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A Llandyfaelog
Kidwelly & Llandyfaelog
Parish Magazine



Y SANTES FAIR CYDWELI - ST. MARY'S KIDWELLY



SANT MAELOG LLANDYFAELOG - ST. MAELOG'S LLANDYFAELOG



["SAN" TEILO MYNYDDYGARREG-ST. TEILO'S MYNYDDYGARREG

March 2025

WHO'S WHO

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Pastoral Letter

Dear Friends,

It is coming up to the second anniversary of my arrival in Kidwelly and the time has flown. It has been a joy to serve you all as your Vicar and also now serve a bigger patch as Area Dean and God willing, I will be here for many years to come.

Much has happened over these two years, and it is the nature of things to change and evolve over time. Things plod along in our communities much as they always have done but people and things come and go. Sadly, the world seems to be changing faster and faster and there is a feeling that things we have taken for granted may no longer be as permanent as they once were. We only have to look at the news to see the changes that have happened in the United States and how they may affect the rest of the world. There seems to be much less certainty about life in general these days, this often leads to worries and concerns both large and small.

None of this is new. Throughout human history there have been times of change and upheaval, periods of peace and war have come and gone and there have been years when people have lived in fear of what was around the corner. Sadly, this is still true for many of our brothers and sisters across the globe. Despite all we face, we here in Wales are blessed compared to some.

There is much in the scriptures that talks about change, the famous passage from Ecclesiastes known as 'times and seasons' sets it out well. But the one thing that we can cling onto is the certainty that comes from our faith, God will be with us in all that happens. We must accept that we do not have all the answers, but we have the sure hope that comes from Christ. We also need to realise that we as Christians have our part to play in all this, we are not called to sit quietly whilst things go on around us, but to stand up and make our voices heard. We can bring the joy of the good news to those around us, we can bring the hope of Christ to those in desperation and we call out those who seek to put down others. We can be the voice of sense and comfort to a world that at times seems strange. We can do this, because God is with us, all of us, whether we know it or not. Perhaps in these uncertain times we can take comfort from the words of St. Paul "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Blessings
Fr. Jim

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St. Mary's News

Lent Course

This course will be based on the 7 last words of Christ on the cross and we will roam around the six churches at 7.00pm again as listed below:

- 12th March – St. Thomas - Forgiveness
- 19th March - Llandyfaelog - Salvation
- 26th March – St. Ismael's - Relationships
- 2nd April St. Teilo's - Abandonment
- 9th April – All Saints – Distress
- 16th April – St Mary's – Triumph & Reunion.

Lent Lunches

We will be having our Lent lunches in the Parish Room again this year on Thursday lunchtimes starting at 1.00pm on Thursday 13th March. Do come along and enjoy lunch and fellowship.

100 Club -Winners for February were 33,1,56

March draw will take place on Wednesday 5th following the 9.30m service.

It's time to renew subscriptions for the 100 club.

Renewal forms are available at the back of St. Mary's if you would like to continue your membership this year. Subscriptions are £24.00 for the year and should be paid in no later than Sunday March 23rd 2025.

This scheme brings in much needed income for the church and your support has been greatly appreciated.

Flower arranging – We will meet in church on Thursday 13th March at 7.00pm to start planning for the Flower Festival in August.

Flower List Altar Flowers

Lent No Flowers

Easter Roses – There will be roses on the Altar for Easter Sunday. If you would like to contribute towards this, please add your name and message to the list at the back of church. Roses will be £4.00 each and will be put into church funds.

Mothering Sunday – Even though it's a 5th Sunday, there will be a service in both St. Mary's 9.30am and St. Maelog's 11.15am on 30th March.



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St. Mary's Readers and Sidespeople for 9.30am

Readers	Sidespersons
March	

	Readers	Sidespeople
2nd	Angela Tonge	Maureen and Angela
9th	Brenda Evans Cymraeg Christine Evans	Kath and Alec
16th	Mary Atkinson	Deirdre
23rd	Kath Nicholas	Heather and Ken
30th	Deirdre Horsler	Mandy and Lynne

April

6th	Edwin Atkinson	Maureen and Angela
-----	----------------	--------------------

If you would like to be added to the readers' list or sidespersons' list, please speak to Gareth.

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

05/03/25	Ash Wednesday	Maureen James	12/03/25	Nevin Davies
19/03/25	Kath Nicholas	26/03/25	Brenda Evans	
02/04/25	Deirdre Horsler			

LMA Outreach

Llanarthne Church are having a Bingo night in the Emlyn Arms, Llanarthne on the 4th March 2025 beginning at 7.30pm - Cawl Cheese and Pancakes, £10 entry - all welcome

Floodlights

We thank all our sponsors

07/03/25: Cofiwn yn dyner am dad a thad-cu annwyl iawn sef Percy Thorpe, ar ddyddiad ei benblwydd. A garwyd mewn bywyd, a drysorir mewn cof. Cariad mawr - Sandra, Christine, Huw, Llinos, Lowri a Rhys. Xxx

07/03/25 Wishing Roger a very Happy Birthday on this his special birthday. Diane and family x

17/03/24 Er cof am Dad a Thadcu cariadus sef Emrys Hughes, ar y dyddiad a fyddau ei benblwydd. Cariad mawr, Ieuan, Julian a Juliette. Xxx.

25/03/24 Er cof am fy annwyl wraig Monica, ar ddyddiad cylchwyll ein priodas, a oedd ar yr 25ain o fis Mawrth 1967. Cariad parhaus, Ieuan.x.

30/03/25 Atgofion Annwyl ar Sul y Mamau, In Loving Remembrance on Mothering Sunday. X

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Parish Room

We welcome new user groups to our Parish Room.

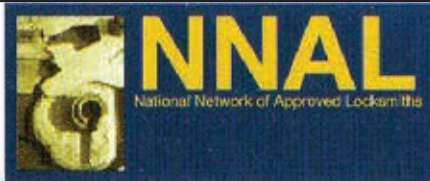
Plant Dewi



Mae Canolfan Deuluol Porth Tywyn sy'n rhan o Blant Dewi yn dychwelyd i ystafell y Plwyf, bore lau rhwng 9:30 a 11:30 i gynnal sesiwn Aros a Chwarae gymunedol. Mae'r sesiwn yn rhad ac am ddim i deuluoedd gyda phlant 0 - 11 oed, cyfle i blant a rhieni/gwarcheidwaid ddod at ei gilydd, cymysgu, chwarae, dysgu sgiliau newydd ac yn bwysicach, cael sgwrs dros baned.



Canolfan Deuluol Burry Port Family Centre part of Plant Dewi are returning to the Parish room, Thursday mornings from 9:30 – 11:30 to deliver a community Stay and Play session. The session is free to families with children ages 0 -11 years, an opportunity for children and parents/guardians to come together, mingle, play, learn new skills and more importantly have a conversation over a cuppa.



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(Manager) Tel: 01554 890 896

Hello! We are 1st Kidwelly Brownies, Guides and Rangers!

Brownies : aged 7-10 yrs old

Guides : aged 10-14 yrs old

Rangers : aged 14-18 yrs old



We meet every week during term time, to enjoy activities and games, and this term so far we have enjoyed Chinese New Year crafts, Dydd Santes Dwynwen, Brownies "market place", Guides "Do it yourSHELF", Rangers "champagne campaigns" as well as a pamper evening where everyone came in their pyjamas with a cosy blanket and enjoyed a hand massage, face mask, cakes and games. This week is all about World Thinking Day, celebrating Girl Guides around the world and looking at traditions of other units and reaching out, sending cards to each other all over the world.

If you would like to join us, or contact for further information, please contact:

Jenny Collins - 07534 212314

Josie Wells - 07876340377

To register interest for a place with us, please go to: www.girlguiding.org.uk



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*Which? Magazine, voice of the Consumers Association, brand dog food survey 2020

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The first session was held on Saturday 15th February Thank you so much for having us! We had a much improved footfall too

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Dates for 2025

What's on in our churches this year.



March

- 7th Quiz night in Llandyfaelog
Lent Course starts on Wednesday 12th
March for 6 weeks.
Lent Lunches start on Thursday 13th
March in the Parish Room

April

- 4th Concert by Zirenz Choir, and Sing & Strum
13th Palm Sunday Note change of time for service in St. Mary's
20th Easter Sunday

June

- 22nd VE & VJ Day commemoration service in St. Mary's
28th-29th probable date for Pilgrimage to Coventry & Warwick

July

- 11th Concert by Zirenz and friends
19th Mystery Trip

August

- 15th-17th St. Mary's Patronal Festival to include Flower Festival

September

- 20th Concert by Cor Meibion De Cymru

October

- Harvest Festivals to include Suppers and Lunch @ St. Mary's

November

- 28th Christmas by Candlelight – Zirenz and friends.

Adverts - Disclaimer


Whilst every effort has been made to make sure the accuracy of the content of the advertisements contained in this magazine, St Mary's Church Committee cannot accept any liability for errors or omissions contained in any of the advertisements provided by an advertiser. St Mary's Church Committee does not accept any liability for any information or claims made by the advertisement or by the advertisers. Any advertising contained in this magazine should not be taken as an endorsement by St Mary's Church Committee.



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Branch News –

Our Quiet Afternoon on Wednesday 12th March will be postponed till later in the year due to unforeseen circumstances.

We will meet in the Parish Room at 2.00pm instead.

Lent 2025 - This year we're exploring the theme of Living Hope.

The Mothers' Union Lent theme for 2025 is Living Hope. This theme invites us to reflect deeply on the hope we have in Christ, even as we walk through the challenges and complexities of life. During Lent, we are called to journey with Jesus along the difficult road that leads to the cross, a road marked by sacrifice, pain, and ultimately, redemption. It is a journey that resonates with the struggles we face in our own lives and in the lives of those around us.

Living Hope reminds us that even in the darkest moments, God's presence shines as a beacon of light and renewal. Through prayer, reflection, and acts of love, we are invited to bring our personal burdens, as well as the brokenness of our world, to God. As we do so, we open our hearts to the transformative power of Easter, where death gives way to life, despair to joy, and sorrow to hope.

This Lent, the Mothers' Union encourages us to explore what it means to carry and share this living hope in our families, communities, and the world. It is a hope that sustains, heals, and restores—a hope we are called to embody and extend to others, especially to those who feel most burdened by life's trials. Together, let us journey with Christ and embrace the living hope that empowers us to face life's challenges with faith, courage, and love.

This Lent also gives us a unique opportunity to align with our new triennial theme, Join In, Join Us. It is a time to reach out and invite others to share in the transformative journey of faith. Whether through MU groups and gatherings, or our work of social justice acts of love, we can extend a warm invitation for others to join us on this Lenten journey of living hope. Together, we can build a stronger, more connected community rooted in faith, love, and the hope that Christ offers to all.



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Mae ein gwasanaeth a'r sylw personol yr ydym yn rhoi i deulur ymadawedig yn bwysig iawn i ni a gallwn eich helpu a'ch cynorthwyo yn ystod y cyfnod anodd yma. Mae'n bollys gennym i gynnig cymorth i chi neu i'ch teulu.

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Lent Calendar - Many of us are familiar with an Advent Calendar as an aid to help us countdown to Christmas. I really appreciate a Lent Calendar to help me count up to Easter. Mothers' Union's Lent Calendar gives you suggestions to help you pray, fast and give.

Ash Wednesday Poem

Dust and ashes touch our faith,
Mark our failure and our falling.
Holy Spirit, come,
Walk with us tomorrow,
Take us as disciples,
Washed and weakened by your calling.
Take us by the hand and lead us,
Lead us through the desert sands,
Bring us living water,
Holy Spirit, come

Brian A Wren as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.46

Eastern Orthodox Christians describe Lent as a season of 'Bright sadness', to acknowledge both the brightness and the sadness. The Faith desk at MU blesses you as you explore the brightness and the sadness of this season for yourself.

Mothers' Union Midday Prayers - Lent begins on Ash Wednesday, March 5th, with our Worldwide President leading Midday Prayers. I encourage you to join us as we begin this journey together. We gather Monday to Saturday on our Mothers' Union Facebook page for Midday Prayer.

Church in Wales grant sparks revival in youth ministry

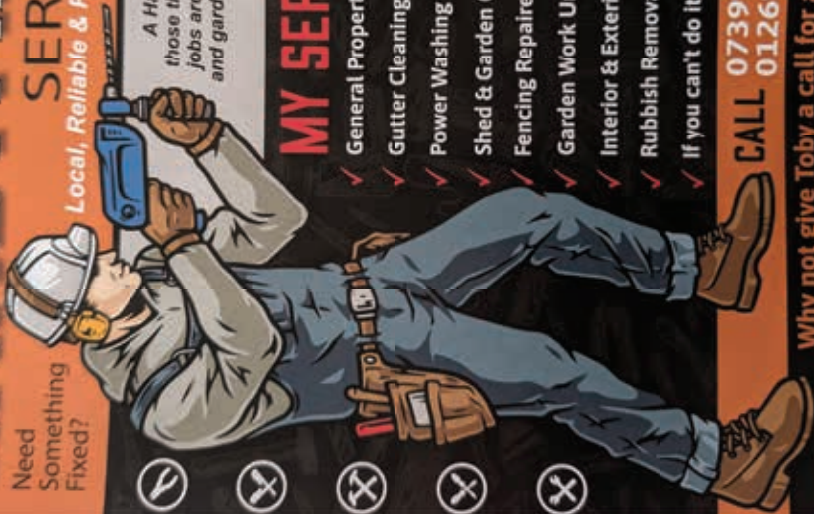
An innovative church project, funded by the Church in Wales, has sparked extraordinary growth in youth ministry. It is engaging with more than 160 children across three coastal parishes. Just a year ago, only two children were involved.

The Faith Alive project, from Bro Dwylan Ministry Area in the Diocese of Bangor, has combined regular family-friendly worship with hands-on activities for children and young people, as well as joint community initiatives. The impact has been significant, and several new families have even become regular worship attendees.

St. Davids Diocesan Mothers' Union Trustees are giving a grant to support our own youth pilgrimage this year.

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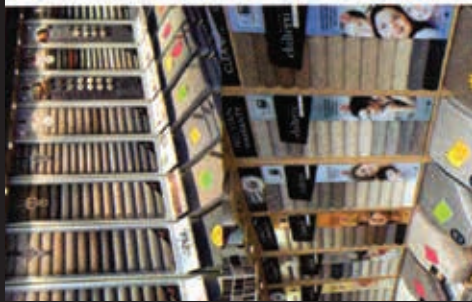
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Town News

Kidwelly Town Council

We congratulate Cllr. Carol Morgan on being elected Town Mayor for the forthcoming year. We wish her well in her year of office.

Royal British Legion

Our next branch meeting will be on Thursday 6th March at 7.30pm in Kidwelly Rugby Club.

On March 29th 2025 the Great Tommy Sleep Out at the Memorial Garden will take place with some of our RBL member veterans sleeping out for this cause to help homeless veterans. If you can support them with a donation, this will be gratefully received.

Advance notice that for the 80th anniversary of VE & VJ Day there will be a service in Church on Sunday June 22nd at 2.00pm followed by refreshments on the Square, weather permitting.

KIDWELLY SENIOR CITIZENS

A sad beginning to our year, hearing of the death of Ann Thorburn after a short illness. A faithful member and friend of many. She will be sadly missed by us and the community. Our Condolences to her family and close friends.

We paid our fees for this year and had a good catch-up with everyone. We also booked our food for our St. David's Day lunch, which will be at our next meeting on 5th March.

We discussed a trip to Brecon and a canal trip in June and a trip to St. Fagans in July, and both had a favourable reaction.

Members don't forget to wear your daffodils in the March meeting.

Welsh Conversation class

If you have some knowledge of Welsh and would like to improve your conversation, then do come along to the Parish Room on Monday evenings between 6.30pm-7.30pm. A warm welcome awaits you.

Why you love your Mother - Gratitude is a large part of Mothering Sunday. So, this month why not spend a few moments thinking back, and ask yourself this:

What quality or wisdom did your mother bestow on you in childhood, for which you are most grateful now?

Or you could go to the Sunday School, and ask the children for their response to this:

What does your mother do each day that makes you think that she loves you?

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Newyddion St. Teilo News

March 1st, Dydd Gwyl Dewi / Saint David's Day. --- Do the little things / Gwnewch y pethau bychain, is what Dewi Sant asked us to do.

How meaningful indeed is this little request. A greetings card, a telephone call, a quick visit, an offer of help -- a little gesture means so much. In this busy life, we always mean to help someone but time we think doesn't allow us to but let us make the effort to do these little things and then not only do we do good to others, we ourselves derive much good out of it.

How lovely are our hedgerows and walkways now, with sSnowdrops and daffodils bursting out. Although the weather is cold and dreary, they bring warmth and joy to our lives, welcoming a new season, Spring, and new life.

Over 50's Club. Our 1st meeting of the year on 5th February was opened by our chairperson, Jean Fox, when we enrolled 19 members. It was a pleasurable afternoon at the Neuadd Mynyddgarreg Hall airing our preferences for the months ahead. Names were put forward for duties to be filled at our AGM which will precede our normal meeting on Wednesday 5th March. Caroline is our minutes secretary. Refreshments were served by Carl and Gina, whilst the bingo was shared by Jean and Joan, and the raffle was won by Ann. Thanks to Aeres for securing 12 tickets for the visit to the Lyric Theatre Carmarthen in May. The meeting concluded with a look over Jean's donations shelf from which small acorns grow. We extend our deepest sympathy to our member Anne Jones on the sudden passing of her husband, Mr Lyn Jones, of Brooklands Farm.

We remember with sympathy Peter, Emma, Max and Holly Martin of Ty Llangadog, on the passing of Peter's mother Mrs Frances Kaisin at the wonderful age of 100 years. The funeral was held at St Mary's Church followed by the Cremation at Llanelli Crematorium. We also remember in our prayers her daughter Vivienne who is living in Australia and we extend our sympathy to her across the miles.

Our deepest condolences go to Lesley and Elfryn Lewis, along with Heidi, on the very sudden passing of Lesley's mother, Mrs Joan Postans of Parc View Drive.

Joan was a faithful member of Mynyddgarreg Over 50's club since moving to our communiity and she will be missed at our meetings.

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Neuadd Mynyddygarreg Hall will hold a cash prize BINGO night on Saturday 5th April, commencing 7.00pm. Come along for a fun filled evening.

Many Congratulations go to Audrey Griffiths, Tyhir, and Joyce Morgan, Ferryside on celebrating as twins, their 90th birthdays on the 30th January. They marked this very special occasion with an afternoon tea party at the Llew Coch arranged by their sons Huw and John and family, where they were joined by their family and friends. Very best wishes to both ladies for health and happiness in the days to follow from their many friends in both communities. Ein llongyfarchiadau i chi'ch dwy ar ddathlu yr achlysur pwysig hyn ac yn dymuno iechyd ag hapusrwydd yn y dyddiau i ddod. x

And we send our very best wishes to two of our dear and faithful members of Sant Teilo, Margaret Hughes and Avril Morris, following hospital stays. We, along with your many friends and family, wish you better days and health and hope you will be up and about very soon. Gwellhad buan i'r ddwy ohonoch oddiwrth eich nifer ffrindiau a theulu. x

Ysgol Mynyddygarreg and the PTA will be hosting an afternoon tea at the Neuadd on Friday 28th March (pre Mothering Sunday event) between 2.00 and 5.00pm, admission £10. There will be an array of homemade treats offered, and for your entertainment, the school children will be singing and performing. Please come along, your support will be much appreciated, and a warm welcome awaits you.

Well done CôrOMA on their winning First Prize at Eisteddfod Llandyfaelog in February under the leadership of Ioan Hefin. A poignant occasion, this being the first Eisteddfod without our dear departed accompanist, the late Geraint Rees, Rama. Gone from us but never to be forgotten.

Also, in our hearts and thoughts that evening was our dear friend and member, Sally Rees, on the recent passing of her husband Neville. Meddwl amdanat ti Sally a dymuno y gorau i ti gyda chariad mowr. x

We also miss our dear friend, Helen John, who has been unwell, -- ni gyd yn meddwl amdanat ti o hyd, Helen, a dymuno gwellhad a iechyd da i ti x

FLOWER ROTA

March /Lent Dorian Reeve **Lent /April** Nicola Reeve

READER'S ROTA

2nd March Peggy Davies **16th March** Lisa Flanagan

6th April Jayne Roberts

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Newyddion Sant Maelog News

Readers/Darllenwyr

2 March - Llinos Jones

9th March - Shan Rees

16th March - Phyllis Hughes

23rd March - Bridget, Lewys, Idris

30th – Mothering Sunday service

Door/Agor lan

2 March - Llinos Jones 9th March - Shan Rees 16th March - Kath Williams

23rd March - Bridget Owen 30th – Mothering Sunday service

Whats on/Digwyddiadau

March 7th - Quiz at Llandyfaelog hall 7.30pm, all proceeds to St Maelog's church. £20 per team of 4 including light refreshments and a bar is available.

Mothering Sunday – There will be a service in St. Maelog's on 30th March at 1.15am even though it's a 5th Sunday.

The Easter Sunday service at the church will be followed by an egg hunt in the church all welcome to join in big and small.

Llandyfaelog show are holding a Tip It and Tipple evening on Saturday the 5th of April at Llandyfaelog hall.

Belated birthday wishes

I am very sorry that I seemed to have missed an important birthday in last month's parish news! Penblwydd hapus i Sarah Walters! Sarah celebrated a milestone birthday in January, and we hope you had a lovely celebration.

Eisteddfod

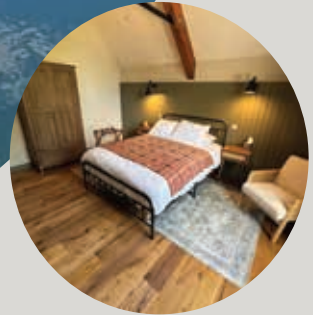
Cynhaliwyd eisteddfod lwyddiannus iawn yn neuadd Llandyfaelog ar ddydd Sadwrn, Chwefror 8fed. Llywydd y prynhawn oedd y diweddar Geraint Rees a thalwyd teyrnged iddo gan Gary Anderson. A cyflwynwyd Tarian Goffa Geraint Rees am y tro cyntaf eleni i Ysgol Llangynnwr am y marciau uchaf yn y cystadleuaeth leol. Hyfryd hefyd i gweld yr Eglwys yn cymryd rhan yn y cystadleuaeth cor mudiadau lleol ac yn ennill Cwpan Her Phyllis Hughes.

Llandyfaelog Eisteddfod was held on the 8th of February this year and it was very successful. The President for the afternoon was the late Geraint Rees and Gary Anderson paid a tribute to him for his long-standing support to the Eisteddfod. Ysgol Llangynnwr won the Geraint Rees Shield for schools with the most marks in the local competition.



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It was great to see St Maelog's church take part in the local organisations choir competition and winning the Phyllis Hughes challenge cup!

Condolences

We are deeply saddened to hear of the passing of Elaine Bennett who passed away recently having had cancer. Deepest sympathies go to Alun Bennett and family.

The daffodils that we planted last Autumn are beginning to raise their little heads in the churchyard and bring longer days and the hope of warmer days this Spring. Thank you to everyone who helped with the planting.

March 1st St. David's Day

Time for daffodils

1st March is St David's Day, and it's time for the Welsh to wear daffodils or leeks. Shakespeare called this custom 'an honourable tradition begun upon an honourable request' – but nobody knows the reason. Why should anyone have ever 'requested' that the Welsh wear leeks or daffodils to honour their patron saint? It's a mystery!

We do know that David – or Dafydd – of Pembrokeshire was a monk and bishop of the 6th century. In the 12th century he was made patron of Wales, and he has the honour of being the only Welsh saint to be canonised and culted in the Western Church. Tradition has it that he was austere with himself, and generous with others – living on water and vegetables (leeks, perhaps!?) and devoting himself to works of mercy. He was much loved.

In art, St David is usually depicted in Episcopal vestments, standing on a mound with a dove at his shoulder, in memory of his share at an important Synod for the Welsh Church, the Synod of Brevi.



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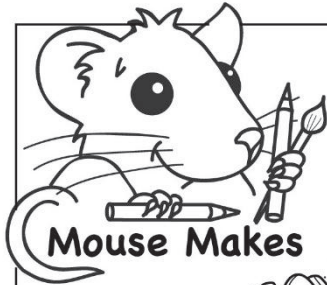
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THE TEMPTATION OF JESUS

After Jesus was baptised who led him into the wilderness?

 Luke 4:1



For how many days was Jesus tempted by the devil?

 Luke 4:2

What did the devil tempt Jesus to turn a stone into?

 Luke 4:3

What happened after the temptation of Jesus?
 see Luke 4:14-15

Who did Jesus say you should ONLY worship and serve?

 Luke 4:8



READ

the story in
Luke 4:1-13



Jesus said not to put the Lord your God to the...

 Luke 4:12



- JESUS • LED
- WILDERNESS
- DESERT
- TEMPTATIONS
- DAYS • DEVIL
- HUNGRY • SON
- STONE • ROCK
- KINGDOMS
- WORLD • GLORY
- WRITTEN
- SCRIPTURE
- WORSHIP • ONLY
- SERVE • LORD
- JERUSALEM
- HIGH • TEMPLE
- THROW • DOWN
- JUMP • ANGELS
- HANDS • HOLD
- LIFT • FOOT

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 O R E J E S U S R Y O N L Y
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 Y S T D S J E R U S A L E M
 B S H O E H K I N G D O M S
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Parish Readings for March 2025

Red Lectionary pages in []

Sunday 2nd March Sunday before Lent/Transfiguration Sunday

Liturgical Colour: Green

Eucharist: Exodus 34.29-35; Psalm 99; 2 Corinthians 3.12-4.2 [p811]

Evening Prayer: Psalm 89.1-4,[5-12,]13-18; Exodus 3.1-6; John 12.27-36a

Reader: Ted Rowlands

Sunday 9th March 1st Sunday of Lent

Liturgical Colour: Purple

Eucharist: Deuteronomy 26.1-11; Psalm 91.1,2,9-16 or 91.1-11; Romans 10.8b-13; Luke 4.1-13 [p 818]

Evening Prayer: Psalm 119.73-88; Jonah 3; Luke 18.9-14

Reader: Jenny Jones

Sunday 16th March 2nd Sunday of Lent

Liturgical Colour:

Purple

Eucharist: Genesis 15.1-12,17,18; Psalm 27 Philippians 3.17-4.1; Luke 13.31-35 [p822]

Evening Prayer Psalm 135; Jeremiah 22.1-9, 13-17; Luke 14.27-33

Reader: Kath Nicholas

Sunday 23rd March 3rd Sunday of Lent

Liturgical Colour: Purple

Eucharist: Isaiah 55.1-9; Psalm 63.1-8; 1 Corinthians 10.1-13; Luke 13.1-9 [p827]

Evening Prayer: : Psalm 12;13; Genesis 28.10-19a; John 1. 35-51

Reader: Brenda Evans

Sunday 30th March 4th Sunday of Lent Mothering Sunday 5th Sunday

Liturgical Colour: Purple

Eucharist: Exodus 2.1-10; Psalm 127.1-4; 2Corinthians 1.3-7; John 19.25-27 [p125]

No Evening Prayer

Sunday 6th April 5th Sunday of Lent: Passion Sunday

Liturgical Colour: Purple/Red

Eucharist: Isaiah 43.16-21; Psalm 126; Philippians 3.4b-14; John 12.1-4 [p835]

Evening Prayer: Psalm 35 or 35.1-9; 2 Chronicles 35.1-6,10-16; Luke 22.1-13

Reader: Ted Rowlands

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Our new recipe page : Anna Brown writes:

As we approach Lent, many of us turn our thoughts to pancakes and then perhaps fasting. For this month's recipe I've looked at Ash Wednesday.

Historically many would eat fish on this day— so try this delicious roasted fish recipe-

If you can't get hold of tarragon – you could use parsley. Enjoy !!



Whole Roasted Fish with Lemon and Tarragon Butter

Ingredients – serves x 6

- 1kg white potatoes, such as Maris Piper or King Edward, peeled and sliced into 1cm rounds
- 2 lemons, sliced into 3-4mm thick rounds (ends discarded)
- 1 red onion, halved and thickly sliced
- Bunch fresh tarragon
- 4 garlic cloves, bashed but not peeled
- 2 tbsp extra-virgin olive oil
- Large (1.4kg) line-caught bream, sea bass or other sustainable white fish, scaled and gutted
- Large knob of butter, softened

:80Skip Ad

Method

1. Heat the oven to 200°C/180°C fan/gas 6. Scatter the potatoes, lemon slices, onion, half the tarragon and the garlic over the base of the dish or tray. Drizzle with the olive oil and season well. Cover loosely with baking paper (to prevent the food colouring too quickly), then roast for 30 minutes or until the potatoes are tender, turning everything once or twice. Remove from the oven (see Make Ahead).

2. Turn the oven up to 220°C/200°C fan/gas 7. Slash the fish 4-6 times on each side, then lay it on top of the potatoes and lemons. Chop the remaining tarragon, mix it with the softened butter, then spread this mixture over the fish and season with salt and pepper.

3. Return the dish/tray to the oven and roast for 18-20 minutes until the fish is just cooked through. Check by inserting the tip of a sharp knife into one of the slashes and teasing the flesh from the bone. If it comes away with ease, it's cooked. Take the whole tray to the table to serve.



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Mothering Sunday – 4th Sunday of Lent

There is an old Jewish saying: *God could not be everywhere, and therefore He made mothers.*

Mother Church, Mother Earth, Mother of the Gods – our human mothers – all of them have been part of the celebration of ‘Mothering Sunday’ – as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16th century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as ‘live-in’ servants were allowed only one holiday a year on which to visit their families – which is how ‘Mothering Sunday’ got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed and, in many ways, now resembles the American Mother’s Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.

Sudoku (medium)

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



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A Lent reflection

Canon Paul Hardingham considers:

Somebody asked a Christian friend why he was eating doughnuts, when he had given them up for Lent! He answered, *'At the bakers I told God, that if He wanted me to buy doughnuts, He should provide a parking space in front. On the eighth time around, there it was!'* Rather than seeing Lent simply as a time to give things up, let's use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.

At Jesus' baptism, God's voice says, *'You are My Son, whom I love; with You I am well pleased.'* (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, where we find Him coming to terms with who He is. Satan's temptations challenge Jesus in key three areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be. For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, *'who am I?'* It's a season of honest encounter with who we are, what we've done, and how we should live. What will we see when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.

Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.

Don't make children finish their food

If you do, you could make them obese.

So says a recent poll for the British Nutrition Foundation (BNF). It found that half of parents force their children to eat everything on their plate at least some, if not most, of the time.

But it was found that often, these parents pile an enormous portion of food on the plate and then get angry when their children don't want it all.

Instead, the BNF advises that parents should start by putting a small amount of food on their children's plates, and then allow them to have seconds, if they are still hungry.

Bridget Benelam, nutrition communications manager for the BNF, points out: "Research has shown that large portions of food encourage both adults and children to eat more, so getting portion sizes right is an important element of having a balanced diet that supports a healthy body weight."

Jason Williams Removals

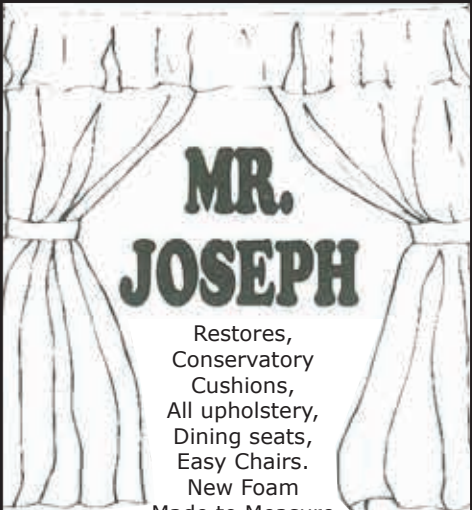
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What's the Big Idea? (Parish Pump)

This month we continue our examination of a selection of books from the Old Testament.

'The Psalms have a unique place in the Bible, because most of the Scripture speaks to us, while the Psalms speak for us' (Athanasius of Alexandria).

The Book of Psalms contains 150 prayers or songs of praise, the majority (73) attributed to David, although some were composed later. They were mostly composed for liturgical worship. There are songs of praise, in which people joyfully express praise for God's work of creation and sustaining (eg 135 & 136). In others, the psalmist recounts a desperate situation and gives thanks for God's answer to his prayers (eg 30 & 116).

There are a significant number of psalms of lament, both individual (eg 3-7; 22) and communal (eg 44), which begin with a cry for help. Some express deliverance from sin (51 & 130) or point to the certainty that the Lord has heard their prayer (7, but contrast 88). The theme of trust is central in many psalms (23, 62 & 91).

The 'royal psalms' (eg 20, 21 & 72) point to the promised Messiah, fulfilled in Jesus. There are also psalms teaching wisdom (eg 37, 49); 'torah' psalms, focussing on the law of the Lord (eg 1, 19 & 119), and psalms which celebrate the history of Israel and God's faithfulness (eg 78, 105 & 106).

The psalms can help us in our own prayers, by providing us with models to follow, as they express our own deepest feelings as we approach God: *'The Lord is my shepherd, I shall lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul'* (Psalm 23:1-3).

Remembering Dave Allen

Twenty years ago, on 10th March 2005, Irish comedian Dave Allen died – in his sleep, of sudden arrhythmic death syndrome.

Allen – real name David Tynan O'Mahony – was best known for his observational comedy, but provoked indignation – sometimes outrage – by highlighting religious and political hypocrisy.

O'Mahony was well connected: his father was managing editor of *The Irish Times*, and his mother and aunt were both well-known writers. But his father died when he was 12, and the family moved to England, where his agent eventually persuaded him to change his name “because no-one in the UK could pronounce O'Mahony correctly”. The comedian agreed because he thought a name starting with A would get him to the top of agents' lists.

Before that he had been educated at the Catholic University School in Dublin, where he developed a disrespect for the disciplinary methods of the Roman Catholic Church. Later this extended to the Church of England: he was known for mocking their exercise of power rather than their beliefs, but he was certainly a sceptic, calling himself “a practising atheist – thank God”.

Although Allen became well known in many parts of the world, including Australia, it wasn't always a smooth path: he worked at one time in a toy shop in Sheffield and as a door-to-door salesman of draught excluders. But although he was also an actor, he became best known for his stand-up (or rather sit-down) routines involving a stool, a cigarette and a glass.

He said he was always bothered by the misuse of power, and in his native Ireland he was particularly controversial, both among some southern Catholics and Paisleyite Protestants. It may not have helped that he ended his act with the words “Goodnight, thank you, and may your God go with you.”

The latest in flower fashion? Go chocolate!

How do you choose the colour of flowers for your garden?

This year, it seems that many of us will pick up on Pantone's 'colour of 2025' for our homes, and plant variations of its 'mocha mousse' into our gardens. That means flowers in various soft chocolate hues of burnt browns, complemented by deep maroons and purplish taupes.

According to Guy Barter, chief horticulturist at the Royal Horticultural Society (RHS), this year is all about "quite a boost for chocolatey plants".

He adds, however, that "I do suspect a chocolatey garden with nothing but chocolatey plants would seem poor."

Some garden designers believe that the more neutrally coloured flowers will be around for some years to come. As one consultant Jake Croft explained: "I think people are looking for a slower pace of life and more balance and I think soft browns and neutral colours give off that cosy, warm, comforting feeling, as opposed to bright, in your face, clashing colours."

But some experts have doubts. Karl Harrison, a professional landscaping consultant, says that brown is "not a happy colour. It's a bit depressing. You are going to have to do wonders in a garden to make someone happy with brown flowers."

And Mike Palmer, a columnist for Amateur Gardening magazine, finds dark brown plants and flowers are "reminiscent of dying plants".

The Pantone colour of the year is selected annually by the paint brand's colour institute.

'Mocha mousse,' PANTONE 17-1230, is supposed to evoke "thoughtful indulgence," and be "sophisticated and lush, yet at the same time an unpretentious classic."

The Doctor and the Patient



JESUS HAD MANY FRIENDS



BUT SOME WERE EXTRA SPECIAL. THESE WERE HIS 'DISCIPLES'.

JESUS ONCE ASKED A TAX-COLLECTOR CALLED 'MATTHEW' TO BE ONE OF HIS TEAM



YES!

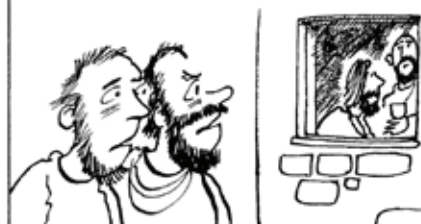


MATTHEW AGREED TO FOLLOW JESUS

JESUS WENT TO HAVE A MEAL AT MATTHEW'S HOUSE



BUT MANY PEOPLE COMPLAINED ABOUT THIS. THEY THOUGHT MATTHEW WAS A BAD MAN - AND JESUS SHOULD IGNORE HIM.



JESUS' REPLY WAS VERY STRAIGHT FORWARD.

HE EXPLAINED THAT MATTHEW NEEDED HELP, NOT CRITICISM.



"IT'S NOT THE WELL THAT NEED A DOCTOR - BUT THE SICK!"
see Luke 5:27-32

Some Useful Phone Numbers

Churches & Chapels

Capel y Morfa: Mr. Gwyndaf Jones
01554 753868

Our Lady and St. Cadog:-
01554 832520

Trinity Methodist: Mr. Peter Burt
01554 890 605

Health

Kidwelly Health Visitor 01554 890560

Minafon Surgery 01554 890234

Chemist 01554 890279

West Wales General Hospital,
Carmarthen 01267 235151

Prince Philip Hospital, Llanelli
01554 756567

Local Authority

Kidwelly Town Council 01554 890203

Llandyfaelog Community Council
01267 267647

Carmarthenshire County Council
01267 234567

Halls

Princess Gwenllian Centre, Kidwelly
01554 891801

Llandyfaelog Welfare Hall

Arfon Davies

llandyfaelog@btinternet.com

Mynydd-y-Garreg Welfare Hall:

Andrea Gower 01554 890670

Schools

Ysgol-y-Castell 01554 890762

Ysgol Gwenllian 01554 890523

Ysgol Mynydd-y-Garreg 01554 810670

Glan-y-Mor Comprehensive School,
Burry Port 01554 832507

Youth

1st Kidwelly Brownies, Guides, Rangers

Josie Wells 07876340377

Jennie Collins 07534212314

1st Kidwelly Scouts - Shan Cheesman

01267 267620 or 07790117904

Youth Council – Jeanette Gilasbey

01554 892729

Senior Citizens

Llandyfaelog Senior Citizen Association

Mrs. Maureen Howells 0127 223768

Mynydd-y-Garreg Senior Citizens Jean
Fox 01554 891344

Kidwelly Senior Citizens Association:

Mrs. Bobbie Hope, 01554 890520

Kidwelly Welfare Committee: Mrs.

Helene Cresser 01554 890550

Other Organisations

Country Cars: Mrs. E. Nicholson
01554 890188

Kidwelly Local History Society: Mr.
Malcolm MacDonald 891090

Police: 0845 3302000

Mothers' Union: Brenda Evans
07796430991

Royal British Legion: Trevor Eliot
07807710699

Ty Golau: Janet Lewis 01554 890896

WI President: Nannette Jones 01554
890206

St. Mary's Kidwelly

2nd March **Sunday before Lent:**

Transfiguration Sunday

9.30am Choral Eucharist

6.00pm Evening Prayer

5th March **Ash Wednesday**

9.30am Holy Eucharist and Ashing

9th March **1st Sunday of Lent**

9.30am Choral Eucharist

11.00am Cymun Bendigaïd

6.00pm Evening Prayer

Wednesday 12th March

2.00pm MU in the Parish Room

7.00pm Lent course in St. Thomas, Ferryside

Thursday 13th March

1.00pm Lent Lunch in Parish Room

7.00pm Flower arrangers meet in church

16th March **2nd Sunday of Lent**

9.30am Choral Eucharist

6.00pm Evening Prayer

Wednesday 19th March

Lent course in St. Maelog's, Llandyfaelog

Thursday 20th March

1.00pm Lent Lunch in Parish Room

23rd March **3rd Sunday of Lent**

9.30am Choral Eucharist

6.00pm Evening Prayer

Wednesday 26th March

7.00pm Lent course in St. Ishmael's

Thursday 27th March

1.00pm Lent Lunch in Parish Room

30th March **4th Sunday of**

Lent/Mothering Sunday

9.30am Choral Eucharist

No Evening Prayer

Wednesday 2nd April

7.00pm Lent Course in St. Teilo,

Mynyddygarreg

Thursday 3rd April

1.00pm Lent Lunch in Parish Room

6th April **5th Sunday of**

Lent/Passion Sunday

9.30am Choral Eucharist

6.00pm Evening Prayer

Wednesdays at 9.30am in the
Lady Chapel

Services

March 2025

St Maelog's, Llandyfaelog

2nd March **Sunday before**

Lent: Transfiguration Sunday

11.15am Bilingual Mattins

9th March **1st Sunday of Lent**

11.15am Bilingual Eucharist

12th March

7.00pm Lent Course

16th March **2nd Sunday of Lent**

11.15am Bilingual Eucharist

23rd March **3rd Sunday of Lent**

11.15am Bilingual Eucharist

30th March **4th Sunday of**

Lent/Mothering Sunday

11.15am Bilingual Eucharist

6th April **5th Sunday of**

Lent/Passion Sunday

11.15am Bilingual Mattins

St Teilo's, Mynyddygarreg

2nd March **Sunday before**

Lent

Transfiguration Sunday

11.15am Bilingual Eucharist

16th March **2nd Sunday of**

Lent

11.15am Bilingual Eucharist

2nd April

7.00pm Lent Course

6th April 5th Sunday of

Lent/Passion

Sunday

11.15am Bilingual Eucharist