

Cylchgrawn Plwyfi Cydweli A Llandyfaelog Kidwelly & Llandyfaelog Parish Magazine



Y SANTES FAIR CYDWELI - ST. MARY'S KIDWELLY



SANT MAELOG LLANDYFAELOG - ST. MAELOG'S LLANDYFAELOG



Y SAN TEILO MYNYDDYGARREG - ST. TEILO'S MYNYDDYGARREG

February 2023

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Pastoral Letter

Dear Friends

How remarkable! Remarkable that in the season of Epiphany when Jesus is revealed as God's beloved Son and the revealing of His ministry on earth, we have it revealed to us who is to be our new Parish Priest.

The Revd James Flanagan will be licensed in St Mary's on 1st March at 6pm. Let us all make an effort to be there to welcome Fr Jim and his family into the parish.

This will begin a new chapter in the life of this parish with new opportunities of working together. I must thank you for the welcome I've received over these last two years and for the privilege of taking services amongst you. Little did I think 40 years ago when I had a placement with Canon Douglas Walters that I would be living here and taking services forty years later.

I'm sure that Fr Jim will be spending the coming weeks preparing for his move and for his new ministry. February 22nd is Ash Wednesday, the first day of Lent. This is of course a time of preparation for the great season of Easter. This year there is a lot to prepare for. A new Priest, a new ministry and above all a new hope in the Gospel of the Resurrection of Jesus Christ.

Following the temptations in the wilderness, Jesus returned in the power of the Spirit into Galilee and he taught in their synagogues, being glorified by all. Let us make sure that we are taught by Jesus about the way we are to live as Christians today to share his love and mercy in our worried community and especially to those who are experiencing hardship and difficulty.

What better way can we prepare for Easter than to be more like Jesus in our daily lives? This is the challenge of Epiphany and of Lent. I'm sure that we are ready for that challenge. I don't know what I shall face this coming year but I do know that having faith in Jesus will help me through it.

Together we can make a difference in our community, Let's follow Jesus and in the words of the gospel - glorify him.

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St. Mary's News

Welcome: We look forward to welcoming Father Jim Flanagan and his family to Kidwelly as he begins his new ministry here.

Fr. Jim's licensing service will be in St. Mary's on Wednesday 1st March at 6.00pm followed with refreshments in Kidwelly Rugby Club.

Compline

Services will be held on the Wednesdays of Lent starting on the 8th March at 7.00pm in the Parish Room.

St. Mary's Readers for 9.30am

February 2023

5th Jean Giess

12th Angela Tonge Cymraeg Christine Evans

19th Maureen James

26th Brenda Evans

March 2023

5th Mary Atkinson

Sidespersons

February 2023

5th Mandy Jones and Lynne Davies

12th Kath Nicholas and Alec Flaherty

19th Ken Denman and Jeff Davies

26th Maureen James and Angela Tonge

March 2023

5th Heather Davies and Liz Antoniazzi

Wednesday readers for St. Mary's 9.30am service -readings as Sundays unless stated otherwise

01/02/23 Kath Nicholas 08/02/23 Brenda Evans 15/02/23 Maureen James

22/02/23 Jean Giess 01/03/23 Kath Nicholas



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Flower List

Altar Flowers

5th February Ceris Harries

12th/19th February June Lloyd

Lent – no flowers

Flower Arranging

We will meet on Tuesday 7th February in the Parish Room at 7.00pm. The theme will be Valentine's Day.

Children's Group

From Sunday 5th February our children's group will meet on Sunday mornings in the Parish Room at 9.30am.

Updates: The Christmas Angels appeal which Maureen James coordinated amounted to £210.

The annual collection of Plant Dewi yellow boxes amounted to £256.87.

Also, from the Christmas appeal, we were able to give £155.00 to the Baby Bundle Project along with other items which were donated. Thank you everyone for your support of these appeals.

We should also like to thank Shane Griffiths of Willowbrook Funeral Directors for putting the Christmas Tree in the church porch for people to leave their messages of remembrance.

Plant Dewi will be holding a Coffee Morning in St. Peter's Civic Hall, Carmarthen on Saturday 18th February 2023 at 10.00am. Tickets are £3.00 but you can pay at the door as well. There will be stalls and entertainment by Y Tannau Twrog.

St. Mary's Floodlighting

with grateful thanks to our sponsors

27/01/23 Loving and cherished birthday memories of my much loved mother, Amy Hawkins. Love Jan. Xx

08/02/23 Cherished birthday memories of Eric Gwynfor, beloved dad, grandfather and great-grandfather, from loving daughter Gwyneth, Alan, Ann and families.

09/02/23 Er cof am fodryb annwyl a oedd fel mam i mi, sef Aunty Mary a fu farw ar y 9ed o Chwefror 2005. Gweld dy eisiau yn fawr iawn, gyda llawer o atgofion melys. Cariad Ieuan. Xx.



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11/02/23 Er cof am Aunty Decima a fu farw ar yr 11eg o Chwefror 2009. Yr oeddet yn berson arbennig iawn, ac mae hiraeth ar dy ol. Cariad Ieuan.

Thanks

Mr. Don Lester would like to thank family, friends and neighbours for the cards, presents and good wishes received on his recent 90th birthday. It was a very happy and memorable day.

A sincere thank you to so many people for their gifts and greetings on the occasion of my 80th birthday on December 4th.2022. I was overwhelmed by people's kindness and the receipt of over 170 cards. The Afternoon Tea at the Burns Foundation on December 2nd was a most enjoyable occasion. My sincere appreciation to Lynda and Steve Finch for their support as usual. To Lynda for all the cakes she baked and for her photographic skills which have been such a wonderful record of the day and gifted to me in an album. To Kath Nicholas for her magnificent chocolate cakes which were enjoyed by those present and to Peggy Davies for her superb cream pastries. My sincere appreciation to Mr. Brian Morris for his gift of arranging for the Silver String Band to provide musical entertainment during the afternoon and for his Irish comedy act. To the staff of the John Burns Foundation for their superb catering and commitment to ensuring the success of the occasion. I informed friends in advance that I did not wish to receive gifts, but that if they desired a small token donation would be appreciated for the Friends of St. Mary's Church, Kidwelly. I was deeply touched by the donations received amounting to £385.00 which is a substantial contribution to the Friends' coffers. Finally, my appreciation to Bobbie, Gena and Pat for the surprise gift of a large birthday cake with a portrait of myself on the top. Diolch i bawb a gyfrannodd i wneud fy benblwydd mor arbennig. Pob Bendith, Ieuan Hughes.

Condolences It is with sadness that we report the death of a former Vicar, Venerable Graham Davies in Pembrokeshire in January. Our sympathy goes to his three sons, Robert, Huw and Alex and their families.

We send our condolences to all those families in this community who are mourning the loss of loved ones.

Lord in all times of fear and dread, grant that we may so cast our burdens upon you, that you may bear us on the holy wings of the Spirit to the stronghold of your peace; through Jesus Christ our Lord. Amen.

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Mothers' UNION

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Branch News –

Our meeting this month will be the AGM in the Parish Room at 7.00pm on Wednesday 8th February. Subs are £23.00 if you haven't already paid.

Before this, there will be a Jesse Tree Service in St. Twrog's Church, Llanddarog at 6.30pm on Thursday February 2nd. Anyone needing transport for this service, please contact Heather Witt.

Following the Christmas Appeal for Plant Dewi our branch will continue to support the Plant Dewi Baby Bundle Project which Lynne Davies has kindly offered to coordinate.

List of items needed for the Baby Bundle bank. We go up to age 2.

Babygros/vests/outfits – All sizes but mainly newborn and 0-3 mths. (Unisex is very useful for smaller sizes)

Baby Toiletries – not talc. (Low on wipes at the moment)

Nappies – all sizes but mainly NB/0-3mths/3-6mths.

New baby towels. Blankets and Knitted items – no “holy” patterns.

Sheets – Moses basket and cot sizes. Toys – cuddly toys must be brand new with labels.

Annual Gathering in York

There is room if anyone else would like to join us on this trip to York.

Depart 21st September return 24th September. Staying at the Cairn Hotel, Harrogate and includes Dinner, Bed and Breakfast.

£345 per person sharing a twin/double room.

May God bless you and keep you in the months ahead, as the cost-of-living crisis and the NHS crisis continues. He alone is our refuge and strength when times get tough. May we continue to do our work for Him in the grace which He alone can provide. Brenda xx

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Town News

Royal British Legion – Poppy Appeal Report 2022

The Poppy Appeal organisers, Ron & Janis Jones would like to thank the residents of Kidwelly, Ferryside, Llansaint and Mynyddygarreg for their continued support this year. Also to the Co-op, church, schools and local businesses for their support, especially at this difficult time. Also volunteers who helped at the stalls in the Co-op. The total raised was £7,686.39, over £500 more than last year. Kidwelly branch would like to wish everyone a healthy 2023. Julian Evans would like to thank all residents of Hillfield Villas for their support during the Poppy Appeal. Julian does the collection in memory of his father, John, and the amount raised was £83.42.

February's branch meeting will be held in Kidwelly Rugby Club on Thursday 2nd at 7.30pm.

If you would like to join our 100 Club please contact David Taylor for details.

Kidwelly Senior Citizens

Happy New Year to everyone. The nights are drawing out and many bulbs showing their heads, leading us to think of Spring. Back to our December meeting, where we enjoyed mince pies and chocolates and we had a demonstration by Karen Hickin on how to make a wreath for Christmas, and what a splendid wreath it was. We raffled it afterwards and it was won by Una Evans. For the first time we held our 'Christmas Do' in the afternoon, at the Red Lion. The food was as good as always and then we held the raffle. We had so many prizes, it took a while, and a big Thank You to everyone who donated. Afterwards we were entertained by the Carmarthen Ukulele Band, always a pleasure, and a few jokes by Bobbie. And we were still home by half past six!

On to this year. . . . our first meeting in February will be a catch up and pay up, subs still only £6, and try to find out where members would like to visit on our trips and any speakers to invite. Our March meeting will be on the 1st, St David's Day, so we have decided to have our Cawl Lunch actually on the day. This will be at 2pm in the Rugby Club. We send our Best Wishes to all members who are not well and to those who have birthdays this month. Special birthdays are Val John, 90, Eirian Hughes, 80 and one of our youngsters, Jeanette Gilasbey, 60.

The next meeting will be 1st February, 2pm, at the Rugby Club.

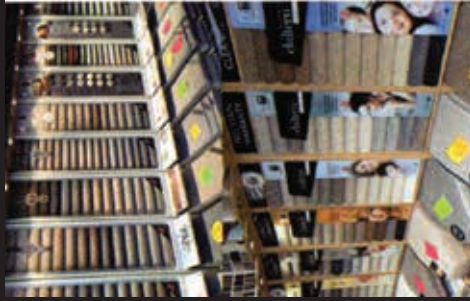


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The school opening of Ysgol Y Castell

On Wednesday the 11th of January it was our school's official opening to loads of important visitors! They were going to come to our school and we were going to be performing a song in front of all of them. Some of us were even giving them a tour around the school. I was in class peacefully doing my work whilst gazing out of the window looking at the frost spread all over the roads. It was quite a cold damp day. I was feeling extremely excited but also kind of nervous to perform our song.

Just then our teacher came in saying that it's time to go to see the visitors. So we all hurriedly trooped down the stairs towards our hall. We all quietly walked into the hall in a tidy line and sat in our chairs beside the stage. In front of us were rows of all the guests. The younger ones had come in and had stood on the stage to sing their song, their song was Twinkle Twinkle but in Welsh. I thought that they did really well!

Next it was our go, we all stood up in front of our chairs and we sang our song. We sang our song, beautifully echoing throughout the big, fresh new hall.

As we sat down back in our seats they all applauded loudly for us and then our headmistress (Miss Goodfellow) said her speech to them all thanking them for our brand new building and welcoming them to our school.

After Mrs Goodfellow had finished her speech, The Director of Education named Gareth Morgans had delivered a speech too and so did the Councillor Glynog Davies. Finally, two other people spoke and we did a fun quiz about Castles because our school is called Ysgol Y Castell which is castle in Welsh, I think that we got most of them correct. When we were done we went back upstairs and back to our classes, apart from some other people from our class because they were going to be giving the important visitors a tour around our lovely new school building.

When we were in our class we quietly sat down and completed some work. We also saw some visitors coming into our class to look around our classroom and they said ours was the best because we had a huge window in our classroom that had an amazing view of Kidwelly Castle. There were loads of pictures taken and then they left.

I think that they loved our school just like we do!

By Amelia Davies, Year 6 Ysgol Y Castell



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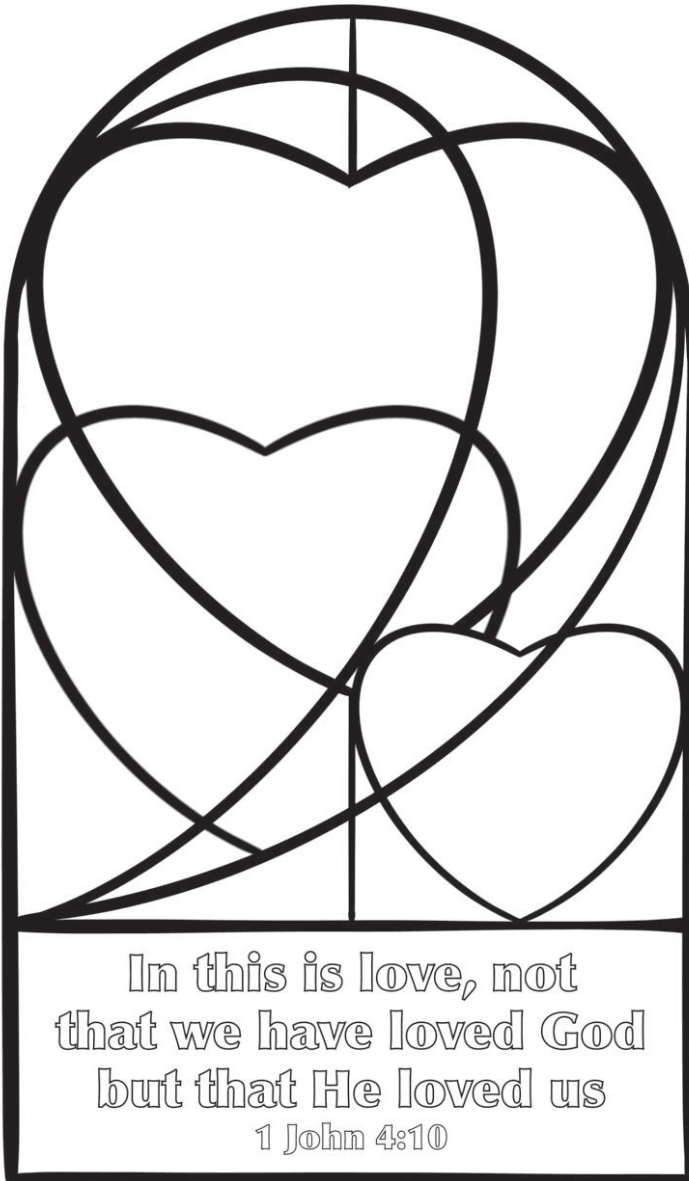
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Colour -in page – This is Love

Friends of St. Mary's Church



Would you be interested in becoming a Friend

Friends of St. Mary's are attempting to contact people who have either a connection with the Church or would like to support its work. The minimum annual subscription of £15

Anyone can become a Friend. In particular we have thought of people who no longer live in the locality but who have had some previous contact with the Church through family links such as baptisms, weddings or through the burial of relatives in the Churchyard.

The Friends would also like to aim this part of our appeal to those who do not necessarily share our faith, but who, for a variety of reasons, might wish to be associated with St. Mary's.

If you are interested in becoming a Friend or want more information, contact: Chairman: Mr. I Hughes 01554 89-682 or Publicity Officer Mrs. Christine Hughes 01554 890235

Ysgol Gwennllian

Steven and Rhiannon Jones are a married couple who both run their own successful companies from Kidwelly. They have two daughters who both attend Ysgol Gymraeg Gwennllian, and they were given the opportunity to sponsor the school's new rugby kit and they were keen to get involved. Rhiannon, who is originally from Llangadog, established the Teaching Agency Addysg Seren Education in 2016 and Steven who is from Kidwelly, has owned a growing Accountancy practice SJ Accounts started in 2013. The sponsorship is an excellent opportunity to give back to a local school and support their developing sports department.



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Sudoku

answers next month

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				9	5		3
6	7			3	2	9	
9				1			
4	1	6				7	9
				6			1
		3	1	8			4
2		7	4				
8	4						

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Some hints about prayer this Lent (taken from *Parish Pump*)

Prayer is instinctive for human beings, even those who don't regard themselves as religious. You are standing at a bus stop in the wind and the rain, thinking 'I do hope the bus will come soon'. It's an inner yearning. It defies logic: either the bus is coming, or it isn't. But we all do it. It's instinctive and it's the raw material of prayer. Hoping for something better is basic. Like all instincts, it needs to be trained.

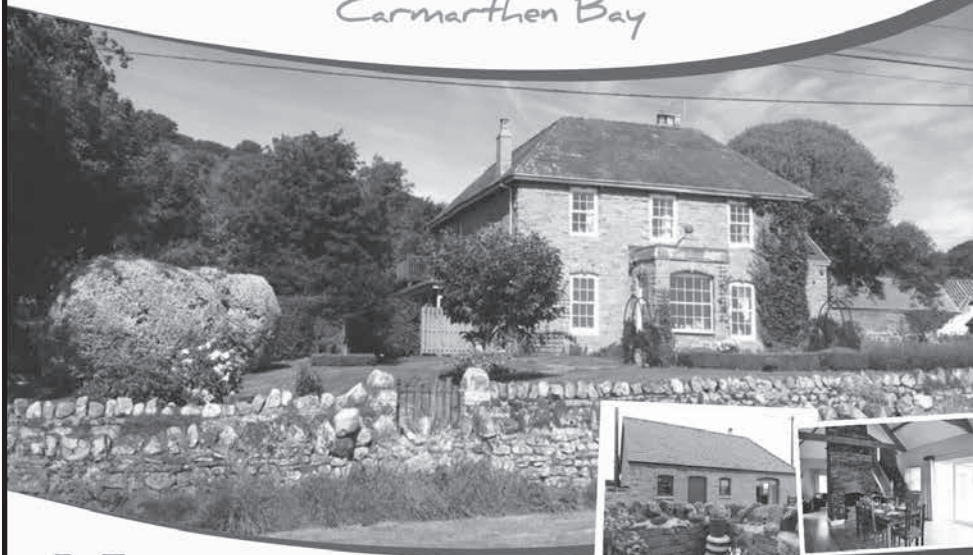
To whom do we pray? What you pray, and the way you do it will be shaped by your view of God. Christian prayers are fashioned by what we know of Jesus and what He taught about prayer.

We pray by invitation. Again and again, Jesus encouraged His companions to pray. A couple of His parables on the subject have been misinterpreted as instructions to persuade a resistant God to do what we want. Have a look at Luke 18, verses 1-8, about a widow whose perseverance finally persuaded an unwilling judge to rule in her favour. The lesson is that God is *not* like that! Similarly, an unwelcome neighbour who persistently calls for help in the middle of the night gets what he wants (Luke 11:5-13). The lesson? If tenacious lobbying can overcome human unwillingness, *how much more* our gracious God will heed His children's cry.

Pushing at an open door. Jesus is already praying for us. So, when we start to pray, we step on to an already moving staircase. Sometimes prayer seems tougher than it need be. Jesus invited us to be linked to Him, in the way an inexperienced bullock is yoked to a mature ox. Have a look at Matthew 11:28-



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29, which concludes “for my yoke is easy and my burden is light”. When Marion Bartoli unexpectedly won the 2013 Women’s Wimbledon final, she said “I believe if you put all your heart and effort into everything you are doing, then God is there to help you.”

Is your prayer on the right lines? Try adding “for Christ’s sake” at the end. “Please let my marrow win the Gardening Club competition”? No. “Not my will but yours” is the key. So when praying, don’t give God instructions, just report for duty.

Valentine’s Day

Valentine’s Day reminds us of the importance of expressing our love to those close to us. But how can we go beyond simply offering flowers and a card? Jesus says: *‘A new command I give you: Love one another. As I have loved you, so you must love one another’* (John 13:34). How can we express love like Jesus in our everyday relationships to our partner, children, neighbours or work colleagues?

Listening

We need to listen to others, just as Jesus did. He asked questions of people and waited for them to process their answer. According to James, *‘everyone should be quick to listen, slow to speak and slow to become angry’* (James 1:19). How well do we listen to others? How often do we find ourselves already thinking of what we want to say before somebody’s finished speaking? Listening takes time; don’t rush it!

Touching

Jesus reached out to touch the untouchables in His world, including lepers, the sick and children. This was completely out of character for rabbis of His day. For us today, a warm handshake may be of value. Of course, it should always be an *appropriate* touch – helpful for the other person, not just for ourselves.

Speaking

Jesus’ conversation was always full of grace and truth (John 1:14). Do we speak words of *grace*, by offering comfort, giving encouragement or expressing care and concern? However, we should also be ready to speak words of *truth*, in asking for forgiveness, seeking reconciliation or addressing conflict. As Paul urges us, don’t avoid: *‘speaking the truth in love’*.

Where is the challenge for us in expressing love this Valentine’s Day?



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Newyddion St. Teilo News

New Year Greetings to all readers with every good wish for a healthy and good year. It seems quite a while since the last edition. Christmas came and went but, hopefully, it was a good one despite a lot of illness about and the wet weather that's been with us this winter. As we look forward to this new year, the Parish prepares to greet our new Incumbent, Father Jim Flanagan along with his family, new beginnings all round and good days ahead.

Over 50's Club. Our first meeting of the new year is on Wednesday 1st of February 2023 at 2.00pm at the "Neuadd ", the Hall at Mynyddygarreg. Looking forward to welcoming our present members and anyone who would like to join us for a friendly get together once a month.

Ysgol Mynyddygarreg had a busy pre Christmas events calendar including their annual Concert at Capel Horeb and their Christingle at Sant Teilo. The pupils as always delighted the congregation with their repertoire of song and verse, well prepared by the dedicated staff.

Eglwys Sant Teilo's Annual Carol Service was a most successful event with a large congregation enjoying the Carols. Only Mynydd Aloud sang items under the baton of Ioan Hefin with Geraint Rees as accompanist and we thank everyone for entertaining us always. In the absence of Jean Peace who was unwell, Ceris Harries stepped in at the organ and we thank Ceris most sincerely with her ever ready support to our little Church. Mince Pies and Mulled Wine prepared by the ladies were well received. Thank you to Rev. Roger for officiating and his lovely prayers. A collection was taken for Church funds.

Neuadd Mynyddygarreg is now fully open for events and hire. A varied programme can be found every week, amongst them, the weekly Friday night community gathering at Bar y Lolfa, with a warm welcome to everyone. The monthly music Friday will start soon when people are invited to take part as an 'Open Mic' event. More details to follow.

The Neuadd will host an evening organized by Mansel Thomas, featuring the group 'Pwddin Reis' on Friday 7th April. Further details to follow.

Of interest to the over 70's are Tai Chi classes which are held at the John Burns Foundation Community Centre every second Friday at 1.30pm. Class leader is Liz Duffy of Carmarthen and the event is part of the Re-Engage association. Classes are free and thanks to the kindness of the Burns Foundation, the group are offered hot refreshments and biscuits in lovely surroundings. Having been part of this group since the start, I speak on behalf of everyone in the group in thanking the Burns group for the warm welcome and Re-Engage for holding these classes. If you are interested, please contact the Burns centre for details.

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FLOWER ROTA FEBRUARY Avril Morris MARCH Lent
READER'S ROTA 5th FEBRUARY Christine Evans 19th
FEBRUARY Nevin Davies 5th MARCH Jayne Roberts

Newyddion Ysgol Mynyddygarreg



Happy new year to you all. It was so nice to have celebrated the festivities again in the local community and without all the restrictions of the last few years. We had the Christmas concert at Horeb chapel with refreshments at the vestry. Santa and his donkeys came to see the school and Meithrin children during the last week to bring them a present. The last day of term there was a Christingle service at St Teilo's church and we would like to Thank Canon Brian Witt for a lovely service and to the church committee for decorating the church which was a lovely way to end of term.

The new year and term has started and a new theme which is 'mmm blasus' (mmm tasty) where the children will be learning about foods from around the world, how certain foods are made and lots more. They will be learning how to make pizzas at Pizza Hut in Llanelli plus lots of other activities. I think the children are going to enjoy this theme!

The whole school continues to enjoy the French/ Spanish lessons every week with lingotots and it's lovely to hear these words being sung and spoken around the school and at home.

It's also an exciting year for the Urdd as it will be held in the county this year in Llandovery. In preparation for this, there will be a special Urdd club after school for anyone wanting to take part with competitions starting in March.

Well done to Ziyah Onoh who retained his Welsh title in gymnastic tumbling Da iawn Ziyah!

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Newyddion St. Maelog News

Good news to start the new year, we will welcome the Reverend Jim Flanagan as our new vicar on the 1st of March. A warm welcome to you and your family! You are all welcome to attend the licensing service on Wednesday evening 1st of March at St Mary's Kidwelly at 6pm.

The village hall held a very successful Christmas Fayre on the 5th of December, where Santa brought his very special friends the local reindeer from The Welsh Reindeer Retreat. Beautiful carols were performed by the local children and Croesyceiliog Band, before Owen and Lynda Jones, Llygad yr Efail turned on the Christmas tree lights.

Condolences to Mr & Mrs Russell Davies following the death of Russell's brother recently.

Also to Owen and Lynda Jones who mourn the loss of a family relative.

Our thanks go to the local children, Carys and Helen for their contribution to the Christmas Eve service at St Maelog Church. Very much appreciated and enjoyed by all! Diolch yn fawr i chi gyd!

It was lovely to see and hear St Ishmaels YFC on their carol singing rounds this year again. Well done for your efforts raising over £750 towards the Royal Agricultural Benevolent Institution.

On the 8th of January we had the pleasure of welcoming the descendants of the Rev Peter Williams to a service to commemorate the tri centenary of his birth. Mr Eurig Davies gave us a comprehensive address about his life and work, followed by a sermon by the Ven Dorrien Davies Archdeacon of Carmarthen. It was lovely to see the church full, and the weather staying dry to enable us to go out and sing Guide me o, thou great Jehovah at his graveside. Thanks to all who contributed towards the memorable service and refreshments at the village hall. Diolch i chi gyd!

Readers:

Feb 5th - Mary Atkinson

Feb 12th - Kath Williams

Feb 19th - Phyllis Hughes

Feb 26th - Helen Davies

Flower List

5th/12th February Mary Atkinson No flowers during Lent



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Ukraine – One year on

On 24th February 2022, Russia invaded Ukraine without warning. Ukraine had been part of the Soviet Union 1922-1991 and even before that had been overshadowed and often overpowered by its larger neighbour. In 1932 millions of Ukrainians were deliberately starved to death in a famine, contrived by Joseph Stalin. This genocide, or Holodomor, is commemorated every year on the fourth Saturday in November.

The area had been overrun for centuries by successive external forces, until absorbed by Russia. In 1991, when the USSR was dissolved, Ukraine voted for independence, by a huge majority. There are still pro-Russian minorities in the East of the country, as there were in Crimea before 2014, when it was annexed by Russia.

In the last 12 months, one-quarter of the civilian population of Ukraine has been displaced, with 5+ million refugees escaping for temporary sanctuary in other countries. 95% of them are women and children. They have had to learn new languages (and a new script), find jobs and schools, and become accustomed to foreign cultures. When it seems safe, they want to return home and some have already done so.

The UK government, in partnership with County and District Councils, launched the Homes for Ukraine scheme last year. Would-be homes were inspected, and prospective hosts checked out for suitability and safety. A young Ukrainian woman lived in my home for six months before returning to Kyiv. In that time my pantry and fridge made room for bulgar wheat, lots of mushrooms and Salo, which is the name for slabs of cold cured pork fat, and much tastier than it sounds!

Most Ukrainians count themselves as Christian, including a number of Greek-Catholics, but the majority belong to what was the Russian Orthodox Church, and is now the independent Ukrainian Orthodox Church. The two churches separated after the Moscow patriarchate backed President Putin.

The Archbishop of Canterbury visited Kyiv in December and had to take cover in a bomb shelter when air raid warnings were sounded. He said the people of the West needed to realise the costs of this war were not short term, adding “there must be no way in which we force peace on Ukraine ... Peace is always better than war. But there are times when justice demands the defeat of an evil invasion.”

One year on there is still an urgent need for British people to open their homes to Ukrainian refugees.

We have six families being hosted in the Kidwelly/Mynyddygarreg area.



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Parish Readings

Sunday 5th February 3rd Sunday before Lent

Eucharist: Isaiah 58.1-9a,[9b-12]; Psalm 112.1-9,[10]; 1 Corinthians 2.1-12,[13-16]; Matthew 5.13-20 (p65)

Evening Prayer: Psalm [1,3,] 4; Amos 2.4-16; Ephesians 4.17-32
Reader; Ted Rowlands

Sunday 12th February 2nd Sunday before Lent/Creation Sunday

Eucharist: Genesis 1.1-2.3; Psalm 136 or 136 1-9,23-26; Romans 8.18-25; Matthew 6. 25-24 (p82)

Evening Prayer: Psalm 48; Proverbs 8.1,22-31; Revelation 4
Reader: Jenny Jones

Sunday 19th February Sunday before Lent/ Transfiguration Sunday

Eucharist: Exodus 24.12-18; Psalm 2; [99]; 2 Peter 1. 16-21; Matthew 17.1-9 (p89)

Evening Prayer: Psalm 84; Sirach 48.1-10 or 2 Kings 2.1-12; Matthew 17 [1-8,]9-23
Reader: Kath Nicholas

Sunday 26th February 1st Sunday of Lent

Eucharist: Genesis 2.15-17; 3.1-7; Psalm 32; Romans 5.12-19; Matthew 4.1-11(p 105)

Evening Prayer: Psalm 50.1-15; Deuteronomy 6. 4-9,16-25; Luke 15.1-10
Reader: Brenda Evans

Sunday 5th March 2nd Sunday of Lent

Eucharist: Genesis 12.1-4a; Psalm 121; Romans 4.1-5,13-17; John 3.1-17 (109)

Evening Prayer: Psalm 135 or 135.1-14; Numbers 21 4-9; Luke 14.27-33
Reader: Ted Rowlands



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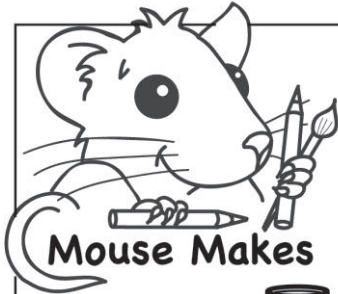


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What was the special meal Jesus was preparing to eat?



Matthew 26:18

What did Jesus take, bless and break?

Matthew 26:26

What did Jesus give thanks for and share?

Matthew 26:27

What did Jesus say this represented?

His _____
Matthew 26:27-28



What did Jesus say this represented?

His _____
Matthew 26:26

Jesus instructed his disciples to continue to break bread and share the cup "in



of me."

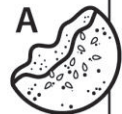
1 Corinthians 11:24-25



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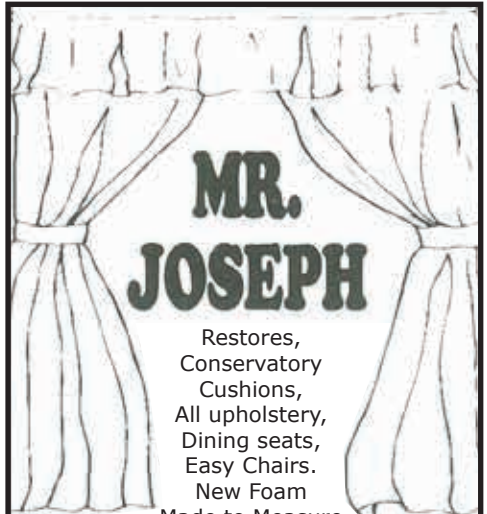
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God in the Sciences Fearfully and Wonderfully Made *This series is written by Dr Ruth M. Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.*

Every person who ever lived was once a sperm and an egg. Those two cells fused together, and in nine months they turned into a living, breathing, human being. Each of us emerged from this same embryonic development process, which is highly complex and organised, but variable enough to turn out a unique individual every time.

If you like order – such as neat piles of stationery, or tidy colour-coded files – you will enjoy this story. One of the most important stages of an embryo’s development is when each section of the body, from head to rump, takes on its identity. Each part is told what shape to take, and which limbs or internal organs to grow: legs or arms, lungs or kidneys, and so on.

The most beautiful part of this body-patterning process is that it brings the dimensions of time and space together in such a neat way. The DNA instructions for the procedure, known as genes, are organised in the order in which they are needed during development *which is also* the order in which they appear on the body. No other sets of genes are known to be arranged in such a tidy pattern.

So, as the embryo develops, the tissues near the head end activate the first sets of genes. Those active genes then make all the proteins needed for that part of the body to grow and develop in the right way. The tissues just below the head then switch on the second set of genes, and so on. A wave of activation passes down the embryo, specifying each section of the trunk in turn.

The Wisconsin-based developmental biologist Jeff Hardin often quotes Psalm 139 to express the wonder of embryonic development. The Psalmist did not understand how this process happened, but he knew that it was a marvellous thing. *“For you created my inmost being; you knit me together in my mother’s womb...your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.”*

The story of the tidy genes brings out the hidden beauty in the very early stages of embryonic development. The more biologists get to find out about how we came to be born, the more we can say, *“I am fearfully and wonderfully made”!*



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February 2023

St Mary's, Kidwelly

05/02/23 **3rd Sunday before Lent**
9.30am Choral Eucharist
Children's Group meet
in the Parish Room
Evening Prayer
5.00pm

08/02/23
7.00pm Mothers' Union AGM
with One Heart
Drummers

12/02/23 **2nd Sunday before
Lent**
9.30am Choral Eucharist
Children's Group in the
Parish Room
11.00am Cymun Bendigaid
5.00pm Evening Prayer

19/02/23 **Sunday before Lent**
9.30am Choral Eucharist
Children's Group in the
Parish Room
Evening Prayer
5.00pm

26/02/23 **1st Sunday of Lent**
9.30am Choral Eucharist
Children's Group in the
Parish Room
Evening Prayer
5.00pm

01/03/23 **St David's Day**
9.30am Eucharist with prayers
for healing
6.00pm Licensing Service for
Fr. Jim Flanagan, our
new Priest-in-Charge.

05/03/23 **2nd Sunday of Lent**
9.30am Choral Eucharist
Children's Group in the
Parish Room
Evening Prayer
5.00pm

Wednesdays at 9.30am
Holy Eucharist with prayers for healing

Services February 2023

St Maelog's, Llandyfaelog

05/02/23 **3rd Sunday before
Lent**
11.15am Holy Eucharist

12/02/23 **2nd Sunday before
Lent**
11.15am Boreol Weddi

19/02/23 **Sunday before
Lent**
11.15am Holy Eucharist

26/02/23 **1st Sunday of Lent**
11.15am Holy Eucharist

St Teilo's, Mynyddygarre

05/02/2 **3 before Lent**
11.00am Bilingual Eucharist

19/02/23 **Sunday before
Lent**
11.00am Bilingual Eucharist

05/03/23 **2nd Sunday of
Lent**
11.00am Bilingual Eucharist