

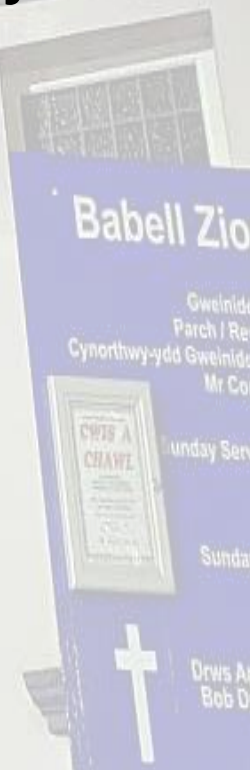
March/Mawrth 2025

Cylchlythyr/Newsletter

Rhif/Issue 73

BABELL ZION NEWYDD

Rhiw Babel Pensarn Caerfyrddin SA31 2DJ



Thank you to everyone who has contributed so far to the foodbank box located in the lobby. This will be emptied periodically and contents distributed to the various foodbank organisations in town. Please ensure though, that all donations are in date.

How to support your local foodbank



CAWL & QUIZ NIGHT

All teams have revised hard (?!!!) and are ready for the quiz night on Wednesday 5th March. Entry will be £5 per person and each team will comprise of 4 team members.

We look forward to welcoming Mr John Green as our Quiz Master again this year.

Pat will be leading us through our Lent Bible Study and will be following the last 4 chapters of John. These study sessions will begin on Monday 17th March at 1pm. Any changes will be announced.



All are welcome.



Mrs Nesta Wyn Davies is celebrating a very special birthday on March 11th. It will be her 90th Birthday.

Happy Birthday Nesta from all your friends at Babell Zion Newydd

Yr Ysgol Sul/ The Sunday School

Cynhaliwyd gwasanaethau'r dre i ddathlu Gŵyl Ddewi ar Chwefror 23ain yng Nghapel y Tabernacl yn y bore ac am 5 o'r gloch yng Nghapel y Babel Zion Newydd.

Cymerodd Paige, Noah a Sara ran yn y bore drwy gyhoeddi emyn gyda chymorth eu mamau Rebecca a Carys. Fe wnaethon nhw hefyd ymuno gyda'r holl blant i ganu'r geiriau 'Sneb rhy fach, sneb rhy ifanc a sneb rhy hen i roi gwen'.

Y Parchg Catrin Roberts ddaeth o Gaerdydd i annerch y plant a thrwy ddefnyddio'r gath, yr arth, y corryn, yr eliffant a'r twcan, rwyn siwr y byddant yn cofio sut y mae angen i ni newid ein harferion gwael gyda chymorth Crist er mwyn creu byd sy'n well i fyw. Bore llawn hwyl ynghyd â'r wers bwysig ein bod yn gwneud y pethau bychain a gwenu.

Mererid Hopwood oedd wedi paratoi'r gwasanaeth eleni ac roedd hi wedi gosod cynnwys sgript ar y gwragedd hynny a aeth â'r ddeiseb heddwch i America. Roedd y ddeialog i bedair o wragedd wedi eu gwisgo yn nillad y cyfnod yn effeithiol iawn. Roedd yn dda ein bod wedi bod yno er y tywydd garw iawn.



Paige, Noah and Sara read the first hymn at the St David's Day Service at Tabernacle Chapel with the support of their mothers, Rebecca and Carys. They also joined the Sunday Schools in the singing of the song: 'No-one is too small, too old or too young to give a smile'. St David would have been glad of all the smiling children and adults at the service that day. Rev Catrin Roberts was the guest speaker and her emphasis was on the need for us to change. With the help of

the Lord Jesus we can change for the better personally and for a better world – a message that St David would most definitely have promoted.

The Evening Communion Service



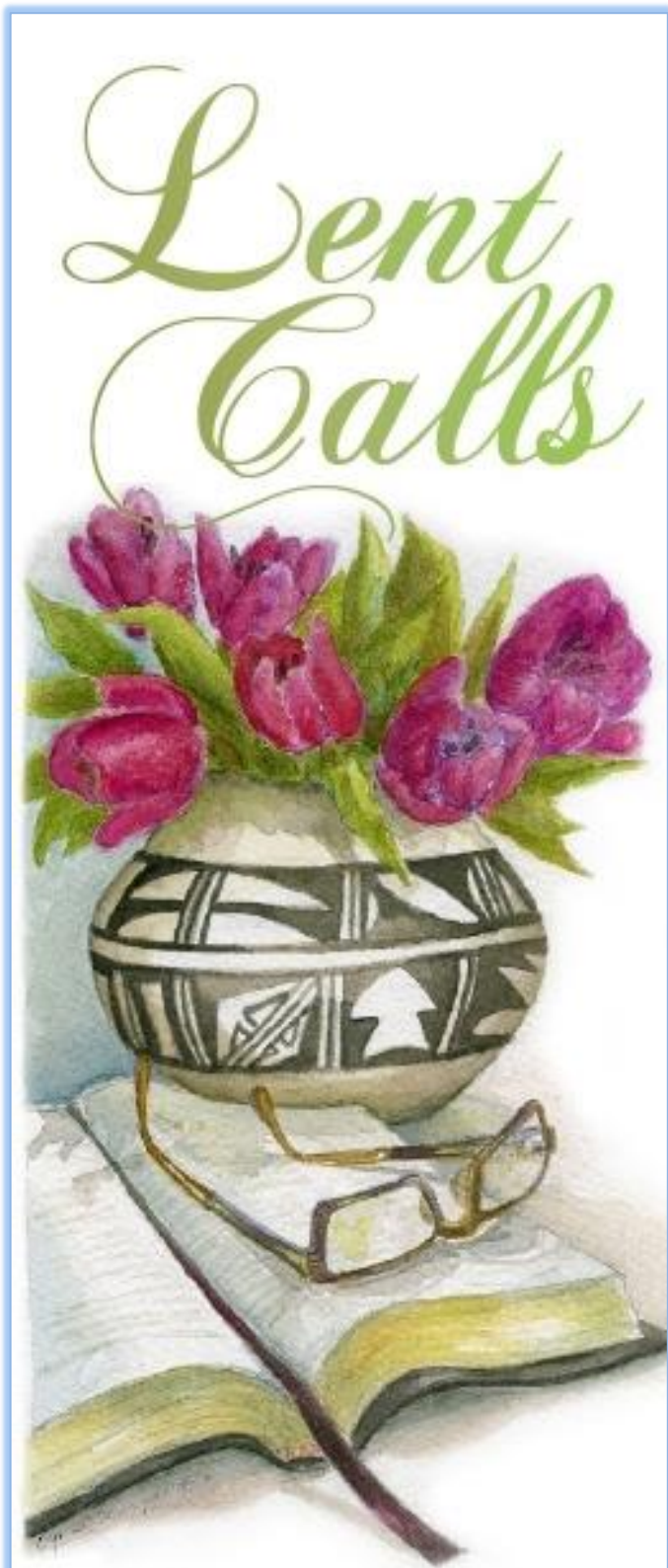
Revd Hywel Davies of Aberdare was the guest preacher at the evening service and his emphasis was on the need for us to come together ecumenically in these times when numbers of worshippers are dwindling. Fe gymerwyd rhan gan gynrychiolwyr o Heol Awst, Tabernacl, Priordy, y Babel ac Elim a gwasanaethwyd wrth fwrdd y Cymun gan ein gweinidog Emyr a Beti Wyn. Roedd Hywel Davies yn gyn rheithor Eglwys Llanddarog a chyn hynny yn bennaeth hanes Ysgol Gyfun Ystalyfera a Llanhari.

Dydd Gweddi'r Byd/ World Day of Prayer at BZN

Friday March 7th

Welsh Service at 10.30 am

English Service at 2pm



Lent calls to me
He wants more of me than I've ever
given

More than Lenten study
More than giving up dessert
More than extra church services.

Lent calls to me again
He wants more of me and I'm frightened
Frightened of losing control
Frightened of letting go
Frightened of what He might ask me to
do if I really listened.

Lent calls to me again
I feel a yearning, a tugging towards
something more,
Whispers of a love unimaginable
Glimpses of a relationship unshakable
Tastes of a water so clear and sweet that
my thirst is quenched forever.

Lent calls to me again
A step is all I can manage Lord
A hand extended
A head bowed
A conscious placing of myself on your
Potter's wheel.

Lent calls to me again
Help me with the hard part, Lord,
Help me surrender
Help me abandon myself to you
Help me reconcile myself to you.

Lent calls to me again
Here I am Lord.



The UK is the world's biggest grower of daffodils and they're woven into stories at many of the places in our care.

The botanical name for the daffodil is *Narcissus*, named after a young man known for his beauty in Greek mythology who was tricked into falling in love with his own reflection. The drooping flowers that characterise most daffodils are said to represent Narcissus bending over to catch his reflection in a pool of water.

The name derives from the Greek 'narco', which is the root of the word narcotic. The etymology probably relates to the daffodil's toxicity as all parts of the plant are poisonous.

The Romans are known to have planted daffodils in memory of loved ones or comrades fallen in battle. It's likely they brought them to Britain from the Iberian Peninsula, predominantly Spain and Portugal, where the largest variety of daffodil species are found.

Daffodils' uplifting yellow flowers and true perennial habit make them an enduring garden favourite. Clumps of daffodil bulbs have been known to survive in the ground for well over a century, flowering consistently for decades.

There are more than 27,000 cultivated varieties. Despite intensive breeding, most daffodils are yellow. Exceptions include the white-petalled *Narcissus poeticus* varieties and orange and salmon-coloured cultivars.

Instantly recognisable thanks to its bright yellow petals, the daffodil is considered the national flower of Wales.

Exactly how the flower made its way into Welsh culture (with links between the two only really forming in the 19th century) is something of a mystery, but its rise in status was likely aided by the flower's Welsh name: *cenhinen Bedr*, which literally translates as 'Peter's leek' – leeks having been a symbol of Wales since before the 16th century (though, who exactly Peter is, we're not sure) – and the way they tend to come into bloom around St David's Day on 1 March. The fact they're also somewhat prettier than leeks (especially when worn on clothing), likely aided their swift rise to fame as emblems of Wales.

Rev Mike writes:

THE WISDOM OF THE BUDDHA

I worked as a Family Court Adviser for some years and had cause, on one occasion, to speak with a child who had come to this country from Sri Lanka. Although only seven years of age the young boy was a practising Buddhist and, given that religion was central to the court proceedings, I talked to him about his faith. He told me, amongst other things, that each night, at bedtime, he recited a prayer addressed to the 'Lord Buddha.' He confided to finding the words helpful and asked me if I would like a copy of them. Here they are:

*May I be free from anger,
May I be free from ill will,
May I be free from jealousy,
May I be free from mental suffering,
May I be free from physical suffering,
May I live in peace,
May I live happily,*

*May all beings in this house,
May all beings in this village,
May all beings in this province,
May all beings in this country,
May all beings in this world,*

*Be free from anger,
Be free from ill will,
Be free from jealousy,
Be free from mental suffering,
Be free from physical suffering,
May they live in peace.
May they live happily.*

I am uncertain whether Buddhism can be described as a religion or as a philosophy of life and such a discussion is beyond the remit of our present discussion. What I would say is that I found those words very meaningful and continue to believe that every one of us, whatever our spiritual outlook, would benefit were we to recite them before going to sleep at night.

Think of how the quality of our sleep would improve if we were only able to banish anger and resentment from our minds before closing our eyes. What if we decided to pray for the well being of those who have wounded us or treated us unjustly? Would we not rest more peacefully if we forgave such people? Just think of how our mental health would improve if we were able to use the night hours in a constructive way rather than lying there in the darkness plotting revenge. A changed outlook might even have a positive effect upon our physical well being with some

medical practitioners advising that rancour can contribute to ulcers and issues with the digestive system.

I like the way in which that child's prayer enlarged the scope of his thoughts and caused him to look outside of himself and focus on the needs of others. He begins, as we all tend to do, by asking that he be freed from all that destroys wellness and calm. His vision then enlarges until, ultimately it encompasses the needs of the whole world.

Just imagine a world where every citizen prayed this child's prayer. Would it not be transformed in the most remarkable way imaginable?

And consider this, too.

That very special seven-year-old boy could help resolve a problem that has bedevilled humanity throughout history – that of religious intolerance, bigotry and prejudice. Religion, historically, has caused more problems than it has solved with many wars, both on a national and more local level, being fuelled by a hatred of those whose 'guesses' about God are different to our own.

Jesus once took a small child and said of that he held the key to entering the kingdom of God. He went as far as to say that it was only the childlike who would be granted entry into heaven. The child I met those years ago seemed to have that key in his possession.

Mike Shephard ©

Manipur Appeal/Apêl Manipur

Due to the conflict in Manipur 400 churches, 36 Church headquarters and 2 Theological Colleges have been burnt to the ground and 41,000+ people displaced, many to the Northern region of Mizoram. The Presbyterian Church has a connection with Mizoram through the Welsh missionaries who served in India following the 1904/5 revival. The Mizoram Synod Choir entertained at the General Assembly Meeting in Aberystwyth last summer and led us in the hymn singing with Calon Lân sung in Mizo and Welsh. Sharon Singsit-Evans, from Manipur, North East India, gave us an insight into what is happening in Manipur at present. That is why the Presbyterian Church has launched an appeal to help and pray for the people of Manipur that the church will regain its normality and that it will be a haven and a home for people of all faiths.

We shall be grateful for all Friendship Centre donations and all loose collections which will be donated to the Manipur Appeal during the next three months.

Sunday Services/Gwasanaethau ar y Sul

Members Service led by Kevin Bowen	10 am	02/03/25
Rev Emyr - Communion	10 am	09/03/25
Rev Mike Shephard	10 am	16/03/25
Rev Emyr	2 pm	23/03/25
United Service – time and place to be announced		30/03/25
Mr David Davies	10 am	06/04/25
Rev Emyr – Communion	10 am	13/10/25

Friendship Centre Rota

06/03/25	Tina, Kevin & Nan
13/03/25	Helen & Sian
20/03/25	Maisie & Rosemary
27/03/25	Pat & Carole
03/04/25	Tina, Kevin & Nan
10/04/25	Helen & Sian

	Flowers/Blodau	Cleaning/Glanhau	Announcing and Communion/ Cyhoeddi a Pharatoi'r Cymun
March	Maisie Johnson	Jackie & Maisie	Lynn Davies
April	Janet Davies	Lynn & Janet	Helen Gibbon
May	Nesta Wyn Davies	Rosemary & Nelda	Carole Rees

Dates for the Calendar

Singalong Tuesdays: 4th March 2 pm @ Babell
 18th March 2 pm @ Towy Castle

Elders Meeting: Tuesday 25th March @ 10 am

Have you any news or items for the newsletter? Please forward to Carole at
carolerees4@gmail.com
 or Helen at helengibbon1@btinternet.com