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Cylchlythyr/Newsletter

Rhif/Issue 16

# BABELL ZION NEWYDD

Rhiw Babell Pensarn Caerfyrddin SA31 2JQ



D. M. S. W. 1997

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Thanks to Babel Zion Newydd Chapel for permission to do this

**Llangunnor Network**  
*Preserving and Promoting  
Llangunnor*

## Cory writes:

I love food.

As I'm writing this, I'm also watching Rick Stein travel around Shanghai, as he showcases beautiful, local Chinese seafood dishes.

And my mouth is watering.

But what, if anything, does food have to do with the Christian faith?

More than you might think.

I've actually spent the last six months preaching about food and the Bible, particularly the Gospel of Luke, because food is so central to the gospel and to Jesus' ministry. But it's something that we don't often talk about.

As Robert Karris has written, 'In Luke's Gospel, Jesus is either going to a meal, at a meal, or coming from a meal. References to food abound on almost every single page of Luke's Gospel.'

Indeed, 'a meal is the orienting metaphor for the Christian tradition,' says Jennifer Ayres, in her book *Good Food: Grounded Practical Theology*. 'Within every meal...is embedded an invitation to both divine encounter and moral responsibility.'

Let's briefly look at these two invitations together through the familiar words of Jesus in The Lord's Prayer: '*Give us this day our daily bread*' (Luke 11:3), and see how we might respond.

Firstly, with every meal, we are invited to encounter God in and through our food. In Jesus' prayer specifically, we are invited to experience God through recognising our reliance on God as the one who provides for us and sustains us with good food (Genesis 1:12). When we enjoy a meal and learn of the complexities and depths of flavours, we can thank God for his creativity and provision for us. We can draw close to God and in our relationship with him through prayers of thankfulness and praise for this wonderful truth.

Secondly, through our food, we are invited to moral responsibility.

Any research into the global food system will show us its injustices. We recognise that some people have more than enough food, whilst others experience serious food poverty. Yet, the Bible starts out with a liturgy of abundance, a poetic reflection of God's generosity, and a reminder that *there is enough for everyone* in God's creation.

In the Lord's Supper, Jesus asks for daily *bread*. But, we recognise that, though God provides the natural ingredients for bread, it is human hands that bring them together to make bread. Thus, we are both reliant on God's provision and the global food system for our daily bread, and the invitation to moral responsibility comes through recognising and responding to our reliance on the system, and responding to its injustices.

And one very practical way for us to respond to this invitation to moral responsibility is to do our best to find out where our food comes from. Buying Fair Trade food ensures that the farmers who produce our food are paid a fair and living wage, and that they are able to provide for their families. And buying locally, from local farmers, is also a great way to support our local economy and reduce the environmental impact of our meals. A great place to get started is [www.carmarthenfood.com](http://www.carmarthenfood.com)

By responding in this way, we recognise that all people are created in God's image and are deeply loved by him, and deserve a fair price for their work. We are invited to respond with grateful hearts to human creativity in producing good food and creating delicious recipes that reflect local cultures across the world.

There is amazing depth in the Scriptures in reference to food, and this is just one example. Yet, if we take these two invitations seriously, it can totally transform our attitude and experience of food each and every day.

I pray you are drawn closer to God's love and grace as you enjoy cooking, especially with family and friends. Have fun!

Thank you for your generosity and support,

Corey

## **Catrin Hampton writes**

### ***Cracio'r Pasg!***

Roedd yn wych cael croesawu criw brwdfrydig o ddisgyblion blwyddyn 5 a 6 o Ysgol Llangynnwr i gapel Babell Zion Newydd ar brynhawn Ebrill 8fed. Bwriad y sesiwn 90 munud oedd i esbonio pwysigrwydd y Pasg i Gristnogion, ac i roi cyfle i'r disgyblion glywed am, a phrofi hwyl dathlu'r wyl arbennig hon.

Yn ystod y sesiwn cyflwynwyd hanes y Pasg mewn sawl ffordd; actio, cwis, helfa drysor am 'gliwiau', a chanu. Yn ogystal, cafodd pob disgybl gyfle i addurno pot blodau a phlannu hadau i fynd adref gyda nhw, er mwyn cofio fod y Pasg yn amser sydd yn dathlu bywyd newydd Iesu. Gobeithio gwelwn ni lawer o foron, blodau 'marigold', a phys yn tyfu ar silffoedd ffenest ar draws y dref yn fuan!

Diolch i'r ysgol am ddod draw, ac i'r staff am gymryd rhan yn yr hwyl. Diolch hefyd i'r tîm o Babell Zion Newydd a MIC am eu cymorth nhw. Cofiwch fod croeso cynnes i blant blwyddyn 3 i 6 o unrhyw ysgol ddod draw i'r Clwb Sbarc; Clwb Cristnogol llawn hwyl, gemau, crefft a stori. Mae'r sesiynau am ddim, ac yn digwydd bob nos Iau yn ystod tymor ysgol am 17:45-18:45 yn neuadd Ysgol Llangynnwr. Arweinydd y clwb yw Catrin Hampton ar 07595 183826.



It was excellent to welcome such an enthusiastic group of Year 5 and 6 pupils from Llangunnor school to the chapel on the 8<sup>th</sup> of April. It was a 90 minute session on the meaning of Easter and it gave the pupils an opportunity to hear and experience some of the fun associated with this festival.

Pupils were involved in acting, a quiz, a clue finding game, singing and planting seeds in a flower pot which they had painted and decorated and were able to take home with them. This was a reminder that Easter is a time to celebrate the resurrection of Jesus. We hope to see many carrots, marigolds and peas growing on many a shelf in Llangunnor soon.

We are grateful to the school and staff for taking part and wish to remind parents that there is a welcome to children of Year 3 -6 to attend a club held in the school every Thursday from 5.45 to 6.45. You can contact me on 07595 183826 for details.

## **The Congregation at Babel Zion Newydd**

Birthday Congratulations to Vi, who celebrated her 80<sup>th</sup> birthday in April.



Also belated birthday wishes to Helen who celebrated her birthday on 28<sup>th</sup> April.

Congratulations to Iwan and Olivia on the birth of their son Ellis Daniel and to Nelda who is now a great grandmother.

There are many friends who are not well at this time. We wish them all God's blessing.

We welcomed Cory and Catrin Hampton into membership here at Babel Zion Newydd during our Easter Sunday Service. We extend a warm welcome to you both.

Congratulations to Ellie Grace's mum Liz Amery who ran the London Marathon last Sunday (28/04/19) in a time of 4 hrs 57 mins. Liz was running in support of MIND charity and the loose collection from Easter Sunday (£25) has been donated towards her final target. The proceeds of the sale of Rev Mike Shephard's book of poems has also gone towards this worthwhile cause.

The loose offering from February and March services have been donated to the Carmarthen Food Bank. This amounted to £125.55.



This year the Christian Aid organization are focusing on childbirth in Sierra Leone as an example of what donations raised through Christian Aid Week, 12-18 May, could help fund through our partners' work worldwide.

We are appealing for street collectors again this year. Anyone who is available to assist, please let Helen know.

## **Nelda writes:**

### **My South African Holiday**

12<sup>th</sup> January 2019

“A World in one Country.” That was the heading of the trip in the brochure. The holiday was with Saga, a holiday for “Solo’s” and started when I was chauffeured from the house to Heathrow for an overnight flight to Johannesburg. We stayed for 1 night in Pretoria where I met my fellow travellers.

The group comprised of 19 women and 8 men, and what a wonderful crowd of people they were. Everyone just “jelled” and one of the ladies, who I am sure I will see again, has a daughter living in Llanelli!!

The following 3 nights were spent at NKAMBENI Safari Camp in Kruger National Park. The accommodation was made up of tented/timber and canvas “lodges” which had an indoor and outdoor shower. Now I think one of the many highlights of the holiday for me had to be having a shower outside. I felt like one of the cast of “South Pacific.” Kruger National Park. What can I say? We saw 4 out of the Big 5, only the Rhinos escaped us. The wildlife we saw are far too numerous to mention. Fantastic.



Day 5 saw us leave for Swaziland, now renamed EZULWINI. The scenery was breathtaking, with many stops en route. One being “God’s Window,” named, so they say, if God opened his curtains, that that would be the picture He would see. Two days of spectacular scenery. No wonder it is known as the “Switzerland of Africa.”

Next, it’s on to Zulu Land. There we visited a Zulu village, on the lines on St Fagans, and were treated to a typical “cultural show.” We stayed at a most wonderful Country Lodge. Whilst there we were treated to another safari, and saw a beautiful lioness close up. A boat trip followed where we saw many hippos.

It’s then down to Durban for an overnight stay before flying to Port Elizabeth. Our next few days were spent in a very pretty town called KNYSNA which was set beside a lagoon, and the start of the “Garden Route” to Cape Town.

The weather had been very hot throughout the trip and the only spot of rain we had was at KNYSNA. Went on a lovely old boat on the lagoon. I took an optional excursion to an ostrich farm where I had an ostrich “back massage” and I also stood on their eggs, so you can imagine how strong they are then!!!

Day 13 and it's down to a fishing village called ARNISTON via the spectacular OUTENIQUA Mountains. An absolutely superb place, with just the one hotel right on the oceans front. We were taken to Cape AGHULAS where the Atlantic and Indian Oceans meet. The hotel itself was one of the most charming hotels I have ever stayed at, with "real" milk in the fridge for your tea or coffee, plus Sherry (if you were so inclined) which was replenished daily!! One of the local ladies had started a small cottage industry, where she would give you a walking tour and talk through the small fishing village, followed by lunch at her cottage. On the way back to the hotel, we were taken to one of the original cottages where we were greeted by a lady sitting at the door with her bible open and was selling home made crafts. We noticed a hymn on the wall, and asked if she would sing it for us. Needless to say, I knew the tune and joined in!! We had a wonderful tour guide named Sharon who was South African. Her husband was a Pentecostal Minister, and she herself was a lay preacher. A truly lovely lady, and nothing was too much trouble for her.

Our tour was nearly over, with our final 3 nights at Cape Town. On arrival we were due to go up Table Mountain, but it was blowing a gale and couldn't go. Fortunately, next morning the wind had subsided and it was a very early start (still had to queue for 1½ hours) and up we went. Amazing views from the top in glorious sunshine, with RUBBEN Island visible in the distance.

I was fortunate enough to meet up with a couple I had met on a cruise 13 years ago (and they remembered me). They took me to the Victoria and Alfred Water Front, a must see, and then onto their home for a cup of tea and a "catch up."

Our last day I went on an optional excursion around the "Cape Penninsular." An excellent trip which took us to The Cape of Good Hope, where the BENGUELA and MOZAMBIQUE currents merge. Very windy there, with one of our party being blown over 4 times. We did have some 300 schoolchildren from China, all in their yellow coats there at the same time.

The highlight of the tour took us to BOULDERS Beach where 2500 African penguins have established themselves. A sight to behold. A farewell dinner followed with a little bit of singing. It was a most enjoyable holiday and well worth the early morning starts and long road journeys. It certainly lived up to its name and was indeed "A World in one Country."

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FLOWERS	
May	Mrs Rosemary Kerr
June	Miss Sian Cassell
July	Miss Doreen Davies

## Helen writes: Easter Sunday Service

Easter Sunday was again as special as ever. Catrin engaged the children from the start with a hunt for clues hidden under a few of the chairs and then went on to illustrate the Easter story with a little help from the children and the clues. Ben and Ellie Grace took the readings and all were involved in the singing. Then came the time for the Easter egg hunt. While Corey took us on a journey to Emmaus with the two followers of Jesus, the children sat quietly with Catrin around a table making Easter cards.

Corey opened our eyes to the fact that it might have been Cleopas and his wife who were on their way to Emmaus when Jesus appeared to them and not two men as has been presumed. But it was **their** eyes which were opened when they realized that the stranger whom they had been speaking to was in fact Jesus when he took the bread, blessed it and then broke it.

Corey also linked that particular meal in Emmaus to the first ever meal in the Bible, that of the eating of the fruit in the Garden of Eden. When Adam and Eve ate the forbidden fruit their eyes were opened to their very physical existence and their disobedience to God. The meal in Emmaus opened the eyes of the disciples to the realization that “death has lost its sting”. It is no more. Jesus is risen and has paid the price for our iniquities.

At the end of the service we all wished Liz well for next week’s London marathon and presented all loose collection towards her chosen Charity, that of MIND.



## Sul y Pasg

Roedd gwasanaeth Sul y Pasg yn un arbennig fel arfer. Ennynodd Catrin ddiddordeb y plant o'r dechrau gyda'r cyfle i hel cliwiau a oedd wedi eu cuddio dan y cadeirau. Yna aeth ymlaen i esbonio hanes y Pasg gyda chymorth y plant a'r cliwiau. Ben ac Ellie Grace gymerodd y darlleniadau ac fe gawsom gân gan aelodau'r Ysgol Sul i gyd. Tra bod Corey yn ein tywys ar daith gyda'r ddau ddisgybl i Emaus fe eisteddodd y plant yn dawel yng ngefn y capel gyda Catrin yn gwneud cardiau Pasg.

Fe wnaeth Corey agor ein llygaid i'r ffaith mai efallai mai Cleopas a'i wraig oedd ar eu ffordd i Emaus pan ymunodd Iesu gyda hwy ac nid dau ddyn fel y credwyd cynt. Ond eu llygaid hwy a agorwyd pan sylweddolion nhw mai Iesu yn wir oedd y dieithryn wrth iddo gymryd y bara, ei fendithio ac yna ei dorri.

Fe wnaeth Corey hefyd gysylltu'r pryd bwyd yn Emaus gyda'r pryd cyntaf erioed sef bwyta'r ffrwyth yng ngardd Eden. Pan fwytaodd Adda ac Efa y ffrwyth a oedd wedi ei gwahardd iddynt, agorwyd eu llygaid i'r ffaith eu bod yn noeth ac felly i'w hanufudd-dod. Agorwyd llygaid disgyblion Iesu yn Emaus i'r ffaith bod marwolaeth wedi colli'r dydd, bod Iesu wedi gorchfygu angau a'i fod wedi talu am ein holl bechodau.

Ar ddiwedd y gwasanaeth fe ddymunasom yn dda i Liz wrth iddi ymgymryd â Marathon Llundain wythnos nesaf ac fe wnaethom gyflwyno'r casgliad rhydd i'w helusen sef MIND

## **DATES FOR THE DIARY**

Monday 20<sup>th</sup> May

Elders Meeting at 5:30 pm

Sunday 30<sup>th</sup> June

Gwyl Hirddydd at 4:30 pm at Carmarthen Park

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All the words listed below are in the puzzle - left, right, up, down or diagonally.

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

Faithfulness

Gentleness

Goodness

Joy

Kindness

Love

Patience

Peace

Self -Control

## **Clear Direction**

Sometimes in life we may feel unsure  
Of what God would have us do  
What is His will for our lives right now  
When faced with two paths to choose?

We need to come before the Lord  
When we have to make a choice;  
We need to have ears that will hear  
The Lord's still, quiet voice.

For God will gladly show the way  
And open the doors to go through,  
With clear direction from our Lord,  
He'll show us what we should do.

For He longs for us to know His will  
And know the plans for our lives,  
So we'll accomplish the work of the Lord  
As His Spirit in us daily guides.

For He will walk with us each day  
And help us with each decision  
As our hearts are open to the Lord,  
He'll impart to us His wisdom.

We just need to ask of the Lord  
For the direction that we need,  
He will answer and speak to our hearts  
As we trust in His name and believe.

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## Services for the next three months/Gwasanaethau'r tri mis nesaf

	Pregethwr /Preacher
05/05/2019 10:30am	Rev Adelaide Wheeler Cocks <b>Communion / Cymundeb</b>
12/05/2019 10:30am	Mr Cory Hampton
19/05/2019 10:30am	Family Service
26/05/2019 10:30am	Rev Mike Shephard
02/06/2019 10:30am	Rev Adelaide Wheeler Cocks
09/06/2019 10:30am	Rev Nicholas Bee <b>Communion / Cymundeb</b>
16/06/2019 2pm	Mr Cory Hampton
23/06/2019 10:30am	Mr Martin Dalling
30/06/2019 2pm	Rev Chris Rees
07/07/2019 10:30am	Family Service
14/07/2019 10:30am	Rev Nicholas Bee <b>Communion / Cymundeb</b>
21/07/2019 10:30am	Mr Cory Hampton
28/07/2019 10:30am	Mr Hugh Waddell

Ministers and Service times may be subject to change due to unforeseen circumstances.

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### Announcements and Preparing Communion Table

May	June	July	August
Carole/Meurig	Molly/Nelda/Ian	Sian/Vi	Helen/Pat

Editor this month: Mrs Carole Rees

Please forward any news/articles to Carole at [carolerees4@gmail.com](mailto:carolerees4@gmail.com)  
[01267 222573] by June 18<sup>th</sup>

