

**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 :**

**May Tommis: she celebrates 87 years on 10th!**

**Margaret Williams: she celebrates 93 years on the 17th!**

**Alan Tucker: he celebrates 90 years on the 31st!**

**We wish you many more years of health and happiness!**

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This Eastertide, we seem to be very much into the **Christian pilgrimage** season. The popular BBC series **PILGRIMAGE**, features the Welsh pilgrimage trail, which starts in **Holywell**. In the seventh century, Winifride a Welsh Christian woman of the nobility, was proposed marriage by Prince Caradoc. She refused, as she felt drawn to the religious life. Angry, he tried to rape her and then beheaded her. Legend says that her head rolled down a hill during an earthquake. The earth opened and a spring burst forth from where she fell. Her uncle St Beuno replaced her head, prayed and restored her to life. The water of this 'holy well' still heals to this day. Continuing west, the pilgrimage trail finishes 136 miles later at the church of St Hywyn, Aberdaron, the final stop before venturing 2 miles by boat across often turbulent waters to the wild and magnificent **Bardsey Island**. Who was first responsible for setting in place, this now very popular international pilgrimage custom, and when? Flavia Julia Helena (Helen) as she is sometimes called, was the Greek mother of the Roman Emperor Constantine, famous for making Christianity the main religion of Rome in the 4<sup>th</sup> century. He funded her travels, in order to locate relics of the Christian tradition. She was allegedly responsible for the construction of the Church of the Nativity in Bethlehem, as well as the church of Eleona on the Mount of Olives, the site of the Ascension. Both have now become pilgrimage sites. In 326 AD when she was nearly eighty years old, she went on pilgrimage in search of the true cross, to Syria, Palestine and Jerusalem. She was guided to the crucifixion site by an old Jew, and three crosses were found buried deeply underground. The true cross was identified when it was laid over the corpse of a young man – and he was brought back to life! At the same time as Helena was active in the Holy Land, Celtic monks had begun to visit the Llyn Peninsula, seeking places in which to settle and establish churches. From the last days of Roman Britain, through the Anglo Saxon period, Bardsey was important as a pilgrimage destination, with many holy men having settled there. It is sometimes referred to as the "island of 20,000 saints" - with St Deiniol and St Dyfrig part of that elite band. In medieval times, the Church regarded three pilgrimages to Bardsey equalled one to Rome! St Cadfan, allegedly received the island in 516AD from Einion, the king of the region, and served as the first abbot of the monastery built at the northern end. A few carved stones and a broken cross shaft are still visible today. In the 13<sup>th</sup> century, the island Abbey of St Mary was built by the Augustinian canons of the Roman Church, parts of which still exist, despite the dissolution of the monasteries in 1537 by Henry VIII. We believe that the sturdy oak chest and two sets of choir stalls now residing in the church at Llanengan, started life in the abbey on Bardsey. Two routes to Bardsey Island were established – one along the north coast and one along the south of the Llyn peninsula. **What do we show on the cover?** In the sixth century, when our own St Cybi was on the move, he established a double chambered baptismal / healing well and a place of worship on part of that southern route, now known as Llangybi, a few miles from Pwllheli. **The powerful image on our cover, courtesy of photographer Hedd Thomas, shows a stone standing against the lychgate, leading to the church. It is engraved with a primitive cross, possibly 7<sup>th</sup> century, suggesting a religious foundation with strong Celtic links, used as a gathering / resting place for pilgrims.**

**BRO CYBI / HOLY ISLAND MINISTRY AREA  
PASTORAL CARE CIRCLE  
MAY 2024**

**Associate Vicars : Neil Ridings: 01407 861663  
Jane Bailey: 01407 521345 (new)**



**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 town or village. The clergy currently undertake all visits. 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:** Brian W, Mike B, Ray, Alan, Pat Jones, Janice, Carolann W, Annette, Jenny, Heather R, Ken W, Janet E, Jenny J, Alan T, Chris, Bernard, Heddi, Maureen H., Alwen, David Pritchard, King Charles, Catherine, Princess of Wales and her young family.

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

**Wednesday:** Hannah, Rosemary Tucker, Huw, David Carey, Katie Jones, Sue Tatlow, Ken Williams, George and 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 "**

**Gareth Williams, Morrie Conant,**

**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:**

**May 05 -11:** Vida Tonkin, Malcolm Bell, Edgar Waddington, Mervyn Connor, Grenville Barton, Margaret Waugh, Monica Eaton, Mair Wynn

**May 12-18:** Tudor Jones, Alfred Owen Fisher, Jean Greenwood, Derek Martin Hughes, Terry Roberts, Ken Griffiths, Glyn Shergo / Robin William Jones / Geoffrey Bacon—all three lost at sea 1984 in Holyhead fishing trawler "South Stack" (There is a display in the Holyhead Maritime Museum)

**May 19-25:** Jeremy John Francis, Howard Larmour English, Harry Glazebrook, Ellen Greenwood,

**May 26-June 1:** George Jones, Joseph Alan Jones, John Smithies, William Edward Jones

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

**The joint service on Sunday, 5 May, will take place at St Ffraid at 11.0am. This is the only M A service on that day. Usual services on the other Sundays in the month:**

**St David and St Gwenfaen @ 9.15am: St Ffraid @ 11.0am: All will be most welcome!**

**MOTHERS UNION.** The April meeting at St David was most enjoyable. The speaker Alun Roberts, from Mon CF was excellent and informative. The next meeting at **St David—2.0pm on Thursday 16th May**, sounds quite intriguing. Rev Christine Llewelyn will speak on "BEFORE" The subject has many possibilities! New MU members are always welcome—these days you don't even have to be a mother! Good company, tea/coffee and biscuits .Contact Janice 01407 762905.

**St Gwenfaen raised £443 for church funds at their Easter Coffee Morning, and wish to thank everyone who supported the event!**

**The Easter Afternoon Tea at St David, was hugely enjoyable. £312 was raised towards the toilet fund. The committee thank everyone who supported it. Another fundraising event is planned for 7.0pm, Fri 14 June—a Line Dance Supper Evening. Tickets will be available soon! Linda 765697 and Sandra 764698**

**Please pray for these recently baptised:**

**14 April: St Ffraid: Ralph Andrew Kirkwood**

**28 April: St Ffraid: Ezra Thomas Withey**

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

**Please pray for this couple recently married. We wish them every happiness!**

**20 April : St Ffraid: Steven David Owens to Rebecca May Humphreys.**

**All the Holy Week and Easter services were very well attended and enjoyed, by both locals and those choosing to holiday in our lovely island.**

**Annual Cytun Christian Aid Schools Service: Please join us at St. Mary's Church, Holyhead on Wednesday, 15th May, at 10.00am. Pupils from the schools of Holyhead will be contributing to the service and the theme for this year is: 'Act on Poverty'. You will be most welcome.**

**If you have never been on pilgrimage to the shrine of Our Lady of Walsingham in Norfolk, why not join us this year? It will be a holiday like no other! 2-6 Sept 2024 is already booked—both full board accommodation and coach transport, collecting from several points in North Wales, and at Chester Services. Both sociable and spiritual company is guaranteed, from many parts of the area. Some have travelled to the shrine with us before: for others it will be a completely new and unforgettable experience. If you haven't already booked, there are a few places still available. Names and deposits of £30 are now being taken. Please contact Pat: 01407 860412 or Jane 01407 521345. Our April Walsingham Mass was again enjoyed by all, followed by an excellent, reasonably priced roast chicken lunch, with dessert, at the Breakwater Country Park cafe. If you want to try out one of our masses, to see if it works for you, you will be most welcome! Our 4th May Mass will be celebrated by our Archdeacon John Harvey, at 11.30am at St David's, Holyhead. This will be followed by tea / coffee and cake in the hall. We look forward to welcoming you to both the Mass and the pilgrimage!**

**What do you do every Tues from 12—1.0pm ? Nothing? Why not pop down to St Ffraid's Hall, for a cuppa (tea / coffee) with biscuits, to discuss the bible readings for the following Sunday? Want to know more? Speak to Rev. Neil 861663**

**Easter Vestry for all worshippers , took place this year at St David's, on 23 April. It was well attended, and chaired by Neil Ridings.**

**Oral Hygiene.** Egyptians and Babylonians made tooth brushes from the ends of twigs as far back as 3000BC. Fast forward to the 15<sup>th</sup> century, when the first tooth brush was actually invented. William Addis then went into mass production in 1780. However, tooth brushing only became widespread in WW2 after each US soldier received a tooth brush with his / her military equipment!

**Thanks for prayers answered: Margaret and David Thompson are grateful for prayers received while they were both receiving treatment for cancer. Jenny is making good progress, but wishes to continue to receive prayers until recovery is complete please. Delighted to hear of King Charles' health improvement.**

**Courage is going from failure to failure, without losing enthusiasm. Winston Churchill.**

**CHORAL CONCERT:** Côr Meibion Caergybi (Holyhead Male Voice Choir) joins with Côr Chairlinne from Carlingford, Ireland, for a grand evening concert in St Mary's Church, Holyhead on Saturday, 11th May. Tickets available from Hefin: 07835933687 or at the door price £6. Opens 6.30pm—starts at 7.0pm. Proceeds raised will be towards our local choir's community efforts in providing concerts for charities, nursing homes and other local good causes.

**Hot News! Jan's Mission, otherwise known as "The Laughing Giraffe," moves into a new home at 33B, William St, Holyhead** from the Mall on the main street, in the first week in May. Phone remains the same 07936 159745. As before, Jan invites you to take one of her prints, for a fair donation. This money is then used to help anyone in need. Mission and community matters can be displayed and discussed as needed. Definitely a place for a friendly cuppa and a prayer!

Following on from the controversial actions in recent years in this country, on the subject of black slavery in the early 18<sup>th</sup> century with calls for reparation, I was interested to read that **in Britain in about 1035**, out of a population of about 2 million, more than ten per cent of these were **white slaves**. The sale and export of slaves was a widespread practice in medieval Europe driven primarily by the **Vikings**, and formed an important part of the national economy. Abductions were highest around the coasts of Devon, Wales and Northumbria, and those young men and women who were 'taken' were either sold as labour within this country, returned to Scandinavia or sold to Arabian merchants in the Middle East. **Those who rummage about in history realise that there is basically very little new under the sun!**

**Difficult roads often lead to the most beautiful destinations!**