

Medi RHIFYN 48 2022

September ISSUE 48

Babell Zion Newydd

I will lift up mine eyes to the hills, from where shall I find help? My help comes only from the Lord, maker of heaven and earth.

Psalm/Salm 121

Codaf fy llygaid tua'r mynyddoedd; O ble y daw fy nghymorth? Fy nghymorth a ddaw oddi wrth yr Arglwydd, creawdwr nefoedd a daear.

The Congregation

A sing- a - long.

Every other Tuesday everyone is welcome to join in the singing of familiar hymns and songs with Helen and Carole. On Tuesday September 20th we had a good turnout for the singing of such hymns as Hark 'tis the Shepherd's voice I hear, Rwyd caru dweud yr hanes, Wonderful Words of Life, Atat Ti Iesu da, Pwy fydd yma mhen can mlynedd?, Pass me not, O gentle Jesus, to name but a few.

If you have a special hymn you'd like to sing please come along and tell us about it. There is nothing better than to leave the fireside during these Auctumnal months and exercise the vocal chords in good company. And of course the cup of tea or coffee afterwards is always appreciated. Croeso i chi gyd.

Camp enfawr

Mae Lleucu, Erin a Ffion wedi cyflawni camp aruthrol wrth ddringo Penyfan bump o weithiau ar Medi 17fed, sef o gwmpas yr union diwrnod i'w Mam, Mandy, golli ei brwydr yn erbyn tiwmor ar yr ymenydd bum mlynedd yn ôl. Mae'r arian a gaiff ei godi yn mynd i'r hosbis yn Skanda Vale a wnaeth ofalu am eu mam. Together with Aunty Ruth, Mandy's sister, the three sisters are full of praise for the hospice who looked after Mandy in the final months of her life. Cofiw'n ninnau yn y Babell yn annwyl amdani.

Re-Opening of the Friendship Centre/ Ail Agor y ganolfan

On September 1st a good gathering came together to reopen the Centre after a gap of almost three years. Mrs Caron Thomas and her brother Dr Vincent Jenkins were welcomed by Rev Emrys Williams. They spoke of how their father, Stan, who passed away last year, found the company a blessing in many ways. Rev Mike Shephard spoke of how important it is for churches to reach out to the community in a way that is relevant to today's society. It is not enough to hold various activities but we must be welcoming in all sorts of different ways. Diolch i bawb a oedd yn bresennol ac sydd yn cefnogi o wythnos i wythnos.



ON THE DEATH OF A VERY SPECIAL WOMAN

I refer, of course, to the passing of Queen Elizabeth on 08/09/2022. I think it true to say that all of us, whether we are monarchists or not, will have felt extremely sad when hearing the news of her death. Those who belong to my own generation will be feeling the loss most keenly for she was part of our lives from when we were born, it being true to say that we have aged alongside her. She was crowned Queen in 1953 when I was six years old. The Coronation, viewed on a black and white screen, marked the first time that I viewed television, the set being placed in the local village hall where it was watched, avidly, by children and adults alike. Subsequently, one has observed every happening in the Queen's life on news programmes but there has been nothing to rival the excitement experienced those years ago.

I would not class myself as a royalist though, that said, do not find the prospect of a president that attractive either. What I can say is that I have always had great respect for our late queen and continue to hold her in the highest possible regard. I am grateful to her for so many things.

I am grateful, firstly, for her life of service to others. When she became queen, she made a promise that her life, be it short or long, would be focussed on the needs of her people, and it is a vow to which she has remained loyal. As one looks back on promises I have made, and have broken, or kept 'by the skin of my teeth,' I can but admire her steadfastness and staying power. It has been an inspirational example to all of us. I found it quite remarkable that only two days before her death she accepted the resignation of Boris Johnson as Prime Minister and, shortly afterwards, welcomed Liz Truss as his successor. The fact that she undertook these duties, despite feeling extremely unwell, was astounding but summed up a commitment to duty that one can but applaud.

I have also appreciated her humility. There are members of the Royal Family who have long demonstrated an air of entitlement and will have treated others with an attitude bordering on contempt. One need not name names as their identity, one suspects, will be known to most informed people. There was nothing of that in the Queen. She was genuinely interested in the lives of her subjects and appeared to possess the gift of being able to put people at their ease.

I have certainly been in awe of her calmness when under pressure and, in a long reign, such as hers, there will have been many pressure points. Despite a schedule that would have stretched anyone's coping capacity she never appeared flustered but, rather, gave her full attention to the task in hand before, seamlessly, moving on to the next challenge. A busy GP was once asked how she coped with so many patients, each of them with medical issues. She was heard to reply, "One at a time! One at a time!" I wonder if that was a secret that the Queen learned early on.

If I have profound respect for the Queen, it is because, like many of us, she has had to cope with difficult family situations. One thinks of the problems linked to the marital breakdown of Prince Charles and Princess Diana – all of them aired,

acrimoniously and very publicly, both by the parties themselves, as well as by their respective supporters and friends. She described one particular year as being her annus horribilis, with every happening that year, being linked to family wrangles. There was, though, never a sign of self-pity in her but, rather, a quiet determination to see matters through with the adage of 'this too will pass' being a guiding philosophy of her life. Family problems have continued to the present-day and one surmises that alleged behaviour attributed to Prince Andrew, (who has consistently denied all accusations), will have caused her considerable anguish and pain. If so, she has kept silent about it. And as for her grandson, Harry, and wife, Megan – she has 'kept mum' there as well. Perhaps we can all learn lessons from her words to the effect that, "We will have different recollections."

If we belong to perfect families, then be glad. If your family is like mine and sometimes resembles a walking civil war then take heart from the example of this wonderful woman and be encouraged that few of us, whatever our station, are immune to the problems inherent in the ups and downs of family life.

I close by reminding myself and others that the Queen was 96 years of age and that all of us pass on, making way for younger spirits.

Permit me, in closing, to indulge in wishful thinking and in a form of guesswork known as religious belief. One of the most poignant moments of the Queen's life came, not that long ago when, during lockdown, she sat alone, mourning the death of her husband and consort, Prince Phillip. I have a feeling that they are now reunited and, hand in hand, are walking together into a splendid dawn. Her faith was, of course, another facet of her life.

Mike Shephard

If you would like to purchase a copy of Mike's new book at £14 please make sure you order it in good time by emailing Mike at Mike.Shephard49@gmail.com

Flowers/ Blodau		Cleaning/ Glanhau	Announcing and Communion Cyhoeddi a Pharatoi'r Cymun
Pat Morgan	Medi/September	Janet and Lynn	Molly Thomas
Maisie Johnson	Hydref/October	Helen and Gwyn	Carole Rees
Nelda Davies	Tachwedd/November	Owen and Kim	Lyn Davies
Nan Thomas	Rhagfyr/December	Carole/Meurig/ Sian	Helen Gibbon

Cerddwyr Cynnwr

On the June walk in Mumbles Gareth and Dawn led the group past the house with the blue plaque commemorating the life of Morfydd Llwyn Owen. Gareth gave us a brief resume of the life and works of this talented musician as follows.



Morfydd Llwyn Owen was an extremely gifted musician from a very early age. As a teenager she was selected to play a Grieg piano concerto at an important festival and whilst still a teenager had her hymn tune MORFYDD published. She was accepted into The Royal Academy of Music, London having been granted the Goring Thomas Scholarship which she held for four years.

She was a prolific composer and won many awards for writing songs, part-songs and piano pieces including a sonata, pieces for violin and piano, trio for violin, cello and piano all of which were published and performed. She published a book of Folk songs collected from Flintshire and the Vale of Clwyd. David Lloyd George chose her to sing at the Gymanafa Ganu at the Aberystwyth Eisteddfod in 1916. She was a Mezzo Soprano. She married Ernest Jones, a leading Psychoanalyst who was a follower of Freud and an Atheist. Unfortunately he did not want her to pursue her musical career and actually forbade her to play the piano or compose.

In 1918 whilst on holiday in Mumbles she developed acute appendicitis and needed an operation which was carried out at the house by one of the local surgeons at her husband's request. This proved to be a fatal mistake. After a few days her condition worsened and she passed away before her 27th birthday.

Morfydd left a large testament to her talents in the works she left behind which included the hymn tunes Pen Ucha, Treforest, Morfydd, Llwyn Owen. Also the familiar solos: Gwedi Pechadur, To Our lady Of Sorrows, Aderyn Crist, Slumber Song to the Madonna, Y Gwanwyn to name but a few.

Diolch Gareth a Dawn am ein hatgoffa am y wraig amryddawn hon a gyflawnodd gymaint mewn oes a oedd llawer rhy fyr. Rhaid i ni ddysgu un o emynau Morfydd cyn hir.

Sunday Services/Gwasanaethau ar y Sul

Revd Emry Williams Harvest Family Service	10am	2/10/2022
Revd Mike Shephard	10.30am	9/10/2022
Cwrdd Unedig yn Bancyapel	time to be announced	16/10/2022
Mr Hugh Waddell	2pm	23/10/2022
Mr Alun Lenny	Gwasanaeth Cymraeg	2pm
		30/10/2022

August 27th: Ferryside to Pengay towards Llansaint



The August walk took the Cerddwyr from Ferryside towards Llansaint arriving at Pengay farm. In the picture we see Mr John Morgan of Pengay who came to address the group informing us of the changes that had been made to the farm. Gareth writes that one of the points of interest was a large bell hanging near the gateway to the holiday flats. It was explained that in the 1800s the owner of Pengay, a Mr Bevan was a magistrate and in charge of collecting all goods from ships

that were wrecked on the beach below. He would store the goods until claimed by the rightful owner. It seems one of the wrecks was emptied and 130 carts full of goods taken to Pengay. It was possible that the bell had been left there after an incident but it had been cast in Norway in the 1800s.

Apparently when the bell was moved for the new buildings nobody thought of placing cushions of hay bales underneath. Murphy's law dictates that something will go wrong and sure enough it did. The bell fell and cracked. They have since managed to repair it and it still works as John proved by ringing it for us.

Diolch Gareth a Dawn am wneud y trefniadau i gyd ac wedi sicrhau bod y daith ddim yn rhy anodd i ni. Diolch hefyd am bob cyfraniad i'r cylchlythyr.



Gweddi am heddwch / A Prayer for peace

Hollalluog Dduw, ffynhonnell heddwch a chariad, rho yng nghalonau pob un yr awydd am wir gariad at heddwch. Arwain arweinwyr ein byd tuag at ddoethineb dy gariad fel bo dy Deyrnas yn cael lle yn ein byd ni heddiw. Gweddiwn am bobl Ukraine heddiw a phawb sy'n cael eu heffeithio gan y rhyfel hwn.

Almighty God, the source of peace and love, we ask that you plant in the hearts of all peoples the desire for true love and peace. Lead our world leaders to seek the wisdom of your love so that your kingdom will have its place in our world today. We pray especially for the people of Ukraine and for all who are affected by this war.

Ail-agor y Ganolfan Gyfeillgar yn y Babell Zion Newydd

[Erthygl a aeth i' cylchgrawn Cennad]

Yn ystod y ddwy flynedd a hanner ddiwethaf bu'n dawel yn y festri yn y Babell Zion Newydd Pensarn Caerfyrddin ond yn sgil y tawelwch fe ddaeth cyfle i ymestyn ar y gegin a chodi bloc toiledau fyddai'n cynnwys cyfleusterau i'r anabl. Diolch i adeiladwr proffesiynol a gwirfoddolwyr o fewn y gynulleidfa, fe ddaeth y festri yn barod ar gyfer Medi 2021 ond roedd hi'n dal yn dawel yn y festri. Penderfynwyd agor ar ôl y Pasg ar gyfer paned yn unig ac yna o dipyn i beth daeth yr

hyder yn ôl, fel ar y Sul gyda'r oedfaon a'r Ysgol Sul, i agor y Ganolfan Gyfeillgar i'r Gymuned. Lle i gael cwmniaeth, rhannu straeon, estyn allan i'r gymdeithas, heb anghofio'r chwerthin iach. Felly ar ddydd Iau Medi'r 1af fe ddaeth llond festri ynghyd i ail agor yn swyddogol. Offrymwyd gweddi gan y Parch Emrys Williams ac yna cafwyd air pwrrpasol gan Mrs Caron Thomas a Dr Vincent Jenkins, y ddau yn blant i wr a gafodd gymaint o gymorth gan y ganolfan yn y blynnyddoedd wedi colli ei wraig a chyn iddo yntau ymadael â'r hen fyd yma y llynedd.

Cafwyd gair hefyd gan y Parch Mike Shephard oedd y tu ôl i'r weledigaeth yn 2013 ac yna gair o ddiolch gan Mrs Helen Gibbon. Mawr yw ein diolch i'r timau o wirfoddolwyr fydd yn y gegin yn wythnosol a mawr hefyd yw'r gobaith y gallwn barhau, yng ngoleuni cariad yr Arglwydd Iesu, i fod o wasanaeth i'r gymuned a chynnig cymorth a chysur lle bo angen.

Friendship Centre Rota

29/9/22	Helen and Sian
6/10/22	Maisie and Sian
13/10/22	Molly and Pat
20/10/22	Nan and Tina

Dates for the Calendar

Next Elders' / Meeting: 26th of September 6pm.

Harvest Thanksgiving service October 2nd at 10 am

A collection of dried food will be made and all monetary contributions will be donated to the Food Bank in Johnstown

Friendship Centre/Canolfan Dydd

Every Thursday from 10.30-1.30pm

Cwrdd Dosbarth

Cwrdd Dosbarth nesaf yn y Babell Zion Newydd Hydref 3ydd am 7 o'r gloch.

Alzheimers/Dementia

A hymn sing-along session will take place on Tuesday October 4th at 2pm for people living with Alzheimers/Dementia and their carers followed by tea and biscuits. All welcome.

Coffee Morning

Saturday Morning October 8th Coffee Morning and various stalls at BZN

Sunday Club/Clwb Sul

Every Sunday at alternate times to the services. Please spread the word.

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The Big Lunch

A lovely community day was held at the chapel on August 20th when members of the community came together to help Lee with the Big Lunch.



community together.

There was a real buzz, a lot of laughter and plenty of food to share. Also a good choice of music by the Piano Man who kept us all entertained throughout the afternoon. I'm sure we are all grateful to Lee for all the hard work involved and for bringing the

