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Cylchlythyr/Newsletter

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# BABELL ZION NEWYDD

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## **CANCER AND ME FOUR YEARS ON**

How quickly the time flies. It is hard to believe that it is almost four years since I penned a contribution for the newsletter under the heading 'Cancer and Me.'

I remember the diagnosis of Breast Cancer so well. I had gone into A&E with an unrelated complaint but, further to an MRI scan and biopsy learned the harrowing news. It was not a completely bleak picture as there was some good news along with the bad. The positive news was that the right breast was fine and presented no problem. The negative news, relating to the left breast, was that I had a grade 2 tumour there and that, in view of my age and other medical conditions, surgery was not an option. When the consultant told me this, I gave a huge drawn-out sigh which was more eloquent than any form of words.

It is always easier to hear such news when one is part of a close-knit loving family but such was not to be my experience. There is a saying to the effect that when troubles come, they do so 'in battalions.' Within a short time of the diagnosis by last surviving brother, Wynford, died. His presence in my life had empowered me and provided me with needful support and, suddenly, this had been removed. His loss was followed by that of my beloved dog, Cymro, and my sadness at that time new no bounds.

I am sure that we will all agree that it is always easier to survive such situations when we have our 'nearest and dearest' beside us. If I came through the sadness, it was due to the presence of loving friends who accompanied me to hospital appointments and who continued to encourage me through the grieving process. My faith also helped me, as did the words of this lovely hymn. The last verse speaks of leaning on Jesus whose friendship is eternal.

O fy Iesu bendigedig,  
unig gwmni f'enaidd gwan,  
ymhob adfyd a thrallodion  
dal fy ysbryd 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.

Rhof fy nhroed y fan a fynnwyf  
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.

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.

Given that surgery was not feasible the cancer needed, somehow, to be controlled by other means and, thus far, the prescribed medication is continuing to work wonders. Recent scans have revealed that the tumour has reduced in size – something that continues to amaze me.

I do believe though that an optimistic spirit and positive outlook on life can aid the healing process. Even when a prognosis remains bleak it is helpful to see gleams of light, no matter how small, in the darkness. I see myself as being on a journey and my task is to face the challenges, come what may, that life presents.

I cannot pretend that I have no down times. One such ‘downer’ came last September when I decided that there was no point in planting Spring bulbs as I “wouldn’t be here to see them flower.” A friend, adopting a no-nonsense approach, stated that he was going to plant them anyway. And plant them he did. Within days I was planting extra bulbs myself! We cannot keep death at bay forever but planning ‘for life’ can help us in our struggle.

I am not allowing Cancer to make me bitter. I do not see the point of being angry with life. It is all part of the ups and downs of life – another learning opportunity on a continuing journey.

I would like to say, in closing, how much I appreciate the friends who share the journey with me. I do not know when it will end and at my age each day is a bonus.

To each and everyone who travel with me “Thank You.” Diolch!

ESME PHILLIPS



We extend our sincere condolences to Mrs Vi Williams on the death of her brother Victor (Vic). Our thoughts and prayers are with Vi and the family at this sad time.

**Well, what a motley crew we have here!!!**



Our intrepid group of walkers were out on their first walk of the year and oh my goodness, I wish I had gone with them. Not having the ability to walk very far, they could have just left me in the woods and I would have been at my happiest as I absolutely adore snowdrops.

Originally believed to be a wildflower native to Britain, the snowdrop is actually native to Europe and the Middle East. It was brought to Britain by the Romans. It is a small group of about 20 species of plants in the Amaryllidaceae family. They have been known by other names in early history. However, it was Carl Linnaeus, a Swedish botanist, who named the snowdrop the *Galanthus nivalis*, “milk flower of the snow,” in 1753. It has been introduced into other areas outside of Europe and the Middle East where it has naturalized.

As one of the first flowers of spring, breaking through the soil at what must be the hardest time of the year, the humble snowdrop often symbolizes new beginnings, hope, rebirth and the ability to overcome challenges.

Another season of Lent has begun. Another opportunity for deepening our lives is being given to us. A gift from God is being offered to us during these special days. We should be very clear about one thing. Lent is not a second chance to see if we can keep our New Year’s resolution. Lent is a time of renewal. We call it the “springtime” of the Liturgical Year. Lent is the promise of a new start for all of us.

Above all, it is a time when we rejoice that God is a God of refreshment, of new life, of new beginnings. During Lent, we can have confidence that Christ is bringing us with him into a new and wonderful life. Will you have a fresh start in life? Will you have a new beginning? It’s your choice.







## INGREDIENTS

**Makes** 10-12 cakes | **Prep** 10 minutes | **Cook** 4-5 minutes each

8oz self raising flour

2oz castor sugar

4oz margarine or butter

1 or 2 handfuls of sultanas

1 or 2 free-range eggs depending on mixture

## METHOD

Sieve flour into bowl, then add margarine or butter, rub in finely together.

Add sugar and sultanas and mix.

Add 1 egg and mix. The consistency needs to be bound together, so if too dry add another egg.

Roll out on a floured board, to about a quarter inch thick.

Cut using a 2 inch (approx) cutter, then cook on a greased pan, or bake stone, on a medium heat for about 4 to 5 minutes each side.

The exact cooking length will depend on what you are cooking your Welsh cakes on, but keep a close eye - too short a period and they won't be cooked in middle, and cooked for too long and they will be dry. When touched during cooking they should feel springy, but not wet to the touch (no mixture should come out of the middle).

Once cooked dust with castor sugar and enjoy.

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## Friendship Centre Rota

23/02/23	Pat & Molly
02/03/22	Tina & Nan
09/03/23	Helen & Sian
16/03/23	Rosemary & Maisie
23/03/23	Pat & Molly

*Guide Me, O Thou Great Jehovah* was written by William Williams Pantycelyn.



William Williams Pantycelyn

Williams was born in Carmarthenshire, Wales in 1717. He was the son of John and Dorothy Williams. His father was a prosperous farmer. He grew up as an Independent and Calvinist. Williams intended to be a doctor, but upon hearing Howell Harris preach he became a Christian.

He wrote the text to *Guide Me, O Thou Great Jehovah* in 1745, writing the words in Welsh. He would become the most famous hymn writer of Welsh Methodism, but it is unknown why he chose to write them in his native language. Maybe because there were few good hymns in the Welsh language and the Welsh love to sing.

The song refers to many of the difficulties and hardships he experienced as a travelling minister along with imagery from the books of Exodus and Joshua, in the Old Testament.

The original hymn was six verses and published in 1762 in Williams' collection of hymns entitled *Caniadau y rhai sydd ar y Mor o Wydr* (Songs of those upon the Sea of Glass).

In 1771, Peter Williams {no relation} translated the first, third and fifth verses into English. The following year, either the author or his son John, retranslated the third verse, translated the fourth and added a new English verse which incorporated Christ.

Most modern day hymnals only publish the three verses translated by Peter Williams. Some translations use the word Redeemer in place of Jehovah.

The hymn is often paired with the Welsh tune *CWM RHONDDA*, composed by John Hughes in 1907.

William Williams wrote over 800 hymns, both in English and Welsh. He is said to have travelled 100,000 miles to preach and sing his songs and often drew crowds of 10,000 people.

Williams died on January 11, 1791.



## Copy of an Email received from Cytun:

1: Holy Week - yr Wythnos Fawr/Wythnos y Pasg

Oes diddordeb mewn oedfaon dros yr Wythnos Fawr, gyda "Gorymdaith dystio"/Gwasanaeth tyst fel uchafbwynt y wythnos, ar ôl y gwasanaethau yn y bore? Os oes 'na ddiddordeb, mae angen gwneud trefniadau'n fuan - cyn y Garawys, yn ddelfrydol.

*Is there any interest in meeting across Holy Week for worship together, with a Walk of Witness/service of witness\* as a focus of the week, after the services in the morning of Good Friday. If there is interest, then we need to organise soon - before Lent ideally :).*

2: Nadolig y Stori - Oes diddordeb mewn ail-ddechrau Nadolig y Stori eleni? Mae angen ffindio actorion newydd ar gyfer yr "anrheg o'r eglwysi i'r dref."

*Is there any interest in re-starting Christmas the Story this year? We need to find a new cast for our present to the town from the churches. Please ask your members so we can get a good picture, as this has been a very positive way of reaching children with the Christmas Story.*

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### Dates for the Calendar

There will be a meeting for all who are interested in Gwyl Mawl Medi on Sunday March 12<sup>th</sup> at Heol Awst Vestry at 6pm

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For all you budding choristers!!! Recording of Dechrau Canu in Trelech.



## More Dates for the Calendar

**Cawl & Quiz Night**  
**World Day of Prayer**

Wednesday March 1<sup>st</sup> at 6pm  
 Friday March 3<sup>rd</sup> at Llangunnor Church  
 Welsh Service at 10:30 am  
 English Service at 2pm

**Next Elders Meeting**  
**Friendship Centre**  
**Singalong Tuesday Dates**

Wednesday 15<sup>th</sup> March 10am at Babel  
 Every Thursday 10:30 – 1:30  
 March 7<sup>th</sup>  
 March 21<sup>st</sup>  
 April 4<sup>th</sup>  
 April 18<sup>th</sup>

**Cwrdd Dosbarth/  
 District Meeting**

Tuesday 9<sup>th</sup> May at Cwmdwyfran at 7pm

**Pastorate Maundy Thursday Service, Supper and Communion will be held on 06/04/23 at Llanarthne Hall 6:30pm. Names of those attending will need to be given to Emyr as soon as possible to gauge numbers to cater for.**

**Town United Service for Good Friday will be at the English Cong at 10:30am and will be led by Mr Hugh Waddell.**

### Sunday Services/Gwasanaethau ar y Sul

Rev Mike Shephard	10 am	05/03/23
Minister Communion/Cymundeb	10 am	12/03/23
Mr David Davies	10 am	19/03/23
Minister	2 pm	26/03/23
Rev Adelaide Wheeler-Cocks	10 am	02/04/23 Palm Sunday
Minister	10 am	09/04/23

	<b>Flowers/Blodau</b>	<b>Cleaning/Glanhau</b>	<b>Announcing and Communion/ Cyhoeddi a Pharatoi'r Cymun</b>
March	Joan Stephens/ Carole Rees	Jackie & Maisie	Lynn Davies
April	Rosemary	Lynn & Janet	Meurig Rees
May	Nesta Wyn	Rosemary & Nelda	Molly Thomas

Have you any news or items for the newsletter? Please forward to Carole at  
[carolerees4@gmail.com](mailto:carolerees4@gmail.com)  
 or Helen at [helengibbon1@btinternet.com](mailto:helengibbon1@btinternet.com)