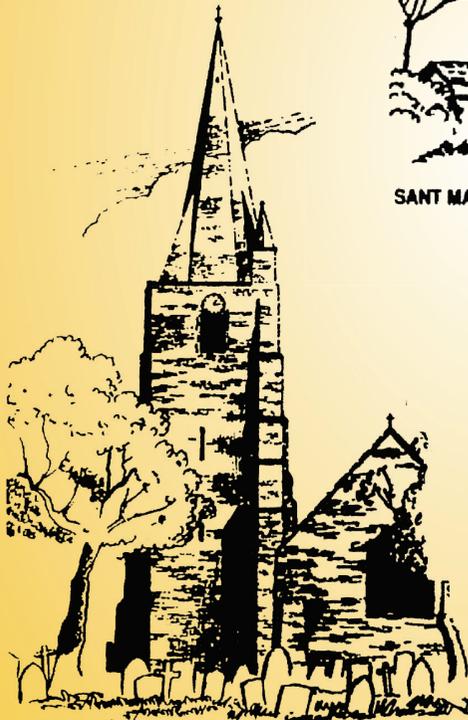


Cylchgrawn Plwyfi Cydweli
A Llandyfaelog
Kidwelly & Llandyfaelog
Parish Magazine



Y SANTES FAIR CYDWELI - ST. MARY'S KIDWELLY



SANT MAELOG LLANDYFAELOG - ST. MAELOG'S LLANDYFAELOG



SANT TEILO MYNYDDYGARREG - ST. TEILO'S MYNYDDYGARREG

March 2026

WHO'S WHO

Priest-in-Charge: Father Jim Flanagan

The Vicarage, Castle Court Craylands Park

Kidwelly Carmarthenshire SA17 5EF

Tel: 01554 897091 Email: frjimflanagan@gmail.com

ST MARY'S KIDWELLY

Vicar's Wardens

Raymond Williams

01267 236034

People's Warden

Gareth Harries

01554 890 975

Sacristan

Simon White

01554 891512

Minute Secretary

Mary Atkinson

01267 267751

Treasurer

Diane Cuff

dianecuff@hotmail.com

Organist

Ceris Harries

Friends of St. Mary's

Mr I Hughes 01554 890682

ST TEILO'S, MYNYDDYGARREG

Vicar's-Wardens

Nevin Davies

01554 890441

People's Warden

Jayne Roberts

01554 891107

Organist

Jean Peace

ST MAELOG'S, LLANDYFAELOG

Warden

Shan Rees

07971 345245

Secretary

Kath Williams

01267 267391

Treasurer

Rheinallt Jones

01269 860385

Organists

Lynwen Anderson 01267

267951

Carys Thomas 07791358245

MAGAZINE

Editor & Advertisements

Brenda Evans 01554890803

email: evans.d29@sky.com

Floodlighting Co-ordinator

Christine Hughes 01554 890235

email: mc.hughes2912@gmail.com

Kidwelly Reporter & Magazine

Treasurer: Kath Nicholas 01554

891084

Mynyddgarreg Reporter

Dorian Reeve 01554 890213

Llandyfaelog Reporter

Bridget Owen email:

bridgetowen1@outlook.com



KIDWELLY TYRE CENTRE

We are a dedicated,
family run business, with
over 30 years experience.

 @ KidwellyTyres

 Kidwelly Tyre Centre

07561 192 890

Kidwelly Tyre Centre, SA17 4TA.

Mon - Fri: 09:00 - 17:00
Sat: 09:00 - 13:00



YOUR LOCAL CROWN STOCKIST

CARMARTHEN **D**ECORATING **C**ENTRE

CROWN
PAINTS

Extensive Range of Paints and
Decorating Materials with over
5,000 Colours from Stock



Llangunnor Road, Carmarthen SA31 2NS
Telephone: 01267 238099

Pastoral Letter

Dear Friends,

Lent is now upon us and if you haven't already, I urge you to do something for the season. Traditionally, fasting was the done thing and still today 'giving something up for lent' is undertaken by many people. Over the years I have tried many times to do this and only been partially successful. Whilst a Lenten fast should be challenging, it can become a means to itself and the reason why you might fast becomes lost in cravings when it is not going well or self-congratulation when it is. We should never give something up, fast or do anything for Lent if the focus is our own achievement.

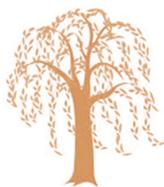
The whole purpose of any Lenten discipline is to help us improve our relationship with God and those around us. It should never be a form of spiritual one upmanship or even a stick that we beat ourselves with. Lent should be a time that we grow as Children of God. We may help this by forgoing chocolates, taking up a new activity, changing our behaviour or even coming to church more often. It is true that one of the reasons behind Lent is the remembrance of the 40 days that Jesus' spent in the wilderness resisting temptation, but we should never see Lent as just a form of memorialism.

Whatever we choose to do during Lent, whatever we might choose to give up, let us do it for the right reasons. Ash Wednesday gives us a chance to acknowledge where we have failed and Lent gives us a period when we can perhaps do something about it. It is not too late to make a start on something for Lent and it is never too late to ask God for forgiveness and to grow in faith and understanding. I am always happy to talk and/or pray with anyone about faith, worries or life in general and this will be in complete confidence.

This year there will not be the usual Lent compline services, instead there will be a morning and evening prayer in St. Mary's on Wednesdays and the Lent lunches as well. Please make every effort to support these as we grow together in faith and fellowship. After all the services there will be a chance to chat and learn from each other as we make our Lenten journey together.

May the Lord Bless you and keep you.

Fr. Jim



Willow Brook

Independent Family Funeral Directors

Funeral Director – Shane Griffiths

24 Hour Care – (01554) 890900

“Whether it be a loss of a loved one, funeral planning information or general enquiries, we will always be here to guide and support you during your time of need.”

“Pe baw golled o rhywun annwyl, gwybodaeth cynllunio angladd neu ymholiadau cyffredinol, byddwn ni yma pob amser i arwain a chefnogi yn ystod eich amser o angen.”

Chapel of Rest

Willow Brook Family Funeral Directors
38, Lady Street,
Kidwelly, Carmarthenshire
SA17 4UD

willow-brookfd@outlook.com
willowbrookfunerals.com

“In life, we loved you dearly, in death we love you still. In our hearts you hold a place, no one else will ever fill.”

St. Mary's News

Wednesdays in Lent at St. Mary's

8.30am Morning Prayer

9.30 Eucharist

12 noon Lent Lunches

5pm Evening Prayer

All Welcome



Lent is a period of preparation and a chance to reflect on our lives and all that is going on around us.

A chance to give ourselves time to be still and pause for a while in our busy lives and listen for the voice of God.

A time to make amends, to ask for forgiveness and allow God to shape us into the

people he wants us to be.

100 Club -Winners for February were: 2,51,95

Thank you to everyone who supports the 100 club. It provides extra income for the church funds. Thanks to those winners who donated their winnings back to the church. Subscriptions for 2026 100 club are now due. £24 per number.

Please take a renewal from the back of St. Mary's should you wish to continue or if you would like to join in. Thank you for your support.

Money Matters

This year Lloyds Bank has stopped allowing the Post Office to bank our church cheques. They now have to be scanned, so when writing any cheques for St. Mary's Church Kidwelly, please make sure you use a black ink pen as blue ink is difficult to scan.

Easter Week Services

Palm Sunday:

Liturgy of the Palms on the Square & Holy Eucharist -
9:30am in St Mary's

Bilingual Holy Eucharist—11:15am in St Maelogs
Donkey Service - 4pm in St Mary's (with donkey!)

Holy Tuesday:

Tenebrae Service - 8pm in St Mary's

Holy Wednesday:

Final Reflection with Eucharist - 7pm in St Mary's

Maundy Thursday:

Eucharist with feet washing and
Stripping of the Alter - 10:30am in
St Maelog's

Eucharist with feet washing and
Stripping of the Altar, Followed by the
Watch - 7 pm in St Mary's

Good Friday:

Devotional Service - 10.30am
in St Maelog's

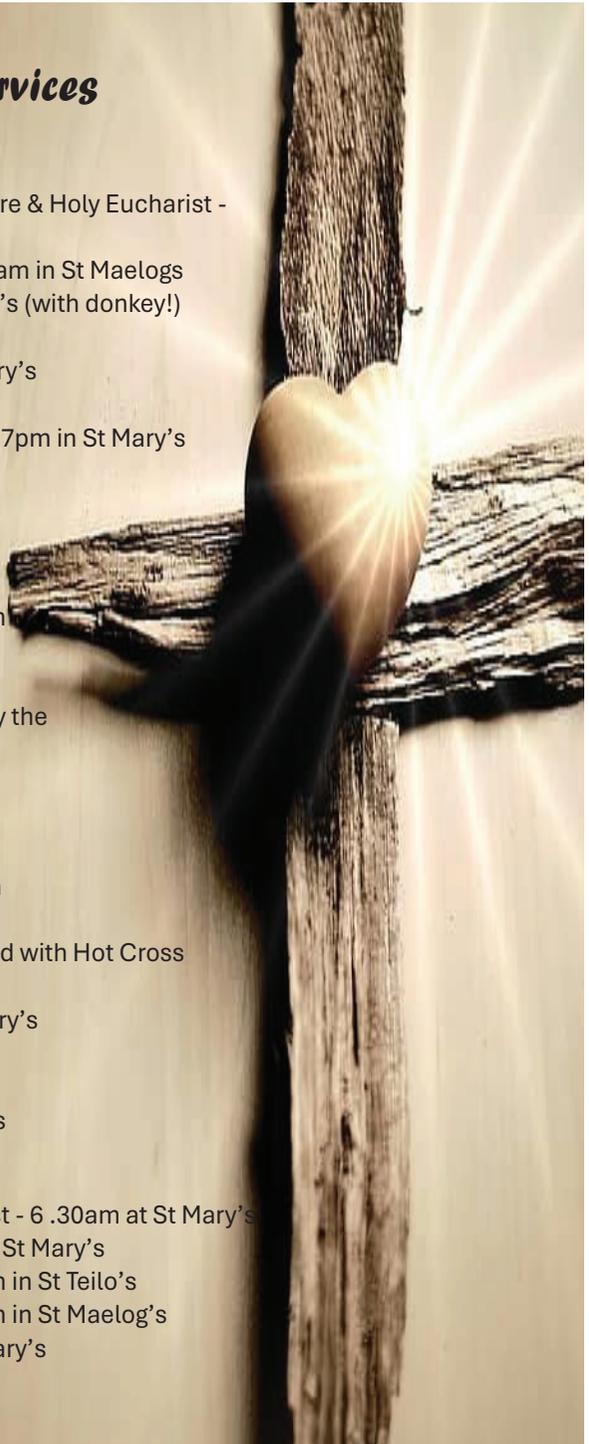
Stations of the Cross, followed with Hot Cross
buns - 12 noon in St Mary's
The Last Hour - 2 pm in St Mary's

Easter Eve:

Easter Vigil - 7pm in St Mary's

Easter Day:

Sunrise Service with breakfast - 6 .30am at St Mary's
Choral Eucharist - 9.30 am in St Mary's
Bilingual Eucharist - 11:15 am in St Teilo's
Bilingual Eucharist - 11.15 am in St Maelog's
Evening Prayer - 6 pm in St Mary's



St. Mary's Readers and Sidespeople for 9.30am

Readers

Sidespeople

March

1st Edwin Atkinson

Anna and Harvey

8th Harvey Jones Cym. Anna Brown

Heather

15th Maureen James

Kath and Brian

22nd Angela Tonge

Lynda and Angela

29th Brenda Evans

Mandy and Lynne

April

5th Mary Atkinson

Maureen and Angela

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

04/03/26 Kath Nicholas 11/03/26 Maureen James 18/03/26

Canon Bryan 25/03/26 Brenda Evans 01/04/26 Nevin Davies

Altar Flower Rota

No flowers during Lent

If you would like to go on the altar flower list in 2026 or contribute to the Flower Fund, please contact me. (01554 890 803)

Friends of St. Mary's

Friends are having a coffee morning on the 14th March at 10:30am in the Parish Room. Do come along and support them in their efforts. Tickets are £3.00.

Easter Roses – The usual list for roses will be at the back of church this month. Please leave your message on the list. Messages are £5.00 each. Brenda will be collecting the money.

Floodlights

We thank our sponsors

07/03/2026 Penblwydd Hapus nefol i Percy, tad a thad-cu arbennig iawn, ar beth fyddai ei ganfed penblwydd. Yn meddwl amdanat ac yn dy golli pob dydd. Cariad mawr - Sandra, Christine, Huw, Llinos, Lowri a Rhys. X
17/03/24 Er cof am Dad a Thadcu cariadus sef Emrys Hughes, ar y dyddiad a fyddai ei benblwydd. Cariad mawr, Ieuan, Julian a Juliette. Xxx.
25/03/24 Er cof am fy annwyl wraig Monica, ar ddyddiad cylchwyl ein priodas, a oedd ar yr 25ain o fis Mawrth 1967. Cariad parhaus, Ieuan.x.

*Lent
Taíze
Service*



*Tuesday
24th March
7pm
St Mary's,
Kidwelly*

The Way of the Cross *Canon Paul Hardingham considers the crowds of Jerusalem...*

'Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me.' (Luke 9: 23)

These words of Jesus are spoken at a turning point in the gospel. Jesus challenged the disciples about His identity and their commitment to Him: '*who do the crowds say I am?*' (Luke 9:18). It is at this point that He '*resolutely set out for Jerusalem*' (9:51). On our journey through Lent, as we look to the events of Good Friday and Easter, what are our priorities as Jesus' disciples?

To deny ourselves: this means to saying *No* to ourselves and *Yes* to God, as we humbly submit our will to His. Jesus prayed in the Garden of Gethsemane '*not My will but Yours be done.*' (Luke 22:42). It means putting Jesus first in everything: our work, family, ambitions, possessions, marriage, finance and future. We will not be guided by self-interest, but by allowing God to show us how to live in His way.

To take up our cross: this reminds us that the disciple is not immune from suffering as we follow Jesus along the way of the cross. Just as He carried His cross to Golgotha, we cannot avoid experiencing suffering in a fallen world. Every day we are to live in a way that demonstrates to everyone that we have died to ourselves, our selfish ways and ambitions, and seek to live for God. It means breaking old selfish habits and ways of thinking, as we allow God to renew us by His Spirit.

Perhaps that is something we should learn—to wait for Jesus our Master, to be always obedient to Him, to serve Him with all our hearts, and to bear the mark of His grace in our lives.

In all of this we cannot lose, because like Jesus, it is only through death that we find God's new life. '*He is no fool who gives what he cannot keep, to gain that which he cannot lose.*' (Jim Elliot).



One of my churchwardens is a stickler for 'Health and Safety'...

GRAVELLS

AR GYFER EICH HOLL ANGHENION MODURO
FOR ALL YOUR MOTORING NEEDS

ALL-NEW
DACIA
BIGSTER



KIA
PICANTO



NEW KIA
EV4



NEW
RENAULT
5



Gwasanaethu'r
gymuned ers 1932

Serving the
community since 1932



 KIDWELLY 01554 890436  SWANSEA 01792 621780  ABERGAVENNY 01873 856888
 BRIDGEND 01656 641000  NARBERTH 01834 862600  HEREFORD 01432 805073

Prayer Corner:

We continue to pray for all those in our parish who are unwell either at home, in hospital or in residential care just now. There is an intercessions book in St. Mary's by the votive candle stand if you would like to put anyone's name down for prayer on a Wednesday morning.



Gracious God, as one people we seek Your peace. Still our anxious thoughts, restore our passion for Christ, and renew our strength to serve with joy, humility and faithful hearts. Amen.

We pray for those who mourn the loss of loved ones: *Father, may the victory of Jesus Christ over death make us victorious over every challenge, difficulty, problem or situation. Lord, grant us the courage to face the months and years ahead and let every fear and barrier bow to your Risen power. Amen.*

Upcoming Events for 2026

For your diary – all events subject to confirmation. Details will be issued when available.

Possible concert by Excelsior Choir in July.

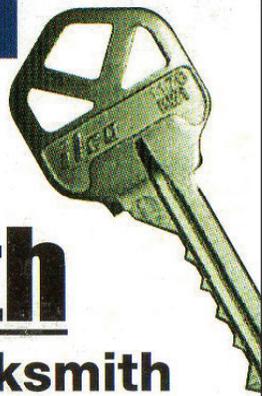
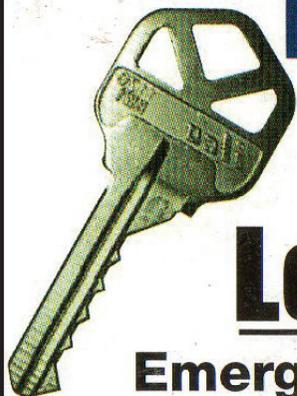
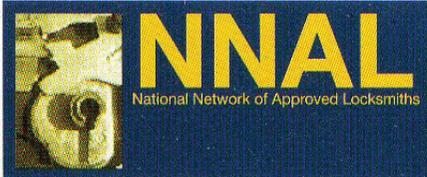
Mystery Trip Saturday 18th July.

Pilgrimage – Depending on availability, proposed date is Friday 12th June - Sunday 14th June to Winchester.

At the Vicarage for Pimms and Strawberries – Friday 26th June?

Music for Mary – No flower festival this year, but Music for Mary will go ahead with BBQ and games on the weekend of 15th/16th August.

St. David's Day – Fr. Jim proposed that a church parade for the youth organisations be held at 2.00pm in St. Mary's with refreshments afterwards. Church parade may become a quarterly event. To be confirmed.



G.G

Locksmith

Emergency 24/7 Locksmith

Locked Out? Lost Keys? We'll Get You In!

Tel: 01554 746 179 • Mob: 07957 443 745

Competitive Rates... Give Us A Call.



Ty-Golau at Kidwelly

Activities include-

Reminiscence, Music and Movement, Quizzes, Memory games, Current affairs, Sing-a-Long and much, much more.

Come along to keep your mind active, make friends and have a good time.

Where? Canolfan John Burns, Carmarthen Road, Kidwelly, SA17 5AB

When? Every Monday morning
(10.30-12.00)

Refreshments included in the price of £6.00
Carers £2

For further information contact: Janet Lewis
(Manager) Tel: 01554 890 896

Parish Room Activities



PLANT DEWI

Lle Mae Teuluoedd yn Bwysig
Where Families Matter

Mae Canolfan Deuluol Porth Tywyn sy'n rhan o Blant Dewi yn dychwelyd i ystafell y Plwyf, bore Iau 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 banded.

Canolfan Deuluol Burry Port Family Centre part of Plant Dewi has returned 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.



LOU LOU'S
CAFFI TRUSTIO CYWELLI
KIDWELLY REPAIR CAFE

10yb-12yp
10am-12pm

Ystafell y Plwyf, Stryd y Fenyw, Cydwell. SA17 4UF
Parish Room, Lady Street, Kidwelly. SA17 4UF

Dydd Sadwrn 3af bob mis
3rd Saturday of every month

<https://www.facebook.com/groups/ctc.krc>

Repair Cafe

We are a branch or Repair Cafe Wales and staffed entirely by volunteers, funded through donation. We can fix small electric appliances (including PAT testing), textiles, bicycles, hand tools and sharpen blades. We'll have

a look at anything you can get through the door. Any replacement parts need to be paid for by the customer, but we can help you source them. Whilst you wait for your item to be fixed you can have a cuppa and a biscuit for a small donation. We're happy to talk you through what we're doing and share our skills. We're always on the lookout for new volunteers and repairers



The
John Burns
Foundation

Weekly what's on at Canolfan John Burns



We host a wide range of activities
at the Centre, including:



- A variety of chair-based exercise classes
- A regular coffee morning
- A dementia support group
- The local Scout troop
- Yoga
- Tai Chi
- Parent and baby sessions
- Local interest groups
- Counselling and health clinics
- High-impact exercise sessions



For further details please call us on
01554 890840 or pop by.

Our standard opening times are
9am-5pm Monday - Friday.



We also have volunteer
opportunities.



Carmarthen Road, Kidwelly SA17 5AB

Information correct as of 14th January 2026

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.



1st Kidwelly Rainbows Brownies, Guides and Rangers

Rainbows: aged 4-7

Brownies : aged 7-10

Guides : aged 10-14

Rangers : aged 14-18 yrs

We meet every week during term time, to enjoy activities and games.

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

Jenny Collins - 07534 212314

Josie - 07876340377

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

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.

All items for the April magazine should be submitted no later than the 16th March 2026 please.

Y BARBICAN

At

Parc Y Bocs, Kidwelly

Tasty Food - Good Drinks - Inside Children's Play
Corner - Outside Play Area - Farm Animals on Site

MONDAY 9-5pm

TUESDAY 9-5pm

WEDNESDAY 9-5pm

THURSDAY 9-5pm

FRIDAY 9-4pm & 6-late

SATURDAY 9-4pm & 6-late

SUNDAY 10-4pm

The Perfect Place to Sit, Relax & Play

www.ybarbican.com 01554 892 724

ybarbican@parcybocs.com



Branch news

This month our meeting will be moved to the Wednesday 25th March, Lady Day. We will be having a lunch in the Falcon Hotel, Carmarthen at 12.30 for 1.00pm. This will be a two-course meal and will cost £23.00. If you would like to join us, please ask Brenda for details of the menu.

Revd. Helen Harknett, Vicar at St. Philip's Church, Avondale Square, London will be the guest speaker at the lunch.

Mothers' Union marks 150 years with global challenge as Worldwide President completes runs in Canada and Bahrain

2026 is a landmark year for Mothers' Union as we celebrate 150 years of faith in action, with the year being marked with a series of special events, fundraising and engagement opportunities.

At the heart of this milestone year is Kathleen Snow, Worldwide President of Mothers' Union. She is partaking in a Global 150th Anniversary Challenge: 15 10 kilometre runs in various dioceses around the world to raise funds and spotlight MU's worldwide fellowship. Running in different dioceses while travelling for ministry, reflects the global expression of solidarity and celebration that sustains our work and reminds us that wherever we are in the world, we are connected.

Kathleen has already completed one run, an early-year winter 10k in her hometown Fredericton, Canada, and today will undertake a run in Bahrain during the Diocesan Synod of Cyprus and the Gulf.

Kathleen shared: "As I attended the Diocesan Synod in Bahrain, it feels deeply meaningful to include this place in the challenge. Running becomes a way of praying with my whole body; praying for the local Mothers' Union and their work, the Diocese of Cyprus and the Gulf, the wider Province of Jerusalem and the Middle East, and for all whom we are called to serve." Over the coming months, Kathleen will continue the challenge with planned runs in dioceses across the UK, North America, Africa, and beyond, from London and Wales to San Diego, Durban, and Tanzania, making this a truly global expression of shared commitment and celebration. If you wish to support Kathleen in her challenge throughout the year, you can donate

here: <https://www.justgiving.com/page/kathleen-snow->

We look forward to the Worldwide President, Kathleen Snow's visit to St. Davids Diocese in April. Please keep Saturday April 11th free to attend an event in Christchurch, Carmarthen from 1.00pm

Latoria's hair salon

32 blue street carmarthen

01267229210

Now open at

6 Banc Pendre Kidwelly

01554 891601

(formerly J&Co)

Book online or give us a call

Instagram -latoriashair



Kidwelly Farm Cottages

Kidwelly Farm Cottages offer farmhouse bed and breakfast accommodation and self-catering cottages with en-suite bathrooms, wood burning stoves and exposed oak beams. The cottages overlook the ancient town of Kidwelly with its magnificent medieval castle and church. The farm has breathtaking views of the sea and countryside and is the perfect base to travel from to experience Carmarthenshire's many beauty spots.



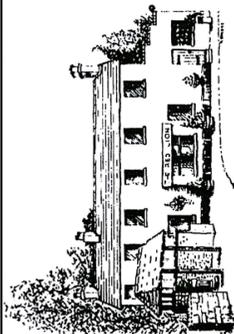
Penlan Isaf,
Kidwelly,
Carmarthenshire,
SA17 5JR

[Tel:01554 890266](tel:01554890266) / [07811363109](tel:07811363109)

kidwellyfarmcottages@live.co.uk

www.kidwellyfarmcottages.co.uk

**THE
RED LION
LLANDYFAELOG**



**HOME COOKED FOOD • FUNCTIONS
WEDDINGS • SUNDAY LUNCHES
BED & BREAKFAST • ENSUITE ACCOMODATION
CROESO Tel: (01267) 267530 WELCOME**

www.theredlionllandyfaelog.co.uk

Town News

Royal British Legion

Our branch meeting will be on Monday 2nd March in our new venue at the Boot and Shoe, Kidwelly at 7.30pm

We wish Janis well as she recovers now at home, following her accident. The Big Tommy Sleepout will take place this month on Saturday 28th March, possibly on The Square.

KIDWELLY SENIOR CITIZENS.

A busy meeting in February, as it was the first of this year. Chatting was a priority! A few of our members have been unwell after falls. Rosemary Brookman, Gina Russell, Eve Jones who broke her kneecap, was in hospital for a month and is now staying with her daughter. Janis Jones was putting her trolley back at Asda when she was knocked over by a driver who didn't stop in time. She was in the Heath for a while before being transferred to Glangwili. She has now been allowed home but has a lot of rehabilitation before she can walk without a brace. Haulwen Williams also has been quite ill. We send them all our best wishes and hope they are back with us before long.

We paid our subs and we collected names and money for our St David's Lunch. This will be on our next meeting on Wednesday 4th March, starting at one o'clock in the Rugby Club. Don't forget to wear your daffodil.

We also arranged some trips for this year. Starting in May we will be going to Cowbridge, in June to Picton Castle & Haverfordwest, and then in July to Abergavenny. We have also arranged speakers for April and May meetings. So, this year we are off to a good start.

New Members are always welcome and if anyone would like to join us, please get in touch with the number in the back of the magazine.



Earth Hour

The Earth Hour 2026 takes place on Saturday 28th March, when at 8.30pm in their local time millions of people worldwide will turn off their non-essential lights for one hour.

Organised by the World Wildlife Fund (WWF), the 20th anniversary of this global initiative will aim to raise awareness of the earth's climate crisis, and to encourage environmental action

through sustainable, actionable lifestyle changes.



O.G. HARRIES

Trefnwr Angladdau Annibynnol
Independent Funeral Directors

Bethel, Station Road, Pontyberem,
Llanelli, Carmarthenshire, SA15 5LF

Tel: 01269 870 350

Website:
www.ogharriesfunerals.co.uk

Email:
info@ogharriesfunerals.co.uk

**Gwasanaeth Personol 24 awr
24 Hour Personal Service**



Mae O.G. Harries a'i feibion yn ymfalchio'n fawr yn y ffaith ein bod yn parhau i fod yn fusnes teuluol preifat a hynny ers dros 120 mlynedd. Rydym yn cynnig gwasanaeth 24 awr y dydd, 365 niwrnod y flwyddyn. Teimlwn y gall ein cleientiaid gael budd o'r profiad helaeth sydd gennym o wasanaethau.

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 boliis gennym i gynnal cymorth i chi neu i'ch teulu.

Mae angladd yn achlusur personol iawn, ac felly mae'n rhaid ateb eich angenion a'ch amgylchiadau unigol.

O.G. Harries has been a private family business for over 120 years. We are available at your service 24 hours a day, 365 days a year. We feel that you can benefit from the wide range of experience gained in providing service over the years.

Our Service and personal attention to the family of the deceased is of paramount importance to us and we are able to help assist at this time of need. It is our policy to support you or your family.

The funeral must reflect your particular needs and circumstances and we will endeavour to ensure our service meets your requirements.

We offer our service in any area.

Tom Reilly



All aspects of roofing

Repairs, Lead valleys, Chimneys and New Roofs

* Loft Conversions * Dormer Windows * Velux Windows

* Slate * Concrete Tiles * Rosemary ridge tiles

Home: (01269) 860175

Mobile: 07812 525795

*****Free Estimates*****

*****All work Guaranteed and Insured*****

Your Favourite Recipe

This month, St. Maelog's Church Council Secretary, Kath Williams shares a recipe.



Ingredients:

Short crust pastry
Raspberry jam
4ozs. Shredded coconut
2ozs. Caster sugar
1egg
1 oz. melted butter
Glace cherries

Line 12 patty tins with shortcrust pastry add some raspberry jam and then mix 1 beaten egg, sugar, coconut and melted butter. Put a teaspoon of the mixture on top of the jam and finish off with a glace cherry Cook at 180°C for around 15-20 mins.
Enjoy.

Why we should all be like donkeys

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They are content with poor fodder like thistles and can travel an average of 20 miles a day.

There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn't get a specific mention in the manger story, that same one that transported her was probably there at the birth; where else would it have been?

On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. Jesus used this animal to show that He had come with the dignity of the King of peace. His entry into the Holy City also fulfilled Zechariah's prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work he has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!

YOUR LOCAL
HANDYMAN

Need
Something
Fixed?

Local, Reliable & Professional



A Handyman for all
those time-consuming
jobs around the house
and garden that nobody
likes doing . . .

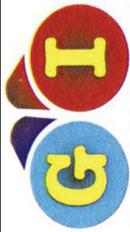
MY SERVICES

- ✓ General Property Repairs
- ✓ Gutter Cleaning & Repair
- ✓ Power Washing
- ✓ Shed & Garden Clearance
- ✓ Fencing Repaired or Replaced
- ✓ Garden Work Undertaken
- ✓ Interior & Exterior Repairs
- ✓ Rubbish Removal

If you can't do it, just ask Toby!

CALL 07399 108 427
01269 861 260

Why not give Toby a call for a free quote!



**CARPETS
FLOORING
& BEDS**

53 Station Road, Burry Port
Carmarthenshire SA16 0LP

T: 01554 834527

E: gicarpets@gmail.com

AMP POWER
SOLUTIONS
LTD

Generators & PTO Generators
Battery Inverter Systems
24hr Call Out
Sales, Maintenance, Install & Service

Electrical Contractors
OFTEC Boiler Servicing

Penygroes
Mynydd -y- Garreg
Cydweli SA17 4RL

Tel/Fax: 01554 890510
Mob: 07778 281155

Email: info@ampowersolutions.co.uk
www.ampowersolutions.co.uk

Newyddion St. Teilo News

Well, the days are beginning to lengthen and, each day a dear friend says to me pointing to the window ' cam ceiliog ' or 'cockerel's step '. And how welcome is this daily step. Light cheers us, we want to do things, make the most of it, and so should we -- we can never have today back therefore let us use our time to enjoy the life we have been given, may it be the simple or wonderful things that greet us. To me, a wondrous sight this year is the display of snowdrops found on hedgerows, a blanket of stunning white heads braving the elements, meant to be the first flower to bloom after winter, ' lili wenFach '. Thank God for nature and its beauty.

Mynyddgarreg Seniors met in February, the first meeting of the new year. The Chairman warmly welcomed the good numbers present and wished everyone a healthy happy new year, welcoming three new members to the fold, namely Sandra, Mair and Kathleen and passing wishes for better days ahead to Christine, Gweneira and Shân who were unable to be with us. Future outings were discussed, amongst them a trip to Abergavenny on Wednesday 25th March. Dorian played a ' What's in a name ' game and Peggy entertained us with poems and comedy. The raffle was won by Linda and the Bingo was a lucky win for our new member Sandra. Marlene and Jayne served refreshments. A reminder that the March meeting will be the Annual General Meeting, and will be held as usual in the Neuadd Lounge at 2.00pm, Wednesday 4th March. A warm welcome awaits anyone new wishing to come along, this is a lovely social afternoon of mixing. We may not be young in age but we are certainly young of mind DR

Neuadd Mynyddgarreg future events see Cash BINGO on Saturday 14th March, from 7.30pm onwards. On Friday 20th March an event is organised by Cydweli Arts Trail featuring an evening of dancing and music with a packed show, and on Friday 19th April the ever popular QUIZ hosted by our Sue Woodward, commencing 7.30pm.

KAMPS will be at the Neuadd 3-5th April, namely Easter weekend, performing their Pantomime, Dick Whittington. Friday and Saturday are evening performances doors open at 6.30pm and Sunday will be a Matinee at 2.0 pm.

Do go along, it really is a treat and, worth your support.

JOYFUL REMOVALS

LOCALLY & NATIONALLY

Based in Llanelli.

You can trust us to move
almost anything!

SINGLE ITEMS TO
WHOLE HOUSE LOADS.

Hundreds of satisfied customers.
Free, friendly advice and quote.



TEL: CLAYTON 07910 652209

Email: CLAYTONWATTS22@GMAIL.COM

JOHNS TREE & GARDEN SERVICES

Lopping, Topping & Pruning ALL trees
Reduced in height or taken down
ALL Hedges trimmed ALL work
carried out to the highest standards

Ring Now  waste removal

for your friendly questions



01269 861260

07944 991559

Neuadd Mynyddygarreg. We were saddened to hear of the passing of Mr Roger Howells, Cydweli., who had been a great friend, supporter and advisor to the Neuadd in its early years . Our condolences are extended to the family.

Gwellhâd buan I Elin Davies, Gelliwerdd, yn dilyn llawdriniaeth yn yr ysbyty. Gobaithio fyddi di nôl ar dy draed yn glou Elin, a nôl gyda ni wap yn yr Eglwys Fach.

Likewise, to Mrs Heather Witt, the two ladies having shared a Ward ! Best wishes Heather, ein dymuniadau gorau I chi.

Our best wishes go to Mrs Audrey Griffiths who has not been in the best of health lately. A great friend of Sant Teilo's, Audrey's support and kindness will never be forgotten. Dymuno dyddiau gwell i chi Audrey, oddiwrth eich ffrindiau yn yr Eglwys Fach.

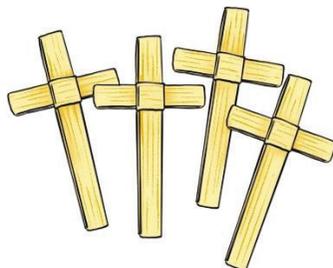
Sant Teilo Church celebrated its feast day 9th February on the Sunday preceding, with a goodly number attending. The service was led by the Ficer, Rev. Jim Flanagan, assisted by Canon Randolph Thomas . Reader was Christine Evans. Organist was Mrs Jean Peace. Refreshments were served after the service, welcoming our friends from the other churches and outside.

FLOWER ROTA

FEBRUARY. Mrs Avril Morris. MARCH. Lent. -- No Flowers
APRIL. Nicola Reeve

READERS ROTA

1st March. Nevin Davies. 15th March. Dorian Reeve
5th April. Easter Sunday. Mrs Christine Evans



TAI CHI SHIBASHI

With Jane



**TRIMSARAN LEISURE
CENTRE, TRIMSARAN,
WEDNESDAYS, 5PM**

Plas Y Sarn, SA17 4AA

**PRINCESS GWENLLIAN
CENTRE, KIDWELLY,
THURSDAYS, 5.30PM**

Hillfield Villas, SA17 4UL

**£7 per session
Beginners Class**

Wear loose clothes and flat
comfortable shoes

email: 739jane@gmail.com
phone: 07792814312

Newyddion Sant Maelog News

Readers/Darllenwyr

1 - Phyllis Hughes
8 - Llinos Jones
15 - Shan Rees
22 - Llinos/Carys ac Ela
29 - Bridget Owen

Door/Drws

Shan Rees
Llinos Jones
Shan Rees
Shan Rees
Bridget Owen

No flowers during March

Church meeting -Thank you to everyone who attended the church meeting on Saturday the 31st of January. Special thanks to Sarah for opening up early for us and serving us with refreshments. It was much appreciated.

The heating is back working at the moment. A special mention to Huw for his patience with the boiler to get it going again. We will be looking at grants to update the heating in the church.

Our deepest sympathies go to the family of Gerwyn George, Pantglas who passed away last month.

Condolences to Janet and Bryan Peebles and their sons, Andrew and Stewart on the passing of Janet's mother Ave Farri on the 14th of January. Her wishes were that instead of floral tributes, donations be made to St Maelog's church, c/o Peris Rees tel:-01267243787.

Thank you to Janet Knott for her talk at last month's coffee and chat. Janet spoke of her time as a nurse and it was very interesting. Next month we will have Sarah Walters talking about Princess Gwenllian and this will be on the 10th of March at 10.30am.

Eisteddfod Llandyfaelog was held in February and what a great day it was. From day to night the competition was strong in every category and the winner of the chair given by the Cilfeithy family came from Middlesex! Thank you to Kath Williams for being the president in the afternoon. The church choir also came back with the Phyllis Hughes Cup this year again after their rousing rendition of Calon Lan. Thank you to everyone who joined the choir as the stage was full and a lot of fun was had.

STEVE JONES ACCOUNTS
KIDWELLY

A professional, friendly and fully bilingual
accountancy service for local businesses.

Book keeping
VAT & PAYE
Accounts Preparation
Personal & Business Tax Returns

Free initial consultation

Steven C Jones MAAT MIP
Licenced Practice
stevejonesaccs@gmail.com
07968 481243

Hugh Evans
(Plumbing & Heating)



for all your
**Natural Gas and
Oil Boiler Servicing
Central Heating &
Plumbing Installations**

58 Morfa Maen, Kidwelly

Tel: 01554 890976

D.J. DAVIES FUELS
Order your heating fuel online!



DJ Davies Fuels
Blaenau Fuels Depot,
Blaenau,
Ammanford,
Carmarthenshire
SA18 3BZ
Tel: 01269 850224

Tel: 01269 850224

FIND US ON:  

www.djdaviesfuels.co.uk


Finch Accountancy

Self-Assessment Tax Returns, VAT Returns, Limited
Company Accounts, Sole Traders' Accounts, Partnership
Accounts, Payroll

Prompt and Friendly Service for Small Businesses

Tessa Finch FMAAT 01554 890247

Email: tessa@finchaccountancy.co.uk

www.finchaccountancy.co.uk

Finch Accountancy Ltd., 20 Bridge Street, Kidwelly, Carmar, SA17 4UU
Registered in England & Wales no. 7157942

What's on

March the 6th Llandyfaelog show committee is holding an Irish themed night at the village hall. There will be a big screen to watch the rugby, licenced bar and there will be Irish themed food prior to the game. Tickets must be bought prior to the event which are £15 for adults, £10 for secondary school and £5 for primary aged children. Please contact Mary Jones or Llinos Jones for tickets.

St Ishmael's YFC are organising this year's County Field day event on March the 28th at Four Roads. If anyone would like to help out as a steward please contact Elgan or Henry Bennett.

St Maelog's quiz night is to be held in the village hall on Friday the 24th of April. Teams of 4 and it will start at 7.30pm.

1st March – On St David's Day, why the leeks?

St David's Day, and it's time for the Welsh to proudly wear a leek or daffodil.

Shakespeare refers to the custom in Henry V, Act 5 Sc.1, where Gower berates Pistol for mocking at "an ancient tradition begun upon an honourable respect and worn as a memorable trophy of predeceased valour."

According to some sources, the wearing of leeks may be based on a legend that Welsh archers fought bravely at the Battle of Crecy in a field of leeks and, as a reminder of their bravery and loyalty, the Welsh began to wear a leek in their caps every St David's Day. The legend, true or not, could be a source of the 'honourable respect' which the Welsh had for their valorous archers.

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.



TANYLAN
FARM

TANYLAN FARM,
KIDWELLY,
CARMARTHENSHIRE,
SA17 5HJ

www.tanylanfarm.co.uk



Nestled on a 200 acre dairy farm, Tanylan Farm is a unique and scenic holiday destination situated between the Gower Peninsula and Pembrokeshire in the heart of South West Wales.

- ✓ Swimming Pond
- ✓ Sauna
- ✓ 2 to 13 bedrooms
- ✓ Cottages & Barns
- ✓ Caravan & Camping



@tanylan_farm



01267 267306



www.tanylanfarm.co.uk

Parish Readings for March 2026

Red Lectionary pages in []

Sunday 1st March 2nd Sunday of Lent (Liturgical Colour: Purple)

Eucharist: Genesis 12.1-4a; Psalm 121; Romans 4.1-5,13-17; John 3.1-17
[p109]

Evening Prayer: Psalm 135 or 135.1-14; Numbers 21.4-9; Luke 14.27-33
Reader: Ted Rowlands

Sunday 8th March 3rd Sunday of Lent (Liturgical Colour: Purple)

Eucharist: Exodus 17.1-7; Psalm 95; Romans 5.1-11; John 4.5-42 [p113]

Evening Prayer: Psalm 40; Joshua 1.1-9; Ephesians 6.10-20

Reader: Jenny Jones

Sunday 15th March 4th Sunday of Lent/Mothering Sunday

(Liturgical Colour: Purple)

Eucharist: Exodus 2.1-10 or 1 Samuel 1.20-28; Psalm 34.11-20 or 127.1-4;
2 Corinthians 1.3-7 or Colossians 3.12-17; Luke 2.33-35 or John 19.25-27
[p125]

Evening Prayer: Psalm 31.1-8[9-16]; Micah 7; or Prayer of Manasseh;
James 5 Reader: Kath Nicholas

Sunday 22nd March 5th Sunday of Lent/ Passion Sunday

(Liturgical Colour: Purple)

Eucharist: Ezekiel 37.1-14; Psalm 130; Romans 8.6-11; John 11.1-45
[p130]

Evening Prayer: Psalm 30; Lamentations 3.19-33; Matthew 20.17-34

Reader: Brenda Evans

Sunday 29th March 6th Sunday of Lent: Palm Sunday

(Liturgical Colour: Purple)

Eucharist: Liturgy of the Palms: Matthew 21.1-11; Psalm 118. [1,2]19-29;
Philippians 2.5-11; Matthew 26.14-27,66 or 27.22-54

Liturgy of the Passion: Isaiah 50.4-9a; Psalm 31.9-16, [17,18]; Philippians
2.5-11; Matthew 26.14-27,66 or 27.22-54

Sunday 5th April Easter Day (Liturgical Colour: White)

Eucharist: Acts 10.34-43 or Jeremiah 31.1-6; Psalm 118.[1,2]14-24;
Colossians 3.1-4 or Acts 10.34-43; John 20.1-18 or Matthew 28.1-10
[p214]



Time for Tea

7 BRIDGE STREET, KIDWELLY, SA17 4UU

Coffee and friends make the perfect blend!

Homemade hot meals & cakes
Available for private functions
Garden seating for 30
Indoor seating for 50



/timeforteakidwelly



info@timefortea.wales



01554 892908

Tues—Fri: 9:30—3:30

Sat & Sun: 10—3

Mon: closed



KIDWELLY PHARMACY FFERYLLFA

Morfa House
16 Bridge Street
Cydweli
Carms.
SA17 4UU

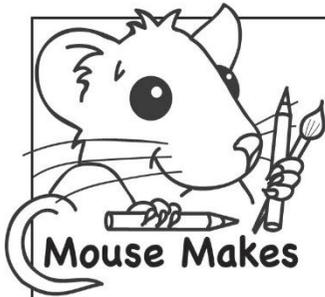
**Free prescription
delivery service**

Tel: (01554) 890279

Anthony's Hotel

01554 890740

Excellent Bar Meals
Hot & Cold Buffets Now
Available for Birthdays,
Anniversaries & After
Funeral Get-togethers



The Bible has many stories of mothers who had great faith in God. With their love, care, encouragement and prayers their children grew up to be great people of God.



Who saved her baby by putting him in a basket in the river?

Exodus 2:1-3 and 6:20

Who was 90 years old when she had her son Isaac?
Genesis 17:19

Across

- 3. **Obed's** mother
Matthew 1:5
- 4. **John's** mother
Luke 1:57-60
- 7. **Reuben's** mother
Genesis 29:32
- 8. **Joseph's** mother
Genesis 30:22-24
- 9. **Jesus' mother**
Acts 1:14

Down

- 1. **Boaz's** mother
Matthew 1:5
- 2. **Solomon's** mother
1 Kings 1:11
- 4. **Timothy's** mother
2 Timothy 1:5
- 5. **Ishmael's** mother
Genesis 16:15
- 6. **Jacob and Esau's** mother
Genesis 25:21-26



Whose prayers for a child were answered by God?
1 Samuel 1:20

Who had two sons called Cain and Abel?
Genesis 4:1-2

Answer the questions then put them into the crossword

Mar26 © deborah noble • parishpump.co.uk

STAR FORGE FABRICATIONS

Blacksmiths – Ornamental
Ironwork – Mobile Welding
– Agricultural Engineers –
Gate Automation

Traditional Blacksmith



Tel: 01267 267313

Mob: 07969 992326 / 07972 060636

Email: star.forge@hotmail.co.uk



JACKO

FOR HIRE

**LORRY & HIAB
FORDSON MAJOR & WINCH**

**RECOVERY WORK UNDERTAKEN
SERVING & REPAIRS OF PLANT MACHINERY & LGV'S**

WANTED: Vans, 4x4's, Lorries & Engines for Export

CALL : 07970 960306

BASED IN KIDWELLY & FERRYSIDE

**REGISTERED WASTE CARRIER
COUNTY REGISTERED
BUYER OF ALL SCRAP METAL**

WANTED:

**Copper, Brass, Aluminium, Lead, Batteries
Scrap Cars, Vans, Lorries, Agricultural Machinery & Plant
Household Scrap - Washing Machines Etc.**

Mob : 07970 960306



stdavids.churchinwales.org.uk
/en/open-to-god/

SAVE THE DATE

The Bishop is inviting **everyone** to

Open to God

A Diocesan Day Out

WORSHIP

FAIRGROUND RIDES | **ALL-AGE ACTIVITIES**
PRAYER TENT | **FOOD STALLS**
ENGAGING SPEAKERS | **FELLOWSHIP**

Carmarthen Showground

May **23** | Saturday
10:00-4:30
Pentecost Weekend

Diocesan Celebratory Eucharist at 3pm

Getting there
Coaches will be arranged across the whole diocese

✉ archdeacon.farah@churchinwales.org.uk

Wet weather plan in place!

Open to God - The Year of Mission

The Year of Mission runs from Advent Sunday 2025 and follows on from previous themes - Prayer, Discipleship, Pilgrimage, Salt & Light and Children Youth and Families.

It will be built around a major set-piece event - Open to God - to take place at the Carmarthenshire Showground on May 23rd., the Saturday of Pentecost 2026. The Sunday will then be an opportunity for churches to celebrate in their own localities.

At the heart of it all lies Code

FP: **Celebration, Outreach, Discipleship, Evangelism, Fellowship, Prayer**

These themes will run through the whole enterprise, both at the Pentecost showpiece and in activities and events held within each LMA between now and the end of 2027.

Open to God has been inspired by Bishop Dorrien and mirrors an event held forty years ago by his predecessor and mentor, Bishop George Noakes.

It was officially launched at the Diocesan Conference, and, in his presidential address, he urged churches to “move forward with courage and compassion. We are co-workers in God’s service.

“Our mission must be collaborative, to make the Church not only relevant but vital to those both within and outside our walls.”

Gwendraeth Mobile Foot Clinic

AFHP S.A.C DIP DBS CHECKED
RFHP WWW.FOOTREG.ORG.S211610

- Nails trimmed
- Thick nails reduced
- Corn removal
- Callous reduction



- Verrucas
- Athletes foot
- Fungal infections
- Foot Care & advice for Diabetics

TREATMENTS FROM SOLE TO SOUL

Mobile:- 07903 539033

Landline:- 01554 892927

W.M. MOTORS

Unit 1,
Kidwelly Ind. Park
Pembrey Road,
Kidwelly
SA17 4TF

RICHARD DAVIES

Tel: 01554 891571



MOT's

**Vehicle Servicing & Maintenance
Including Welding**

Mission Prayer – Open to God

O God,

You have given us the good news

In your son Jesus Christ;

Fill our hearts with gratitude, so that we may tell others of the joy we have received.

Holy Spirit, give us faith

Holy Spirit, give us hope,

Holy Spirit, give us love

Revive the work in your church

Beginning in me

Through Jesus Christ, our Lord

Amen

15th March – Mothering Sunday, 4th Sunday in 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.

"Tir – y – Dail",
120,
Water Street,
Kidwelly,
SA17 5BZ.

Kidwelly – 01554 892925



The Old Vestry,
Tabernacle,
Sea View Terrace,
Burry Port,
SA16 0EN

Burry Port – 01554 835933

www.autumnleaf.uk

marysmith-autumnleaf@outlook.com

Autumn Leaf

Independent Family Funeral Directors
& Monumental Masons

Funeral Directors: **Ian M. Smith**
 Mary Smith
 Alicia Smith

"Continuing to Care for all our local communities with the utmost compassion, dignity and understanding."

24 hrs Service

Chapel of Rest Facilities

Pre-Paid Funeral Plans

Covering all areas

*"Your Local Independent Family
Funeral Directors"*



Golden Charter
Funeral Plans 





THREE RIVERS HOTEL

ACCOMMODATION: RESTAURANT: GRILL: BAR: SWIMMING POOL: GYM
 01267 267270 email 3riversferryside@gmail.com www.threerivershotel.co.uk



PARC Y BOCS
 Farm Shop & Cafe



FOLLOW US!



CHILDREN'S PARK • KITCHEN • LOCAL PRODUCE • PET SHOP • TOYS & GIFTS



Kidwelly, Carmarthenshire, SA17 5AB • Tel: 01554 892724 • burnsfarmshop.co.uk

Jason Williams Removals

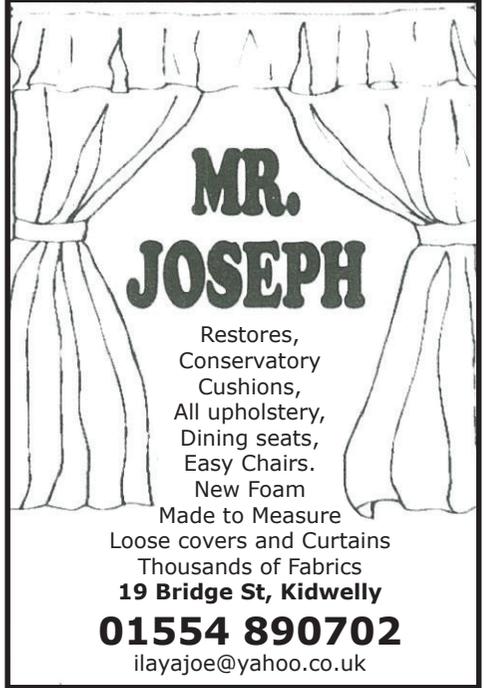
Local & Nationwide

Tel: 01554 833 833

Mobile:

07970 039468

07970 039467



MR. JOSEPH

Restores,
Conservatory
Cushions,
All upholstery,
Dining seats,
Easy Chairs.
New Foam
Made to Measure
Loose covers and Curtains
Thousands of Fabrics
19 Bridge St, Kidwelly
01554 890702
ilayajoe@yahoo.co.uk



A1WASTE REMOVAL



House Clearance, Garage
Clearance, Shed Clearance,
Garden Clearance.

Hassle Free Alternative to a skip
no mess no fuss no job too big
or small

Ring now for a friendly
Free Quote

01269 861 260
07944 991 559

Full Waste Carriers Licence





KIDWELLY RFC

more than rugby...



Book Kidwelly RFC for your event.



bit.ly/KRFCBooking

Parties, Meetings, Shows, Weddings, Funerals.
Big and Little Screens, Kitchen, Bar, Wi-fi
Contact us today, to see how we can help make
your function a success.



MJM Memorials

Professional Monumental Mason

Based in Burry Port

Independent, family-run monumental mason serving South Wales with generations of experience in creating beautiful, lasting tributes.



E-MAIL

mjmmemorials@gmail.com



PHONE

0777 555 6101



WEBSITE

mjmmemorials.co.uk



Services

- ✓ Monumental Masonry
- ✓ Memorial Renovations
- ✓ Re-gilding Services
- ✓ Additional Inscriptions
- ✓ Pet Memorials & House Plaques



Hours

Monday - Friday
10:00 AM - 4:30 PM

Weekends
By appointment only

*Evening and house calls
available on request*



Areas

- Burry Port
- Llanelli
- Swansea
- & Surrounding Areas

Advertise your business here

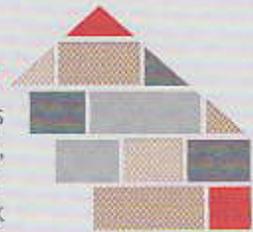
Please contact Brenda Evans
for more information

07796 430 991

Keith Williams

Roofing and Building

Plastering & Patching, Roofing and Repairs
UPVC Facias, Stone Work, Damp Proofing,
Drains, Carpentry, Brick Laying, Patios,
Grant Work, Insurance Work
All work guaranteed , Free Estimates



Established Builder
20 Years Experience

99 James Street
Llanelli SA15 1DY

01554 772517
07718233089



Get the Reflexology Treatment
You Deserve



Lynne Bell Reflexology

07784 329245

- Foot, Hand & Face Reflexology
- Hot Stone Reflexology
- Reflexology Lymph Drainage
- Pregnancy & Baby Reflexology

Specialising in Women's Health & Well-Being



Lynne Bell Mobile Reflexology Carmarthenshire
or contact the above number to make an
appointment.

Testimonial. - Stress, Anxiety & Menopause Symptoms

"Lynne is a highly qualified, very skilled Reflexologist with a wealth of knowledge & experience. Her medical background allows her to approach treatments with a deep understanding of the body's systems & how they interact. Lynne is professional, compassionate and committed to the well being of her clients, taking time to listen, assess individual needs & tailor her treatments accordingly.

I highly recommend Lynne to anyone seeking an expert in Reflexology treatment."

www.lynnellreflexology.com

Some Useful Phone Numbers

Churches & Chapels

Capel y Morfa: Mr. Gwynnaf 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

1st March **2nd Sunday of Lent**
 9.30am Choral Eucharist
 2.00pm St. David's Day Service
 6.00pm Evening Prayer

8th March **3rd Sunday of Lent**
 9.30am Choral Eucharist
 11.00am Cymun Bendigaid
 6.00pm Evening Prayer

15th March **4th Sunday of
 Lent/Mothering Sunday**
 9.30am Choral Eucharist
 6.00pm Evening Prayer

22nd March **5th Sunday of Lent/
 Passion Sunday**
 9.30am Family Eucharist
 6.00pm Evening Prayer

Wednesday 25th March **Lady Day
 MU Lunch in Carmarthen**

29th March **Palm Sunday**
 9.30am Choral Eucharist
 4.00pm Donkey Service
 No Evening Prayer

5th April **Easter Day**
 Sunrise service
 9.30am Choral Eucharist
 6.00pm Festal Evensong

Wednesdays through Lent
 8.30am Morning Prayer
 9.30am Holy Eucharist
 12noon Lent Lunch in the Parish
 Room
 5.00pm Evening Prayer

Services

March 2026

St Maelog's, Llandyfaelog

1st March **2nd Sunday of Lent**
 11.15am Bilingual Mattins

8th March **3rd Sunday of Lent**
 11.15am Bilingual Eucharist

15th March **4th Sunday of
 Lent/Mothering Sunday**
 11.15am Bilingual Eucharist

22nd March **5th Sunday of Lent/
 Passion Sunday**
 11.15am Bilingual Eucharist

29th March **Palm Sunday**
 11.15am Bilingual Eucharist

5th April **Easter Day**
 11.15am Bilingual Eucharist

St Teilo's, Mynyddygarreg

1st March **2nd Sunday of
 Lent**
 11.15am Bilingual Eucharist

15th March **4th Sunday of
 Lent/Mothering
 Sunday**
 11.15am Bilingual Eucharist

5th April **Easter Day**
 11.15am Bilingual Eucharist