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Cylchlythyr/Newsletter

Rhif/Issue 23

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 Babell Zion Newydd Chapel for permission to do this

Llangunnor Network
*Preserving and Promoting
Llangunnor*

A Message from Corey



Hi all. I hope that you are keeping safe, healthy, and in good spirits. Let me start off with some good news: *Catrin and I are going to be parents!*

We're very excited that we'll be welcoming our little one into this world sometime around October 27th! We'd really appreciate your warm thoughts and kind prayers during this season as we learn to navigate the next few months as first time parents.

As is true for so many of us, this season of social distancing and self-isolation has been challenging in many ways, but it has also brought many blessings and new opportunities. Strangely enough, I've seen a few of my co-workers much more often than usual!

We have been meeting every Thursday morning as leaders in our Presbytery at 10am via an online video conferencing called 'Zoom' to offer prayer and encouragement for one another, and also to pray for our church members. Each and every one of you are more than welcome to join us!

We've also had an online, pre-recorded worship service on Youtube, as well as a live worship service on Zoom, which had over 70 people present! We are exploring doing more things like this, maybe even an online pub quiz or coffee morning.

If this is something that interests you, or you'd like to see something like this happen in English that is specifically for Babell Zion Newydd church members (with others welcome to join, of course), please contact me at corey.hampton@ebcpcw.cymru, on my mobile at 07983 681610, or on WhatsApp. I would love to hear from you! I would also love to chat with you, pray for you, and offer encouragement, so please don't hesitate to get in contact with me.



If you're anything like me, you're more than ready for this lockdown to be over with so that we can gather together as a church family again. When the time comes, I'm sure that we will have a great time of celebration with one another! But until then, I encourage you to continue to reach out and check in on one another. In the words of the Apostle Paul, 'Bear with one another in love, making every effort to keep the unity of the Spirit through the bond of peace...[for] from him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.' I hope to speak with each of you soon.
Grace and peace, Corey

CONGREGATIONAL NEWS

CONDOLENCES

Sympathy is extended to Mrs Linda Owen on the loss of her brother Martin. We were acquainted with Martin on numerous occasions through the Friendship Centre when he was staying in this area, He passed away at the Royal Glamorgan Hospital on Friday 1st May. Our sincere condolences to Linda and Trevor.

RADIO: Munud i feddwl

Ar Fai 8fed clywsom Rhian Iorwerth, merch Mrs Nesta Wyn Davies Penymorfa, yn rhoi 'Munud i Feddwl' ar Y Post Cynnar ar Radio Cymru. Roedd ei neges yn bwrpasol iawn. Yn ystod yr 20fed ganrif collodd 300 miliwn o bobl eu bywydau drwy'r Frech Wen [Smallpox]. Deugain mlynedd yn ôl ar Fai 8fed cyhoeddwyd bod y byd i gyd yn rhydd o'r Frech Wen. Daeth hyn i fod drwy i genhedloedd y byd **gyd weithio** i ffeindio ffordd o'i ddileu. Meddwl oedd hi am y te partis a'r dathlu oedd yn digwydd i gofnodi Diwrnod VE. Ai trwy dathlu, yfed te a chynnal parti oedd y ffordd orau i gofio pobl oedd wedi cael eu lladd oherwydd rhyfeloedd erchyll? Neges Rhian i ni oedd y dylid efallai pwysleisio pwysigrwydd a gwerth **cydweithio**, er mwyn sicrhau gwell byd i'r cenedlaethau sydd i ddod.

WE SHOULD CONSIDER ALL OF OUR FRIENDS A BLESSING

I'm sure we have all been doing a bit of clearing out these past few weeks and found all kinds of interesting things lurking in the back of cupboards. Linda has been clearing her old computer and sorting out memory sticks. In so doing she found the following poem God's Boxes and that for Linda sums up the word [Friendship](#). Thank you Linda for sharing it with us.

God's Boxes

I have in my hands two boxes,
Which God gave me to hold.
He said, "Put all your sorrows in the black box,
And all your joys in the gold."
I heeded His words, and in the two boxes,
Both my joys and sorrows I stored,
But though the gold became heavier each day,
The black was as light as before.
With curiosity, I opened the black,
I wanted to find out why,
And I saw, in the base of the box, a hole,
Which my sorrows had fallen out by.
I showed the hole to God, and mused,
"I wonder where my sorrows could be!"
He smiled a gentle smile and said,
"My child, they're all here with me."
I asked God, why He gave me the boxes,
Why the gold and the black with the hole?

"My child, the gold is for you to count your blessings,
The black is for you to let go."

CHRISTIAN AID SERVICE / OEDFA CYMORTH CRISTNOGOL

For the very first time in many years we shall not be doing our usual door to door collection for Christian Aid. "The Times They are A Changin" sang Bob Dylan and life as we have known it, according to some, will never be the same again. We have therefore to resort to other means of communication. One such trial was the Christian Aid Service held on May 10th via the Zoom App. Over 70 people from the Presbytery attended the service which Mr Emyr Williams had organised. Corey and Catrin took the devotional prayers to start the service. The readings came from Psalm 63 and John Chapter 14 and were read by Mr Hywel Rees Nantgaredig and Rev Ian Sims respectively. The pre-recorded hymns were sung by Ann Davies Cefn Berach and Helen Gibbon BZN and following Emyr Williams' reflection, Mr Lloyd Thomas Nantgaredig led us all in a final prayer to end the service. On the tablet it was possible to see 9 screens simultaneously, on the laptop 20 screens and so forth.

Roedd hi'n ddydd Sul gwahanol. Fel arfer byddai oedfa yn y dre i ddechrau

Wythnos Yr Amlen Fach Goch a byddem yn y Babell Zion Newydd wedi rhannu ein pecynnau ar gyfer y ddefod flynyddol. Byddem yn cwrdd â phobl na fyddem wedi gweld ers blwyddyn a'r mwyafrif yn falch i'n gweld. Dim eleni. Blwyddyn wahanol yw 2020 oherwydd COVID19 ac eto nid yw'r angen yn llai eleni. Yn wir mae'r angen hyd yn oed yn fwy. Felly os hoffech gyfrannu yn ôl ein harfer y mae ffyrdd o wneud hyn. Gweler y poster.

Under normal circumstances [which seems an odd thing to say now] we would have been distributing the well known red envelopes this week but not this year. At a time when all our energies are focused on the Virus the need in the world has somehow gone unnoticed. However the need is even greater now with so many refugee camps and war torn countries in their already distressing plight also facing the same virus. The Christian Aid poster has all the information on how to donate.

Mae Canon Ann Howells yn estyn gwahoddiad i chi ymuno â hi mewn

Bore Coffi trwy Zoom

Canon Ann Howells invites you to join her in a

Coffee Morning via Zoom

Yr elw at / Proceeds to



Dydd Gwener 15fed Mai 2020 am 11.00 yb

Friday 15th May 2020 at 11.00 am

Gellir rhoi rhoddion i Gymorth Cristnogol ar-lein trwy'r wefan

www.christianaid.org.uk neu drwy anfon sic i

Swyddfa Cymorth Cristnogol, 75 Heol Dŵr, Caerfyrddin SA31 1PZ.

Donations to Christian Aid may be made on line via the website

www.christianaid.org.uk or sent by cheque to the

Christian Aid Office, 75 Water St, Carmarthen SA31 1PZ.

Cysylltwch â Canon Ann Howells am ragor o fanylion ac i dderbyn y ddolen i ymuno â'r cyfarfod ar y dydd:

Contact Canon Ann Howells for more details and to receive the link to join the meeting on the day:

ann.howells1@gmail.com

Diolch am eich cefnogaeth / Thanks for your support

Edrychaf ymlaen at eich gweld ar sgrîn y cyfrifiadur!

I look forward to seeing you on the computer screen!



Rev Mike Shephard has recently become chaplain to the Welsh Ambulance Service Trust to whom he writes a weekly pastoral letter. Thank you Mike for sharing this reflection with us.

I sat watching a group of climbers ascend a vertical rock face. I thought to myself “Why take such risks?” One slip or wrong move and they would plummet down to almost certain death.

But was it not that very possibility which motivated them? An element of risk was necessary to their well-being. In order to live well they needed to live in a dangerous environment. It brought out the best in them.

Could that, possibly, be true for everyone?

*

I wonder have we read ‘*The Clan of the Cave Bear*’ by Jean Auel? It is the first, in a series of novels that transport us backwards into the distant past when our ancestors lived what were often short and violent lives and when survival was a constant struggle.

Think, for a moment, about their lives.

No voice out of heaven told them what plants were good for food or which were poisonous.

There was no guidance as how they might deal with snake bite.

There was no manual providing directions for bridging rivers or for coping with the myriad unknowns that they faced as part of a precarious existence.

All this they had to learn – sometimes at the cost of their own lives - or at cost of the lives of people they loved.

Their world was a dangerous place. It still is. If we doubt that fact just think of Covid 19.

*

I sometimes experience moments when I wish it were otherwise. Why must human existence be so precarious? Why must there be disease? Why must there be pain and death? Why cannot all such things be banished from our universe?

*

When thinking like that we should read Aldous Huxley’s book ‘*Brave New World*.’ It is world from which all unhappiness has been banished. Each morning the inhabitants of ‘this’ world take a drug which gives them a sense of complete contentment. They do not feel grief or anxiety. They suffer no feelings of bereavement. No pain. No sense of loss.

Would we wish to live in such a world?

Not all the characters in Huxley’s book liked to live in this way.

‘It is Christianity without tears,’ declares the Controller, explaining his secret. *‘But,’* cries another voice, *‘the tears are necessary! You get rid of them. You just abolish the slings and arrows. It’s too easy. I don’t want comfort. I want poetry. I want real danger. I want freedom.’*

‘But,’ says the Controller, *‘you’ll be very unhappy.’*

‘Then I claim the right to be unhappy!’ retorts the other.

There are occasions when, as chaplain of WAST, I feel frustrated. I know something of your worries. A part of me can understand the stresses to which you are subject. I

have experienced pain in my own working life. I want to provide solutions – even when there are no easy answers. I long for that, proverbial ‘magic wand.’ Don’t we all?

Sadly, it doesn’t exist. Covid 19 demonstrates that the universe we inhabit is still a perilous environment and that our existence on earth remains precarious.

*

Let us, though, rise to the challenge – just as our ancestors did. The process may be slow and there will be disappointment, heartache and loss along the way. This virus will nevertheless be defeated and we will bequeath to our children and grandchildren, as well as to generations as yet unborn, a better world. Our privilege is to play a small part in creating that world.

With my admiration and gratitude for all that WAST is doing.

MIKE SHEPHARD/ CHAPLAIN

REFLECTION

HC

It has become a custom now to watch many different services on Sunday via different channels and you tube. On May 10th Beti Wyn’s service at Priordy was a family or members’ service and Tudur Dylan gave the reflection. He ended with a quote from Robert Frost’s poem: ‘The Road Not Taken’. I’m sure we have all been there when we are faced with two paths and we have no idea which to choose. The same is true of life. We have the choice of two ways and the predicament is which to choose. Frost ends his poem by saying that he took ‘the road less travelled by’. The road which seemed to have the most grass upon it, the road which not many people had taken before. And this he said – ‘made all the difference.’ Which road will we take after the Corona virus ceases to be? Shall we revert to the old well trodden road which albeit has led to this outbreak or shall we head towards a road which leads to peace, love, respect for community and neighbours and a kingdom where it is the peacemakers who are hailed as heroes of all times.

These thoughts led me to a story which I heard years ago and used it as a teaching tool many times. It was the story of the hyena which was searching for food in the deep forest. Eventually he came to a clearing and to the right he could smell food, to the left he could smell food. But where was the most food? That was the predicament. Should he go right, should he go left? Should he go right, should he go left? He did this so many times that in the end he tore himself in half and died. This story was told in a school in Zaire where there were two types of students: those who came from the culture of the bush and those who had been schooled in the Western tradition. The teacher asked the class whether they thought the story was true. An answer came immediately. No said a student from the city but another hand went up. A boy from the culture of the bush - and his answer? “Of course it’s true, greed kills.”

Have you any news or items for the newsletter? Please forward to Carole at

carolerees4@gmail.com

or Helen at helengibbon1@btinternet.com by June 18th

Down Memory Lane by Mrs Molly Thomas

If you have a memory to share with us please write in. It can be via email or handwritten. This month Molly writes on a particular walk in May.

A few years ago Carmarthen Civic Society were running low on funds. The Chairman at the time, Jeremy John, suggested doing a sponsored walk. He knew of a nice walk of about 5 miles which wouldn't be too difficult. All agreed to the idea so a date was set for a Saturday in early May.

Everyone taking part were to meet at the car park of Gwili Railway in Bronwydd at 9am. I

called for my friend Margaret Evans, whom many of you may remember as a staunch member of the Civic Society and one whose knowledge of the history of Carmarthen was second to none. Sadly she is no longer with us. Having arrived at Bronwydd, Jeremy John was the only one there. It was just the three of us who did the walk.



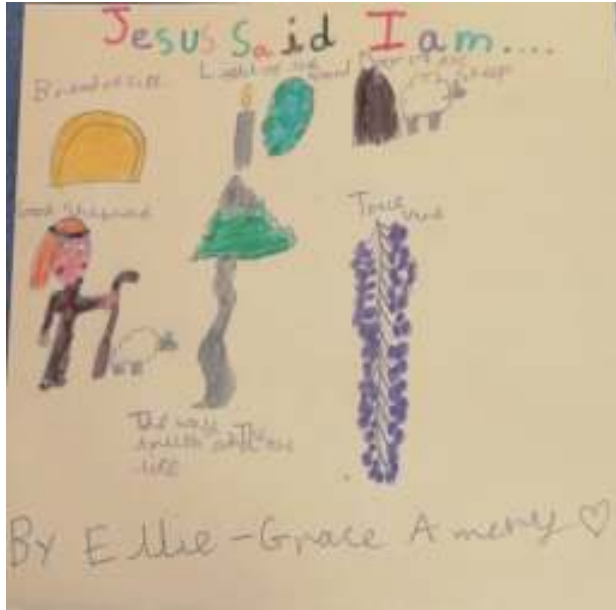
We got a service bus to Llanpumsaint and got off by the railway bridge, clambered up the slope at the side and got on to the disused railway line which used to be part of the line from Carmarthen to Aberystwyth. We set off from there at about half past nine. It was a glorious day, the weather was perfect, a lovely blue sky, warm sunshine and a profusion of wild flowers. The scent of the bluebells filled the air and the only sound was that of the birds singing.



We walked at a nice steady pace in order to enjoy and savour nature at its best. There were one or two tricky situations where at one point we found that a tree trunk had fallen across our path. This took some negotiating particularly for me because it meant climbing over it. After much huffing and puffing I did manage it, landing safely on the other side.

We stopped for lunch about three hours into the walk and enjoyed the rest and the peace and quiet all around. We set off again after about half an hour and before long we were approaching Gwili Railway Station. We stopped there for a while where Jeremy gave us a little of the history of the station and interesting facts about the part it played during the Second World War. After leaving the station we eventually came to the point where the Gwili Railway ends. This is called Dan Y Coed Halt. From there passengers can leave the train and go down to Llwyfan Cerrig if they so wish where there is a Model railway and a children's playground. There were no trains running that day so we were able to walk the rest of the way on the railway line. We got back to the station car park at about half past four after the most lovely walk in good company and fabulous weather and nature at its most beautiful. That day will always be remembered by me as one of the best days of my life.

The Sunday School Corner: THE 'I AM' SAYINGS of Jesus



BREAD OF LIFE
 LIGHT OF THE WORLD
 I AM THE LIFE
 I AM THE TRUTH
 GOOD SHEPHERD
 WAY
 TRUE VINE
 DOOR OF THE SHEEP



Thank you Ellie Grace for the Wordsearch

A Task for the congregation. The above phrases are all in the wordsearch.

B	O	D	R	E	H	P	E	H	S	D	O	O	G	L
A	L	C	D	A	N	Y	O	T	Y	Y	L	Q	O	I
C	O	D	B	Z	T	C	M	N	H	G	A	E	Q	G
H	D	F	Y	I	A	M	T	H	E	T	R	U	T	H
A	M	O	F	Y	V	L	C	H	A	S	G	H	V	T
N	O	Y	Y	B	W	N	V	F	V	O	J	B	P	O
B	R	A	B	A	Y	M	B	G	K	D	S	E	T	F
E	F	I	L	F	O	D	A	E	R	B	E	N	O	T
G	A	G	A	Y	P	B	T	L	T	H	R	M	T	H
O	O	Y	Z	L	R	K	S	W	S	O	P	K	R	E
O	T	F	B	Z	Z	A	L	E	R	A	D	L	B	W
D	U	V	W	U	U	S	H	S	B	P	O	S	Y	O
S	R	N	I	A	M	T	H	E	L	I	F	E	F	R
G	V	G	Y	E	F	B	O	U	F	S	P	Z	O	L
E	Y	O	Z	O	G	G	P	N	O	B	J	P	Z	D
L	Z	V	R	T	H	H	S	M	P	W	L	B	P	O
H	R	O	B	O	N	T	R	V	M	E	D	O	B	Y
S	O	H	O	V	O	Y	E	N	H	O	R	T	L	A
D	U	A	T	R	U	E	V	I	N	E	F	I	L	W

Another task for the congregation. A Bible search for the following verses:

Psalm 139:16
 Ephesians 1: 5
 John 14: 18

Mathew 10: 30-31
 I John 3: 2
 Romans 8: 37-39