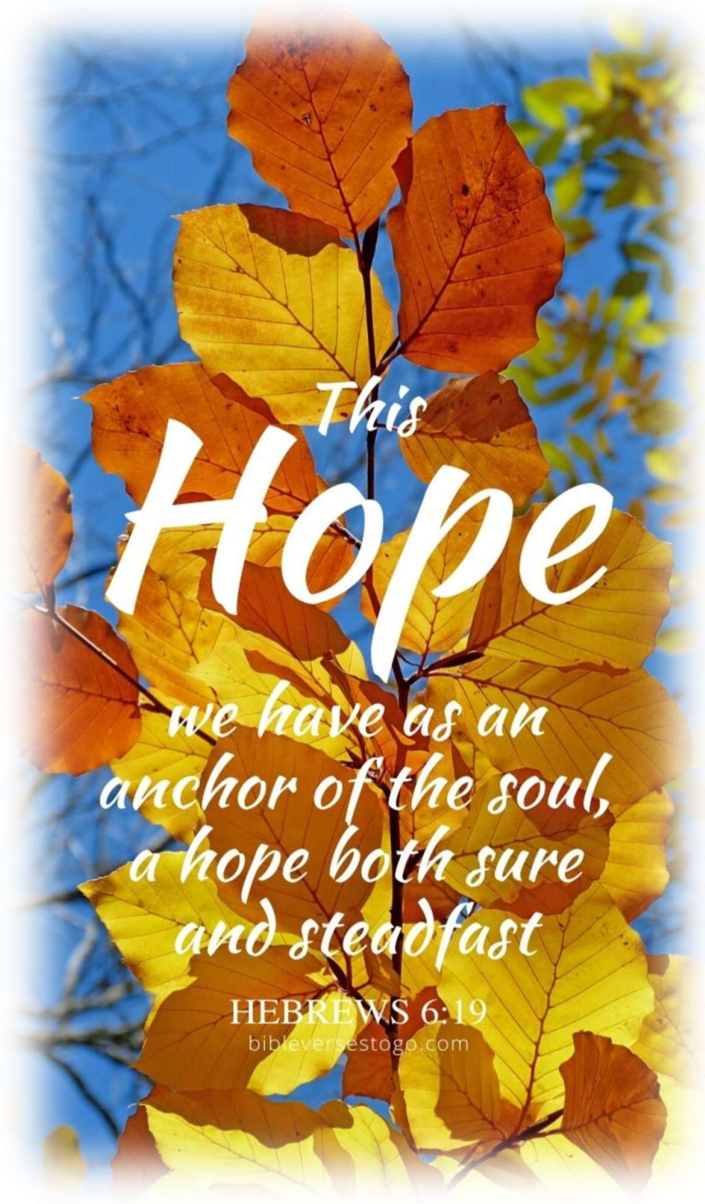




CYLCH-LYTHYR HYDREF 2026 OCTOBER NEWSLETTER



Capel BZN Chapel

Rhifyn 90 / Issue 90



Mis Hydref – mis y cynhaeaf, mis y diolchgarwch.

October – the month of the harvest, the month of thanksgiving.



Mae na gymaint gyda ni i fod yn ddiolchgar amdani, ond eto rydym yn cymryd pob dim yn ganiataol yn aml. Ar ddechrau mis Hydref, beth am oedi ychydig a dweud diolch i'n teuluoedd, ein ffrindiau a'n cymdogion, ac yn bwysicach oll ein bod ni'n rhoi diolch i Dduw. *We have so much to be thankful for and yet so often we take things for granted. As October begins, let us take time to say thank you to our family, friends and neighbours, and most importantly to God.*

Cofiwch hefyd i gadw aelodau'r capel yn ein gweddiau – y rhai sy'n dioddef o salwch neu'n wynebu triniaeth, y rhai sy'n unig neu'n ddigalon, y rhai sydd angen ein cefnogaeth a'n cariad. Gadewch i ni fod yno iddynt, a gadewch iddynt wybod pa mor werthfawr ydynt bob un - i ni ac i Dduw.

Remember also to keep the chapel members in our prayers – those who are ill or facing treatment, those who are lonely or sad, those who need our support and our love. Let us be there for them and let them know how precious they all are - to us and to God.

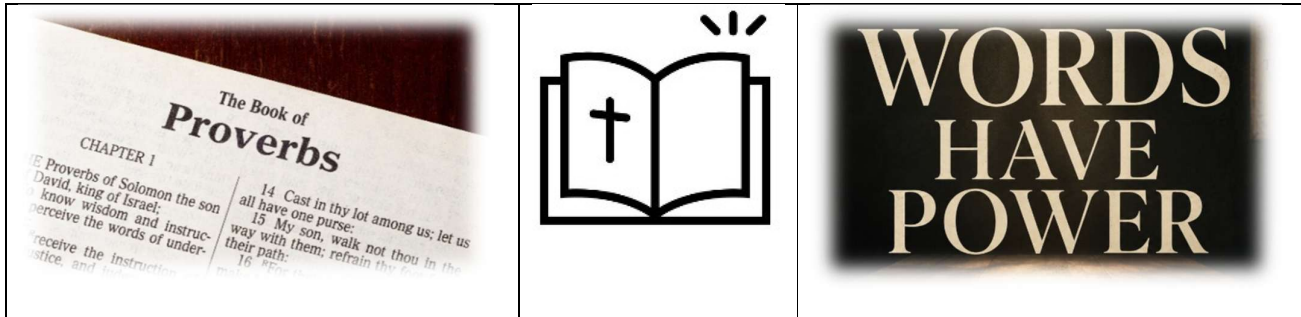
*My child you will never find yourself
In a place where I am not there.
There will never be a burden
That I won't be able to carry or bear.*

*In the difficult seasons I am there,
In the storm I am always with you.
And though you find yourself in a valley
With my rod and my staff I'll bring you through.*



Faith • Hope • Love

Hoff Ddihareb / Favourite Proverb



As we continue to think about the words in the Book of Proverbs, take time to consider the verses shared by Pat this month.

"Mae geiriau caredig fel diliau mêl,
yn felys eu blas ac yn iach i'r corff."

Diarhebion 16 : 24



"The start of an argument is like the first break in a dam : stop it before it goes any further"
Prov 17 v 14

"A person's words can be the source of wisdom, deep as the ocean, fresh as a flowing stream" Prov 18 v 4

These proverbs stress the importance of gentle, clear communication which helps to avoid any misunderstandings, keeping relationships fresh and interesting.

The world would be a better place if we listened to the advice and guidance of the truth. If only the leaders of our nations listened more and threatened less. If only they used kind words and showed wisdom in their decision making.

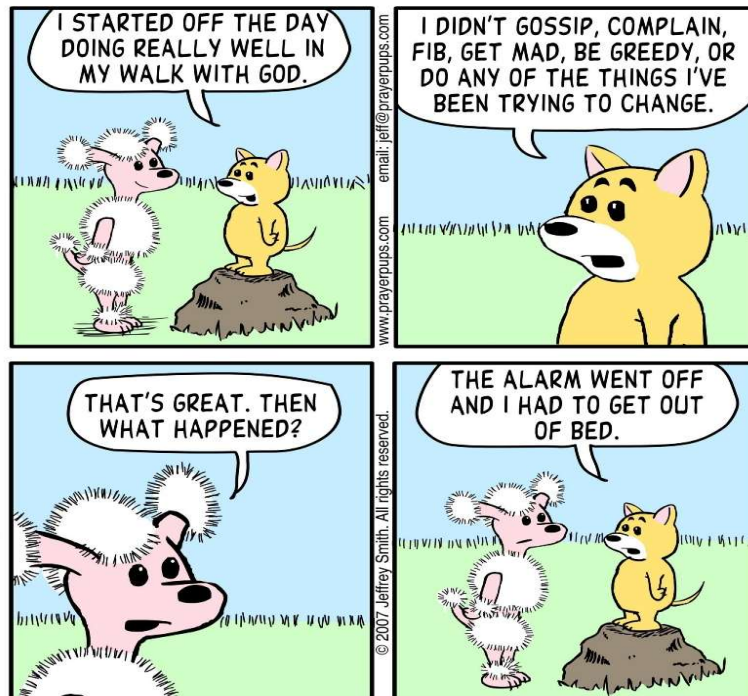
Why not share your favourite proverb during the next few months?
Please hand any verses to Tina before she comes asking (or pleading)!!

God-inspired words of wisdom that describe the way life generally works *not* guarantees based on our efforts...

We all need a sense of humour!!!



PRAYER PUPS BY JEFFREY SMITH



SOMETIMES IT'S HARD TO DO WHAT YOU KNOW
IS RIGHT, BUT IT'S ALWAYS WORTH TRYING.

**Congratulations
to Ian and Heather Wilkins
on celebrating their
Golden Wedding Anniversary
in September.**



MUNUD I FEDDWL



Sometimes we need to remember that we learnt to crawl before learning to walk, we walked before learning to run and those people brave enough to enter a marathon race have prepared for months beforehand. Sometimes we are in such a hurry to do something or just can't see the way ahead. Let us just remember that we cannot always be in control, but that God is there and sometimes one small step in the right direction is sufficient.

A friend recently gave me a copy of "Y bachgen, y Wahadden, y Llwynog a'r Ceffyl"

I love the illustrations and the book's simplicity sometimes just reflects what's missing in our lives. It's so easy to complicate situations, rather than just follow Trebor Edwards advice to live "un dydd ar y tro" (Look up Matthew 6 v 34)

"The Boy, the Mole, the Fox and the Horse" just encompasses the Christian message, echoing the importance of kindness, love, friendship, acceptance and trust.

Y Bachgen, y Wahadden,
y Llwynog a'r Ceffyl



Charlie Mackery



BORE COFFI MACMILLAN COFFEE MORNING

Diolch enfawr i bawb am eu cefnogaeth parod a'u holl waith anhygoel.

A huge thank you to everyone for their support and their amazing work.

**MACMILLAN
CANCER SUPPORT
CYMORTH CANSER
MACMILLAN**

Macmillan is 98% funded by voluntary donations and with your help they can deliver the vital support people living with cancer need – whoever and wherever they are.

There are currently more than 3.5 million people living with cancer in the UK and this number is rising, with someone diagnosed every 75 seconds. But Macmillan is doing whatever it takes to ensure that everyone gets the best care available.



Enjoying a coffee and cake,
and supporting the stalls!

The kitchen was in safe hands. What a team!! Diolch Maisie, Janet a Rosemary.



So many great raffle prizes, thanks to your generosity!! A diolch Sian am ymdopi gyda'r ciw!!

Meurig a'i dîm (Owen, Lynn a Gwyn) – fasen ni ddim yn gallu gwneud hebddoch! Dyw dweud diolch ddim yn ddigon!



Again this year, DIOLCH to Carmarthen Ukulele Band for being so willing to support and making the morning even more special.



Diolch Lee for opening the morning as Chair of Llangynnwr Community Council.

(Thank you also for looking at the camera and smiling for the photo!
Tina's making shapes and Emyr is looking elsewhere!)



Swm a godwyd hyd yma.
Sum raised to date.

£1820



Dysgu Cymraeg

The Dosbarth Cymraeg has re-started every Thursday in the chapel 10.45 – 12.00.

It's an informal session with an emphasis on SIARAD CYMRAEG.

We're a friendly group and at varying stages in our learning journey. New members are always welcome. No pressure, no awkward tasks, just a spirit of fun and a desire to "dysgu Cymraeg".

Sunday Services/Gwasanaethau'r Sul

04/10/2026	Dr Ainsley Griffiths	10.00 am
11/10/2026	Parch Emyr Williams	10.00 am
18 / 10 / 2026	Rev Randolph Thomas	10.00 am
25 / 10 / 2026	Parch Emyr Williams	2.00 pm
01 / 11 / 2026	Mr Clyde Briggs	10.00 am
08 / 11 / 2026	Parch Emyr Williams	10.00 am

Blodau / Flowers	Mis / Month	Glanhau / Cleaning
Vi Williams	Hydref / October	Owen & Kim
Nelda Davies	Tachwedd / November	Helen & Gwyn
Nan Thomas	Rhagfyr / December	Meurig & Siân

YR HWB CYFEILLGARWCH / THE FRIENDSHIP CENTRE

Remember all are welcome to join us on a Thursday from 10.30 – 1.30 for coffee and cake and / or lunch. It would be lovely to see you.

Craft session on the first Thursday of the month 10.45 – 11.45 (approx!!!) No experience or “talent” necessary! Croeso i bawb!

08/10/2026	05/11/2026
Rag Wreaths (Tina & Linda)	Snowmen (Rosemary)

Rota Hydref / October

01/10/2026	Helen & Siân
08/10/2026	Maisie & Rosemary
15/10/2026	Pat & Carole
22/10/2026	Tina & Kevin
29/10/2026	Helen & Siân



Singalongs at 2pm



06 / 10 / 2026 : BZN

20 / 10 / 2026 : Plasydderwen

First and Third Tuesdays of every month.

Speak to Helen for more information and please support when you can!

05 / 11 / 2026 : BZN

19 / 11 / 2026 : Towy Castle

Golygydd y mis hwn / This month's editor: Tina

Please forward any news / articles to Helen for November's issue: helengibbon1@btinternet.com