

**Do not regret growing older—it is a privilege denied to many!**

**Join our 80+ Happy Birthday Corner!**

To include someone, please get in touch now, with name and date of birth.

**Happy Birthday Blessings to**

**Emrys Williams:** he celebrates 81 years on 17 April !

**Barbara Hobday:** she celebrates 81 years on 22 April !

**Betty Pritchard:** she celebrates 87 years on 25 April !

**Anne Cuthbertson:** she celebrates 81 years on 25 April !

**Monica Griffiths:** she celebrates 80 years on 29 April !

**We wish them many more years of health and happiness !**

**Shirley Parry** would like to thank everyone for the cards, gifts and good wishes for her **80th** birthday and for the **60th** wedding anniversary of herself and Richard. The Queen's anniversary card was waiting when they arrived home. They had an anniversary blessing in a lovely church in Tortola, on the British Virgin Islands in the Caribbean.

**What do we show on our cover ?** The words of this Easter message have been especially chosen as a sign of hope for us all, at this worrying time! Your Pastoral Care Team prays for all those suffering from the isolating effects of this pandemic: we are **Jane, Rob, Neil, Carys, Hilary, Lorna, Glenys, Karen, Barbara, Hugh, Sandra, Gill, Kath and Pat.** **It is quite interesting** to read about some modern Easter traditions which are still carried on throughout the world. **Philippines:** On Good Friday some of the faithful in the town of San Pedro actually endure crucifixion as well as flagellation with sharp-tipped whips. (They do not last long enough to cause serious injury or death!) **Bermuda:** Families fly kites made with wooden sticks on Good Friday to represent both the cross that Jesus died on and his Ascension into heaven. In **Sweden**, children dress up as Easter hags, and knock on neighbours' doors for treats. Houses are decorated with willow and birch twigs. A buffet style meal is eaten of herring, salmon, meatballs and potatoes. In the town square of Haux, **France**, a giant omelette is made using 5000 eggs, 50kg of onions and garlic and 4kg of salt and pepper – enough to feed 1000 people for a whole day! In **Finland**, the Lutheran majority eat Mammi, a baked desert made of powdered orange peel, dark molasses and rye flour. It takes hours to make and needs to be chilled for three to four days before it can be served cold with milk or cream and sugar. The dish originated in Germany in the 16<sup>th</sup> century. In **Romania**, on Easter morning everyone in the family traditionally washes their face with the water in which a red painted egg and a silver coin were sunk. The red egg symbolizes health, and the silver, purity. In **Columbia** the Easter meal is cooked from iguana, turtles and large rodents. In **Cyprus** and **Crete**, it is usual to light bonfires, and a small doll representing Judas Iscariot is thrown into the flames. Traditionally in **Germany**, celebrations started on Maundy Thursday, and only green foods could be consumed, typically a seven herb soup. In many **Spanish** cities, processions are held -especially dramatic performances carrying the cross of Christ. Penitential robes are worn along with chains around the feet. Masks hide the face and the participant walks barefoot. **In Malaysia**, a predominantly Muslim country, Christians in the two states on the east, really enjoy Easter. **In Slovenia**, a typical Easter breakfast consists of eggs, ham with horseradish and potica. This is a rolled dough cake with different fillings- a nut roll, maybe filled with cottage cheese, raisins, poppy seeds and tarragon.

**BRO CYBI / HOLY ISLAND MINISTRY AREA**  
**Pastoral Care Circle**  
**APRIL / EASTER 2020**

**Ministry Area Leader/Vicar: Rob Wardle 07710 173177**

**Associate Vicars : Neil Ridings: 01407 861663**

**Jane Bailey : 01407 810 827**

**Andy Herrick : 01407 861084**



**When you cannot come to church, the church will come to you!**

**Our pastoral care visiting team has grown in size, to allow us to reach out to even more people. We know that in some areas loneliness can be a huge problem, especially if your family live away, or if you are new to the area. Please don't feel that you are on your own—we are just a phone call away! Some of you might like us to call for a friendly chat, others might like to receive Holy Communion, either in your own home, in hospital or in a care or nursing home. Others prefer a telephone call, just to be reminded that we are thinking of you. Remember that if we don't know that you need us, we sadly cannot help you, so someone please get in touch on your behalf!**

**For anything to be included in this leaflet, please contact:  
Pat: 01407 860412 or email:patriciahughes2017@gmail.com Thank you.**

**Your prayers for the sick are asked for:**

**Sunday (in all churches):** Gwen, Hannah, Huw, Alan Taylor, Helen Nason, Robbie, Helen Brenan, Eric Wyn Owen. Sandra Recourt, Neil Miles, Jane Carlin, Sue Mosco.

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

**Wednesday (St Cybi):** Betty Ashton, Trevor Peacock, Angela Hillman, Menna Screech, Barbara Smith, Gwilym Lewis, Huw Thomas, Megan Morgan, Edith Shepherd, Glenys Barton, Lynda Owen, Geraldine Lee, Dianne Preston.

**If you need us to pray for you for any reason at all, please let us know.**

**Rest in Peace: 'I am the resurrection and the life' ...**

Kevin Rowley, Derek Hughes, Ian Walker, Joan Hayter, Philip Carlin, David Martin, Patricia Morgan, Charlotte Hughes, Mari Broome, Ernest Jones, Malcolm Thorley, Rita Drainey, Kathleen Mary Williams.

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

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

**Anniversaries of death:**

**April 05—11:** Robert Idris LLewelyn, Dr Denys Lloyd, Douglas Raymond Williams

**April 12—18:** Robert Henry Greenwood.

**April 19—25:** Jinny Wearne, Samuel William Walter Manning (priest), Gwerfil Pierce Williams, John Mason, Marion Wynne Williams,

**April 26—May 02:** Amy Thomas, Scott Lee, Jill Evans, Ann Gray.

**If you have lost loved ones, and you wish to remember them in the Anniversaries of Death section, please get in touch as soon as possible. The fact that one of our clergy performed the ceremony, unfortunately does not mean that the name automatically transfers into the Anniversaries section. You need to request it please. It is very comforting to many people, to read and hear the name remembered.**

**So many church activities have had to be postponed, but we look ahead to better times when we can all re-connect again:** church services; Walsingham :St Cybi Flower Festival; St David Bible Study; St Cybi tourist stewarding; Mother's Union; re-commissioning - Pastoral Care Team; sick visiting replaced with telephone calls; bereavement support group.

**However, love, care and prayer are thankfully flowing in abundance. God is good!**

**Thanks for prayers answered:** Emlyn Owen is grateful for his excellent recovery, and thanks everyone. Helen Nason is improving - but asks for your continued prayers.

**Birthday remembrance.** 4 April 2020 would have been the 100<sup>th</sup> birthday of the late Marion Wynne Williams, former church warden at St Cybi (Carys' Mum.) May she rest in peace!

**Karen and Stewart** have been overwhelmed by the support and sympathy expressed following the death of Joan Hayter, Stewart's mother. Our sincere thanks to everyone!

**Please pray for this couple recently married—we wish them every happiness!**

7 March : St Ffraid: Joseph Darren Marshall and Margaret Rose Jones

**Good News!** The heating system in St Cybi and the steps in St Gwenfaen have both been fixed! The sad news is that this virus means that all our churches are currently locked.

**Did you know that Aachen Cathedral in Germany, houses the relics of St Corona, the patron saint of resisting epidemics? She was killed 1800 years ago, aged 16, by the Romans, for professing her Christian faith.**

**Passion Play at Oberammergau—cancelled for the whole 2020 season!**

**Interesting historical April dates.** On the 3<sup>rd</sup> in 1721 Robert Walpole became the first Prime Minister of Britain. On the 4<sup>th</sup> in 1964, the Beatles occupied the first five slots in the US singles charts. On the 6<sup>th</sup> in 1199, Richard 1 (Lion Heart) died of an infected wound, in Chalus Castle France. On the 7<sup>th</sup> in 1739, Dick Turpin, highwayman, was hanged in York. On the 9<sup>th</sup> in 1806, engineer Isambard Kingdom Brunel was born. On the 10<sup>th</sup>, in 1633, bananas were on sale for the first time in London. On the 29<sup>th</sup> in 1884, Oxford university agreed to allow women to sit examinations, but would not award them degrees.

**Then and now!** We know that life appears to be restrictive now, but the positive is that there is so much love, kindness and concern around – for each other. If we think, that life under the present Covid-19 / Coronavirus is 'inconvenient', let us take a walk back in time together, and understand how things used to be in the Middle Ages, under the shadow of the Plague! The first recorded European epidemic of the plague, which started in Africa, dates back to the mid sixth century, and was known as the Plague of Justinian, named after the infected Roman emperor who survived it. Medieval Anglo- Saxon skeletons, found in Cambridgeshire, are likely to have died from the plague in 544. Maelgwn, King of Gwynedd, allegedly died of the plague in 547. Fast forward to 1347, when what was called either 'The Bubonic Plague' or 'The Black Death' hit the streets of London. Symptoms were bleeding from the lungs, gruesome boils, and blackened fingers and toes. Death was fairly rapid. Within eighteen months, it killed 40,000 people – roughly half of the population of the city. The conditions were perfect for its spread; sewage flowed through the streets and houses were very small, and extremely overcrowded. Then, as now, the disease originated in China, killing twenty five million people there before travelling west to Constantinople (Turkey) and then on to Italy before hitting London. It was transmitted via merchants plying their trade along the silk route. Unfortunately, the western world did not then have the medical knowledge to stop the spread. It was thought to have been started by a strain of bacteria, commonly carried by fleas, which in turn were carried by rats. Plague doctors were hired by towns specifically to 'treat' victims, both rich and poor. They often had no medical knowledge or experience, but were employed at inflated salaries, just to record the number of contaminations. Numbers of deaths began to subside in 1350, but appeared to flare up again every thirty years or so, killing around 20% of the population each time. In 1518, the city of London issued regulations: crosses were painted on front doors of infected houses, and a bale of hay was hung outside for 40 days. Sufferers had to carry a white stick to identify themselves, whilst out and about, and burials were carried out at night! One known member of the group of plague doctors was the French astrologer Nostradamus, but he at least had a medical / pharmaceutical background! The Personal Protective Equipment for plague doctors was quite interesting. In France and Italy in the 1600s, ankle length overcoats were worn, made from waxed leather, with a bird like beak mask, similar to a respirator, filled with sweet smelling herbs; along with gloves, boots and a wide brimmed hat. They carried wooden canes, to point out areas of the body needing attention, without needing to actually touch them. So high was the death toll, that instead of separate graves, mass graves known as plague pits became the norm. One of these was discovered a few years ago during the construction of London's cross rail project. Then, as now, the city was pretty much in lock down, as many 'self isolated' and trade was severely disrupted. Similarities to our present situation – yes – but in terms of numbers of deaths, we are definitely in a hugely better place.

**We must be grateful that we are living now and not then, and thank God for our caring communities and our wonderful NHS!**