

October/November 2020  
Hydref/Tachwedd

Cylchlythyr/Newsletter

Rhif/Issue 28

# BABELL ZION NEWYDD

Rhiw Babel 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*

## Neges byr gan Corey

Annwyl gyfeillion, // Dear friends,

Despite the continued difficulty of not seeing one another in person, I must say that I've thoroughly enjoyed the opportunity to be with you much more often for our weekly worship services on Zoom. It's also been amazing to have so many of you taking part in the services! Off the top of my head, I've counted at least ten people who've either read, prayed, or led in worship; and I'm so grateful to each of you for taking part. If you haven't had the opportunity yet, please connect with me, as I'd love to have as many people as possible grow in confidence in serving God during our services and beyond.

A couple weeks ago, we began a journey through the book of Genesis during our Sunday services, which I'm very excited about, because it's giving us the opportunity to better understand the roots of our shared story in Scripture and also to re-commit ourselves to that story as the Church. If you haven't joined us on Zoom yet, we'd absolutely love to have you this Sunday! If you do not have the technology to join us, I'm happy to print the services out for you as a Sunday devotion, which you can read alongside of us each Sunday morning.

As always, if you'd like a chat, you're more than welcome to phone me at 07983 681610 or send me an email at [corey.hampton@ebcpcw.cymru](mailto:corey.hampton@ebcpcw.cymru).

Pob bendith // Every blessing,  
Corey

=====

### Services/ Gwasanaethau

As Corey states above it is our custom now to hold weekly services via Zoom led by Corey with members and friends taking the devotional parts. We broke with this custom on September 20th with a Communion service in Carmarthen Park arranged with those in mind who had not been able to be with us virtually since the lockdown in March. It was a beautiful afternoon and although a break from the confines of the chapel building it was a reminder of how Jesus would have addressed his disciples on the beach or on the mountainside with the bare minimum of resources. With most of the country now in a further partial lockdown it seems unlikely that we'll be able to repeat this, for a while at least. However, remember you can also use the telephone to be a part of the Zoom service.

Telephone: +44 203 481 5240

Meeting ID: 879 8647 7837

### Carole writes

Some of you who attend the Zoom Services may have noticed that Rev Adelaide hasn't been on-line the last few times. Unfortunately she is going through a tough time at the moment due to health issues with two of her sons. Could we please keep Adelaide in our thoughts and prayers over the coming months.

*Let us pray*

*"Heavenly Father, we bring to you all whose hearts are troubled at the start of each and every day. Be the voice that they hear, the warmth that they feel, the wisdom they seek, the strength they require, and the one in whose arms they find peace and rest."*

# The Congregation

## Dymuniadau penblwydd/ Birthday wishes

Penblwydd hapus i Mrs Edwina Jones ar ddathlu ei phenblwydd yn 90 oed ar Hydref 10fed. Dyma'r trydydd yn ein cynulleidfa i gyrraedd yr oedran arbennig hwn eleni a dymunwn i chi bob bendith, Mrs Jones. Pob dymuniad da iddynt fel teulu hefyd yn eu cartref newydd yn Rhydargaeau.

## Diolch/ Thank you

Hoffai Molly ddiolch i bawb am eu cyfarchion ac am y blodau ar achlysur ei phenblwydd yn 80 yn ddiweddar.

Molly would like to thank every one for their good wishes and for the flowers on the occasion of her 80<sup>th</sup> birthday recently. It's become a cliché by now to say that 80 is the new 70 and that 90 is the new 80. I'm sure the nonagenarians will agree.

## Cydymdeimlad/Condolences

Cydymdeimlwn gyda Mrs Gina Jones ar farwolaeth sydyn ei mab yng nghyfraith yn ddiweddar. Our sympathies go out to Mrs Gina Jones on the sudden death of her son in law. May our thoughts and prayers be with the family at this time.

## The Sunday Club/ Yr Ysgol Sul

The Sunday Club has been held in the park recently. This photo was taken with Babell Zion Newydd in the distance. We have been fortunate on both occasions to have wonderful weather but we certainly miss being together in the vestry. We are also going to miss our Harvest Thanksgiving service and one of our members raised the question of how we were going to contribute to the Food Bank this year. Therefore please see below for details. Diolch.



### Sunday Club Harvest Appeal/ Apêl Cynhaeaf yr Ysgol Sul

Any contributions to the Food Bank will be greatly received via Sian at 37 St David's St by prior arrangement. Please contact Sian on 01267 234821 or contact Helen 01267 290518 for door collection. The following items are in short supply.

Tinned Tomatoes

Tinned fruit

Powdered milk

Mash potato sachets

Long life milk

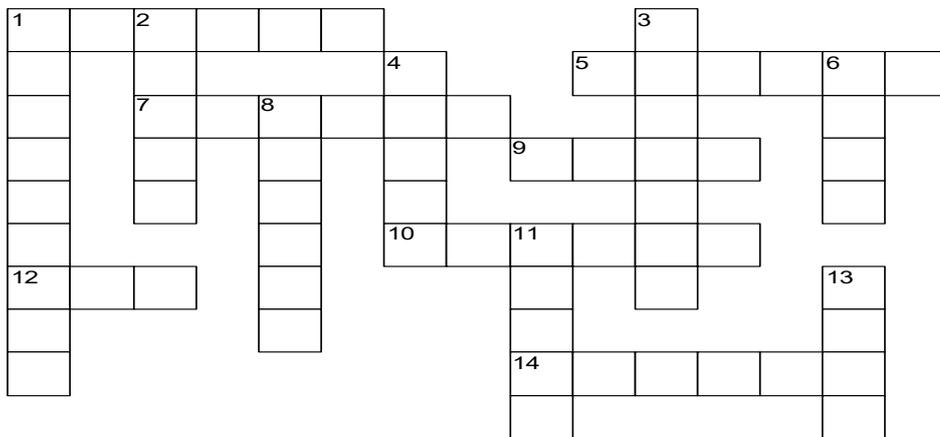
Long life juice /squash

Non-food items appreciated as well such as soaps and hygiene essentials.

**HELPING HANDS**

A mother, wishing to encourage her son's progress at the piano, bought tickets to a performance by the great Polish pianist Ignace Paderewski. When the evening arrived, they found their seats near the front of the concert hall and eyed the majestic Steinway waiting on the stage. Soon the mother found a friend to talk to, and the boy slipped away. At eight o'clock, the lights in the auditorium began to dim, the spotlights came on, and only then did they notice the boy - up on the piano bench, innocently picking out "Twinkle, Twinkle Little Star." His mother gasped in shock and embarrassment but, before she could retrieve her son, the master himself appeared on the stage and quickly moved to the keyboard. He whispered gently to the boy, "Don't quit. Keep playing." Leaning over, Paderewski reached down with his left hand and began filling in the bass part. Soon his right arm reached around the other side of the boy and improvised a delightful obligato. Together, the old master and the young novice held the crowd mesmerized with their blended and beautiful music.

In all our lives, we receive helping hands - some we notice, some we don't. Equally, we ourselves have countless opportunities to provide helping hands - sometimes we would like our assistance to be noticed, sometimes we don't. What we all achieve has come from learning from others, and with support from others. So likewise, what we receive we should hand out to others.



www.CrosswordWeaver.com

=====

**Diolch i Nan a Tina  
am y pŵs hwn: The  
Women of the Bible**

**ACROSS**

- 1 The wife of King Ahasuerus
- 5 The daughter of Job
- 7 The sister of Moses
- 9 The mother of Timothy
- 10 The mother of Samuel
- 12 The first woman
- 14 The sister of Mary and Lazarus

**DOWN**

- 1 The mother of John the Baptist
- 2 The daughter of King David
- 3 The wife of Samson
- 4 The wife of Abraham, mother of Isaac
- 6 The mother of Jesus
- 8 The wife of Jacob, mother of Joseph
- 11 The mother-in-law of Ruth
- 13 The sister of Rachel

Answers in the next Newsletter

## Mike Shephard writes

**Dear Friends,**

One of the most distressing experiences in life is that of loneliness and not one of us is completely immune to it. Indeed, there are times when most of us will have been lonely, even when in a crowd. Matthew Arnold said as much in his poem "Isolation."

*Yes! In the sea of life enisled,  
With echoing straits between us thrown,  
Dotting the shoreless, watery wild,  
We mortal millions live alone.*

The poet, Longfellow, makes the same point when he likens us to

*Ships that pass in the night, and speak each other in passing,  
Only a signal shown and a distant voice in the darkness;  
So, on the ocean of life, we pass and speak one another,  
Only a look and a voice, then darkness again and a silence.*

I love the story of the poet, Rupert Brooke. One day he was sailing from Liverpool for New York. Everybody else had someone to see them off, to cry farewell and wave a hand. But the poet had no friends at all. Amid the chattering, excited people he was alone. Then he saw an urchin on the quay. He rushed back on the quay and got hold of the little fellow.

*"What is your name?"*

*"William."*

*"Do you want to earn sixpence, William?"*

*"Yes Sir!"*

*"Then wave to me when the boat goes."*

Rupert Brooke never forgot the figure of the small child who, with a dirty handkerchief in his hand stood on the dockside waving for all he was worth. "So," wrote the poet later, *"I got my sixpennorth and my farewell – Dear William!"*

What is loneliness? It is different to solitude. Solitude is a good thing and if not enforced, can be enjoyed. It is in the solitary places of life and of the human heart that we gain the capacity to think deeply about life. Loneliness is a disease. The word should be rendered *dis-ease* – an evil thing that ought not to be there. Indeed psychiatrists speak of loneliness as being one of the major social evils of our day and identify it as a major cause of illness including alcoholism and its associated problems. If those who are lonely can get out, it is something, but even then, the walk, the bit of shopping or a bus ride – how futile and pathetic they must seem to a hungry soul who wants companionship and love.

The experience of loneliness affects people of all ages, including children. A lonely child will often invent an invisible playmate – such as Christopher Robin's *Binker* in a poem by A.A. Milne. Here's the last verse:

*Binker isn't greedy, but he does like things to eat,  
So I have to say to people when they're giving me a sweet,  
'Oh, Binker wants a chocolate, so could you give me two?'  
And then I eat it for him, 'cos his teeth are rather new.*

*Well, I'm very fond of Daddy, but he hasn't time to play,  
And I'm very fond of Mummy, but she sometimes goes away,  
And I'm often cross with Nanny when she wants to brush my hair . . .  
But Binker's always Binker, and is certain to be there.*

Inevitably it is the older person, whose partner may have died or who have outlived their peers who are most at risk. In radio phone-ins some 'shut-ins' have actually expressed gratitude for the current crisis in that neighbours, previously strangers to them, have been making themselves known and offering to undertake tasks such as shopping. Those who have been able to venture out speak of a spirit of friendliness shown by those who, in less stressful times, would simply have passed by on the other side of the road. They fear that when the situation improves distancing will again become the norm.

Clearly the problem of loneliness has no simplistic solution. There are things we can do which, in some small way, might assist. One is to continue keeping a friendly eye on our neighbours and not to be so busy as to become careless of their well-being. We can be mindful of people on the edge of our circle or, indeed, at work who feel isolated and without close friends. We can endeavour to be 'inclusive' ensuring that none feel excluded on grounds of language or race. It goes without saying that those who feel lonely can do much to help themselves with opportunities for befriending others, even by telephone being plentiful. There is also wisdom in the old adage of being friendly in order to make friends. I once joined a gardening club which, on the face of it, seemed an unfriendly place. No one spoke to me or made me welcome. I eventually spoke to someone about it complaining in no uncertain times. The man's response was thus: "It's funny you should say that. I have been in the same boat. I have been coming here for weeks now and, until tonight no one has spoken to me either – not even you! "

Yours in Friendship  
Mike Shephard



### **The first vestry**

extension was opened in 1989. Now, 31 years later, it is undergoing a major revamp to house a disabled toilet block and an extended kitchen. Work has started and we look forward to being together again perhaps for painting and decorating when the time comes but certainly to have our customary cup of tea after the service and to reopen the weekly Friendship Centre.



Saturday the 26<sup>th</sup> of September 2020 2p.m. and Cerddwyr Cynnwr met up at the Old Station Yard car park. This was the starting point for our September walk which was planned to be a circular walk of about 5 miles. There were 16 of us today which included 5 new comers. So although a few of the regulars had failed to make it due to ill health we were still at the same total number. The week preceding the walk had been a wet windy miserable week but true to form the day was dry and sunny as we started our way up towards the Esplanade. At the end of the street we pointed out a lane that leads out onto Priory street passing through an alleyway between a row of houses. 20 yards further along we see the old Grammar school on our left which brought back memories of my first day in the police force at Carmarthen in April 1962 when my very first job was a post mortem examination on a person who had been killed in a fire. I was lucky that the pathologist was Dr D.F.Davies a gentleman who realised it was my first and was very kind to me. I got to know him quite well that week as I was on day shift all week and was sent to a p.m. each day.

A few yards further on another lane leads up on our left passing by allotments and joining Priory Street near the old oak roundabout. We however continue straight ahead onto a tarmacadam footpath. A short distance into the footpath we pass what is now Jewsons' building supplies but was during the 18<sup>th</sup> and 19<sup>th</sup> centuries a tin mill processing the tin from the tin mines which we passed on our Llangunnor walk in August. At this point I asked a question relating to the last walk. I asked the group to tell me the posh name for the entrance to a mine which is ADIT. The answer came from Ben normally the youngest member but there was a new walker today who was younger still. We carried on until reaching the main Abergwili Road. We stopped just short of the road and I informed the group that as we were crossing a busy road we needed to do so smartly and together and would be continuing on the pavement towards Abergwili. I spoke to one of the walkers before crossing and on turning around found that someone was leading the walk straight ahead along the continuation of the path instead of going to their right along the pavement. Observations were made that caused a number of comments and banter.

After passing the flood gates on the outskirts of the village of Abergwili which were erected to prevent or minimise the regular flooding suffered by the village, the next stop was at the gardens where a lot of history is recorded on the benches and totem pole, including mention of the coracle-fishing in the area, the Roman occupation and the fact that the Bishops Palace has been located there since 1561. There is also a reference to a battle which took place in 1022 between "Rhain The Irishman" who had made himself king of Deheubarth and claimed to be the son of Maredudd ab Owain, father-in-law to Llewellyn ap Seisyll a strong leader in the north and Llewellyn who brought an army south and fought Rhain at Abergwili near the confluence of the rivers Gwili and Towy. After great slaughter on both sides Llewellyn won and therefore ruled Deheubarth. This is noted on the first bench on the left. We then wander through the garden up to the furthest point and find a number of wooden planks forming a boundary. Nothing unusual until you read the inscriptions carved on them. They record incidents of interest to the village such as

the dates of memorable incidents eg floods, the opening of the sports' club, the bishop's palace etc. None of the Carmarthen people gathered knew of the existence of the boards. The usual group photographs were posed for in front of the boards.



Continuing through the village we turn left down a narrow lane that leads us to the bridge across the new by-pass and then left again through the new housing area to the bridge across the river Gwili. The group stayed there to have a five minute break for a drink and a snack.

Leaving the bridge we move away in the Peniel direction for 50 yards before turning left into a way marked path that leads out to the Carmarthen-Peniel road. Along this path we see the wind sock for landing the helicopters that transport patients to Glangwili Hospital. Turning left on leaving the path we head for the Hospital and join the way marked path that takes us to the rear of the hospital. Along the path we see what I can remember as a lovely garden area with benches and a pergola. Unfortunately it is now a wilderness of overgrown weeds and broken fences. What a shame that it has been allowed to reach that stage for lack of a little care and attention.

Reaching the road we again join our original footpath and head back to the car park and the end of our 5mile walk, but not the end of the day as we then make our way to Llangunnor church and our picnic outside the lychgate. Bethan unfortunately could not join us as she did not have a car and of course nobody could give her a lift due to the Covid distancing regulations.

As usual with the picnic came a lot of banter and merrymen and the day ended around 6pm as the evening was getting cooler.

It was decided that we would arrange the next walk for October.

Attending this walk were the following:-

Molly and Ben, Helen and Gwyn (druan),

Mike and Gwen, Gareth and Dawn (leaders), Meurig, Sian, Ellie-Grace, Liz, Ruth, Andrew, Bethan and a slimmed down Lee (keep up the diet).

## Answers from Puzzle Time (September Edition)

This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket on a flight from Los Angeles to Honolulu keeping him occupied for hours. He enjoyed it so much he passed it on some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend was so intrigued by it she mentioned it on her weekly newspaper column. Another friend judges the job of solving this puzzle so involving she brews a cup of tea to help her nerves. There will be some names that are really easy to spot, that's a fact. Some people however will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Philemonade booth set a new sales record. The local newspaper, the Chronicle, survived over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, the books are all right there in plain view hidden from sight. Those able to find all of them will hear lamentations from those who have to be shown. One revelation that may help is that Timothy and Samuel may occur with numbers. Also, keep in mind that punctuation and spacers in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember there is no need for a mad exodus, there are really 30 books of the Bible lurking somewhere in this paragraph waiting to be found.