

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 :

Gwilym Lewis: who celebrates 86 years on 9 September !

Les Shepherd: who celebrates 94 years on 13 September !

We wish you many more years of health and happiness!

What do we show on this month's cover and why? The Roman Baths, at Bath, Somerset, UK is one of the finest historic sites in Northern Europe. Constructed in around 70 AD as a grand bathing and socialising complex, it is one of the best preserved Roman remains in the world, where 1,170,000 litres of steaming spring water, reaching 46°C, still fills the bathing site every single day. Bathing was an extremely important part of Roman life, having been introduced from Greece around 300 BC. Going to the baths was as much a social event as it was a way to get clean. They were also places for exercise, gambling and catching up on "gossip". With hot rooms, both dry and wet, cold plunge pools and warm baths, they continue on in our modern Turkish spas. Roman hygiene was considered generally to be of a high standard, although somewhat strange by the standards of today. Romans even produced and used **toothpaste**, consisting of powders made of ground up hooves, pumice, eggshells, seashells and ashes! **Teeth whitening** in ancient Rome seems to have been a practice ahead of its time, except that they used human and animal urine to achieve it! **Deodorant** was created from a mix of charcoal and goat fat! Maybe you would have smelt better without! **Soap** was a mixture of olive oil and sand applied in the bath house with a communal toilet sponge ! Early Romans washed arms and legs every day, but only washed their whole bodies every nine days.

The **Art & Craft Weekend** held in **St Gwenfaen's Hall** during the bank holiday was a great success and raised £2,900. The committee would like to thank all those who came along to support this three-day event and help raise funds for the **restoration of stained glass windows** in Church, and for the **Anglesey Food Bank**. All enjoyed the opportunity to browse the 20 stalls selling a huge variety of locally made items and to visit the cafe for a slice of cake

A wedding is an event, but a DIAMOND ANNIVERSARY (60) IS AN ACHIEVEMENT ! This month we have two happening on the same day! **Lorna and Elwyn Owen** were married on 7th September 1963. **Alan and Rosemary Tucker** said "I do" at the Church of St Thomas a Becket, Pucklechurch, Glos. on the same day. May you all have many more years of good health and happiness!

A perfect compliment from a visitor about the interior of St Cybi!

"This is how a church should look !"

Both cruise and independent visitors were delighted to be entertained in St Cybi, by the **Anglesey Choral Society**. Jeff Evans, **Town Crier** complete with bell, full regalia and usual sense of humour, also attended together with two small white dogs in matching outfits .

Many thanks to Nic Murphy , Holyhead Council Tourism manager for arranging this.

Holyhead Walsingham Group—including those who will join us in the months to come! Archdeacon John invites us to meet with him on **Monday 4th Sept, at 7.0pm in St Cybi's Church, to discuss future plans. Please try your best to be there!** The next Walsingham Mass will be on **Saturday, 23rd September at 10.30am in St Cybi's Church, followed by lunch in the Breakwater Country Park Café.**

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

Associate Vicars : Neil Ridings: 01407 861663

Jane Bailey : 01407 810827



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 Wray, Mike Boylin, Judy, Ray, Alan, Pat Jones, David Carey, Janice, Michelle, Carolann Wedlake, Annette, Gareth, Jenny, Lynn, David Thompson, Gaynor, Much loved child Mabon, Sister Sylvia Healy, Hedd, Frances Iliffe, Heather Rendall, Ken Williams, Keith, Tabitha Rendall-Todd.

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

Wednesday: Hannah, Rosemary Tucker, Huw, David Carey, Katie Jones, Gwyn, Sue Tatlow, Ken Williams.

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 "

Len Owen (Skip), Lilly Joan Tyrer, George Wyn Hughes, Richard Wyn Rowlands, Iwan 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:

Sept 3-9: Cedric Jones, Betty Jackson, John Noble Griffiths, Len Roberts, Pat Roberts, Sheila Kathleen Evans

Sept 10-16: David Williams (No 9), Thomas Theodore Griffith, Bob Hillman, Elizabeth Roberts

Sept 17-23: Raymond Hughes, Violet Williams, Dennis Fewtrell, Thomas Henry Thomas, David Lee Roberts

Sept 24-30: Austin Benson Greenwood, Margaret Warden Williams, Joan Walker

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 **Tuesday lectionary study group** meet each week in **St Ffraids 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.

Please pray for these couples recently married: We wish them every happiness!

12 Aug: St Ffraid: Shaun Peter Jones and Cora Leone Scrivener

12 Aug: St Gwenfaen: Steven James Cross and Aoiffe Moran

Please pray for these recently baptised:

13 Aug: St Cybi: Jude Bailey Wood

13 Aug: St Ffraid: Remi Roberts

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

Thanks for prayers answered: Hedd, Thomas and Heather Rendall are feeling much better.

Please continue to pray for them until treatment and recovery is complete!

Mothers Union: Next meeting is at St David, 2.0pm on Thursday 21 September. Existing and new members will be very welcome! Tea, coffee and biscuits, plenty of chatting and an interesting speaker: Gareth Rowlands, well known local author will speak about the Marine Yard. So many families will have had a connection to this work place over the years!

Message from Glenys Samson: She thanks everyone for their support over the last year, and was very touched by the numbers who attended her July ordination at Bangor Cathedral. It was much appreciated!

There will be only one service in the Ministry Area on **Sunday 3rd September** which will be a joint one in **St. Cybi's** at 11am, led by **Rev John Hughes.**

I'm sure that everyone within the Ministry Area is grateful to those involved in enabling services to carry on as close to normally as possible, during this inter regnum: priests from outside the MA, readers, intercessors and members of congregations who are stepping up to do their bit! Thank you to everyone!

Please support St David's charity shop from 18-23 September—usual place opposite the cross! We will be open from 10.0am on Sat 16th to receive items to sell.

Why do people enjoy visiting Walsingham so much? After arriving home from this latest pilgrimage, I thought I would put together a few comments from the fourteen pilgrims in the group. **Loved everything about it! A thoroughly enjoyable five days. A spiritual awakening. I am overflowing with gratitude to all of my fellow pilgrims, for a most beautiful week. I've laughed, cried, healed, learned and made some beautiful new friends. Try it before you knock it- I'm glad I did! Great food, and lots of it! The refectory staff were so kind to those who needed physical help. I returned a different person. Words cannot describe it! I received much more than I expected. The friendship within the group just grew! The trip was thoroughly enjoyable from start to finish and exceeded my expectations. I made new friends and had a lovely time with everyone. The experience has changed me for the better and I am very much looking forward to going again. I shall never forget the evening of healing: sprinkling at the 11th century well: the laying on of hands and anointing with oil: the exposition of the Blessed Sacrament is truly emotional: the candle light procession where pilgrims wander through the beautiful gardens, either on foot or pushed in wheel chairs, singing and leading the clergy carrying the magnificent statue of Our Lady. The excursion to Peterborough Cathedral was unforgettable! The later part of the evenings, spent in or outside the Norton café bar, were fun and very friendly. It was a joy connecting with Fr John Hillman, Angela and Abi. If you want to know more, why not join us at one of our monthly masses, building up to our Walsingham Pilgrimage 2-6 September 2024? For more info, speak to Rev Jane, Pat or any of the group! Thank you!**

You know that anything organised in **St David's** will be really enjoyable! **Myfanwy** will organise a fantastic **Harvest Lunch** on **Tuesday, 3 October**. Funds raised will be shared between all four churches, and a local charity! There will be entertainment, and a raffle! All she needs are volunteers to help prepare and serve food and then people to come and eat! **Come on—you know you'll have a great time!** Ring 07928 912808.

Jane writes: Our love and blessings go with **Frances Iliff**, who after 20 years with us in Bro Cybi, has moved to the **Chippenham** area, to be nearer family. We hope Frances will be very happy in her new home.

While the archaeologists were recently digging in **St Cybi**, the hole between the font and the vestry exposed a small skeleton, which allegedly would have been buried around 1800. The little body was thought to have been about one year old at time of death, and was presumed to have been of a fairly influential family. **It was extremely emotional for those who saw it, with so many unanswered questions.... a boy or a girl? What was the cause of death? Who was it?**