

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 :

Frances Iliffe: she celebrates 85 years on 15 March!

Keith Bryant: he celebrates 83 years on 25 March!

Mary Halford: she celebrates 87 years on 31 March!

We wish you many more years of health and happiness!

What do we show on this month's cover? An aerial view of the present day Shrine of our Lady of Walsingham, Norfolk. Come back with me in time and enjoy the story.

The year is 1061; Edward the Confessor, one of the last Anglo Saxon kings, is on the throne and a pious wealthy widow named Richeldis de Faverches lives in the village of Walsingham. Greatly devoted to our Lady, she desired to serve her well. Three times in spirit, Richeldis was taken by Mary to Nazareth, to see the Holy House where the Angel Gabriel announced the Good News to Mary, and where the Holy Family lived as Christ grew up. Each time the widow was asked to remember the size, so that it could be rebuilt precisely on her English estate. After many setbacks, but with divine help, the task was completed, to a quality which far surpassed the abilities of local craftsmen of the time. England's Nazareth was complete! Pilgrim's prayers were answered and diseases were cured. It became one of the most famous shrines to our Lady. Henry III visited in 1226. In the early years of his reign, Henry VIII paid handsomely for a huge candle to be kept alight for twenty years in the Shrine, and for priests to pray for his soul. That was until he ordered the Dissolution of the Monasteries in 1538, when everything was destroyed ! Nearly 400 years later, the new Anglican shrine was recreated in 1931, from derelict farm buildings and cottages, with the addition of a new Holy House. It was enlarged in 1938 to form the present Anglican Shrine, shown on the front cover.

When present day pilgrims say they "have been to Walsingham", what do they actually mean? It is a holiday break like no other! So many new experiences on offer, but none is compulsory. Daily worship in the magnificent Shrine Church – accompanied by bells and lots of incense! The sprinkling of holy water from the ancient well beneath the church, is quite an event. It is used in three ways as a therapy: to sign a cross on the forehead, given as a drink and poured over outstretched hands. The laying on of hands and the anointing is truly a ministry of healing and reconciliation. The Procession of the Statue of Our Lady, around the well kept gardens, accompanied by singing and the carrying of candles, enables complete strangers to engage in friendly conversations together. If pilgrims have a problem weighing heavily on their soul, personal confession by either resident or visiting priests is available. Walking and praying the Stations of the Cross dotted around the immaculate gardens is truly poignant. Life is stressful and we all carry with us anxiety and concern whether for ourselves or for others. Time at the shrine enables us to surreptitiously leave our problems at each of the magnificent or simple altars. Like peeling an onion, the Walsingham experience can remove outer layers taking spirituality down to its very core. Memories flood back: the camaraderie around the refectory tables enjoying the wonderfully wholesome food; balmy evenings spent either inside or outside the café bar, exchanging good natured banter, straying sometimes onto more serious topics. The purpose of the visit is not to escape from the realities of life, but through worship and prayer, to strengthen and re-energise us for life when we return home! **God willing, if this appeals to you, why not join us this summer in our comfortable local coach,** driven by Graham our experienced friendly driver?

We will leave North Wales on 7th and return on the 11th August. Picking up will be possible in Holyhead, Bangor and along the coast. Full board accommodation is included. Included in the price is an "away" day. This year the planned destination is Peterborough with its wonderful cathedral, shopping centres and arcades. A strengthening of faith, camaraderie and fun social evenings will ensure that you return home refreshed in body, mind and spirit! For more information, please contact Pat Hughes: by email – patriciahughes2017@gmail.com or by phone 01407 860412. **We really look forward to welcoming you into our group, but please don't take too long to decide – seats are going quite quickly!**

**BRO CYBI / HOLY ISLAND MINISTRY AREA
PASTORAL CARE CIRCLE
MARCH 2023**

Ministry Area Leader/Vicar: Rob Wardle 07710 173177

Associate Vicars : Neil Ridings: 01407 861663

Jane Bailey : 01407 521092



We look forward to life getting back to normal, so that when you cannot come to church, the church will come to you again!

Our pastoral care visiting team has grown in size, to allow us to reach out to even more people, as soon as we are allowed. Until this happens, the clergy will handle all visits. 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.

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 Wray, Mike Boylin, Judy, Ray, Alan, Pat Jones, David Carey, Sue Tatlow, Janice, Patsy Young, Baby Emlyn, Katie Jones, Michelle, Carolann Wedlake, Annette, Catherine Owen.

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

Wednesday : Hannah, Rosemary Tucker, Huw , David Carey .

Prayers for any other reason:

Pam: That inflation and the cost of living be brought under control, so that our people will not financially fear the coming year!

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 "

Lena Hughes, Emlyn Owen, John Tyrell Jones, Cyril Hughes, Gerrard Fraser– Williams, Maureen Rodgers, Mia Rowlands, Meirion Williams, Jane Williams.

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

Grief is love with no where to go!

Anniversaries of death:

Mar 05-11: Olwen Jones, Megan Mills-Williams,

Mar12-18: Sarah Louise Allcott, Joseph Collins Jones, Dale Evans, Nicola Brady, Olga Wright, Gladys Cunningham, Ian Walker

Mar19-25: Stanley Henry Eaton, Bob Davies, Vera Dunn, Agnes Collins-Jones

Mar26 -Apr 1: Nicola Waddington

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

The February **Mothers Union** meeting was most enjoyable. Susan Hanbury's style was very engaging, and the topic of "growing up in Rhoscolyn" was very nostalgic and relaxed! Join us on Thurs, 16th March @ 2.0pm at St David's. Speaker will be Jane Jones, who is fund raiser for St David's Hospice. All are welcome, we are a friendly group—why not try us out? Tea/coffee/biscuits.

The **Tuesday lectionary study group** meet each week in **St Ffraid's Hall, 12 till 1pm**, with a cup of coffee or tea to discuss the following Sunday's bible readings. We look forward to welcoming you ! For more details contact Rev Neil, 861663.

Date for the Diary! Easter Vestry 2023—25 April—St Cybi's Church.

News from the Town Council: When the Swift Square toilets are completed, access will be contactless! There will be total CCTV coverage of the path through the church yard and also over the steps leading to the lower churchyard.

Thanks to the wonderful volunteer teams within each church who clean so willingly!

Date for the Diary: 2023 World Day of Prayer: The Church in Wales will host this service at St David, on Monday 6 March. Please ring Janice for more details -762905

Carys thanks those in **St. Cybi's and St. Ffraid's** for their generous donations to **Smile Train** last year. She has received a certificate of appreciation for £692-00, enough for at least 4 cleft lip / palate operations. These will really give affected babies and children something to smile about!

The St David 's Day event at St Davids has unfortunately been cancelled!

Thanks for prayers answered! Welcome news that David Carey is responding well to initial treatment. Please continue to pray for his full recovery!

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

25 February: St Gwenfaen: Michael John Fairclough to Ruth Irene Richards

Kindness is the greatest gift. Who will you be kind to today?

Interesting March Dates: On the **1st**, it is believed that David, patron saint of Wales died, although the year is uncertain. His mother was Non, sister to Wenna (Gwen) who was herself the mother of our own St Cybi, making the two men first cousins. On the **15th**, in **44 BC**, Julius Caesar was assassinated by Brutus, Cassius and other politicians in the Senate. "Beware the Ides of March!"

Lenten reflections from John Harvey, our Archdeacon— who has been amongst us for five months! John writes:

Before coming to Anglesey a friend said, "You'll love it, but take care on the lanes – I've taken a 'shortcut' many times, and after an hour ended up where I started!" Well, he was right about the first bit – Sally and I love being here! We're very grateful for the friendly welcome we receive wherever we go, and I'm very happy to share in worship in all our churches in Bro Cybi, and to lead some services too. The lanes of Anglesey we're enjoying exploring too. Holy Island offers us round trips from home; elsewhere it's a little more challenging! It's possible to hardly know which way you're facing, or where you need to go. In **Lent**, that experience says something to me about life with God. **Ash Wednesday** I walked on Penrhos beach, enjoying finding ways between rocks where none seemed apparent, discovering an existing path up a slope visible only from the sun's shadows, then looking over the bay to see someone making their own path between sea and shore! It's like Church life now: finding ways through difficulties towards joy, often in ways others have taken before, and making new ways for new times. **Have a happy Lent, exploring, with Jesus!**

Church Activities in Lent! After a disastrous start, two days before Ash Wednesday, when St Cybi had to be closed due to a Health & Safety issue, the Ashing and Lent Lunch continued in St Ffraid (Thank you to warden Marje for accommodating about 28 of us) The cooked meal provided by Rob and Neil in the Hall was much enjoyed! At the time of writing we don't know what caused the problem in St Cybi, or how long it will take to fix! Any events arranged for St C in the next few weeks will need to be relocated. Please look and listen for alterations!

All will be welcome at our next Walsingham Mass at 11.30 am on Saturday, 11 March, at St Ffraid, with coffee and a meeting in the Hall afterwards, to discuss our 2023 pilgrimage! We are grateful to Rob who has generously given his time to celebrate while Jane has been recovering from surgery and to Marje in advance for her help on the 11th! Thank you both!

VIP Date for the Diary! A right royal party! St David's – Saturday 6 May at 3.30pm, to celebrate the Coronation of King Charles III. Tickets £ 8 each– to include afternoon tea with entertainment. Royal fancy dress optional! Tickets for St David's events sell out quickly. Don't be disappointed - ring Linda 765697 or Sandra 764698 to buy NOW!

You can never foresee what will happen in life. There is no point worrying about what may or may not happen. Try to live only in the present tense!

Thank you time! We don't say it enough, but we are so grateful to all those volunteers who every month deliver the paper copies of the PCC to those who wish to stay connected. Thanks too to those who send out electronically!

NEWS – By public request – instead of the joint first Sunday of a month service always taking place at St Cybi, this will in future be rotated between all four churches – starting on **5 March at St Gwenfaen @11.0am**. If you need transport, please ask!

Our February message from the Archbishop Andy John! He wants to be remembered to everyone, and says how much he enjoys reading our news from Holy Island!