

Do not regret growing older—it is a privilege denied to many!

Join our 80+ Happy Birthday Corner!

To include someone, please get in touch now, with name and date of birth.

Happy Birthday Blessings to:

Shirley Jones : she celebrates 87 years on 1 March !

Frances Iliff : she celebrates 82 years on 15 March !

Menna Screech: she celebrates 90 years on 24 March !

Mary Halford : she celebrates 84 years on 31 March !

What do we show on our cover ? LENT is the season of 40 days before Easter, recalling the time that Christ spent in the wilderness, in almost total deprivation and self discipline, in preparation for his public ministry. Lent is an old English word meaning 'lengthen', referring to the days beginning to get longer. In 2020, people may pay lip service to "giving something up for Lent"—chocolates, cakes, cigarettes or wine being the front runners. However, St Thomas Aquinas, Italian Dominican friar (1225 – 1274) had altogether different ideas. On Ash Wednesday and Good Friday, known as 'black fasts', there was no food to be consumed at all! During the other days of Lent, no food was to be eaten before 3.0pm – the hour of our Lord's death. Water was allowed, but because the water quality was not good, watered down beer and wine was considered healthier. In later times, when tea and coffee became available, these beverages were also allowed. However, animal meats or fats were banned: and so were eggs, milk, cheese, cream, and butter. This is probably what started the popularity of 'Pancake Tuesday', when women needed to use up the eggs and milk before the start of Lent. The name Shrove Tuesday is the past tense of the middle English word to 'shrive', which meant to confess and be absolved from your sins. This tradition is over 1000 years old. Pancake races are thought to have begun in 1445. A woman had lost track of the time on Shrove Tuesday, and was busy cooking pancakes in her kitchen, when she heard the church bell calling the faithful to church for confession. She raced out of her house and ran to church, still holding her frying pan and wearing her apron. On Ash Wednesday, the priest makes the sign of the cross in ashes on the forehead of the faithful, created from burning the palm crosses from the previous year. Ashes had long been a sign of penitence, referred to four times in the Old Testament. So what was allowed during Lent? Bread, vegetables and a little salt – and of course fish – although that was a very limited commodity in those times. Interestingly, in some areas of Ireland, Wales and Germany, beaver tail was considered "fish" and could be consumed during the fast. Even today, in parts of Michigan, USA, muskrat is among the food items approved to be consumed on days of abstinence, including the Fridays of Lent, because the mammal lives in the water. The three days of Easter were even more severe. The Good Friday fast started at sundown on Maundy Thursday and carried on through to noon on Holy Saturday. During the Middle Ages, in England and Wales the fourth Sunday of Lent was known as "Mothering" Sunday, (rejoicing Sunday,) so-called because apprentices and domestic servants were given the day off to go and visit their "mother churches," where they had been baptized. This sometimes coincided with a visit to their birth mother also. Purple is the symbolic colour used in some churches throughout Lent, for drapes and altar frontals. Purple is used for two reasons: firstly because it is associated with mourning and so anticipates the pain and suffering of the crucifixion, and secondly because purple is the colour associated with royalty, and celebrates Christ's resurrection and sovereignty.

Be selective in your battles, sometimes peace is better than being right!

BRO CYBI / HOLY ISLAND MINISTRY AREA
Pastoral Care Circle
MARCH 2020

Ministry Area Leader/Vicar: Rob Wardle 07710 173177

Associate Vicars : Neil Ridings: 01407 861663

Jane Bailey : 01407 810 827

Andy Herrick : 01407 861084



When you cannot come to church, the church will come to you!

Our pastoral care visiting team has grown in size, to allow us to reach out to even more people. We know that in some areas loneliness can be a huge problem, especially if your family live away, or if you are new to the area. Please don't feel that you are on your own—we are just a phone call away! Some of you might like us to call for a friendly chat, others might like to receive Holy Communion, either in your own home, in hospital or in a care or nursing home. Others prefer a telephone call, just to be reminded that we are thinking of you. Remember that if we don't know that you need us, we sadly cannot help you, so someone please get in touch on your behalf!

For anything to be included in this leaflet, please contact:
Pat: 01407 860412 or email:patriciahughes2017@gmail.com Thank you.

Your prayers for the sick are asked for:

Sunday (in all churches): Gwen, Hannah, Huw, Alan Taylor, Helen Nason, Robbie, Emlyn Owen, Helen Brenan, Ian Walker, Eric Wyn Owen. Sandra Recourt

Let us know the name of anyone who needs our prayers, and their carers.

Wednesday (St Cybi) : Betty Ashton, Trevor Peacock, Angela Hillman, Menna Screech, Barbara Smith, Gwilym Lewis, Huw Thomas, Megan Morgan, Edith Shepherd, Glenys Barton, Lynda Owen, Geraldine Lee.

If you need us to pray for you for any reason at all, please let us know.

Rest in Peace : 'I am the resurrection and the life' ...

Kathryn Elizabeth Balfour, Rev Richard (Dick) Owen (retired priest,) Patricia Anne Collins, Eileen Williams, Georgina Cox, Ceridwen Hughes, Stephen Hughes, Mabel Evans, David Chamberlain, Edwina Scott, Ann Goodier, Terence Williams. William Raymond Evans , Mary Brearey

Memorial Service and Burial of Ashes: Trevor Jones

Please pray for the families and friends who grieve for their loved ones.

Grieving is nature's way of giving us time to accept the loss of those we love. It's a time to be very gentle with yourself...

Anniversaries of death:

Mar 01-07: Gwladys Warden Owen, Mark Batty, Olwen Jones,.

Mar 08-14: Megan Mills-Williams, Sarah Louise Allcott.

Mar 15-21: Joseph Collins -Jones , Dale Evans, Nicola Brady, Gladys Cunningham, Olga Wright.

Mar 22-28: Stanley Henry Eaton, Vera Dunn.

Mar 29-Apr 04: Agnes Collins-Jones, Nicola Waddington.

If you have lost loved ones , and you wish to remember them in the Anniversaries of Death section, please get in touch as soon as possible. The fact that one of our clergy performed the ceremony, unfortunately does not mean that the name automatically transfers into the Anniversaries section. You need to request it please. It is very comforting to many people, to read and hear the name remembered.

You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know!

The Holyhead Cell of the Society of Our Lady of Walsingham will next meet for a Mass, in St Cybi's Church on Saturday, 7 March at 11.30. All are welcome to attend!

If you need to book a christening or a wedding, please call into **Eglwys y Bedd**, any **Tuesday evening between 6.30 and 7.0pm**(Small building on left before St Cybi gates)

Please pray for our newest baptised members of our church family:

23 Feb : St Cybi: Arfon Tommy Robert Edward Holmes

23 Feb: St Cybi: Gethin Rees Thomas Holmes

23 Feb : St Cybi: Kelly Denise Harrison

Different ideas of what to give up for Lent: Give up complaining- instead show gratitude. Give up worry – trust divine providence. Give up anger – instead show patience. Give up gloom – appreciate the beauty of the world around you. Give up gossiping – focus on the good points of those people being talked about. Give up bigotry - try to be kinder. Give up arrogance - choose humility.

Interesting historical March dates. The name March comes from the Roman god of war, Mars. Impeachment failures are not new! On the 5th, in 1868, the U.S. Senate convened to hear impeachment charges against President Andrew Johnson. The House of Representatives had already agreed the charge. The attempt to remove him failed by just one vote and he remained in office. On the 9th, Italian explorer Amerigo Vespucci (1451-1512) was born in Florence, Italy. He explored South America and the Amazon River, believing he had discovered a new continent. In 1507, a German mapmaker first referred to the lands discovered in the New World as America. On the 12th, in 1994, the Church of England ordained 32 women as its first female priests. In protest, 700 male clergy members and thousands of church members left the church and joined the Roman Catholic Church which does not allow women priests. On the 17th, in 1845, the rubber band was invented. On the 24th, Harry Houdini, (1874-1926) was born (as Erik Weisz) in Budapest, Hungary. He went to the U.S. with his family as an infant, worked as a magician, then became a world famous escape artist, known for escaping from chains, handcuffs, straightjackets, locked boxes and milk cans filled with water. He died on Halloween 1926 from a burst appendix.

St Cybi's Flower Festival will take place earlier this year, in the second week in May. Anyone wishing to take part or help, please attend a meeting at Eglwys y Bedd, 11am Saturday, March 14th. This year's theme is "Journeys and Adventures". **We have a new contact: Myfs 07928 912808**

CHANGE OF VENUE Jane has called a pre season meeting for experienced tourist guides of St Cybi, new tourist guides and those who are interested to know more! Please join us at 12 noon, on Wed 11 March, at St Cybi's Church, where we hope to get to know each other better! We have a new training program, with an illustrated manual to help remember basic information about our beautiful old church. All we ask of our volunteers is just two hours of your time each week please, from May through to September. Guides work in pairs, and you will meet really interesting people, from all over the world. If you cannot commit to a regular 'shift', please offer to be a reserve guide. If this sounds like something you would enjoy, please ring Pat 860412 or email: patriciahughes2017@gmail.com. Thank you.!

Let today be the day you give up who you've been, for who you can become

A warm welcome to everyone!! As it says on the cover – prepare yourselves during Lent for Holy Week and Easter! **Bible Study** at St Davids, each Thursday in Lent, 6.0pm food, followed by a Lent Study of the Celtic Way of Evangelism! March 5th/12th/19th/26th. This course will be led by our new vicar Rob—a chance to spend some time in his company and maybe get to know him a little better. If you haven't tried this Lenten journey before, why not try it now.....to experience your most fulfilling Easter ever!

The **Pastoral Care Team** will be re-commissioned in a joint ministry area service at 11am on Sunday the 29th of March at St Gwenfaens. All are welcome to support this team which does so much for the parish. We are **Jane , Rob, Neil, Carys, Hilary, Lorna, Glenys, Karen, Barbara, Hugh, Sandra, Gill, Kath and Pat**. Transport can be arranged!

Thanks for prayers answered: Alan Taylor has responded well, but his family would appreciate continued prayers for his further recovery please.