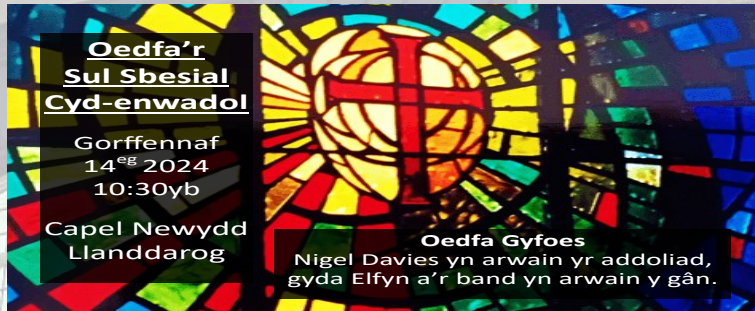


GORFFENNAF 2024 JULY

ISSUE/ RHIFYN 66

BABELL



ZION NEWYDD



Another of Mike's Musings



ON AVOIDING THE POTHoles ON LIFE'S ROADWAY

I am sure that the residents of Carmarthen will join me in wishing happy birthday to the pothole that greets us as we exit Morrison's Petrol Station. It first appeared in the Spring of 2022 and began life as a mere scrape on life's highway. It has deepened and, indeed, widened with the passing of time and is symptomatic of neglect and seeming indifference on the part of those responsible for keeping our roads in a state of good repair. I was tempted, recently, to plant the hole with primroses and aubretia but decided that doing so might well place my safety at risk. A plan to invite friends to gather at the hole for a celebratory birthday tea was abandoned for the same reason.

Speaking more seriously, the pothole does constitute a danger to drivers and is very much 'an accident waiting to happen.' The danger is greater for cyclists who could come a cropper were their front wheel to drop into the hole. Motor bikes, similarly, face increased danger. As, too, do pedestrians.

It was whilst thinking along these lines that I began musing on other kinds of potholes strewn along life's highway. Existence, when we come to think of it, is full of dangers and if we are not careful we can injure ourselves, physically or emotionally.

Consider our late teens and twenties for instance. This is a time when we are conscious of fierce passions within us demanding expression. There is a temptation to kick over the traces and run wild – a danger increased for those who move to a new area to study or work as there is now no home life to steady them. We must mix with all kinds of people and values can often be turned topsy-turvy.

Middle age also contains potholes – one of them being disappointment in the achievements of life's ambitions. A person misses a promotion they had set their heart on or suffers a business reverse. Their dreams come to nothing and there is a temptation to blame others – a parent for instance – for deficiencies in one's character. Yes, and if a reverse can trip us up, so too can success. It takes a steady hand to carry a full cup; success can go to a person's head and make them hard and worldly and selfish.

And what of our latter years when we find ourselves in the queue 'waiting for the last bus'? A disillusioned, grumpy, bad tempered old person can be a real tool of the devil and, some of them, sadly, can spend their final

years undoing all the good things done previously in life. How did Shakespeare put it: "Let me not live to become the snuff of younger spirits."

The problem with life's potholes, as opposed to the pothole outside Morrison's Garage is that we cannot see them in advance. We can but hope that we have the inner resources to deal with them when they are encountered. I imagine that we can all list the things that equip us for that challenge.

My own list includes fine memories. I think of fine friends, fine family members, fine churches, fine ministers, fine teachers – all those influences that have made me what I am – individuals whom I would hate to let down. Above all else I am helped by seeing life as a solemn trust which has been placed in my hands by God / The Universe / Fate / Chance – call it what we will. It is a trust not to be betrayed – our task being that of making our world a better place for our having passed through it. In response to Macbeth's 'Out, out, brief candle,' Bernard Shaw once wrote: 'Life is no brief candle for me. It's a sort of splendid torch I have got hold of for the moment.'

Meanwhile I wish us every success in avoiding that damned annoying pothole near Morrison's Petrol Station.

Mike

Thank you Mike for all your contributions during the year.

Always food for thought.

Over recent weeks we have heard of a few members and friends who are not well or who are undergoing hospital treatment. We especially think of



Rev Adelaide, Mrs Rosemary Kerr, Mrs Nesta Wyn Davies and Mrs Esme Phillips.

Please keep them in your prayers and everyone known to you who are in need at this difficult time.

Arglwydd Dduw, cyflwynwn i'th ofal ac i'th fendith y rhai sy'n dioddef poen corfforol neu flinder ysbryd. Dal nhw'n agos at a gosod dy law i'w hadfer hwy trwy dy ras er mwyn Iesu'r Meddyg Da. Amen.

Lord God, we bring to your loving care and ask your blessing on those who are suffering physical pain or spiritual fatigue. Keep them safe and place your hand upon them so that they may be restored through your grace in the name of Jesus, the Great Physician. Amen.

Cancer and Me- a Continuing Journey

by Esme Phillips



My friends at Babel Zion Newydd will recall that I was diagnosed with breast cancer four or more years ago. I remember the occasion well as the diagnosis came hand in hand with the news that my age, together with other health issues ruled out the possibility of surgery. To receive such news is always disturbing as others amongst us will be aware. It is especially frightening when one has no family who can share the burden and it is at such times that the pastoral ministry of a church becomes so important in the life of its members. I am grateful for the care shown me by those reading these words, both then, and now. Living with cancer, as with other conditions, is a continuing journey and ongoing support, whatever the outcome, is a ministry that our churches must continue to exercise. To everyone who walks with me on that pilgrimage – thank you.

When surgery was ruled out, I wanted to weep. I was told that my treatment, instead, would consist of a pill taken daily. I can remember my thoughts at that time:

A Pill! Of what use is a tiny, insignificant tablet? What good can that do! That said, I have always been a positively minded person and my philosophy is one of picking oneself up, dusting oneself down and getting on with the challenges that life sends our way. I recall a minister friend responding to my question "Why Me?" in this way. He told me that it was the wrong question to ask in that it should be "Why Not Me?" God has no favourites, and our faith is not an insurance policy. God never promises to protect us from danger but has pledged to be at our side as we confront it. I count myself to be exceptionally lucky in that the 'insignificant tiny pill' is continuing to work well and that my most recent appointment with a consultant at Prince Phillip Hospital revealed that the tumour has diminished in size and that, for the moment, all seems reasonably well. One hopes that this will be the case in four months when I have my next review but who can tell. I am determined to remain positive and, above all, very thankful.

Esme loves the words of a hymn composed by Eben Fardd (1802 – 1883). It is a prayer asking Jesus to be with him in the midst of life's trials which can overtake him in his weakness of spirit. He uses the imagery of the sea

to express, how through life's misfortunes he can be tossed from shore to shore but he asks for help to hold onto the only One who can save him. Even though he may depend on the things of the world which will most surely crumble and cause him to fall, Jesus, the Rock of Ages will never fail him. Eben Fardd wrote this hymn as a result of losing his wife and three children in the space of five years.

O fy Iesu bendigedig,
unig gwmni f'enaid gwan,
ymhob adfyd a thrallodion
dal fy ysbyrd llesg i'r lan;
a thra'm teflir yma ac acw
ar anwadal donnau'r byd
cymorth rho i ddal fy ngafael
ynot ti, sy'r un o hyd.

O My Blessed Jesus
My weak soul's only company,
Amidst all life's trials
Hold my weak spirit unto the shore;
And while I'm tossed
from wave to wave
give me help to hold
onto you who's eternally the same.

Rhof fy nhroed y fan a fynnwyl
ar sigledig bethau'r byd,
ysgwyd mae y tir o danaf,
darnau'n cwmpo i lawr o hyd;
ond os caf fy nhroed i sengl
yn y dymestl fawr a'm chwyth,
ar dragwyddol graig yr oesoedd,
dyna fan na sigla byth.

Diolch Esme am yr adroddiad ac rydym mor falch eich bod yn dangos
arwyddion o wellhad. Dymuniadau gorau i chi oddi wrth bawb yn y Babell
Zion Newydd.

Friendship Centre

4/7/2024	Maisie and Rosemary
11/7/2024	Pat and Carole
18/7/2024	Nan, Tina and Kevin
25/7/2024	Helen and Sian

Pwyso'r bore ar fy nheulu,
colli'r rheini y prynhawn;
pwyso eilwaith ar gyfeillion,
hwythau'n colli'n fuan iawn;
pwyso ar hawddfyd – hwnnw'n siglo,
profi'n fuan newid byd:
pwyso ar Iesu, dyma gryfder
sydd yn dal y pwysau i gyd.

The third verse is well known
for its eternal truth

Lean on family in the morning
Lose them in the afternoon;
Then lean on friends and colleagues
But they will soon be lost too.
Lean on the good life – this soon shakes
Then comes soon a change of life;
Lean on Jesus, now what a strength
That can hold all the weight of life.



Tina writes CODI ARIAN / RAISING MONEY

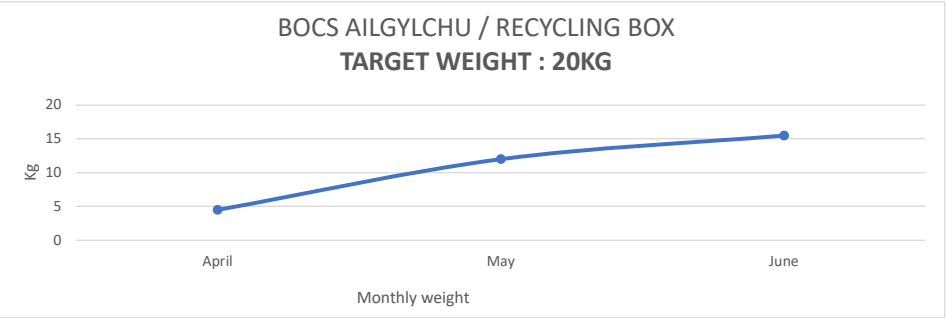


Diolch o galon!

A huge thank you to everyone who has supported us in trying to raise money for the chapel through recycling unwanted items.

We need another 5kg in weight before we can send the first collection through. Our target is to send at least **20kg** through by **July 19th**, so could we encourage you all to search out any unwanted / broken jewellery, coins, stamps, mobile phones, ipads, cameras etc and place them in the box before that date.

Diolch enfawr / A huge thank you.



DYDDIAD I'R CALENDAR! / A DATE FOR THE CALENDAR!

Bydd Gwener, Medi 27ain 2024

Friday, September 27th 2024

Macmillan Coffee Morning

at Babell Zion Newydd

- Please support by encouraging people to come.
- Start collecting for the various stalls e.g. gift stall, book stall, bottle stall, raffle ...
- Share ideas for raising money at the event.



Llangunnor School Year 4 Bible Presentation



Blwyddyn 4 Ysgol Llangynnwr
yn derbyn Beiblau gan
Gymdeithas Gwyl Ddewi'r
Dre a chasgliad y
Gymdeithasfa trwy law'r
Parch Beti Wyn a'r Parch Emyr
Williams. Gweler Joan
Thomas, Helen Gibbon,
Delyth Solway, Ann Evans ac
Emyr Wynne Jones, aelodau o

dîm Agor y Llyfr hefyd yn y llun.

Members'-led service June 23rd

The children of the Sunday Club took part in the Members-led service prepared by Mrs Pat Morgan on June 23rd.

Unfortunately Pat was not able to be with us due to illness but we are glad to see her back well again. The service was entitled 'A Conversation about Nature' and we were reminded of our responsibility towards the environment and the ways God speaks to us through the natural World. There are many references in the Bible to gardens and outdoor experiences eg in Genesis God spoke to humankind in the Garden of Eden and at the very end of Jesus' life it was in the Garden of Gethsemane that he prayed. We can find peace and tranquillity in a garden and the final words drove the lesson home: "Let us not be too proud to learn from the lessons the natural world - our God's world which we must respect - is teaching us." The following took part: Sian Cassell, Owen Jones, Lynn Davies, Linda Owen, Tina Thomas, Rosemary Kerr, Liz Amery and Ellie Grace. Carole Rees was also indisposed due to illness and the prayers were taken by her husband Meurig who also with Sian announced the hymns. Helen Gibbon was the organist. A hearty lunch was had by all at the Falcon Hotel to follow – a lunch which had been postponed in January.



To follow on the theme of the Garden: A Reflection on a verse from Psalm 23:

'He makes me lie down in green pastures, He leads me by still waters. He restores my soul.'

One of God's gifts in the Bible is the Sabbath, the day of rest. People sometimes think of the Sabbath as about things you're not allowed to do. It really means not have to labour 24/7 to stay alive.

Human beings are not machines. We weren't designed to work without ceasing. It's leisure time that produces music, art and poetry. And it's because we aren't working all the time that we have space for other people in our lives. We need that down time if we're going to flourish with good friends and healthy relationships.

There's nothing that symbolises rest as well as sheep in a green field on a sunny day. It doesn't do much except munch the odd mouthful of grass. It's just being itself- but it's also nourishing itself.

Many of us aren't good at resting. If we're at school it's all about results. If we're at work it's about productivity. Even when we aren't, there's pressure on us to hit the gym and exercise or hit the shops and consume. It's not good for us..

Listening to God makes us rest. He refreshes our lives.

What do we do to relax? What do we enjoy about it?

Do I take enough time for myself?

Can I help someone else take time for themselves? [Bible Society]

=====

Mabolgampau'r Ysgolion Sul

Llongyfarchiadau i Ellie Mae, Sara, Paige a Noah a gymerodd ran ym



Sul ac wrthgwrs -y Babell Zion Newydd. Diolch blant!

mabolgampau MIC yn Neuadd Bronwydd nos Wener Mehefin 28fed. Yn anffodus roedd Leia yn methu bod gyda ni y noson honno. Daeth dros gant o blant i gystadlu mewn ras rhedeg, ras gasglu, ras wisgo, a thaflu pêl at darged. Daethant o bell ac agos, o Langadog i Hendygywn ar Dâf, o Gapel Iwan i Gefnberach i gynrychioli eu hysgolion



A Trip to Henllan

If you haven't been to the little church at the Prisoner of War Camp at Henllan, near Newcastle Emlyn, it is well worth a visit. An exclamation as we approached the building said it all for me: "Is this the church?" It was the 1940's when Italian prisoners of War were transported to Henllan having been

captured in Africa. They were settled in cabins and transported to various places of work during the day which included local and distant farms and also the Drefach Felindre Woollen Mill. One particular prisoner of the thousand based at Camp 70 in Henllan had a special gift for painting and drawing and in their need for a place of worship they were given one cabin which they



converted into their Catholic Church. That special artist was 21year old Mario Ferlito who painted the Last Supper above their homemade altar. The candlesticks and pillars were all made of corned beef tins and paint was created from tea leaves, clothing dye and vegetables- anything which they could smuggle in from the farms and mills where they worked during the day. They were young men, far from their homeland who needed a place to pray and I think we were all amazed at the spiritual and faith conviction these men must have had to go to the lengths that they did. Mario Ferlito came back to a reunion in 1977 and when he walked into the church his words were: ***"Through the rainbow of my tears, I see the days of my youth opening in front of me like the pages of a book."***

It was Bob Thompson who bought the site over 40 years ago, not knowing what he was about to find in one of those derelict cabins. On his death the site was passed onto his sons and it was Linda Davies, his daughter-in-law who recounted the story for us. And what a story!

Painting and decorating

The scaffolding is up and painting is about to begin! Please be careful as you come into Chapel and vestry for the next few weeks. Thank you to Lynn and Ian for organising the work and for the synchronising of it all.

BIBLE MUSTS

Bible references containing MUST or its equivalent. Have a go!

- | | |
|----------------|----------------------------------------------------|
| 1. Luke 2: 49 | I had to be |
| 2. 1 Cor 15:25 | For Christ must..... until God defeats all enemies |
| 3. Mark 13:10 | But before the end comes, themust..... |
| 4. John 10:16 | There are other sheep.....I must..... |
| 5. 2Tim 2: 24 | The Lord's servant must..... |
| 6. 1Tim 3:2 | A church leader must..... |
| 7. 2 Cor 5:10 | For all of us must..... |
| 8. Acts 16: 30 | "What must..... |
| 9. Rev 4: 1 | "I will show you what must..... |
| 10. Heb 11:6 | For whoever come to God must have..... |
| 11. Mark 8:31 | The Son of Man must..... |
| 12. John 4:4 | He must go through..... |
| 13. John 3: 7 | You must all be..... |
| 14. 1Tim 3.8: | Church helpers must..... |

Sunday Lunch at the Falcon Hotel.



Coda Ni

Cynhaliwyd gwasanaeth arbennig yng Nghapel Newydd Llanddarog ar y pumed Sul o Fehefin gyda chynrychiolaeth o'r grwp Coda Ni. Cawsom ein harwain gan Ffred, Violet, Maria a Morfudd trwy ddarlleniadau, gweddïau, neges a ffilm i weld y gwaith arbennig mae'r grwp o ardal Bencader wedi ei wneud yn Burkina Faso yn Affrica. Maent yn casglu dillad o bob math ac yn eu gwerthu neu'n ailgylchu er mwyn codi arian ar gyfer prosiectau lu yn y wlad honno, yn Gaza ac ar gyfer prosiectau megis Breakthro' Caerfyrddin sy'n cefnogio plant ag anghenion arbennig. Canwyd emynau plant nad ydym wedi canu ers slawer dydd: 'Hoff yw'r Iesu o blant bychain' ac 'Iesu tirion gwel yn awr' yn yr oedfa ac fe'm hatgoffwyd pa mor bwysig oedd plant i Iesu : Yn wir beth yw'r adnod: "Gadewch i'r plant ddod ataf fi; peidiwch â'u rhwystro, oherwydd irai fel hwy y' mae teyrnas Dduw yn perthyn. Yn wir rwyn dweud wrthyich, pwy bynnag nad yw'n derbyn teyrnas Dduw yn null plentyn, nid â byth i mewn iddi." OND roedd yn well gan Ffred y gyfieithiad newydd o'r Groeg sef: *"Credwch chi fi, heb ymddiried fel plentyn bach, wnewch chi byth ddod yn un o'r rhai mae Duw'n teyrnasu yn eu bywydau."*

An united service was held at Capel Newydd Llanddarog on the fifth Sunday of June with a representation from the Group Coda Ni [Raise us Up] from Pencader. We were led by Ffred, Violet, Maria and Morfudd by means of hymns, readings, prayers, a message and film to see the work they have been doing in Burkina Faso in Africa. They collect clothing of all kinds, which they sell or recycle to raise money for projects in that country, or Gaza or more locally Breakthro' Carmarthen which supports disabled children. We sang children's hymns which remind us of that well known verse, "Let the children come to me, and do not stop them because the Kingdom of God belongs to such as these. I assure you that whoever does not receive the Kingdom of God like a child will never enter it." HOWEVER Ffred preferred the translation from the Greek in BEIBL.net : *"Believe you me, unless you trust like a child, you will never become one of those whose lives are given over to the reign of God."*

If you have clothes to donate please speak to our Minister and he will arrange for collection.

Sunday Services/Gwasanaethau ar y Sul

Revd Mike Shephard	Communion Service	10am	7/7/2024
United Service with Mr Nigel Davies at Llanddarog			14/7/2024
Sul Sbesial		10.30am	
Rev David Jones Llanelli.		2 pm	21/7/2024
Afternoon Service with Minister Emyr		2pm	28/7/2024
See the Journal for August Town services			
United Town service at Babell Zion Newydd with Rev Mike			11/8/2024

Flowers/ Blodau		Cleaning/Glanhau	Announcing and Communion
Vi Williams	Gorffennaf/ July	Sian/Carole/Meurig	Cyhoeddi a Pharatoi'r Cymun
			Sian Cassell

Singalong Tuesdays:
Gorffennaf/July 16th at Plasydderwen
Resume in September.
Zohra, our contact at Towy Castle is moving back to Dorset and we wish her well in her new home and workplace.

Dates for the Diary

July/Gorffennaf 15fed: Christmas the Story Meeting at the English Baptist 6pm
September 29th United Morning dService: Oedfa o Fawl am 10 o'r gloch yn Llanddarog: a service of hymn singing led by Helen

September 29th. Cymanfa Ganu yn Elim. Arweinydd: Sioned Page- Jones
Rehearsal July 14th at Elim 5 pm with Helen
Rehearsal September 8th at Elim 5pm with Helen
Main rehearsal at Elim September 15th 5pm with Sioned

Harvest Thanksgiving: October 13th 10 o'clock Food Bank collection
Christmas Fayre Saturday 30th of November
Christmas Community Service: December 8th at 10 am