

February/Chwefror 2024

Cylchlythyr/Newsletter

Rhif/Issue 61

BABELL ZION NEWYDD

Rhiw Babel Pensarn Caerfyrddin SA31 2DJ

GOD'S LOVE: Unconditional, Unending!
Unchanging,



Babell Zio

Gweinid
Parch / Re
Cynorthwy-ydd Gweinid
Mr Co



Sunday Serv

Sunda



Drws A
Bob D

We are all saddened to hear of the passing of Molly who was a faithful and extremely active member of our spiritual community. She will be greatly missed by so many and our thoughts, prayers and deepest sympathies go to her family at this sad time.

Molly's funeral will be held in Babell on Tuesday, 13th February at 11am.

We have also received a message from Janet Knott, Secretary of Gwendraeth Pastorate, which reads:

"Tristwch o'r mwyaf oedd clywed fod bywyd Molly wedi darfod a hynny megis yn dilyn salwch gymharol fyr.

Gedy fwlch difesur, ac mae'n cydymdeimlad yn ddidwyll gyda'i theulu ond hefyd gyda chi gyd, eu theulu ysbrydol yn Babell Zion Newydd.

'Rydym fel unigolion a Gofalaeth ar y cyd yn meddwl amdanoch gan weddio y bydd braich yr Arglwydd yn eich cysuro yn eich colled.'

Cofion Diffuant,



God looked around his garden
And found an empty place,
He then looked down upon the earth
And saw your tired face.
He put his arms around you
And lifted you to rest.
God's garden must be beautiful,
He always takes the best.
He knew that you were suffering,
He knew you were in pain.
He knew that you would never
Get well on earth again.
He saw the road was getting rough
And the hills were hard to climb.
So He closed your weary eyelids
And whispered, "Peace be thine".
It broke our hearts to lose you
But you didn't go alone,
For part of us went with you
The day God called you home.

Maer Caerfyrddin

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Mayor of Carmarthen

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Annwyl Aelodau

GWAHODDIAD I YMUNO YN EIN PARED GŴYL DDEWI 11am Sadwrn Mawrth 2^{ail} 2024

Pleser o'r mwyaf yw i mi estyn gwahoddiad cynnes iawn ichi i ymuno gyda ni yn ein Pared Gŵyl Ddewi eleni ar Sadwrn Mawrth 4^{ydd} yng Nghaerfyrddin. Bydd hwn yn uchafbwynt cyfnod o weithgarwch Cymreig yn ein tre.

Dyma fanylion Y Pared:

- Cwrdd yn Eglwys San Pedr erbyn 10.45yb. (bydd te a coffi ar gael yn yr Eglwys o 10 o'r gloch ymlaen). Y Pared yn cychwyn am 11.00yb yn union.
- Gorymdeithio draw i'r Clos Mawr (Sgwâr y Guildhall) lle cawn gyfarchion ac eitemau.

Gan edrych ymlaen yn fawr iawn at gael eich cwmni ar y dydd.

Dear Members

INVITATION TO JOIN IN OUR ST DAVID'S PARADE 11am Saturday, 2nd March 2024

I'm pleased to extend a very warm invitation for you to join in this year's St David's Parade in Carmarthen on Saturday, 2nd March. This will be the highlight of a period of Welsh events in our town.

Here are the details:

- Meet at St Peter's Church by 10.45 a.m. (tea and coffee will be able in the Church from 10.00 a.m. onwards). The Parade will commence at exactly 11.00 a.m.
- Parade to Guildhall Square where we will receive greetings and items will be performed.

I very much look forward to your company on the day.

Yr eiddoch yn gywir / Yours sincerely

Wyn Thomas (Maer Tref Caerfyrddin / Mayor of Carmarthen Town)

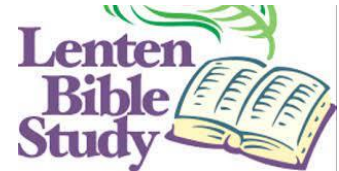
PARCIO AM DDIM YM MEYSYDD PARCIO'R CYNGOR AR DYDD SADWRN MAWRTH 2^{ail}

THERE WILL BE FREE PARKING IN THE COUNCIL CAR PARKS ON SATURDAY 2nd MARCH



There will be a service on Sunday 25th February at 10 am in Heol Awst as part of the town's celebration of St David's Day

Our Lent Bible Studies will commence on Monday, 19th February, 1pm in the vestry. These will be taken by Mrs Pat Morgan.



Cawl & Quiz Night



This will be held on Wednesday 28th February at 7 pm. Entry will be £5 per person and each team to comprise of 4 persons.

The Quiz Master will be Mr John Green

The World Day of Prayer services this year will be held at Heol Awst Chapel, Lammas Street on Friday 1st March.

The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action," and is celebrated annually in over 170 countries on the first Friday in March. Each year, different countries are invited to write for the service and this year it is focusing on Palestine.

English Service will be at 10:30 am
Welsh Service will be at 2 pm.

A reader from Babel Zion Newydd is needed for both of these services.



Why do we eat pancakes on Shrove Tuesday?

In Christian traditions, the 40 days before Easter are known as Lent, and they mark the time that Jesus spent fasting in the desert. Traditionally, Christians would mark the period with prayers and fasting, abstaining from a whole range of foods, including meat, eggs, fish, fats and milk. The word 'shrove' comes from the old Roman Catholic practice of being 'shriven' – meaning to confess one's sins. The shriving bell would be rung on Shrove Tuesday to call people to church to confess.

Before Lent could begin in earnest, all edible temptations needed to be removed. This took place over a period of days known as 'Shrovetide'. Meat such as bacon would be eaten up on 'Collop Monday' (a collop is a thin slice of meat). And on Shrove Tuesday eggs, butter and stocks of fat would be used up. One of the easiest ways to dispose of these items was to turn them into pancakes or fritters, a custom which continued long after the Church of England separated from the Roman Catholic Church in the 16th century.

The Monday and Tuesday before Lent were periods of great festivity before the coming days of abstinence. Children would go 'Shroving' or 'Lent-crocking' on Shrove Tuesday (or the night before), knocking on their neighbours' doors and singing. Sometimes they would bring shards of crockery or stones with them to throw at householders who refused to give them anything!

When is Pancake Day?

Like Easter, Shrove Tuesday occurs on a different date each year because it is calculated by the cycles of the moon. While it's already a little confusing, in the early days of Christianity in Britain it was far worse. Before the 7th century there were two methods for calculating the date for Easter. One originated from Roman missionaries who established what is now Whitby Abbey.



The second came from the Irish or Celtic tradition which, in the 630's, used the island of Lindisfarne off the coast of Northumberland as their chief mission centre. Both used the lunar calendar, but had two different methods of calculation. This meant that the Roman and Celtic Easters fell on entirely different dates, which caused confusion for early Christians. In 664 the Synod of Whitby declared that the Roman method would be used to establish the date for Easter, and is still used by the Church of England today.

What do you have to give up during Lent?

Meat and dairy were outlawed during Lent, but Christians could eat fish, bread and vegetables. Fish was considered a virtuous food, on account of two of Jesus' apostles being fishermen. Most of the fish consumed at this time, like herring or cod, would have been salted to preserve it. Dairy products were replaced with almond milk and

butter. Spices were permitted to flavour food, but the absence of meat and dairy meant the Lenten diet could be pretty monotonous.

Outside of Lent, monks already had a pretty restricted diet by modern standards, thanks to the Rule of Benedict. This was a set of guidelines used to govern monastic life and it forbade the consumption of meat from quadrupeds (animals with four legs) at all times during the year, and during Lent, their diet was even stricter. This picture is of the refectory at Rievaulx Abbey where the monks would have eaten their meals.



By the 12th century things had become more lenient. Outside of monasteries, it was less strict, but still some lay-people developed liberal interpretations of what foods could be eaten during Lent. Beaver tail was allowed because these mammals live near rivers. Waterfowl, such as ducks, were cunningly dubbed 'barnacle geese' as it was believed these birds hatched from barnacles.

The Origin of Pancake Races

As well as giving up "luxury" foods, the faithful were expected to forego fun pastimes such as dancing and playing games like football. Therefore, Shrovetide (the four days preceding Lent) was a time for merriment.

A legacy of these festivities is the pancake race. Dating from around 1445, legend has it that a local woman heard the shriving bell while she was making pancakes and ran to church in her apron, still clutching her frying pan.

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:

Eggs represent Creation

Flour represents the staff of life

Salt represents Wholesomeness

Milk represents Purity

Perfect Pancake Recipe from BBC's Good Food Site.

100g plain flour
2 eggs
300mls milk
1 tbsp sunflower oil, vegetable oil or butter



- Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
- Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
- When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

Cornel yr Ysgol Sul/ The Sunday School Corner

Trefnwyd gweithgaredd gan Fudiad Ieuenctid Cristnogol Sir Gâr ar gyfer Ysgolion Sul y sir, oed cynradd, ddydd Sadwrn Ionawr 26^{ain} o dan arweiniad Jack Newbould yn y Gerddi Botaneg Porthyrhyd. Daeth y plant i adnabod ei gilydd yn lled gyflym drwy chwarae gemau arweiniol a sawl cwis oedd yn ein profi ni'r oedolion hefyd. Yna allan i'r Tŷ Gwydr i hel y cliwiau i gyd, nôl i gael y neges amserol am y Creu a'n cyfrifoldeb ni tuag at greadigaeth hardd Duw. Gorffennwyd y dydd trwy greu patrymau yn y pridd ar y llwybr Gryffalo lle dangoswyd cryn ddychymyg gan y plant. Diwrnod da ac wrth ofyn i blant Babell Zion beth oedden nhw wedi mwynhau fwyaf, yr ateb oedd: "Popeth!"



The children of Babell Zion having a fun day at the Botanic Gardens led by Jack Newbould Scripture Union. It was arranged for the Sunday Schools of Carmarthenshire. The children got to know each other pretty

quickly through the games and quizzes set at the beginning.

Then it was out to the big Glass House for the hunting of the clues, back to the Theatre for the message on God's creation and our responsibility towards the World and its resources. The morning came to an end with an activity on the Gruffalo trail which showed a great deal of the children's imagination. What did the children of BZN enjoy? "Everything!"



Dates for the Calendar

Friendship Centre Every Thursday 10:30 – 1:30
Singalong Tuesday Dates **Every 1st and 3rd Tuesday of the month.**
 February 20th
 March 5th
 March 19th
 April 2nd

Please note, for the 6th February, we will be down in Plasydderwen Care Home at 2pm

Sunday Services/Gwasanaethau ar y Sul

Rev Emyr Williams – Communion	10 am	11/02/24
Mr Hugh Waddell	2 pm	18/02/24
Rev Emyr Williams	2 pm	25/02/24
Rev Mary Thorley	10 am	03/03/24
Rev Emyr Williams - Communion	10 am	10/03/24
Rev Mike Shephard	10 am	17/03/24

Friendship Centre Rota

08/02/24	Sian & Helen
15/02/24	Maisie & Rosemary
22/02/24	Pat & Carole
29/02/24	Tina, Nan & Kevin
07/03/24	Sian & Helen
14/03/24	Maisie & Rosemary

	Flowers/Blodau	Cleaning/Glanhau	Announcing and Communion/ Cyhoeddi a Pharatoi'r Cymun
February	Doreen Davies	Gwyn & Helen	Pat Morgan
March	Carole Rees	Jackie & Maisie	Lynn Davies
April	Janet Davies	Lynn & Janet	Carole Rees
May	Pat Morgan	Rosemary & Nelda	Helen Gibbon

Have you any news or items for the newsletter? Please forward to Carole at
carolerees4@gmail.com
 or Helen at helengibbon1@btinternet.com