

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:

Ailia Lewis: she celebrates 80 years on 8 November !

Maureen Hunt: she celebrates 84 years on 17 November !

Gwenda Owen: she celebrates 85 years on 20 November !

We wish them many more years of health and happiness !

What do we show on our cover? Continuing with our theme of pilgrimage, this month we travel to Europe, to **Santiago (St James) de Compostela, (the field of the star) the capital of Galicia in north western Spain.** The Camino has been a famous pilgrimage route since the 9th century, and is a symbol of the Spanish Christians' struggle against Islam, between 711 and their final expulsion of the Moors in 1492. It takes between 30-35 days to walk the full length of the Way of St James, assuming you can cover about 26km each day. It can be achieved by any of about twelve routes, (for example, French, Portuguese, Northern, English etc,) which form the network leading from the home of the pilgrim, to the shrine in the great Romanesque / Gothic / Baroque Cathedral, which traditionally houses the remains of the apostle St James the Great. During the middle ages, it was considered a very important pilgrimage, in the same league as Rome and Jerusalem. Some people set out for spiritual reasons, while others discovered spirituality along the way. James is one of the world's most popular saints, son of Zebedee, brother of St John the Evangelist and named by Christ as "one of the sons of thunder." Following the Crucifixion James travelled to preach the gospel in Spain and Portugal, named by the Romans, "Finis Terre", the end of the known world. He was beheaded in Jerusalem in 44AD, by Herod Agrippa, grandson of Herod the great. Legend has it that his remains were taken back to be buried in Compostela, in a stone, rudderless boat with no sail, by two disciples guided by two angels. Hundreds of years later, in 813 AD, a shepherd was led by a star to his burial place. The local bishop and king were notified, and the magnificent Cathedral was built on that exact site. It is one of only three known churches to be built over the tomb of one of Christ's apostles. The other two are St Peter's Basilica in Rome, and St Thomas Cathedral in Chennai, (formerly Madras,) in India. The scallop shell became the international symbol that a person had undertaken a pilgrimage to the shrine of St James. As well as serving the practical purpose of an implement for scooping water from streams, it has historically appeared on the accreditation given by the clergy to those who completed the pilgrimage. Apparently, during his lifetime, St James used a scallop shell to perform miracles of healing, by placing it on the affected part of the sufferer's body. Another interesting legend is that when his body was taken back to Spain for burial, the ship was destroyed by an extreme storm, but after a long period of time, St James's body was found undamaged on the sea shore, covered in scallop shells. Nowadays, the image of the shell is painted onto directional signs, to guide pilgrims on their way within the region. In French, the scallop is called Coquille St Jacques, and in German Jakobsmuscheln (James mussels). The ultimate souvenir of this pilgrimage is the much prized ornate "Compostela," presented in Santiago on completion of 62 miles walked, or 125 miles cycled, for spiritual reasons. As your credential, your "pilgrim passport" has to be stamped at each of your overnight accommodation stops – only a full set will suffice! If, however, your purpose was purely secular, you are given a very plain certificate by comparison! **We hope you have enjoyed this mini break—without having to leave the comfort of your armchair!**

It's only when you glance back, that you realise how far you have come!

**BRO CYBI / HOLY ISLAND MINISTRY AREA
PASTORAL CARE CIRCLE
NOVEMBER 2020**

Ministry Area Leader/Vicar: Rob Wardle 07710 173177

Associate Vicars : Neil Ridings: 01407 861663

Jane Bailey : 01407 810827

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: Gwen, Hannah, Huw, Alan Taylor, Sandra Recourt, Bryan Jones, Rob Wardle, Ann Cuthbertson, Keith Bryant, Jane Bailey, Betty Pepper, Rosemary Tucker, Avril Foulkes, Elizabeth Walker, Christopher Evans., Michael S, Rob B.

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

Wednesday : Betty Ashton, Trevor Peacock, Angela Hillman, Menna Screech, Barbara Smith, Gwilym Lewis, Huw Thomas, Megan Morgan, Edith Shepherd, Glenys Barton, Margaret Williams, Glenys Williams, Robbie Hall, Maurice, Michael S, Rob B.

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' ...

Helen Nason, Kevin Williams, Nancy Cunliffe, Sarah White, Elizabeth Marguerite Roberts (known as June), Gwyn Jones, Jean Charlotte Houghland, Linds Jemmette.

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

Death leaves a heartache that no one can heal, but love leaves a memory no one can steal.

Anniversaries of death:

Nov 01—07: Elizabeth Isherwood, Lilian Lloyd, Owain Lewis Roberts

Nov 08- 14: Trudy Filby, John Richard Roberts, Ann Knight, Robert Williams.

Nov 15— 21: Hilda Mary Cobbe, Edward Bennett Connor.

Nov 22- 28: Brian Williams, Blodwen Samson.

Nov 29— Dec-05: Margaret Preston, John Henry Walker, Elizabeth Pierce Elsley.

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.

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.

Just as we were getting used to welcoming increasing numbers returning to our weekly services, we have to close once more due to lockdown until the week of 9 Nov.

Funerals however will be allowed. Our first service will be on Wed Nov 11th, followed

by Sun Nov 15th. St Cybi has a Eucharist service every Wednesday at 10.0am. (please

note time). St Cybi is also open each week for Sunday Worship at 11am. St Ffraid is also

open for Sunday Worship each week at 11am. St Gwenfaen holds a 10.0am service every

fortnight. St David is awaiting completion of building work, before re-opening. We really look

forward to welcoming everyone back, wherever you choose to worship! We offer a

warm welcome to everyone who seeks peace at this time, no matter what your worshipping back-

ground. You may also want to give thanks for blessings received. All can feel safe, as regulations

have been carried out to the letter. Essential fogging equipment is of medical standard.

Remembrance services will be strictly limited, sadly, on **Sunday 8 November** due to lockdown: one at the Cenotaph and one at the Field of Remembrance at St Cybi. Unless you are taking part, we ask you please not to come, due to crowding infection restrictions. We are hoping the services may be streamed live or recorded by the authorities. Thank you.

HEALTH UPDATE from Rob Wardle: He feels generally fine and is hopeful the procedure will go ahead on the 9th of November as planned. May he have your prayers please !

Interesting historical November dates. On the 3rd, in 1718, John Montague, 4th Earl of Sandwich, was born in London. He ate the very first sandwich in 1778, refusing to leave the card table during an all night game. He told his servants to put meat between two slices of bread, so he could eat with one hand and continue to play with the other. The 4th is the feast day of **St Gwenfaen**. The 5th is the feast day of **St Cybi**. On the 6th in 1814, Adolphe Sax was born – he invented the saxophone. On the 8th in 1895, Wilhelm Roentgen, a German professor of physics discovered the Xray while experimenting with electricity. On the 11th in 1918, at the eleventh hour the Allies and the Central Powers ended WWI with the signing of an armistice agreement. People remember the millions of soldiers who died in the two World Wars and in other wars by wearing a poppy and taking part in a two minutes silence at 11am. On 18th in 1307 William Tell, a Swiss patriot, refused to pay homage to the Austrian Governor. As a punishment he was made to shoot an arrow through an apple placed on his son's head. Picking up his bow, William Tell aimed. His arrow split the apple, and his son's life was spared. **"Stir up Sunday"** – (taken from the collect of the day), **the last Sunday before Advent**, used to be the day in olden times, when every member of the family took a turn at stirring the Christmas pudding mixture, (from east to west in honour of the journey of the wise men), and making a wish. There were traditionally thirteen ingredients in the pudding, representing Christ and his twelve disciples.

Belated 57th wedding anniversary blessings to **Pam and David Williams** for 5 Oct – may you enjoy many more!

Hallowtide celebrates the following dates; **All Saints Day** on 1 November. This feast day, to honour all saints, (persons of good will,) was started in 835 AD. The old words for all saints was "all hallows". Feasting started the evening before, 31 October, which was called "the eve of all hallows" - Hallowe'en. **All Souls Day** on 2 November: on this day, we remember all who have died. On 2 Nov 998, Benedictine Abbot of Cluny, appointed the day to be set apart "for all the dead who have existed from the beginning of the world until the end of time" In the middle ages, poor Christians would offer prayers for the dead, in return for money or food, from their wealthier neighbours. When he was a child, Odilo was partially paralyzed and had to be carried by the family servants on a stretcher. One day while the family was travelling, they came to a church and Odilo was left with the luggage at the church door. The door was open, and little Odilo felt that God was calling him to crawl to the altar. He reached his goal, and tried to stand up, but failed. He tried again and finally succeeded and then was able to walk around the altar. It was believed that he had been cured of the unnamed malady by the intervention of Our Lady.!

Jane writes: Have you ever wondered what happens to unsold items from the Charity Shops in town? Here's the story (from earlier in the year) of one unwanted item from the **Cytun/Churches Together Charity Shop**, which turned out to be a sort of football net. One of our members had heard of the lack of facilities at the refugee camps in Greece and wondered if the net could be of use there. The answer was a definite 'yes, please' and the net was duly sent over to a camp on the Greek island of Samos. Along with the net, in went £200.00 worth of much needed ladies underwear, three Fairtrade footballs and a pump - all in the same box! And all thanks to the warm-hearted folk of Holyhead, who once again supported our annual Charity Shop.

IMPORTANT Date for the Diary; **WALES UNITES** : 7pm on Christmas Eve. Will everyone please stand on their doorstep to sing Silent Night, in the language of your choice? More to be announced next month!

Thanks for prayers answered. **Eric Wyn Owen** wishes to thank everyone for their kindness while on the prayer list, and is delighted to say he is feeling much stronger and more mobile. **Bryan Jones** is grateful for your prayers. He feels so much better and his consultant is most positive as he recovers after the massive doses of chemo and radio therapy. **Jane Bailey** has had the plaster and wiring removed from her arm, and has started physio.