

MEDI 2026 SEPTEMBER

ISSUE/ RHIFYN 89

BABELL

ZION

NEWYDD

“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop”. [\[Mother Teresa\]](#)

Congratulations/Llongyfarchiadau

Hearty congratulations to Meurig and Carole on their Ruby Wedding Anniversary on August 16th. Llongyfarchiadau mawr i chi'ch dau. Unfortunately we were not able to celebrate with them on that particular Sunday due to Carole having had surgery that week. We wish her a speedy recovery and look forward to seeing her back with us and of course at the organ.

Get well wishes also go to Ian Wilkins who was also hospitalised for a few days back in August. We are glad to hear that he is home and on the mend as is his daughter Kelly who is recovering after a recent operation in the Heath Cardiff.

Gwellhad buan

Mae ffrind i'r gynulleidfa yma yn y Babell ac yn arbennig i'r Ganolfan ar ddydd Iau hefyd wedi bod yn yr ysbyty yn ddiweddar. Cofiwn am Keith Evans wrth iddo gryfhau ar ôl llawdriniaeth ar y galon.

Cofiwn am bawb yn ein gweddiau a dymunwn adferiad iechyd llwyr iddynt oll. We would hold you all in our prayers and wish you all a complete recovery.

Special Collection

A special collection was held throughout July at the Friendship Centre and during services for the Venezuela Earthquake Appeal. The sum raised came to £310.59. Thank you one and all for your generous support.

Penblwydd arbennig



Roedd Nan yn dathlu ei phenblwydd yn 96 nŵl yng Ngorffennaf a dyma ni yn cael cyfle i gael y llun arbennig hwn i fewn mis hwn. Penblwydd hapus Nan.

Dysgu Cymraeg gyda Tina

Welsh Lessons resume in September on Thursday mornings with Tina as do the craft sessions every first Thursday of the month. Please spread the word. Please note for the month of September the Welsh class will start on the 17th and the craft session led by Linda Owen will be held on the 10th.



September – a month of new beginnings.

As children prepare to go back to school and as young people prepare to start new courses and apprenticeships, a new beginning is offered to us as well. At this time of the year I'm almost tempted to greet people with a "Happy New Year" and yet in our Gregorian calendar it is only the 9th month. However, to the Jewish people of the Old Testament this 9th month is actually the first month of the Jewish Calendar and to mark the new year they hold a festival called Rosh Hashanah [Head of the Year]. It is a festival to celebrate the creation of Adam and Eve and of the world and marks a fresh start. It will be held this year between the 11th and 13th of September. It is celebrated with the sounding of the shofar- [ram's horn].

As in any celebration food is important and in order to symbolise a sweet new year ahead they will dip slices of apple in honey and eat honey cake too. Bread is baked into a round shape to symbolise the circle of life and the end of the year. There may be a pomegranate on the table which according to tradition has 613 seeds- a symbol of the 613 commandments that the Jewish people are taught to keep.

10 days later the shofar will herald in Yom Kippur [Day of atonement] when people will fast for 25 hours in repentance for past wrongs and in prayer for the new year which is ahead.

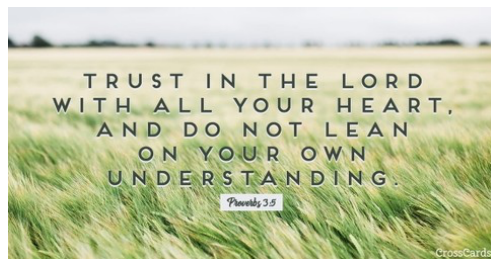
As we face a new year in the life of the church let us thank God for the opportunities we've had to meet with other congregations over August and the blessings afforded us. Let us now take every opportunity that comes our way to live the example that Jesus taught us and to spread the gospel among our friends and neighbours. Invite them to the services and coffee mornings, invite children to the Sunday club and make it known.

Yes we have enjoyed a true summer and we are also rewarded in this lovely rain in its time. However the creation is speaking to us. We are very much aware that the heatwaves we have experienced are becoming a regular occurrence, farmers are in desperate need for water for their animals as well as their crops which will in turn have an effect on us all. The melting of ice caps and the rising of the seas and rivers are affecting people at this very moment as we have seen in the region of Tibet and Nepal. It seems that we are totally unable to do anything. But little by little we can make a difference. Indeed, this Autumn we shall have to think about our recycling habits in much more detail.

The children of the Sunday School suggested these good practices a few years ago:

1. Reuse bottles, plastic containers and yogurt cups etc
2. Recycle unwanted paper, bottles, aluminium foil, cans, newspapers
3. Use less hot water
4. Avoid buying products with lots of packaging
5. Turn off the lights if you are not using that particular room
6. Plant a tree [Llangunnor Community Council have ensured the planting of 2000 trees in the area since 2011]
7. Conserve water; eg boil just enough for as many cups of tea as needed
8. Use kitchen cloths instead of paper towels.

Any more suggestions?



Cyfres Newydd : Hoff Ddihareb / New Series : Favourite Proverb

Following on from the July Newsletter Tina invites us all to dip into the Book of Proverbs, often overlooked but which contains so many wise sayings for all generations. It is a

book of 31 chapters with many attributed to Solomon, the son of David, not as the author but rather as royal sponsor.

Here are a few to get you reading:

“Put all your trust in the Lord and do not rely on your own understanding.” Proverbs 3: 5
“Ymddirieda yn llwyr yn yr Arglwydd a phaid a dibynnu ar dy ddeall dy hun.”

“A fool rejects his father’s correction, but whoever heeds correction is prudent.” 15:5
“Mae’r ffŵl yn diystyru disgyblaeth ei dad, ond mae’r sawl sy’n gwrando ar gerydd yn gall.”

“The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline.” 1:7
“Ofn yr Arglwydd yw dechrau gwybodaeth, ond y mae ffyliaid yn diystyru doethineb ac disgyblaeth.”

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A prayer for the world

Dear Lord and Father, we present to you today the state of our world. Wars and conflicts rage on with leaders of the world seemingly oblivious to the harm and damage they are doing and the unneeded pain and suffering caused to ordinary defenceless people. We are also aware of the climatic situation which is having detrimental effects on parts of the world and so today we stand with the people of Nepal and Tibet in their suffering and pain. Oh Lord teach us to treat your creation with the care and responsibility with which you entrusted us. May we be alert to your call and may our lives be in tune with the needs of the world. In Jesus’ name Amen.

Gweddi dros y byd

O Dduw a thad ein Harglwydd Iesu, rym ni heddiw yn cyflwyno i Ti cyflwr ein byd. Cawn ein tristau o glywed am yr holl frwydrau a rhyfeloedd sydd mor allan o reolaeth fel bod arweinyddion ein byd yn anymwybodol o’r niwed y maent yn ei wneud a’r poen a’r dioddefaint di -angen maent yn achosi i bobol gyffredin. Rydym hefyd yn ymwybodol o’r newid hinsawdd sy’n effeithio’n ddrybryd ar rannau o’r byd. Heddiw safwn gyda phobol Tibet a Nepal yn eu trallod. O Dduw, dysg ni sut i drin dy greadigaeth gyda’r gofal a’r cyfrifoldeb yr wyt wedi ymddiried ynom ni. Boed i ni fod yn effro i dy alwad a gwna ni fyw ein bywydau yn ôl yr angen sydd yn y byd. Yn enw Iesu Grist, Amen.

Cymanfa Ganu Caerfyrddin yn y BZN

September 27th: Cymanfa Ganu yn y Babel Zion Newydd am 5 o'r gloch

Arweinydd: Wyn Maskell

Eitemau gan Gôr Meibion Myrddin

Medi'r 6^{ed}: Yr ail Rihyrsal yn Priordy am 5pm

Medi'r 13^{eg}: Prif Rihyrsal yn y BZN am 5 o'r gloch

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A reminder of the box in the vestry for recycling

Rydym yn ailgylchu ond hefyd yn gwneud arian i'r capel. Rydyn ni angen / We need:

Gemwaith / Jewellery (e.g. bracelets, rings, watches - any style, any metal, any condition)

Offer digidol / digital devices (e.g. mobile phones, cameras, sat navs, games consoles, ipads, ipods, tablets)

Arian / Coins

Stampiau / Stamps (e.g. loose stamps, used stamps, first day covers)

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Mike and Meurig are seen here presenting a cheque of £3,522 to Jan Fisher, chair of the South West Wales branch of the MND Association.

Jan writes:

Simon and I enjoyed our visit with you and we would like to thank you all for your very kind and warm welcome.

We were not expecting lunch but that was an added kind thought from you all.

The amount of money that was raised was unbelievable from such a small number of walkers. The money is gratefully received and will be spent wisely in the communities that we cover.

Our Treasurer will be forwarding the receipt for monies received shortly along with a certificate to the Towy Valley Walkers.

We will post the photos and update on our social media and next newsletter.

With kind regards and best wishes,

Jan

Jan Fisher

Chairman

South West Wales Branch

Branch website www.mnda-swwales.org

MND
Association

Cornel yr Ysgol Sul Mabolgampau MIC

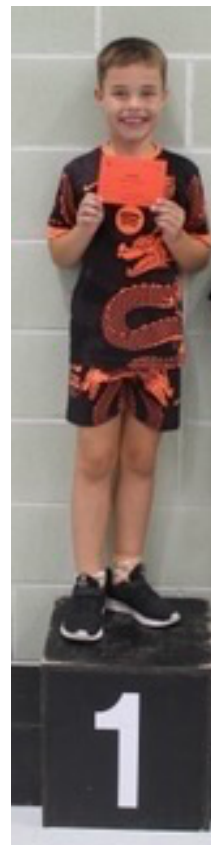
Gorffennaf 10fed yn Neuadd Chwaraeon Maes y Gwendraeth ac roedd yna fwrlwm anghyffredin wrth i blant yr Ysgolion Sir rhedeg fel milgwns ar draws y neuadd. Cafodd ein plant dipyn o lwyddiant- wel nid y plant yn unig fel y gwelwch. Llongyfarchiadau i bawb a diolch am gymryd rhan.



Under starter's orders
Come on Mr Williams!



Ryn ni'n barod nawr am chips!





Agor y Llyfr/Open the Book

Llangunnor School Year 4 pupils were presented with Bibles by the Open the Book Team at the end of term. The Bibles were sponsored by Cronfa Tresaith.

Mae'r Tîm yn cyflwyno stori o'r "Llyfr" bob yn ail dydd Iau ac mae'r plant wrth eu bodd yn cael rhan i'w chwarae mewn ambell i stori.

BORE COFFI

25 / 09 / 2026

BZN 10.00 – 12.00

Diolch am eich cefnogaeth bob amser



Numbers

Answers on a postcard:

1. **One** causes more joy than "ninety and nine just persons".
2. The Good Samaritan used **two** of these.
3. Peter wanted to make **three** on the Mount of Transfiguration.
4. The Woman of Samaria had **five** of these before she met Jesus.
5. **Six** of these were given for work.
6. The Book of Revelation contains letters to **seven** of these.
7. **Eight** were saved in the ark.
8. God gave **ten** of these to Israel by Moses.
9. **Eleven** of these witnessed the Ascension.
10. Jacob had **twelve** of them.

Clwb Sul yn dechrau nôl ar Fedi 6eg am 11.30
Sunday Club starts back on September 6th at 11.30
New recruits welcome

Sunday Services/Gwasanaethau ar y Sul

Rev Mike Shephard	10am	6/9/2026
Minister Communion	10am	13/9/2026
Mr Stephen Evans	10am	20/9/2026
Minister	2pm	27/9/2026
Dr Ainsley Griffiths	10 am	4/10/2026
Minister Cwrdd Diolchgarwch/Harvest Thanksgiving	10am	11/10/2026

Flowers/ Blodau		Cleaning/Glanhau	Announcing and Communion Cyhoeddi a Pharatoi'r Cymun
Janet Davies	Medi	Lynn and Janet	Pat Morgan
Vi Williams	Hydref	Owen and Kim	Lynn Davies

Singalong Tuesdays:

September 15th /Medi 15fed yn Towy Castle
 October 6th /Hydref 6ed BZN
 October 20th /Hydref 20fed at Plas y Dderwen

Dates for the Diary

Medi 10fed: Henaduriaeth yn Capel Newydd Trinity am 6pm
 September 15th: Elders' Meeting at 11am
 Medi 24ain: Encil yn Neuadd Llanddarog 10.30- 3.30
 September 25th : MacMillan Coffee Morning 10-12
 Hydref 5ed: Cwrdd Dosbarth/District Meeting BZN 7pm
 Hydref 7fed: Cwrdd Diolchgarwch Chwiorydd Myrddin BZN 2pm

Friendship Centre Rota

3/9/2026	Helen and Sian
10/9/2026**	Maisie and Rosemary
17/9/2026	Pat and Helen
24/9/2026	Tina and Kevin

****Craft Session**