Minister Emyr led us in the introductory prayers. The readings were taken by the Headmaster and Beca Davies from Llangunnor School, Mrs Heather Jones [Llangunnor Church], Mrs Shirley Ingram [WI], Mrs Pat Morgan [Babell Zion Newydd], Lisa Peart [Plas y Dderwen] and Mrs Joan Evans [Llangunnor Community Council]. We were treated to choral renditions from Llangunnor school choir and Crescendo which made for a lovely evening, despite the wet weather outside!



Plygain Merched y Wawr Rhagfyr 2025

Cynhaliwyd Plygain Merched y Wawr ar Ragfyr 14eg yn Eglwys Crist gyda thrawsdoriad da o gorau ac eglwysi Cymraeg y dre yn cymryd rhan. Canodd Parti Canu Babell Zion Newydd eiriau y diweddar Parch Maurice Loader ar y dôn Andalusia. Aelodau'r parti oedd Meurig ac Owen, Helen, Sian, Rosemary a Carole gyda chymorth Linda o Graig Cefn Parc yn canu'r rhan alto. Diolch hefyd i Heather Williams am gyfeilio. Mae'n arferiad i'r Ysgol Farddol yn y dre adrodd barddoniaeth mewn cynghanedd ar y noson ac weithiau mae'n medru bod yn ddigri iawn. Eleni, o dan amgylchiadau trist ym marwolaeth y darlledwr a'r cymwynaswr Sulwyn Thomas fe ddarllenodd Tudur Dylan gerdd o'i eiddo yn deyrnged iddo. Coffa da amdano.

The church was full with choirs and churches across the town of Carmarthen taking part together with children from the Ffynnonddrain Aelwyd yr Urdd.

Carolau'r Capel gyda Chlwb Sul y Plant

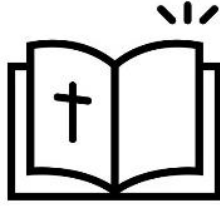


A special thanks to Clwb Sul BZN – children and parents for making this year's carol service so special. Each one helped to explain the true meaning of Christmas in word and in song. Thanks also to the Rev. Mike Shepherd for sharing the reality behind the nativity story and the Christian message of hope. Also, we can't forget Santa who arrived at the end of the service to give out gifts.

Lastly, congratulations to Sara for achieving the highest attendance for the year - 29 Sundays out of a possible 29 and well done Paige who came a very close second with 28. Llongyfarchiadau i'r plant i gyd am eu holl gyfraniadau ar hyd y flwyddyn ac i'r rhieni am eu cefnogaeth bob amser.

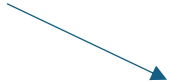


Cyfres Hoff Adnodau / Favourite Verse Series



Yet more verses which share the faithfulness of God.

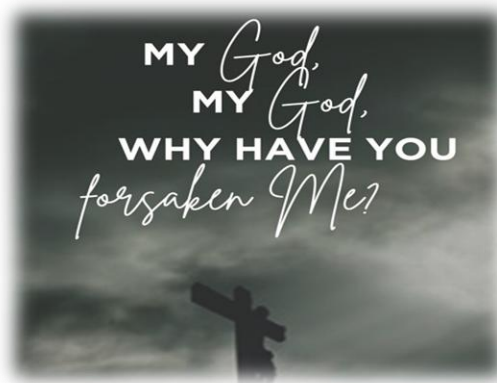
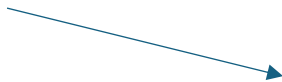
Carole



"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."
1 Corinthians 10:13

The reading I have chosen was shared by a visiting minister many years ago but has stuck with me. With everything that has happened to us over the last 18 months, it was this that continually came to mind and gave me the strength to keep going and not give up.

Mike

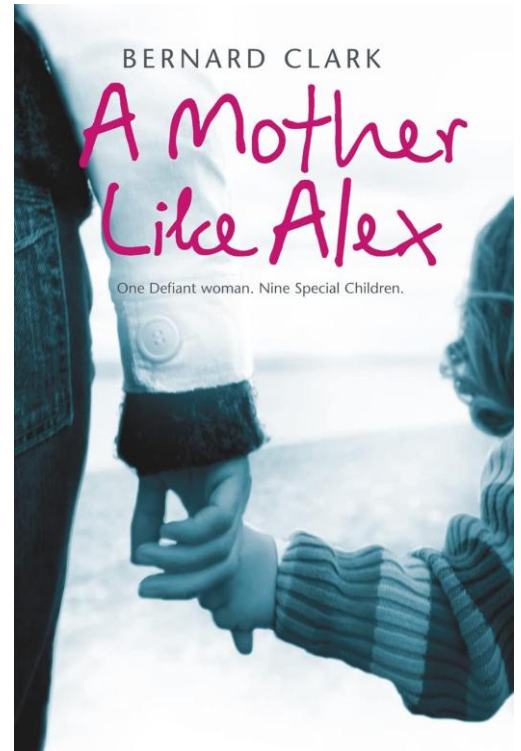


JESUS CRIED OUT "ELOI, ELOI, LEMA SABACHTHANI?" which means, "MY GOD, MY GOD, WHY DID YOU ABANDON ME". (Mark 15:34)

The truth is that God was closer to Jesus here than he had ever been – not intervening – but present in the pain – feeling it as though he himself was being crucified. We live in a world where the only theology that makes sense is that of 'THE CRUCIFIED GOD.' This verse reminds me of that fact and will always be special to me.

Linda shared the following book review, instead of a Bible verse – emotional and thought-provoking!

I have just finished reading the book *A Mother Like Alex*. She is a single woman who adopted 9 disabled children (6 with Downs, 1 autistic and Downs and 2 with other disabilities - 7 boys and two girls). She started looking at adoption in her twenties having come into contact with Downs children in 1968 when accompanying her mother who took sweets into a children's ward of a long stay hospital. She was 13 years old and more or less decided then how her life was to be. She didn't want to get married and adopting her first child took several years as her single status and young age was held against her. Her first came when she was 28 and over the years she just kept adopting. One of the girls had a life limiting (none had survived beyond 14) problem so Alex started taking her to a hospice where one day she would go so that it would be familiar. While looking round the hospice she found a small flat (where family could stay) with basic amenities and then through a door into the rainbow room. It is a simple, cold bedroom where children go when they die, tucked up in bed as if asleep. This allows parents time to grieve at their own pace. Above the bed was the poem below.



(Linda would be more than happy to lend you her copy of the book)

*To my dearest family, some things I'd like to say,
But first of all to let you know that I arrived OK.
I'm writing this from Heaven, where I dwell with God above,
Where there are no tears or sadness, there is just eternal love.
Please do not be unhappy, just because I'm out of sight,
Remember that I'm with you, every morning, noon and night.
That day I had to leave you, when my life on earth was through,
God picked me up and hugged me, and said, 'I welcome you.
It's good to have you back again,
You were missed while you were gone.
As for your dearest family, they'll be here later on. (Anon)*

Dear Friends

I am in the process of writing and then self-publishing another book of musings which is likely to be available from February.

All profits, as you may know, are given to charity and, on this occasion, money will be donated to LATCH.

It is a worthy cause in that it is supportive of children with cancer and offers help to families when they need it most. As one who self-publishes books, sales tend to be modest, but I hope, nonetheless, to donate a minimum of £1000 to this good work.



The name of the book, echoing the first musing, will be 'ON LOSING OUR MARBLES.' The title sums up the state of our world at present as the rediscovery of sanity seems essential if humanity is to regain its balance. Chapter themes are nevertheless varied and will hopefully appeal to readers.

I appreciate that the asking price of £25 is relatively high but it would be difficult to raise charitable funds were this not the case. I am grateful for reader's generosity. However, it would be helpful if you could express interest at an early stage so that I can avoid ordering more books than are necessary. That said, spare copies are given, free of charge, to those of limited means. I tend to reserve 20 or so copies for that end.

With heartfelt thanks

Mike Shephard / 01267 234759

Y Cwtch, Bolahaul Road, Cwmffrwd, Carmarthen SA31 2LW



Supporting children and their
families when they need it most

Latch is here for families affected by childhood cancer in Wales, providing bespoke emotional, practical and financial support.

Find out more about their amazing work on their website: latchwales.org

HWB CYFEILLGARWCH / THE FRIENDSHIP CENTRE



The craft sessions are proving to be popular and it's been amazing to see what we can produce in such a short space of time. A huge thank you to Linda and Carole for their amazing ideas, resources and patience. For many of us the challenge was undoing double sided cellotape and / or sewing in a straight line, but we got there in the end and the results were admired by many.

The plan is to continue each month, so if anyone has any creative ideas that they would be happy to share, please let us know.

January 8th : Flowers with Pat and Jackie

February 5th and March 5th : details to follow.

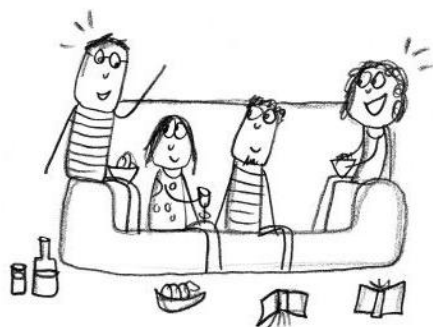
THE FIRST THURSDAY
OF THE MONTH!

Come and join us. No
experience necessary –
honestly. Just come and
give it a go.



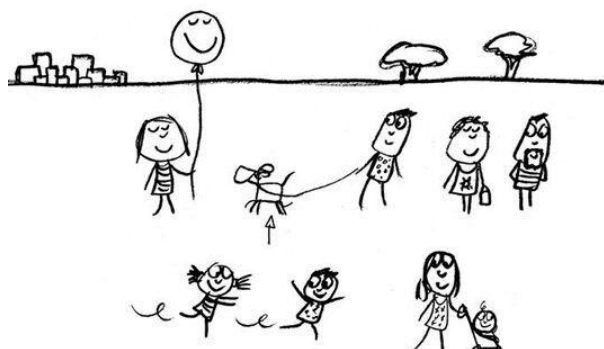
Stay for coffee and cake and / or lunch. **Croeso i bawb / All welcome!!**

HAPPINESS IS



...spending time with friends.

HAPPINESS IS



...a day full of smiles.

It was great to celebrate the last meeting of the Friendship Centre with a buffet, enjoyed by all!! Everyone forgot the calories (well, everyone who wasn't attending Slimming World later that day!!) and made the most of the opportunity to relax before the Christmas rush took over!! Thanks to all for their support and company over the year. Diolch o galon! 😊 ❤️



RECYCLE FOR GOOD CAUSES!

Do you have any old items cluttering up the home after Christmas?

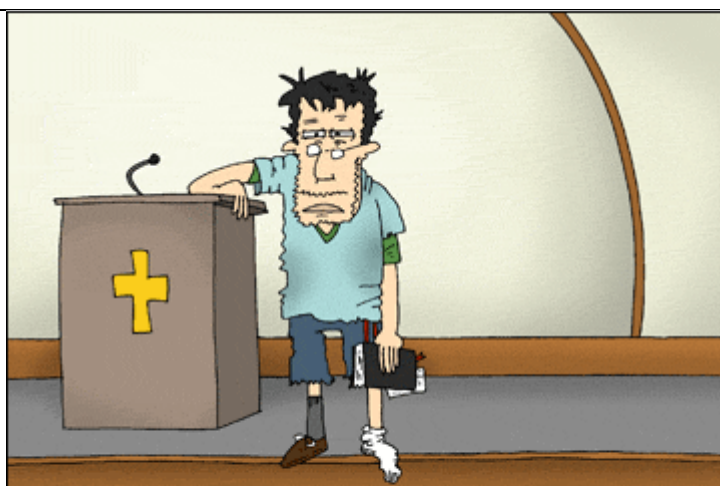
Why not help us raise money for the chapel funds? The box is in the vestry and all donations will be gratefully received.

Items wanted:

- Old mobile phones, ipads, tablets or kindles (chargers etc are not essential)
- Cameras, sat navs or video cameras
- Jewellery, including watches (even if they are broken!)
- Used stamps and coins.

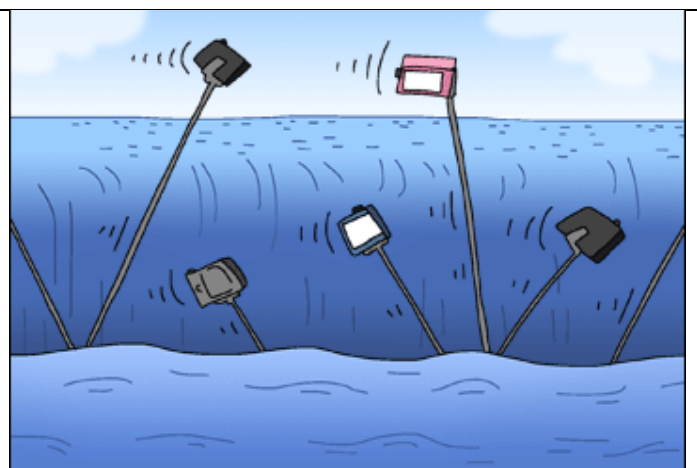


THINGS TO CONSIDER!



07-08-2011

OF ALL THE CRUCIAL THINGS I HAD ON MY AGENDA TODAY, I CONCLUDED THAT APPEARANCES WAS THE LEAST IMPORTANT



(See Exodus 14)

05-29-2015

THERE WERE SO MANY SELFIE STICKS AT THE CROSSING OF THE RED SEA THAT IT WAS NEARLY CLASSIFIED AS ANOTHER PLAGUE

MUNUD I FEDDWL!!

As we begin this new year, take time to PAUSE for a while, reflect on what you have learnt and what you hope to achieve in the year ahead. Take time to meet old friends, to make new friends, to appreciate nature, to give thanks for all we have been given. Look for the positive.

Take a moment to think about the following. Each thought is different, but maybe one of them will be a message for you today.

- ❖ *Just one positive thought in the morning can change your whole day!*
- ❖ *In every day there are 1440 minutes – that means 1440 daily opportunities to make a positive impact.*
- ❖ *Happiness is the only thing that multiplies as you share it.*
- ❖ *If you want light to come into your life, you need to stand where it is shining.*
- ❖ *No-one is perfect. That's why a pencil has an eraser.*






*"Beth hoffet ti fod pan
fyddi di'n fawr?"*



"Caredig" meddai'r bachgen

Sunday Services/Gwasanaethau'r Sul

Mr Hugh Waddell	2 pm	04/01/2026
Parch. Emyr Williams	10am	11/01/2026
Aelodau / Members	10am	18/01/2026
Parch. Emyr Williams	2 pm	25/01/2026
Mr Geraint Lloyd	2 pm	01/02/2026
Parch. Emyr Williams	10 am	08/02/2026
Rev. Mike Shephard	10 am	15/02/2026

Blodau / Flowers 	Mis / Month 	Glanhau / Cleaning 
Helen Gibbon	Ionawr / January	Meurig, Carole & Siân
Jackie Evans	Chwefror / February	Helen & Gwyn
Maisie Johnson	Mawrth / March	Maisie & Jackie

Dates for the Diary. Dyddiadau i'r dyddiadur

Prayer Meeting : January 5th at 5 pm

Singalongs at 2pm

First Tuesday of every month at the chapel (Jan 6th / Feb 3rd)

Third Tuesday of every month as follows:

20th of January at Plas y Dderwen

17th of February at Towy Castle



Friendship Centre Rota

08.01.2026	Helen & Sian
15.01.2026	Maisie & Rosemary
22.01.2026	Pat & Carole
29.01.2026	Tina & Kevin
05.02.2026	Helen & Sian

Golygydd y mis hwn / This month's editor: Tina

Please forward any news / articles to Carole (carolerees@gmail.com) for February's newsletter.

