

Mawrth 2026 March

ISSUE/ RHIFYN 84

BABELL ZION NEWYDD



“Frodyr a Chwiorodd, byddwch lawen a chedwch eich ffydd a’ch cred a gwnewch y pethau bychain a welsoch ac a glywsoch gennyf fi.” [Geiriau o bregeth olaf Dewi Sant]



Our Minister Emyr writes

Gair gan ein gweinidog

Lent is a season of reflecting, of thinking, and a time to listen again to what Jesus says.

Through February and March this year I am basing the Sunday messages / reflection in these simple 2 words. **I am.** Giving time to think about Lent, and Easter, when **Jesus** speaks with two small but powerful words. When Jesus says “**I am**,” he is not only telling us what he does — he is revealing who he **is**.

Jesus says:

I am the bread of life - Some give up Chocolate or other food over Lent, not to punish ourselves, but to remember that our deepest hunger is not for food or comfort, but for God.

I am the light of the world - Lent can make us think about ourselves, the good the bad, the light and the shadows— thinking honestly about our weakness, and fear — yet Christ walks with us, lighting the path ahead.

I am the door / gate - Jesus does not stand far away. He invites us in. Lent is a season of return — stepping through the door of grace and love.

I am the good shepherd - When we feel lost, Jesus does not drive us forward; he leads us gently, even carrying us when needed.

I am the way, the truth, and the life - Lent reminds us that faith is not simply about rules or rituals, but about following a living Jesus.

I am the true vine - We are not asked to run a sprint or a marathon all of the time, but to remain — rooted in Christ, drawing life, strength and hope from him.

At the cross, Jesus says, “*I am thirsty.*” - And at Easter, God answers that thirst with resurrection life.

This Lent, we are not asked to be stronger — but to be **closer**.

To listen again as Jesus says to each of us: “**I am with you.**”

Blessings for Lent as we prepare for Easter once again.

Lenten Bible Studies with Pat: times to be announced

February 23rd

March 9th

March 16th

March 23rd

Our congregation/Ein Cynulleidfa

As we enter a new year we think of members of our congregation who are not well at this time. Please remember Charmaine in your prayers. Charmaine is back home from hospital and we are glad to say that she is in good spirits and is always enquiring after the congregation at Babel Zion Newydd. We wish Charmaine every blessing.

Yr Ysgol Sul /The Sunday Club

This term we are back in the Old Testament and we started with the story of Noah. Searching for the details in the Book of Genesis proved



challenging but rewarding once we got the answers to the quiz questions.

Rydym hefyd wedi bod yn paratoi ar gyfer Gwasanaeth Gŵyl Ddewi'r dre a fydd yn cael ei gynnal ar Sul Fawrth y Cyntaf yng Nghapel y Priordy. Edrychwn ymlaen at glywed y plant yn canu ac yn sôn wrthym am Dewi Sant.

The Friendship Centre.

Craft sessions are held every first Thursday of the month and the February flower arranging was led by Pat. As a result the chapel window ledges have been decorated for the past month with lovely arrangements signalling the onset of spring.

The next session, which will be paper crafting, will be held on March 5th led by Tina.



Brushing up on your Welsh or just a beginner? Come to the vestry and be immersed in Welsh chatter. You will soon pick it up. Tina will start leading sessions on March 16th.

We also wish Tina and Nan every blessing as they move into their new home in Abergwili. Mae Nan a Tina bellach wedi ymgartrefu yn eu cartref newydd a dymunwn bob rhwyddineb a bendith iddynt.

A Reflection on Lent by Pat Morgan



It's that time of year again!

Lent can be a strange old time- a time of waiting, lingering or to use an old-fashioned word, tarrying. The joy of Christmas seems far behind us and the sacred wonder and hope of Easter is yet to come. We are reminded of the heart rending words of our Lord recorded in Mathew 26:38, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." This was Jesus' plea to his dear and faithful disciples in the Garden of Gethsemane. Our dear Lord, 'overwhelmed with sorrow,' knew his earthly ministry was ending and the agony of the cross loomed. But the exhausted disciples could not stay awake to support or console him.

The image touches our hearts, the thought of God's Beloved Son alone, afraid, overwhelmed by dread is such a human trait and we feel close to Him.

Generally speaking we're not very good at tarrying or waiting. We are so accustomed to instant gratification – we enjoy instant coffee, instant photography, quick deliveries of orders. A click of a button or a few taps on our keyboard and our wants or needs are met.

Sometimes life makes us accept that we have no choice but to wait.

Waiting for a happy occasion is a delight. As we anticipate a wedding, a birth or a holiday, excitement builds and adds to the pleasure. On more serious occasions we're anxious, may be fearful. Will an exam result be ok? Will a health check-up bring reassurance or worry?

Maybe we could use this waiting time as a breathing space. A quiet time to reflect on our Saviour's sacrifice. A calm time of contemplation of the gift of salvation- so freely given. It shows a Father's love for us, his imperfect children.

Maybe we could use this Lenten wait to act- showing by our kindness and care for others that our faith is more than 'nice' words. Did you hear on the news recently of the death of the Rev Jesse Jackson? He was a young pastor at the time of the assassination of Dr Martin Luther King and was walking alongside him as he was killed.

Rev Jesse Jackson once said, "Do not look down on other people unless you are reaching down to help them." Let's take positive action this Lent. Let's notice if someone is 'down' and offer a helping hand.

As we reach out to others may we also reach out to God in prayer. Human lives are fragile, unpredictable and flawed but whatever the challenges, we are certain of a tender Father's love.

As we linger for Lent let's let go of the noise, the chatter and restlessness of everyday life and find rest for our souls in the Father's embrace. Seek out the Prince of Peace.

Yield not to Temptation

Yield not to temptation,
For yielding is sin;
Each vict'ry will help you,
Some other to win;
Fight valiantly onward,
Evil passions subdue;
Look ever to Jesus,
He will carry you through.

*Ask the Saviour to help you,
Comfort, strengthen and keep you;*

*He is willing to aid you,
He will carry you through.*

Shun evil companions,
Bad language disdain;
God's name hold in rev'ence,
Nor take it in vain;
Be thoughtful and earnest,
Kind hearted and true;
Look ever to Jesus,
He will carry you through.

The hymn Yield not to Temptation reminds me of this time of year when we remember how Jesus was tempted to prove his authority in an earthly way and not as his father God would have wanted him to do. There are many leaders in our world today who wish to prove their earthly powers and who are ready to do whatever they can to oppress and subjugate the peoples who should be under their care. Unfortunately we live in a world where our Lord God is not put first and peoples in many lands are condemned to live in inhumane suffering. Let us first and foremost start with ourselves and follow the example of the Lord Jesus Christ who did not yield to temptation but followed and quoted the words of Scripture at every turn in order to do his Father's will. We remember that even on the night he was betrayed Jesus said in the Garden of Gethsemane, "Yet not my will, but yours, be done". The Lord's prayer reminds us of this daily:

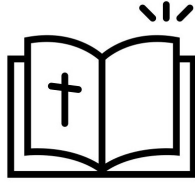
Our Father, who art in heaven.
Hallowed be Thy name;
Thy kingdom come,
Thy will be done
On earth as it is in heaven.
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who trespass against us.
And lead us not into temptation
But deliver us from evil,

Ein Tad, yr Hwn wyt yn y Nefoedd,
Sancteiddier dy enw;
Deled dy Deyrnas,
Gwneler dy ewylllys,
Megis yn y nef, felly ar y ddaear hefyd.
Dyro i ni heddiw ein bara beunyddiol
A maddau i ni ein dyledion
fel y maddeuwn ninnau i'n dyledwyr.
Ac nac arwain ni i brofedigaeth
eithr gwared ni rhag drwg;

Canys eiddot ti yw'r deyrnas a'r nerth
a'r gogoniant yn oes oesoedd, Amen.

For thine is the kingdom, the power
and the glory, for ever and ever, Amen.

HOFF ADNODAU
FAVOURITE VERSES



Hoff adnodau Meurig

Dyrchafaf fy llygaid i'r mynyddoedd o'r lle y daw fy nghymorth



Meurig remembers learning these two verses as a child, both of which hold special meaning for him. Like so many of us, he remembers learning them first in Welsh as above, and it's those words that mean so much to him today.

"I lift up my eyes unto the hills; where does my help come from? My help comes from the Lord, maker of heaven and earth" (Psalm 121: 1)

"The Lord is my Shepherd, I shall not want" (Psalm 23:1)

Dates for the Diary

Wednesday March 4th 6pm Cawl and Quiz Quizmaster: John Green

Friday March 6th World Day of Prayer at the English Congregational church

10.30: English service represented by Pat and Sian

2 pm: Gwasanaeth Cymraeg yn cael ei chynrychioli gan Helen

Mawrth 25ain yn BZN 2pm: Gwasanaeth Pasg Chwirydd yr Henaduriaeth

Sunday Services/Gwasanaethau ar y Sul

Gwasanaeth Gwyl Ddewi'r Dre yng Nghapel y Priordy 10am Oedfa Gymun yr hwyr yn Elim gyda'r Parch Randolph Thomas 5pm			1/3/26
Minister	Communion	10am	8/3/26
Mr Hugh Waddell.			2pm
United Service of Praise /Bore o fawl yn y BZN.			10 am
Sul y Blodau/Palm Sunday Rev Chris Rees			2pm
Good Friday/ Gwener y Groglith place to be announced			2.30
Easter Sunday Minister	Communion	11.30	5/4/2026

Flowers/ Blodau		Cleaning/Glanhau	Announcing and Communion Cyhoeddi a Pharatoi'r Cymun
Doreen Davies	March/ Mawrth	Jackie & Maisie	Lynn Davies
Rosemary Kerr	April/Ebrill	Lynn & Janet	Carole Rees
Carole Rees	May/Mai	Rosemary & Nelda	Helen Gibbon

Dates for the Diary/ Dyddiadau i'r dyddiadur Singalongs at 2pm

3/3/26: BZN

17/3/26 at Plas y Dderwen

Easter break

21/4/26 at Towy Castle

Friendship Centre Rota

5/3/26	Helen and Sian
12/3/26	Maisie and Rosemary
19/3/26	Pat and Carole
26/3/26	Tina, Nan and Kevin

Golygydd y mis hwn: Mrs Helen Gibbon. Please forward any news/articles to Tina
Thomas: awelhedd@aol.com

Maundy Thursday Supper at Llanddarog Hall: £12.50.

Proceeds towards Angor. Names to Helen.

Swper Nos Iau Cablyd



Nos Iau yr 2^{ail} o Ebrill 2026
am 6:30 y.h.

yn Neuadd Llanddarog



*Oedfa o amgylch y bwrdd bwyd.
Swper ac Oedfa yn un, a chyfle i d-Gymuno.*

Elw y noson at
elusen 'Angor'



Er mwyn cadw pawb yn ddiogel, bydd angen gwybod o flaen
llaw os oes unrhyw anghenion bwyd arbennig
ee alergedd ac ati.
Hefyd angen rhifau os oes angen pryd llysieuol.

**Tocyn
£12.50**

