

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

**Join our 80+ Happy Birthday Corner!**

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

**Happy Birthday Blessings to:**

**Ann Davies** : she celebrates 82 years on 13 August !

**What do we show on this month's cover?** This framed assortment of slate etchings, were originally found within the church, and can now be seen on the wall inside Eglwys y Bedd, the building on the left before the gate and path leading from the arch to St Cybi's church. The one on the left shows the date 1733, with a few lines scratched below. The one on the right shows the soles of two shoes and a hand with four lines of inscription in between, separated by straight lines within a square frame. There is a letter **W**, figures **78** and the possible date **1783**. On the wrist of the hand there is a straight line with the letters **DA**. The lower slate shows a sailing ship with the initials and date beneath, **EW 1799**. To the upper left there is a heart with the initial **E**. The images are unclear, and probably date from the 18th century, and are believed to be the work of visiting seafarers, who traditionally carved images of shoes and hand to guarantee a safe return to port. Whaling has been around since 3000BC, and was a very dangerous occupation. These men could not work at night, so had much more free time than other sailors. Engraving on whale ivory, bone and seashell, by seafarers with crude sailing needles during slack periods in the 18<sup>th</sup> and 19<sup>th</sup> century, was a common pastime and became known as Scrimshaw work, possibly after the surname of one of the originators of the craft. The movement of the ship, and the skill of the artist, produced drawings of varying levels detail and artistry. Candle black, soot or tobacco juice was used to accentuate the view of the design. Our slate images could be a derivation of the same skill. **Grateful thanks to Tom Clifton for the images and help with the text.**

**St Ffraid**, will be open daily during August, between 10—4, for quiet contemplation.

**Andy Herrick writes:** So we set off from St Cybi's on our epic 100 mile walk round Anglesey – but didn't reach the end at St Ffraid's! We'd done all the hard stuff: climbed the hills, walked the cliffs, crossed the beaches and navigated Red Wharf Bay in the pitch dark. And then, walking down a street in Beaumaris the pain started, a sharp stabbing pain in my right knee. And the more I walked the worse it got. So at 66 miles and just under 24 hours we called a halt. We were pleased to have got so far but disappointed not to finish. So sometime in August we're going to do the final 50 miles so that we know we've finished, and to recognise the amazing sponsorship that people have given. By the time we send it all in we'll have raised just over £5,000 for the British Lung Foundation. Huge thanks to everyone who gave!

It taught me some big lessons about life too. We often keep going surprisingly strong through the tough times, but when it seems that all is well we get knocked for six out of the blue. When the darkness crowds in all around, you have to keep plodding on with your light just illuminating the next few paces ahead. Rather than dwell on the failure of not getting all the way to the end, take pleasure and satisfaction in what you've achieved, and start again another day. And remember that all along the way we never walk alone, but Jesus is with us. He leads, protects, surrounds us with his love, and never, ever, ever lets us down. So whether the journey is hard and tough, or easy and light, stay close to him, because walking with him is always an adventure. Even though he walks us down the narrow and hard path, it's the way that leads to life!

**A huge thank you to the team of St Cybi volunteer guides**, doing an amazing job this season, supporting the local tourist industry. Visitors are grateful that our beautiful church is open for them to enjoy, with friendly knowledgeable people to welcome and explain its history.

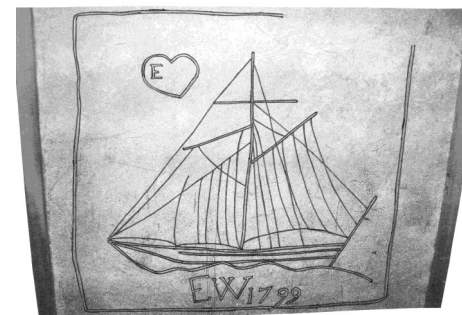
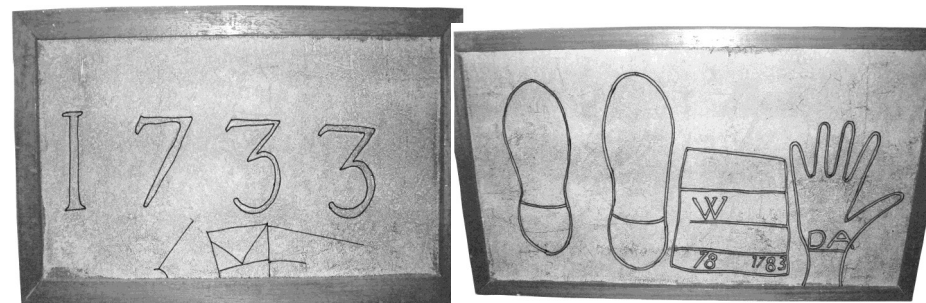
Hugh and Hilary write: **Christian Aid Week**—The total amount collected from Bro Cybi Ministry Area was £172-41 The total for Holyhead and District was £1204-55. Thanks to all.

**BRO CYBI / HOLY ISLAND MINISTRY AREA**  
**Pastoral Care Circle**  
**AUGUST 2019**

**Vicar: Andy Herrick : 01407 861084**

**Associate Priests: Jane Bailey : 01407 764780**

**Neil Ridings: 01407 861663**



**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):** Geraldine Lee, Gwen, Hannah, Huw, Ian Walker, Derrick, Alan Taylor, Jo, Doreen Peers, James, Neil Miles, Glenys Barton, Ellie, Helen Nason, Irene, Ian, Hazel, David, Lynda Owen, Myfanwy Newman.

**Please 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, Buddug Hems Williams, Barbara Smith, Gwilym Lewis, Huw Thomas, Megan Morgan, Edith Shepherd, Eve Morris.

**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' ...**

Glenys Williams, Gaynor Jean Lewis, Eric Grice, David Walsh, Richard Thomas Jones, Waltraud Ebeling—Jones. **Burial of ashes:** Paul Roberts

**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:**

**Aug 04-10:** Anwen Sarah Llewelyn, Bob Hughes, William Evan Thomas, Dorrie Mortimer.

**Aug 11-17:** David Lewis, Audrey Coyne, Mel Morgan, Godfrey John Tonkin, Bob Parry, Elwyn Lewis, Dilys Beryl Edwards, William Kenneth Gray, Ted Williams.

**Aug 18-24:** Hugh Williams, Daphne King Brewster, Reginald Francis Wright, Lily Hambley, Eileen Kathleen Thomas, William Sanderson.

**Aug 25-31:** Kenneth Lewis, Susan Heath, Hugh Richard Evans.

**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.**

**Please pray for these newly baptised on:**

14 July: St Cybi: Autumn Elizabeth Martin

21 July: St Cybi: Tyler John George Williams

28 July: St Cybi: Mark Lawrence Hodgson

28 July: St Ffraid: Grace May McGinniss

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

**Please pray for these couples recently married—we wish them every happiness!**

13 July: St Ffraid: Ricky Michael Davie and Leonie Claire Owen

20 July: St Ffraid: Gary Williams and Samantha Jayne Sims-Jones

25 July: St Ffraid: Geraint Wyn Jones and Sarah Nia Davies

26 July: St Ffraid: Martin Robert Lloyd and Larni Cope

27 July: St Ffraid: Gari Pierce Rowlands and Rebecca Sarah Williams

**St Cybi—every Wednesday during July and August from 12.15 -1.0pm** - please drop in and enjoy our **organ or piano concerts**. Visitors comment on the really high standard of performance! Free entrance – but donations to church funds welcomed! Thank you.

**Betty writes: The MAC Charity Shop raised £1747-45. Mrs Val Thomas won the raffle. Thanks to everyone who donated and bought goods, and who helped in any way.**

**Interesting historical August dates.** On the **3rd**, in **1492**, Christopher Columbus set sail from Palos, Spain, seeking a westerly route to the Far East. Instead he landed on October 12th in the Bahamas, thinking it was an outlying Japanese island. On the **16th**, in **1896**, gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Gold Rush. On the **17<sup>th</sup>**, American frontiersman Davy Crockett (**1786-1836**) was born in Hawkins County, Tennessee. He was a farmer, scout and politician who perished at age 49 during the final heroic defence of the Alamo in Texas. On the **26<sup>th</sup>**, in **1883**, one of the most catastrophic volcanic eruptions ever recorded occurred on the Indonesian island of Krakatoa. Explosions were heard 2,000 miles away and tidal waves 120 ft. high killed 36,000 persons on nearby islands.

Church members have returned from **Walsingham**, after an inspirational pilgrimage, and thank you all for your prayers. We hope that our prayers for you will add joy to your lives. The next Mass will be held at St Cybi on Saturday, 10th August at 11.30 am. All welcome.

**Thanks for prayers answered: Alan Peers** is feeling so much better and is grateful for your prayers. Please continue to pray for his wife **Doreen**.

**Date for the diary!** Please support the afternoon tea/coffee/cake/raffle, (ticket-£4) in aid of **St Cybi's Restoration**, at the home of Angela and Graham Smith, 138 Penrodyr, Valley, LL65 3BE— Bank Holiday Monday, 26 August from 2.30 onwards. Posters in all four churches.

**St Gwenfaen**, Rhoscolyn, will be open for visitors, throughout August, from 10-5. Please drop in! The Art and Craft weekend will take place in the **Church Hall** 24/25/26 August from 10.30—4.30. Admission free. Light refreshments available. All welcome!

**Tributes to Dr Ken: Carys writes:** Dr. Ken was well known as a G. P., historian and artist by most people. I knew him as kind and supportive in my role as Churchwarden / Ministry Area Warden. However I have been privileged to know also a real Christian who loved his church and God and it has been humbling to share time with him, giving monthly Communion in Towyn Capel Home. Those were very special, meaningful minutes spent in his company. I will remember him at Christmas when I decorate the St. Cybi model with his snowfall that he entrusted me with a few years back. R. I. P. Dr Ken. **Pat writes:** After his retirement, as my skilful and caring GP, Dr Ken became consultant for the St Cybi team of tourist guides. As a very new steward, I remember with horror, being asked to work with him as a replacement for his regular 'second in command'. I, who knew so little, was working as an apprentice, alongside a man who knew so much! This privilege continued for a couple of years, until ill health meant that Dr Ken had to give up that part of his life that meant so much to him – his service to his church. He was also unable to attend services at St Ffraid. Readers of this Pastoral Care Circle will know, that he continued to generously share his knowledge, by providing cover images, and text, which could be enhanced for your enjoyment. Thank you Ken, may you rest in peace!

**On July 27<sup>th</sup>, Archdeacon Andy stood precariously on top of a wall with full cassock and surplice blowing in the wind, among the flags at the flagstaff of the Trearddur Bay Sailing Club. This was the traditional annual service to start the sailing club season, made even more special this year as the sailing club celebrate their centenary. Around 150 members and friends attended, singing hymns and joining in the simple but poignant service. The Club Commodore read the gospel story of Jesus calming the storm, followed by a brief address from Andy. We wish the Sailing Club a season of safe and happy sailing and thank them for the £637 collection that they have given to St Ffraid's Church.**

**Never regret anything. Good days give you happiness. Bad days give you experience !**