

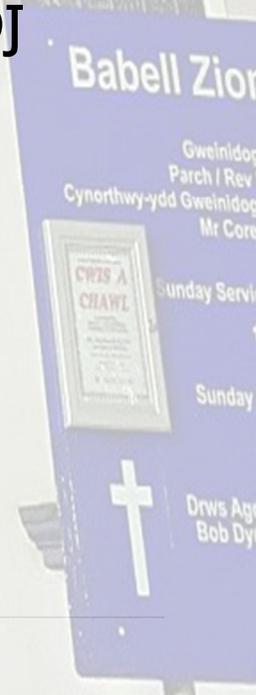
Gorffennaf 2021
July 2021

Cylchlythyr/Newsletter

Rhif/Issue 36

BABELL ZION NEWYDD

Rhiw Babell Pensarn Caerfyrddin SA31 2DJ



This newsletter has been digitised as part of a project to archive material relating to Llangunnor so that a record exists for future generations

Thanks to Babel Zion Newydd Chapel for permission to do this

Llangunnor Network
*Preserving and Promoting
Llangunnor*

A message from Mr Emyr Williams

Annwyl gyfeillion /Dear friends

On Tuesday the 22nd of June the Gwendraeth Pastorate Committee met for the first time in 18 months at Capel Hendre. It was great to get a cross section from all 10 chapels together.

One Pastorate, One Minister, One Worker, two groups of churches.

I will be organizing the Worship in my group and Corey in his. So Babel Zion Newydd will be looked after from day to day by Corey. We will be having 10 joint gatherings (8 Sunday Services, a Meal, Worship and Communion on Maundy Thursday, and a joint Worship on Good Friday).

As with everything else we cannot wait to get back to the normality of church, with study groups, Sunday School and Clubs as well as pastoral visits and home communion for those who are not able to get to church. But that is something that we will have to work on and we are obviously dependent on the ever changing and challenging situation.

Charity work and contributions will form an important part of pastorate life with restarting Food Bank contributions at the top of the list. A few years ago every chapel in the District and most in the Presbytery pledged that we would use, support and promote Fair Trade products. With empty cupboards in our vestry, now is the chance to start afresh and support others by using Fair Trade products.

Church is nothing without mission and I set the Minister's challenge at the meeting: every chapel was asked to look at some sort of NEW mission as soon as it becomes safe and practical to do so. This can be anything new (not a restart of a past project). An event, an outreach, anything. What is important is that we actively engage with the community, and hopefully build on this for the future.

Enough for now! If you want to discuss this or anything, pick up the phone ~ It's good to talk.

Let's move forward in the name of Christ.

Emyr. 07977054003. emyr.williams@ebcpcw.cymru

Emyr's Ordination Service

This will take place on July 29th in Capel Newydd Llanddarog via Zoom on the usual Sunday Morning Presbytery link. More details to follow. Pob dymuniad da ar gyfer y gwasanaeth arbennig hwn Emyr.

Also we await information on the Induction Service to be held sometime in the Autumn.

Rev Mike Shephard writes....

ON BEING A FRAGILE HUMAN BEING

How refreshing it is to hear people admitting that the crisis linked to Covid 19 has had an adverse effect upon their mental health. Acknowledging our susceptibility to stress, anxiety and depression is surely a sign of strength rather than of weakness and if it diminishes the stigma that was once associated with such conditions then the pandemic will have had at least one positive outcome. I grew up in an era where mental health issues were denied or swept under the carpet and when speaking about the subject was taboo. Few people would ever admit to having been treated for depression as it might well have placed a limitation upon employment opportunities – particularly if one wished to work in professions where ‘stability’ was a pre-requisite – social services, the probation and after-care service, the police service, teaching, medicine and nursing – to name but a few working environments.

The stigma linked to psychological disturbance would be even greater if one had been hospitalized for the condition with the location of the old-style mental institutions speaking volumes. Invariably they would be far away from ‘respectable’ communities and one can still envisage those ugly, grey, oppressive structures standing on isolated and remote hillsides.

We have come a long way since those days but even in my lifetime there has been a reluctance to admit to problems in the sphere of mental health. Indeed the ‘so-called’ caring professions have been the most uncaring in this regard. I wonder how many people, historically, when applying for work with the groups listed above felt able to open about all health-related matters.

I recall, as an eighteen-year-old, being interviewed for ministerial training. I had grown up in a family where mental health was a live issue but was never once asked a question linked to background or to emotional matters. Indeed had I been thus questioned I would have been guarded in my response as, truth to tell, many Christians believed that a propensity towards depressive episodes was symptomatic of a deficient faith. Some people still think like that. Prayer, in some circles, is seen as a cure-all whereas, in my view, anti-depressant medication, exercise, or talking therapy is a far more useful tool.

It took me some years to appreciate the fact that our so-called weaknesses can enhance our personality and, moreover, can equip us for ministering to other people.

I learned this some twenty or so years ago when a minister in the South Wales Valleys. I preached one Sunday evening on mental health and admitted, quite openly, that I suffered from Seasonal Affective Disorder and functioned with difficulty in the late autumn and early winter months. I was one of those people who found socialization difficult at that time of year and who, hating Christmas,

wanted to hibernate until the coming of Spring. I told the congregation that I relied on anti-depressants and found it easier to stay on them 'all year' rather than wean myself off them only to start another course a few months later. Following the service, a few people thanked me for my honesty with one parishioner asking me to call during the coming week. When I did so she thanked me for "liberating" her. She said: "I have suffered with depression for years but was ashamed to admit it. I know of many churchgoers who would see it as a black mark against me. From now on I am going to be more open about my problems. As you said in your sermon – I need be no more ashamed of having depression than having a cold in the head. I cannot thank you enough."

To be open in discussing mental health issues is even more crucial after the pandemic, with health service personnel being at increased risk of problems in this area. They have faced unparalleled levels of stress which has been increased by an unwillingness to burden partners or children with their anxieties. It is said that 'a problem shared is a problem halved' – but what if it is not shared? What if we keep it to ourselves? What if we drive it down into our subconscious mind where it can fester and do untold harm?

It is a problem, too in the wider community with a recent survey demonstrating that 15% of us have lost a friend or relative to Covid – fostering a level of grief that is normal only in wartime.

In March 2020, when Covid 19 became of relevance, 4829 people called MIND, the mental health charity. By March 2021 that number had increased to 11,962, the highest monthly total ever.

The Government are talking about the pandemic as an opportunity to 'build back better' – and that is commendable.

It is nevertheless essential that 'building back better' includes substantial investment in mental health facilities. My son, David, at 52 years of age, has worked with the elderly mentally ill, since he was nineteen years old– many of those years managing a team of practitioners in the Midlands. He intends to retire at fifty-five – not because he dislikes his work – but in order to avoid the risk of 'burn-out.' Many years ago, he described mental health as the Cinderella of the NHS. These thirty years on little has changed and the situation will get worse before it gets better.

If there is hope in this time of crisis it lies in our willingness to talk about our own struggles. A preparedness to do so enhances our humanity. It adds to our approachability. It demonstrates that we understand and that the springs of compassion are alive in us. Let us reach out to people. Let us encourage others to reach out to us.

Mike Shephard

The Sunday Club \ Yr Ysgol Sul

We have been continuing to meet on Zoom every Sunday except for our meeting in the park on a very warm and sunny June 13th. It was really good to be able to sit on a park bench and on deck chairs to catch up with one another face to face. We have been looking at the story of Peter and John healing the lame man at the Beautiful Gate of the temple in Jerusalem, the Father's role in the parable of the Prodigal Son and Psalm VIII during the month of June. Three very different approaches but with a view of God the Father and what our value and standing is in all of creation.

Here is a poser for adults too if you would like to have a go and have a calculator to hand!

Peter asked Jesus how many times he had to forgive someone who wronged him. Jesus said:

59 x 8	37x 12	69 x 5	74 x 6	93 x 7	38 x 9	42 x 13

114 x 3	67 x 11	57 x 13	111 x 4	118 x 4

236 x 2	18.5 x 24	138 x 2.5	148 x 3	46.5 x 14

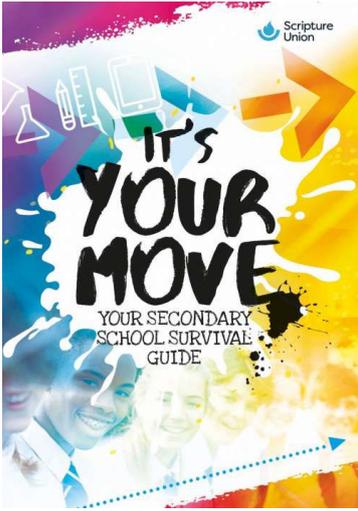
times! That's a lot of forgiving!

KEY

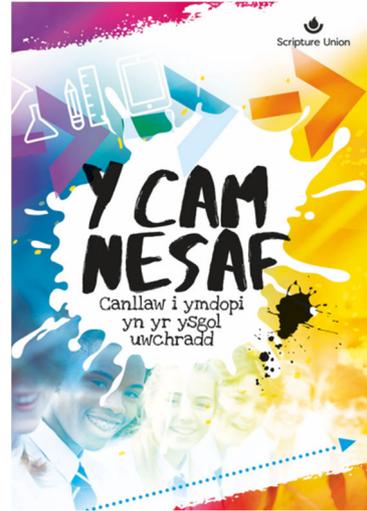
444	737	741	651	472	342	345	546
E	I	M	N	S	T	V	Y

YOU'LL FIND THE ANSWER IN MATHEW 18 VERSE 22

Babell Sunday School sponsors “It’s Your Move”/ “ Y Cam nesaf”



Year 6 in all our Primaries will be moving onto Year Seven in the Secondary in September and Scripture Union has produced a booklet to help children with this transition. Roedd hi'n fraint gan Ysgol Sul y Babell gyflwyno'r llyfrau yma i ddisgyblion Blwyddyn 6 Ysgol Llangynnwr ar ddiwedd tymor i'w helpu gyda'r symudiad o'r Cynradd i'r Uwchradd. Gobeithio y bydd o ddefnydd iddynt gan eu bod yn trin â llawer



o agweddau y gall disgybl wynebu o'r newydd mewn adeilad ac amgylchedd ddieithr. Mae'r flwyddyn diwethaf wedi bod yn un heriol i ddisgyblion ac athrawon ac fe fydd ein gweddiau yn parhau gyda nhw wrth iddynt wynebu her y tymor newydd. Diolchwn i'n hathrawon am eu hymroddiad yn ystod y flwyddyn a hanner diwethaf ac am y ffordd y maent wedi delio gydag amgylchiadau anodd iawn, iawn.

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Cofio Gerald Williams -nai Hedd Wyn

Those of us who visited the home of Hedd Wyn a few years ago at yr Ysgwrn,



Trawsfynydd, will remember learning of his nephew Gerald whom Sian, Gwyn and I had met on a previous occasion. He kindly gave us a guided tour of the house and showed us the 1917 National Eisteddfod Bardic Chair. Sadly, Gerald passed away on the 11th of June at the age of 92. Fe dreuliodd ei fywyd yn ffermio'r Ysgwrn a chadwodd yr addewid a wnaeth i'w nain y byddai'n "cadw'r drws ar agor" i bobl oedd am ddod i dalu teyrnged i Hedd Wyn – “Bardd y Gadair Ddu” - yn yr Ysgwrn. Roedd hi'n bleser cwrdd ag e. Yn y llun gwelir Sian yn eistedd wrth y lle tân yn y gegin gyda Gerald.

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Answers to May’s Word Search/ Atebion i Chwilair mis Mai

- | | | |
|---------------|-------------------|-------------|
| 1. Antioch | 9. Magnificat | 17. Tyre |
| 2. Bartimaeus | 10. Potiphar | 18. Zebedee |
| 3. Beersheba | 11. Quail | |
| 4. Bithynia | 12. Sennacherib | |
| 5. Conies | 13. Sharon | |
| 6. Eagle | 14. Tarsus | |
| 7. Tigris | 15. Tax Collector | |
| 8. Hyssop | 16. Euphrates | |

Cerddwyr Cynnwr

A challenging walk of almost 6 miles from Banffosfelen to Llangyndeyrn Mountain was led by Gareth and Dawn Jones on Saturday June 12th. A gentle stroll at the beginning did not prepare us for what was ahead but as we made our way down country lanes we reached the village of Crwbin. What was not on the schedule was a friendly couple's invitation to view the garden and to behold the beautiful expansive views from the front of the house. If they had known we were coming they would have prepared a cup of tea, they said, but Gareth was eager to continue. Into woods belonging to Torcoed Quarry we went for about two miles and then what a sight as we came to the clearing to see the quarry ridges and levels in front of us. At the entrance gate the Manager of Torcoed Quarry was ready to address us as arranged by Gareth. The quarry is now owned by Tarmac, one of the largest quarry companies in the world and if they continue to extract the rock at the present rate they estimate that it will last for 70 years. On we went. Was the end in sight? No, the mountain was yet to be climbed but it was well worth the effort. There, having passed two Bronze Age burial chambers we reached the highest point from where we could see as far as Caldey Island to the West and Lundy to the south. It was a rewarding walk once again with a most welcome picnic at the end of a lovely afternoon.



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Covid India Appeal

You will remember the Presbyterian Covid India Appeal for the Shillong H Gordon Hospital and Jowai Norman Tunnel Hospital in the Khasi Hills (bryniau Cassia) made in June. The target was £30,000 but that was far surpassed. A letter of thanks has been received from Revd Gwenda Richards with the good news that over £60,000 was received and that the ventilators have reached their destination.

*“Mae'n bleser datgan ein bod bellach fel Cyfundeb wedi hen fynd heibio'r nod ariannol hwnnw a'n bod wedi codi dros £60,000 tuag at waith yr ysbytai. Mae'r offer oedd ei angen wedi cyrraedd ac o gymorth mawr i'r staff a'r cleifion. Fy mraint i yw diolch i chi am eich haelioni a gwneud hynny gan wybod fod ein cyfeillion yn y ddau ysbyty wedi gwerthfawrogi ein consyrn a'n cefnogaeth ymarferol. Byddwn yn parhau mewn trafodaeth â hwy er mwyn sicrhau'r defnydd gorau o'r arian sydd ar ôl er lles y miloedd sydd yn elwa'n flynyddol o wasanaeth yr ysbytai.....
Diolch eto, o waelod calon i bob un ohonoch.
Gyda chofion cywir,
Gwenda Richards*

An interesting article in ‘Cennad’ Football and Faith

Oh those Euros! No, not the coin but the ball! For those who love football and every other sport under the sun (and I know there are many of you judging from the banter on a Sunday morning) now is your time of year. The television has it all. However, with the Euros coming to an end and our disappointment of course that our national team didn't make it to the quarter finals this time, I look back on Aled Davies' discussion in 'Cennad' on the game's early beginnings.

In one respect, he says, it seems football is closely connected to pub and tavern culture with many being able to watch the games via satellite in their locals during the Premier league matches. In addition most sponsorship of the game comes from the breweries which hope for some increased income during this competition.

We often complain about sports being held on Sunday and that children choose football practice on a Sunday morning instead of Sunday School but in another age it was the chapels and Sunday Schools which promoted football more than public houses, at a time when alcohol was seen to destroy family life. In the latter part of the 19th century, with the advent of the 5½ day week, many of the men coming out of work at lunchtime on a Saturday would spend the afternoon drinking their wages away. The church took the opportunity to reach out to these men and formed football teams to compete against each other. These church-based teams began to flourish and in 1886, at the initiative of William McGregor of the Aston Villa Wesleyan Football Club, ten of them organised themselves into a league structure.

At Swindon Town FC the local church youth worker, Harold Fleming, became a star player of this era, and went on to play for England. Fulham FC also had its origins in the church, and even the local vicar was regularly on the team sheet. Basil Wilberforce, the grandson of the great anti-slavery campaigner, was instrumental in the formation of St. Mary's Association Football Club, which later was to become Southampton FC. The Club at Everton was started by St Domingo's Methodist Church in 1879 and Manchester City by the city's St Mark's Church. Southampton are known by the "The Saints" and Newtown are known by the "New Saints" after St Oswald. Goodison Park shares its boundary with the chapel, and there would have been a good deal of toing and froing between them in the early days.

There is also a tradition of hymn singing on the terraces. "Abide with me" was sung for the first time in the FA Cup Final between Arsenal and Cardiff and the tradition still prevails.

Many wellknown players who profess their faith include Lionel Messi, Thierry Henry, David Luiz, David Silva, Raheem Stirling and Daniel Sturridge. Alisson Becker, Liverpool and Brazil's goalkeeper, has baptised many footballers

including Roberto Firmino. Liverpool's manager, Jürgen Klopp, is also a Christian and speaks publicly about his faith. In a recent interview Willian Borges da Silva, who is in his seventh season with Chelsea said, "People think that footballers are interested in fast cars, wild parties, grand houses and girls, but for me, God comes first before everything else." He shares his faith with 9 million followers on Instagram.

James Morton, who plays for Bristol City, said recently 'Football is a massive part of my life but I put my identity as a Christian.'

In "The Athletic" it reads 'Bristol City midfielder is teetotal, doesn't swear and always tells the truth, which means there is only one person to go to when a team-mate is trying to get to the bottom of a dressing-room prank.

"They know if I saw it, I wouldn't lie," Morton says, smiling. "I do chuckle at that sometimes."

Morton takes part in a weekly Zoom with other players across the country to discuss Bible-related issues.

We can be thankful for these individuals in sport and for the work of charities like Christians in Sport and also for chaplains like Rev Eirian Wyn Brynman who is youth chaplain for the Swans.

For many years Nigel Davies ran football tournaments between the Sunday schools and clubs and also a sports tournament every year with the final held in Carmarthen Leisure Centre. It was a sight to behold: the whole place heaving with competitors, parents, supporters, markers, starters and the commentator at the microphone. That is what it is all about. We look forward to those times again when we can come together as people of faith and witness in an environment of true mission.

Post Scriptum: In mentioning Nigel Davies I am reminded that Jack Newbould who succeeded Nigel as Youth Worker for MIC has been offered a placement with Scripture Union which he will take up at the end of July. We would like to wish Jack well for the future and thank him for the work that he began to do with Catrin with the children's club(SBARC) at Babel Zion Newydd 18 months ago.

Diolch i Aled Davies ac i amrywiol ffynonellau am y wybodaeth.

HG

A Prayer selected by Brian Irvine a football player [Aberdeen FC]

God sent His Son, they called Him Jesus;
He came to love, heal and forgive;
He lived and died to buy my pardon,
An empty grave is there to prove my Saviour lives.
Because He lives I can face tomorrow;
because He lives all fear is gone;
because I know He holds the future;
and life is worth the living
just because He lives.

Williams J Gaither

The Congregation

Corey, Catrin and Peris have arrived safely in Tennessee and are enjoying the hot weather whilst getting used to the six hour time difference. I'm sure we are all thinking of them and are glad that Corey's family can at last meet and get to know little Peris. We have been grateful to Corey for producing the weekly written devotions throughout the year and I'm sure this will resume in September, that is, if we are not back in the chapel building by then.

As a church we express our deepest condolences to Andrew Convery on the passing of his mother on July 4th. Mrs Convery would have celebrated her hundredth birthday in September. May our prayers be with the family at this difficult time.

Mrs Jackie Evans is recovering well from a long-awaited hip operation and we wish her a full and speedy recovery.

Mr Trevor Lloyd's funeral was held at Narberth on Wednesday 9th of June conducted by Revd Mike Shephard. The well-known poem by Henry Scott Holland "Death is nothing at all" was read by Mr Cyril Phillips and Benjamin Lloyd, Trevor's grandson, read a poem by Derek Walters- "I'm free." Gwynedd and Helen represented Babel Zion Newydd at a time when only close family could be present in the building and up to thirty people outside due to the pandemic. Our most sincere sympathies are extended to Linda and her family as also to Trevor's sons, Dafydd and Hywel and their families. Coffa da amdano.

Work on the vestry is coming on slowly. Ian has been busy oiling the new doors and Gwyn has continued with the electrical work which included of late preparing the electrical sockets for the walls which will soon be insulated. The kitchen cupboards have been chosen. Delme James, our builder from Bryn Iwan, has met a contingent of us to discuss the next steps, and once the kitchen is installed, and the painting and flooring completed we shall be ready to open, hopefully. We shall not set a date, in case! Thank you everyone for your patience.

Thank you Pat and Molly for the lovely flower display outside the Chapel and either side of the doors and to Doreen for their watering. It's a great team effort.

The cupboard in the vestry has been given a facelift. It was the late DT Richards, an elder and Sunday School leader (or Superintendant as they were known back in the day), who donated the cupboard many a year ago. DT was an architect and judging by the cupboard's design it must have been very useful in housing plans, drawings and diagrams in the architect's office in Waterloo Terrace. It has proved very useful to the Sunday School and our thanks now go to Rosemary for giving it a facelift with a lovely coat of paint. Thank you Rosemary.

Carmarthen Food Bank/Banc Bwyd Caerfyrddin

The latest Newsletter from Johnstown states that they are now up and running with facilities for a cuppa and a chat. In his message to the Pastorate Emyr emphasized the need for continuing our support for the food banks and I'm sure that we shall do so during our Harvest Thanksgiving as usual. In the meantime I enclose a list of the urgently needed items as they appeared in their newsletter this month. Many thanks for your support as usual.

Meurig Rees continues his training for the Charity Walk on the Brecon Beacons. Please note that the walk has been postponed to September 4th giving us extra time to support. Here are the details:
www.justgiving.com/fundraing/meurig-rees

URGENTLY NEEDED FOOD ITEMS

TINNED POTATOES

TINNED CARROTS

POWDERED MILK (WHOLE MILK)

TINNED FISH

SPONGE PUDDINGS (SYRUP, CHOCOLATE, TREACLE)

LONG-LIFE FRUIT JUICE

URGENTLY NEEDED NON FOOD ITEMS

TOOTHPASTE

TOOTHBRUSH

SHAMPOO

CONDITIONER

DEODRANT

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Gweddi O Gymuned Iona:

The Iona Community was established in 1928 on the Island of Iona by George F MacLeod, a minister of the Church of Scotland. St Columba was said to have lived on the Island of Iona.

Celtic Blessing from the Iona Community

Gweddiwn a Gwnawn.....

Dyma glwyf agored, Arglwydd:
Hanner y byd ar ddeiet,
a'r hanner arall yn newynu;
hanner y byd yn ddiddos yn eu tai,
a'r hanner arall yn ddigartref;
hanner y byd yn hel proffid,
a'r hanner arall yn goddef colled.
Achub ein heneidiau,
achub ein pobloedd,
achub ein hamserau. Amen

Deep peace of the running wave to you,
deep peace of the flowing air to you,
deep peace of the quiet earth to you,
deep peace of the shining stars to you,
deep peace of the Son of peace to you.

Rev John Graham	4/7/21 Communion
Mrs Pat Morgan	11.7.21
Rev Adelaide Wheeler Cocks	18.6.21
Rev Dr Ainsleigh Griffiths	25.7.21
United Service at English Cong with Rev Mary Thorley	August 8th 2021
Gwasanaethau Cymraeg yn ddigidol dan ofal Parchg Beti -Wyn	Trwy Awst 10 y bore

Elders' Meeting/Cyfarfod Blaenoriaid

The next Elders' Meeting will be held on Tuesday August 31st at 6pm via Zoom

Services/ Gwasanaethau

Zoom services continue for the month of July every Sunday morning at 11am.

The details for the zoom links are as follows: Zoom

Link: <https://us02web.zoom.us/j/87986477837>

Telephone: +44 203 481 5240

Meeting ID: 879 8647 7837

Rota for Announcements/ Rota Gyhoeddi

Gorffennaf/July Sian Cassell

Oedfa Flynyddol Chwiorydd Myrddin dydd Mawrth y 13eg o Orffennaf am 2 y prynhawn.

Join Zoom Meeting

<https://us02web.zoom.us/j/86013744312?pwd=OEI3TE9vUHNBVXVLcHBzdjFFNDhCZz09>

Meeting ID: 860 1374 4312

Passcode: 439299

Dial by your location

0203 481 5237 The United Kingdom

Meeting ID: 860 1374 4312

Passcode: 439299

Cwrdd Dosbarth

Nos Lun Gorffennaf 12fed am 7 o'r gloch trwy