

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 :

Keith Bryant: he celebrates 85 years on the 25th!

Mary Halford: she celebrates 89 years on the 31st!

We wish you many more years of health and happiness!

What do we show on our front cover? What does the Lent season of renewal mean? It is a time to encourage people to reflect on their sins, to repent and to renew, and to mirror Christ's forty days fasting and resisting temptation in the wilderness, before beginning his public ministry. In ancient times, it was considered a season of grief, hence the colour purple. These days many people choose to "give up" a favourite indulgence, maybe sweets or alcohol, but apparently, medieval Christian Lent food restrictions, were considered harsher even than present day Islamic Ramadan! Although Lent actually starts on Ash Wednesday, (5 March 2025,) in medieval times preparations really started in the kitchen, on the previous Monday – Collop or Shrove Monday! This was the last day on which you could eat preserved meat such as bacon before the start of Lent. At that time, bacon slices were called Collops! As you will read, historically and geographically, there is no "one size fits all" solution to the traditions of Lent. Around the world, there are even several different ways of calculating the dates, which is very confusing. Some denominations discourage weddings during Lent. Others allow it provided that the social element is limited. Some denominations include counting Sundays as part of the 40 days- others do not. Christians were only allowed to eat vegetables, bread, salt and water. Alcohol, meat and dairy were forbidden. At various times down the centuries, the church set down strict dietary regulations, involving abstinence from animal meat or fat on Fridays, and in the run up to major festivals. For many years, only one meal a day was permitted. For those who could afford it, fish was therefore very important during Lent. Northern Europe did very good business trading a wide range of dried sea fish. Drying and salting were the main methods of preserving herring and cod for the masses, whereas wealthier families favoured freshwater fish such as trout, pike and sturgeon.. Also eating fish reminds us of the miracle of the fishes. Ash Wednesday and Good Friday were "black fast days", when no food at all was permitted ! Some denominations however allowed one small vegetarian meal to be eaten after sunset. The Triduum, Maundy Thursday, Good Friday and Holy Saturday was more severe than even this "Black Fast" The Good Friday fast began as early as sundown on Maundy Thursday, lasting through until the noon hour on Holy Saturday—when the early Church performed the Easter Vigil. On the other days of Lent, no food was permitted until 3.0pm, the hour of our Lord's death. Water was allowed but when it was not fit to drink, watered down beer and wine was taken instead. When tea and coffee arrived in the country, they too were permitted. Obligatory fasting was insisted on for all but the very old, the very young and the very sick. Those between 21 and 59 were obliged to fast. Not to fast was considered a sin. Portions were sufficient to sustain strength, but not to satisfy hunger. Abstinence from the marriage act was also insisted upon! Early inventive cooks tried to raise people's spirits during this dreary season, by creating treats from what was still allowed. – wine, ale, nuts, fruit, sugar and spice. Beyond expansive fasting, in modern times some countries celebrate Lent with special festivities. In some parts of India, the three days leading up to Lent are a Christian celebration with music, dancing and feasting, culminating in a Mass. The celebrations are so extensive that Hindu and Muslim members of the community often join in! In Mexico, the fourth Friday of Lent is a special celebration when people hand out water, fruit, and ice cream in honour of the Samaritan woman who met Jesus at the well and who gave Him water. **Apart from the cross, there is no other ladder by which we may get to heaven ! May God give us strength and help us to succeed!**

Ash Wednesday: 5 March 2025: The Bible associates ashes with mourning and grief; the Old Testament links it with repentance. Sinners allegedly would sit in ashes, roll in ashes, even mix them with food and drink! How times change !

**BRO CYBI / HOLY ISLAND MINISTRY AREA
PASTORAL CARE CIRCLE
MARCH 2025**

Ministry Area Leader / Vicar : Kathryn Evans : 07568 555585

Associate Vicar: Neil Ridings: 01407 861663

Pioneer Priest: George Bearwood: 07375 042021



Whether you need a friendly chat, or Holy Communion at home, in Hospital, or a care home, our caring clergy will be happy to help! If we don't know that you need us, we sadly cannot help you! Please ask someone to get in touch on your behalf....For anything to be included in a newsletter, or if you want one to be delivered to your home, please email patriciahughes2017@gmail.com or ring Pat at 01407 860412. Thank you.

Your prayers for the sick are asked for:

Sunday: Brian W, Mike B, Ray, Alan, Pat Jones, Janice, Carolann W, Heather R, Janet E, Jenny J, Chris, Bernard, David P, Margaret and David T, Maureen, Keith Bryant, Graham Webb, Debbie, Catherine O, Val, Myfanwy (Myfs), David, Peter, Michelle, Andy, Christine Jones, Olwen Jones, Peter Murphy, Mick Wilde.

Please let us know the name of anyone who needs our prayers.

Wednesday: Hannah, Alan and Rosemary T, Huw, David Carey, Katie, Mair Lees.

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

Rest in Peace: Love is meant to hurt, when it leaves "

Monica Shepherd, Bettina Francis, Jan Ware, Eluned Jones

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

Love does not know how deep it is, until the hour of separation.

Anniversaries of death:

Mar 02-08: Mark Batty, Don Ware, Olwen Jones

Mar 09-15: Megan Mills—Williams, Sarah Louise Allcott, Joseph Collins-Jones, Dale Evans

Mar 16-22: Nicola Brady, Gladys Cunningham, Olga Wright, Ian Walker, Stanley Henry Eaton

Mar 23-29: Bob Davies, Vera Dunn, Agnes Collins-Jones

Mar 30-Apr 05: Nicola Waddington, Robert Idris Llewelyn

There is a land of the living, and a land of the dead. The bridge between the two is love!

ST FFRAIDS SAINT'S DAY LUNCH, on February 2nd, following the Ministry Area Joint Service, was well attended. The food was delicious and donated by members of the congregation. Proceeds raised were shared between St Ffraids church funds and Smile-Train. This charity has helped over two million children, born with cleft lip and palate.

Our new Ministry Area Leader, Rev Kathryn Evans, was licensed at St Ffraid, on Tuesday 4 Feb. This was a well attended event, both by worshippers from our MA, supporters from various denominations in the town and members of her last parish in the diocese of St Asaph. The service was conducted by Bishop David, supported by Archdeacon John, Rev Neil and Rev George. Many other clerics were also in attendance. A magnificent spread of all types of cake had been provided by all of our churches, which was very much enjoyed. Special thanks to members of St Ffraid for all their hard work! Kathryn has already begun to make her presence felt, as she settles into her new life.

The usual group meets in St Ffraids Hall, each Tues, from 12.00 -1.0pm to discuss Bible readings—new members always welcome, especially for the Lent meetings!

2025 World Day of Prayer service on 7 March will be hosted by the English Methodists, at 6.0pm at St David. All denominations, or none, will be most welcome.

DATE FOR THE DIARY! Coffee morning—at St David's Church, Holyhead, on Saturday, 3rd May, from 10.0 am—12 noon, in aid of St David's Hospice, Holyhead. Do come and support this fantastically worthwhile cause—it is the only hospice this side of Llan-dudno—and enjoy yourselves at the same time! Bring your friends!

The February Mother's Union meeting was chaired by Ann Worthington, a previous group leader. It was well attended. Guest speaker was hilarious pioneer priest Rev George Bearwood, talking about his incredible early life, before God found him and decided what he should do with the rest of it! Karen Hayter, another previous leader will lead the 20th March meetings, 2.0pm at St David as usual! Please support speaker Stewart, who will describe his most memorable train journeys!

The February Walsingham Mass was celebrated at 11.30 am at St David's, by Bishop David of Bardsey! Our new MA Leader Kathryn and Pioneer Priest George were in the congregation. The atmosphere was really warm, friendly and enjoyable! The March Mass date will be on the 8th, same time, same place, and will be followed by tea, coffee and cake and lots of chatting! Pilgrimage 2025 is already booked from 23-27 June. No single room supplement! If you would like to travel with us, please get in touch now! Places are filling quickly. Either email patriciahughes2017@gmail.com, or ring Jane 07815 620135 or Pat 01407 860412: All will be most welcome at both the Mass and the Pilgrimage!

Our next joint ministry area service takes place on Sunday, 2 March at 11.0am at St Ffraid. (Transfiguration) Usual services on the other Sundays in the month: St David and St Gwenfaen @ 9.15am: St Ffraid @ 11.0am: Everyone will be most welcome at every service!

Thanks for prayers answered: Keith Bryant wants everyone to know he feels much better—but please keep the prayers coming until he is completely well! Thank you all so much!

St David is considered to be the greatest figure in the Welsh age of saints. As patron saint of Wales, his feast day is celebrated on **1 March**, which is allegedly the day of his death in 589. The smallest city in Britain is named after him. Legend says that his mother Non, a nun, gave birth to him on a cliff top in Pembrokeshire, during a violent storm. His father was a prince and his grandfather was a king. He and his monks lived the life of strict vegetarians, choosing not to use oxen to plough fields, they instead ploughed by hand. He apparently performed miracles such as causing a blind man to see and raising a dead boy to life. He is remembered for advising his followers to do the little things, that they had seen him do. His shrine was so venerated that the Pope stated that two pilgrimages to St David's equated to one to the Vatican. **Saint Patrick** was allegedly born to Roman parents living in Scotland. As a young boy he was kidnapped and taken to Ireland, where he preached and converted for about 40 years. He worked many miracles and used the shamrock to explain the trinity. He died in Ireland on **17 March**—and the date has been venerated by Christians as a celebration of his life since the early 17th century. However, it was celebrated as a secular festival by the Irish in Europe from as early as the ninth and tenth centuries. The day is celebrated in more countries than any other national festival. As the day usually falls in Lent, restrictions on eating and drinking alcohol are always suspended!

Brian Wray, who has been on our prayer list for quite a while due to his ongoing health problems, wishes to thank everyone for their unfailing support. Please keep praying for him until he recovers. He mentions especially his "guardian angel" **Pam Williams**. God bless you all!

LENT PROGRAMME- Ash Wednesday service with Ashing—Wed 5 Mar—10.30am at St David. Evening Lent Group—starting on Tues 11th March through until 8th April—6.30pm St David—there will initially be an appropriate film to watch, and each following Tues a discussion will take place! All will be most welcome—to be led by Rev George Bearwood!

Safeguarding Training—Module B—will be held at St Gwenfaen's Church Hall, Rhoscolyn on Saturday, 8 March, from 10.0—12.0 noon.

Please pray for these recently baptised:

02 Feb: St Ffraid: Leo Ronnie Nicholas Jones

23 Feb: St Ffraid: Stanley Walter Styles

23 Feb: St Ffraid: Cedric Charles Styles

We welcome them as the newest members of our church family!

OPEN THE BOOK: Our schools are clamouring for more, but we haven't enough volunteer assistants! Please get in touch with Robina: 762634, if you can help in any way. Everyone has some skill to offer, if only that of encouraging the rest of the team! Thank you.