

# CYLCH-LYTHYR HYDREF 2025: BABELL ZION NEWYDD

## OCTOBER 2025 NEWSLETTER



“Give thanks with a grateful heart”



DEWCH AT EIN  
GILYDD ER MWYN  
DATHLU



DIOLCHGARWCH

## Croeso i rifyn Hydref o'n cylchlythyr.

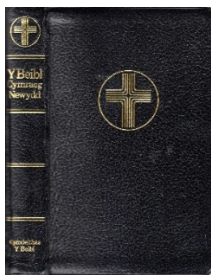
Welcome to October's issue of our newsletter.



Wrth i'r dyddiau byrhau, y glaw trymhau ac atgofion yr haf fendigedig ddiflannu i'r gorffennol, gadewch i ni gofio mai nid dyma hanes ein Duw. Mae'r Duw a addolwn yr un peth ddoe, heddiw ac yfory. Nid yw'n newid fel y tywydd. Nid yw'n newid fel anwadalwch dyn, nid yw'n newid oherwydd hwyl neu sefyllfa. Fe yw'r cysondeb parhaus mewn byd o drybini. Dengys hyn mor glir wrth ystyried yr adnodau a rennir y mis hwn ar dudalen wyth – pob adnod yn cynnig cysur a chynhaliaeth i ni, nerth ac anogaeth.

As the days become shorter, the rain becomes heavier and the memories of the glorious summer fades into the distance, let us remember that this is not a reflection of God. The God we worship is the same yesterday, today and forever. He doesn't change with the weather, He doesn't change like the fickleness of man, He doesn't change by mood or situation. He is ever constant in a world of trouble. This is so clear in the verses shared this month on page eight - each verse offers us comfort and support, strength and encouragement.

<b>Diolch byth, a chanmil diolch, Diolch tra bo yno i chwyth, Am fod gwrthrych i'w addoli A thestun cân i bara byth.</b>	<i>Geiriau Ann Griffiths</i> <i>The words of Ann Griffiths</i>	<b>Thanks for ever, thanks ten thousand, While I've breath, all thanks and praise To the God who all his wonders For my worship here displays.</b>
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**“All Scripture is God-breathed, and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work”**

**2 Timothy 3:16**

EMERGENCY BIBLE NUMBERS	
Upset? .....	John 14
Weak? .....	Psalm 18:1-29
Lonely? .....	Psalm 23
Sinned? .....	Psalm 51
Worried? .....	Matthew 8:19-31
Anxious? .....	Phil 4:4-9
Unhappy? .....	Col. 3:12-17
In Danger? .....	Psalm 91
Depressed? .....	Psalm 27
Lack of Faith? .....	Exodus 14
Others Unkind? .....	John 15
Need Courage? .....	Joshua 1
Need Direction? .....	Psalm 73:21-26
Seeking Peace? .....	Matthew 11:25-30

## **ON BEING A SAINT**

On September 07<sup>th</sup> Pope Leo XIV declared Carlo Acutis to have been made a saint. Carlo had been born in London in 1991 though lived most of his short life in Italy. He died, sadly, of Leukaemia, in 2006, at fifteen years of age.

Those of us brought up in the protestant tradition may well think the process of canonisation to be something of an irrelevancy but I, for one, was intrigued by the story of this young man. I anticipate my non-conformist friends reading that admission and dismissing such a statement as another example of my exceedingly 'odd' views. Whatever our view of canonisation there was something quite special about this teenager's life. I was particularly moved by a statement made by Carlo following his first communion when he declared his ambition for the future:

*My wish is to be always united to Jesus: This is my life plan.*

I wish I felt like that in the here and now let alone when I was a young child.

There was another difference between the young Carlo and the aged Mike Shephard. Unlike me he was not a technophobe and used his computer skills to evangelise other people – especially those who, like him, were in the morning of their lives. It is his life and attitude that I want to applaud and, indeed, despite my weaknesses, to emulate – albeit unsuccessfully.

But let me speak in broader terms and, in so doing, to return to my non-conformist roots.

*I want to remind us that every one of us has a calling to become a saint.*

Were we aware, for instance, that the word 'saint' was never intended to be used in the manner adopted by our Roman Catholic friends but was, in fact, a word used to denote *all* believers in Christ –

*The Good.*

*The Not So Good.*

*And those like most of us – Somewhere in between.*

If you doubt that assertion look up the word *Saint* in the New Testament with the following texts being examples amongst many. *Romans 12:13, 1 Thes 3:13, 1 Tim 5:10, Hebrews 6:10, Jude 14, Rev 15:3.*

Modern translators use alternate words as they speak more eloquently to a different age but let there be no misunderstanding. These are translations of the original designation – *SAINT*. The truth is that a saint is not someone who has been canonised. He or she is an ordinary person who chooses to believe in God and who endeavours, albeit falteringly, to follow the way of Jesus.

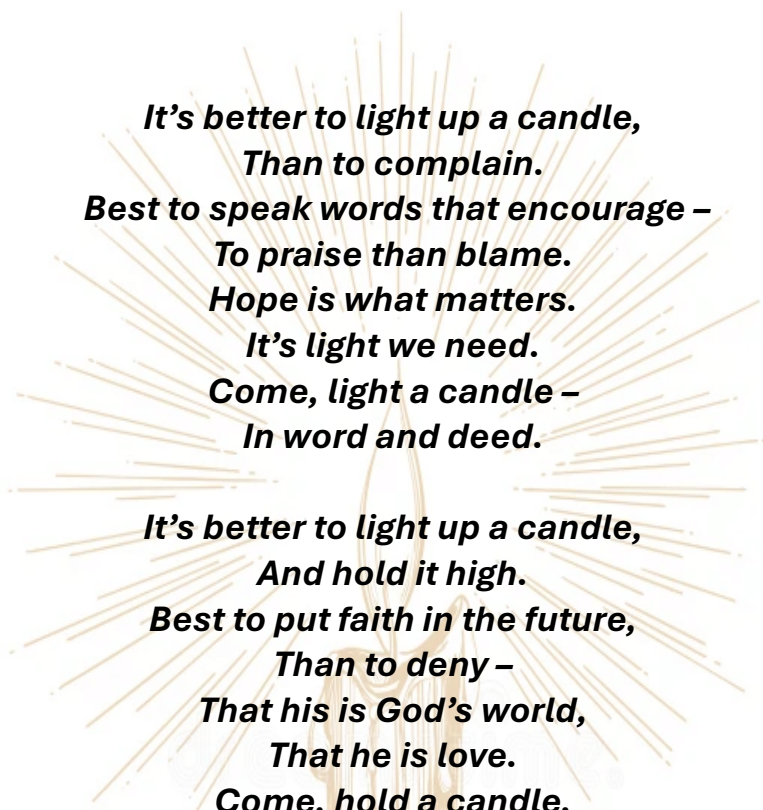
I have always been drawn to the story of a children's class where those present were asked to define the word 'saint.' One child suggested that the teacher accompany them to the nearby church for there was a 'saint' there for everyone to see. Minutes later they were all standing before the altar and looking up at the stained-glass window. The little boy pointed at one of the figures depicted there.

*'That is a saint, miss. A saint is someone the light shines through.'*

We do not have the power, you and I, to change the whole world. We can, nevertheless, do those small things that make a difference to a few people. It all adds up.

I close with another of my attempts to write hymns.

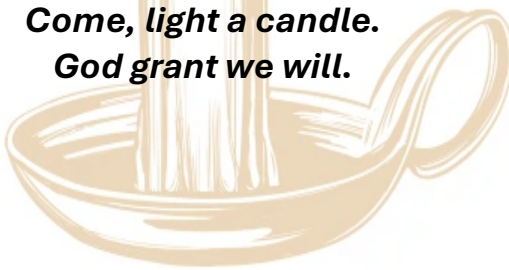
It goes to *'Tell me the stories of Jesus.*



***It's better to light up a candle,  
Than to complain.  
Best to speak words that encourage –  
To praise than blame.  
Hope is what matters.  
It's light we need.  
Come, light a candle –  
In word and deed.***

***It's better to light up a candle,  
And hold it high.  
Best to put faith in the future,  
Than to deny –  
That his is God's world,  
That he is love.  
Come, hold a candle,  
Lit from above.***

***God came and lighted a candle –  
So small a flame,  
That it was held by a baby –  
Jesus, his name.  
And on a dark night,  
It shines out still.  
Come, light a candle.  
God grant we will.***



A PERSON WHOM THE LIGHT SHINES THROUGH. In other words – A Saint.



Thanksgiving harvest services exist to give thanks for the food and blessings of the year, originating from ancient agricultural festivals and the Christian tradition of harvest. These services recognize God as the source of provision and celebrate nature's bounty, including the collection of food for the needy and raising awareness for global hunger.

**A community service will be held at BZN on Sunday, October 12<sup>th</sup>**

Items will be collected for Carmarthen Food Bank – see the list below

**Carmarthen Foodbank**  
Banc Bwyd Caerfyrddin  
Together with Trussell

## Apêl Cynhaeaf

**Helpwch drwy gefnogi Banc Bwyd Caerfyrddin y Cynhaeaf hwn**

Yn y tair wythnos cyn y Cynhaeaf, bydd y banc bwyd yn cefnogi dros 200 o unigolion a theuluoedd lleol sy'n wynebu caledi.

**Rhoi bwyd**  
Rhoddwch eitem neu ddwy o'n rhestr siopa, gan sicrhau y gallwn ddarparu bwyd i bobl sy'n wynebu caledi yn eich cymuned.

**Rhowch arian**  
Helpwch ni i dalu costau storio a dosbarthu bwyd, yn ogystal â datblygu prosiectau cynaliadwy.

**Rhestr siopa**

- Tuniau o gig
- Tuniau o lysiau
- Tuniau o ffrwythau
- Coffi
- Te
- Tuniau o swp
- Tuniau o bwdin reis
- Tuniau o gwstard
- Jam
- Deunyddiau ymolchi

carmarthenfoodbank@towychurch.co.uk  
carmarthen.foodbank.org.uk

### FOOD BANK FOOD LIST

- Tinned meat
- Tinned vegetables
- Tinned fruit
- Coffee
- Tea
- Tinned soup
- Tinned rice pudding
- Tinned custard
- Jam
- Washing items e.g. shower gel, shampoo

**COFIWCH \* Presbytery HARVEST SERVICE: Llanddarog : 08/10/2025 at 7pm \*REMEMBER**

### CLWB SUL BZN SUNDAY CLUB

The members of the Sunday Club will be taking part in the community thanksgiving service. Please support them and encourage them. It's not easy to sing and perform in front of rows of "big people"!!

Pray for the work of the Sunday Club. There are so many pressures on children and young people today. Pray for their protection and guidance as they learn more about the faith every week. Pray also for Helen, Siân and Liz as they take responsibility for nurturing these young minds each week.



*There is no greater way to love our children  
than to share with them the love of God!*

## Bore Coffi Macmillan Coffee Morning : 26 /09/2025



Diolch, diolch, diolch i bawb a gefnogodd y bore coffi. Mae'n golygu cymaint i ni fel capel ond yn fwy byth i'r elusen Macmillan ei hunan.

*Thank you, thank you, thank you to all who supported the coffee morning. It means so much to us as a chapel but even more so to the Macmillan charity itself.*

- What's the background to the Macmillan charity?

*Macmillan Cancer Support was founded in 1911 by Douglas Macmillan, after his father died from cancer. Today, it is a major UK charity offering practical, financial, emotional, and medical support to millions of people affected by cancer.*

- When did the Macmillan coffee morning begin?

*In 1990 as a small, local event where guests donated the cost of their coffee to Macmillan Cancer Support. Since then, it has become the World's Biggest Coffee Morning, a major annual fundraising initiative in the UK, which has raised over £310 million for the charity.*

### LLUNIAU'R BORE / PICTURES FROM THE MORNING



Waw! Am dîm anhygoel!! Amazing teamwork in the kitchen – perfect coffee and so many “calorie free” cakes. Diolch.



The champions of raffle selling!!



Diolch for all the hard work on the stalls: Pat, Charmaine, Kevin, Nelda, Doreen, Helen a Nan.

A special thank you to Carmarthen Ukulele Band for their support. Amazing entertainment! Diolch.

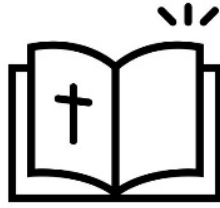
DIOLCH enfawr to Meurig and his team for being on the door, and for flexing their muscles putting out the tables and helping clear at the end of the morning. Chi'n sêr!! Ni mor ffodus ohonoch.



A special thank you to Mike who supported Macmillan with the proceeds from his latest book. Diolch o galon Mike.

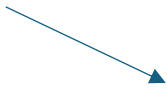
Emyr: winner of the Name the Sheep competition!

## Cyfres Hoff Adnodau / Favourite Verse Series



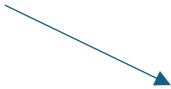
I am amazed that no two people “as yet” have chosen the same verse, yet the three verses below offer us hope in the knowledge that God is there for each one of us at all times. We just need to trust him.

### Rosemary



“One of my favourite verses. It’s short and easy to bring to mind when anxious.”

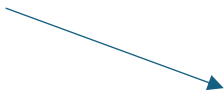
### Doreen



TRUST  
in the LORD   
with all thine HEART;  
and lean not  
unto thine own understanding.  
In all thy ways  
acknowledge Him,  
and He shall direct thy paths.  
*Proverbs 3:5-6*

“When I think about all the turmoil and unrest in the world today, just reading these verses helps. This verse also meant a lot to my brother Gareth.”

### Gwen



“I have always loved this verse and, indeed, the whole of Psalm 23. It reminds me that God is with me through the highs and lows of life. He is there even when I think he is absent and that gives me encouragement.”

## GWEDDI / PRAYER

**Would our day be different if we were to start it by talking to God?**

**Would our attitudes, our words and our actions be more God-like?**

**Isn't it worth a try!!**



*Dear God,*

*Thank you for the gift of a new day. Thank you for walking me through every high and every low, for the blessings I will see and those I will miss. Even when life feels heavy or complicated. You never leave my side.*

*Be my comfort when I'm broken. Be my grace when I fall short. Be my guide when I lose my way.*

*Lead my steps today, fill my heart with peace, and open doors that only You can unlock. I trust your plan, rest in Your love and commit the day ahead to you.*

*Amen.*



## NEWYDDION / NEWS

A new venture at the Friendship centre.

**"Friendship is born when people enjoy each other's company and share their joy."**

On the first Thursday of each month, we will be having an optional craft session. Each session will be looking at a different skill with the opportunity to make something new.



November 6<sup>th</sup> 2025 : Card making

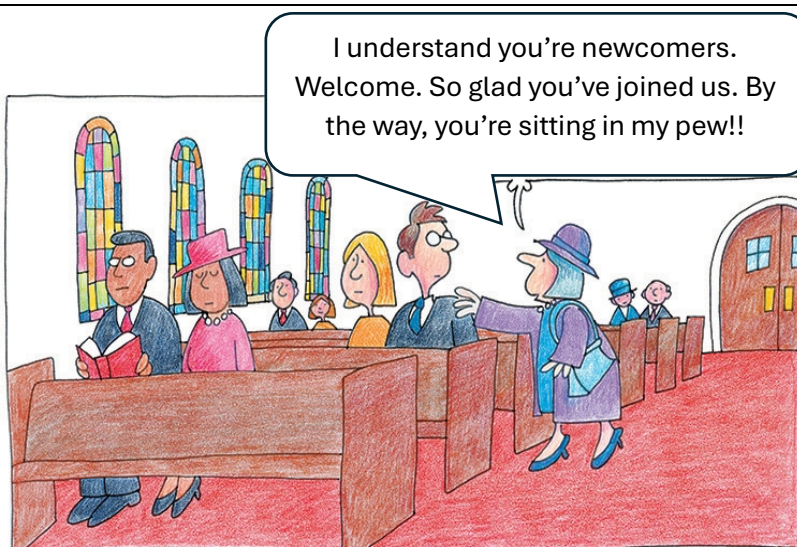
December 4<sup>th</sup> 2025 : Flower making

Come and join us! No experience necessary! No special talents – honest!

We have been assured that anyone can make these crafts!!!

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

## THINGS TO CONSIDER!



### How welcoming are we as a church?

May we always offer a smile of welcome, a warm greeting and an invite to return.

“Keep on loving each other as brothers. Do not forget to entertain strangers, for by doing so some people have entertained angels without knowing”  
Hebrews 13:1-2



### How much influence does modern technology have in our lives?

Do we overly rely on social media, our laptop or mobile phone? Remember a kind word in person or phone call can mean so much more to those who are lonely than a message on Facebook or email!

### Question

Who was the first person to download something from a cloud to 2 tablets?

Answer: Moses!!



AMMENDED  
DATE FOR THE DIARY

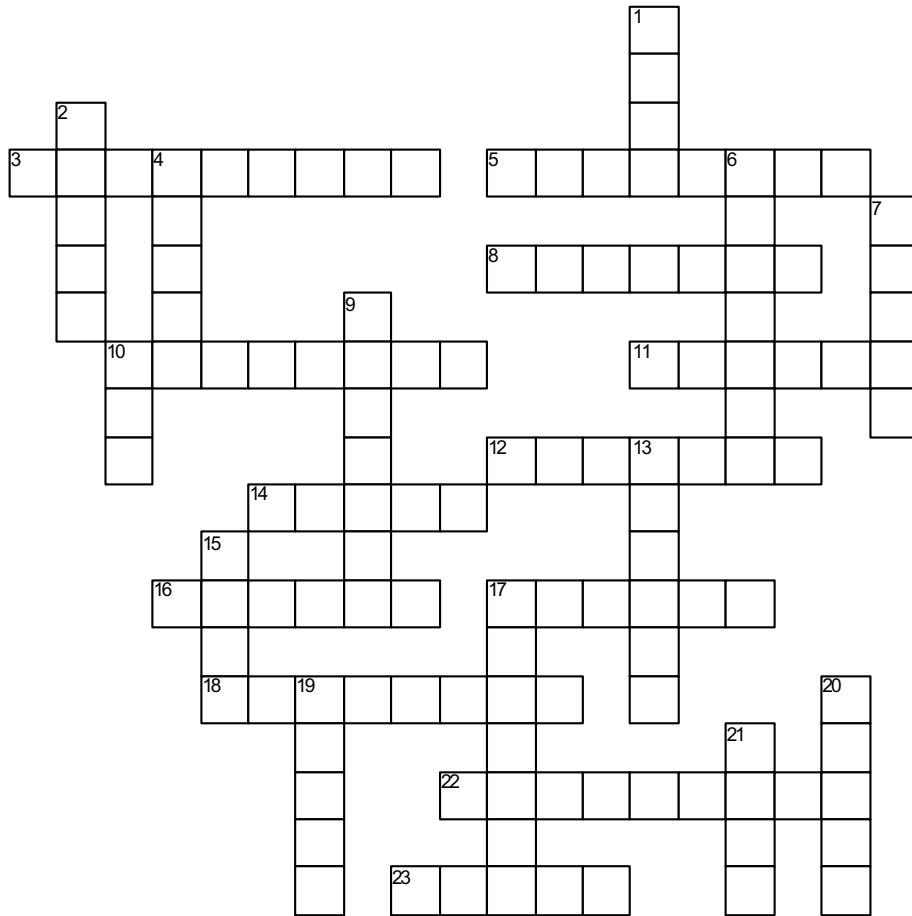


FFAIR NADOLIG BZN

BZN Christmas Fair

Saturday, November 22<sup>nd</sup> 2025

## BIBLE VERSES LEARNT IN SUNDAY SCHOOL!!



www.CrosswordWeaver.com

### ACROSS



- 3 Jesus Christ is the same \_\_\_\_\_, today and forever (Heb 13:8)
- 5 But the fruit of the spirit is love, joy, peace, forbearance \_\_\_\_\_, gentleness and self-control (Gal 5:22-23)
- 8 Love one \_\_\_\_\_ (1 John 3:23)
- 10 The Lord is my \_\_\_\_\_ (Psalm 23:1)
- 11 I can do all \_\_\_\_\_ through Him who gives me strength (Phil 4:13)
- 12 We love \_\_\_\_\_ He first loved us. (1 John 4:19)
- 14 For we walk by \_\_\_\_\_ not by sight (2 Cor 5:7)
- 16 I and the \_\_\_\_\_ are one (John 10:30)
- 17 Let everything that has \_\_\_\_\_ praise the Lord (Psalm 150:6)
- 18 With man this is impossible but with God all things are \_\_\_\_\_ (Matt 19:26)
- 22 Love your \_\_\_\_\_ as yourself (Matt 22:39)
- 23 The Lord \_\_\_\_\_ you and keep you (Num 6:24)

### DOWN

- 1 The Lord is \_\_\_\_\_ to all (Psalm 145:9)
- 2 Create in me a pure \_\_\_\_\_ O God (Psalm 51:10)
- 4 I am the way, the \_\_\_\_\_ and the life (John 14:6)
- 6 Love your \_\_\_\_\_ (Luke 6:27)
- 7 \_\_\_\_\_ in the Lord with all your heart (Prov 3:5)
- 9 \_\_\_\_\_ in the Lord always (Phil 4:4)
- 10 For unto us a child is born, unto us a \_\_\_\_\_ is given (Isaiah 9:6)
- 13 When I am \_\_\_\_\_ I put my trust in You (Psalm 56:3)
- 15 Your word is a \_\_\_\_\_ for my feet (Psalm 119:105)
- 17 \_\_\_\_\_ on the Lord and you will be saved (Acts 16:31)
- 19 Be \_\_\_\_\_ and know that I am God (Psalm 46:10)
- 20 For God so loved the \_\_\_\_\_ (John 3:16)
- 21 God is \_\_\_\_\_ (1 John 4:16)

## Sunday Services/Gwasanaethau'r Sul

Dr Ainsley Griffiths	<b>10am</b>	5/10/2025
Cwrdd Diolchgarwch y Gymuned / Community Thanksgiving Service: Rev Emyr Williams	<b>10am</b>	12/10/2025
Rev Randolph Thomas	<b>2pm</b>	19/10/2025
Rev. Emyr Williams (Communion)	<b>2pm</b>	26/10/2025
Mrs Helen Gibbon	<b>10am</b>	02/11/2025
Rev Emyr Williams	<b>10am</b>	09/11/2025
Mr Hugh Waddell	<b>2pm</b>	16/11/2025

Blodau / Flowers 	Mis / Month 	Glanhau / Cleaning 	Cyhoeddi a Pharatoi'r Cymun Announcing and Communion 
Mrs Esme Phillips	Hydref / October	Owen & Kim	Mrs Carole Rees
Mrs Nelda Davies	Tachwedd / November	Helen & Gwyn	Meurig Rees
Mrs Nan Thomas	Rhagfyr / December	Meurig, Carole & Siân	Lynn Davies

### Dates for the Diary. Dyddiadau i'r dyddiadur

#### Singalongs at 2pm

First Tuesday of every month at the chapel (Oct 7<sup>th</sup> / Nov 4<sup>th</sup>)

Third Tuesday of every month as follows:

21st of October at Towy Castle

18th of November at Plas y Dderwen

Singalong group singing at Wesley Coffee Morning: December 13<sup>th</sup> at 10 a.m.



#### Friendship Centre Rota

02.10.2025	Carole & Sian
09.10.2025	Maisie & Rosemary
16.10.2025	Pat & Helen
23.10.2025	Tina & Kevin
30.10.2025	Helen & Sian

Golygydd y mis hwn: Tina Thomas. Please forward any news/articles to Mrs Carole Rees at carolerees@gmail.com for next month's newsletter.

