

**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 :**

**Everyone who has a birthday, but is shy and wishes to remain anonymous!**

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

**What do we show on this month's cover?** We show a vintage, Victorian Valentine's Day card! We are all familiar with the modern traditions of St Valentine's Day, cards, chocolates and flowers, but what were the origins of the day? Lupercalia was a pastoral festival in ancient Rome, celebrated annually in February. Shepherds outside the city walls of Rome prayed to the god Lupercus, to keep their flocks safe from marauding wolves. Each year in February the god was thanked in a festival celebrating fertility and the arrival of spring. The highlight was on the 14<sup>th</sup>, when young men would draw the names of maidens, and they would be partners for the duration of the festival – sometimes for life! After Emperor Constantine christianised Rome, pagan activities gradually became eliminated. In the late fifth century, Pope Gelasius I finally suppressed Lupercalia, in which it was believed that the barren would be helped to pregnancy, and the pregnant would be helped through delivery. It was replaced with a festival in memory of a Christian bishop who had been martyred 200 years previously. The emperor Aurelius had imprisoned Valentine for continuing to conduct marriages for Christian soldiers, which was against the law. In prison, the bishop cured his jailer's daughter of blindness, and the two fell hopelessly in love. The bishop was executed on Feb 14 the following year, but on the eve of his death he sent a passionate letter to his love, signed simply "your Valentine" Soon afterwards, the Catholic church declared that 14 February would be kept as the feast day of the martyred St Valentine, patron saint of lovers, epileptics and beekeepers. It was viewed as a lover's festival from the 14<sup>th</sup> century, because it has been suggested that Feb 14 is approx the day that European birds start mating. Young ladies in England would write the names of prospective lovers on slips of paper, before rolling them in clay and placing them in a bowl of water. Whichever name rose to the surface first, would be their Valentine. In Scotland, names were drawn from a hat three times and if the same name appeared each time then marriage would follow. The name of the Valentine was then worn on the sleeve for the remainder of the day. Many superstitions were related to birds seen by young ladies on Valentine's Day. If she saw a blackbird, she would marry a clergyman; a goldfinch, a millionaire; a redbreast, a sailor; a crossbill, a quarrelsome man. A wryneck would condemn the poor lady to the fate of an old maid. To improve their chances of finding true love, single girls could run round a church twelve times without stopping; lay bay leaves sprinkled in rosewater on their pillow; or even eat a hard-boiled egg at midnight, including shell . A lady approaching old-maid status was advised to try all of the above! The legacy of St Valentine has survived long after his death. There was such an uproar over his execution among the Christian community in Rome, that the authorities had to bury his body quickly to avoid a riot. But three of his followers found his body and took him to Terni in Umbria, the city of his birth, and where he served as a bishop. He is perfectly embalmed in the Basilico de S Valentino. Young lovers still travel to the tomb to ask his blessing and the city throws a month long festival in his honour every year in February.

**We wish you all a Happy St Valentine's Day!**

Fundraising to maintain the respectful appearance of **St Seiriols Churchyard** is ongoing. So many of us have family members buried there! If you would like to support, by **buying reasonably priced Bonus Ball tickets weekly**, with the possibility of winning a cash prize, please contact Tommy Williams 764562. Thank you.

**Date for the Diary: 2023 World Day of Prayer:** The Church in Wales will host this service at St David, on Monday 6 March. Please ring Janice for more details -762905

**Be happy and grateful for all that you have, and for all that is to come!**

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

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

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

**Jane Bailey : 01407 521092**



**We look forward to life getting back to normal, so that when you cannot come to church, the church will come to you again!**

**Our pastoral care visiting team has grown in size, to allow us to reach out to even more people, as soon as we are allowed. Until this happens, the clergy will handle all visits. We know that in some areas, loneliness can be a huge problem, especially if your family live away , or if you are new to the town or village.**

**Please don't feel that you are on your own-we are just a phone call away!**

**Some of you might like us to call for a friendly chat, others might like to receive Holy Communion, either in your own home, in hospital or in a care or nursing home.**

**Others prefer a telephone call, just to be reminded that we are thinking of you.**

**Remember that if we don't know that you need us, we sadly cannot help you , so someone please get in touch on your behalf!**

**For anything to be included in this leaflet, please contact:**

**Pat: 01407 860412 or email: patriciahughes2017@gmail.com. Thank you.**

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

**Sunday:** Brian Wray, Mike Boylin, Judy, Ray, Alan, Pat Jones, David Carey, Sue Tatlow, Janice, Patsy Young, Baby Emlyn, Katie Jones, Michelle, Carolann Wedlake, Annette, Catherine Owen .

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

**Wednesday :** Hannah, Rosemary Tucker, Huw , David Carey .

**Prayers for any other reason:**

Pam: That inflation and the cost of living be brought under control, so that our people will not financially fear the coming winter and beyond!

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

**Rest in Peace :** " Love is meant to hurt, when it leaves "

Anita Parry, Christopher Biggs, David John Pritchard

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

**Grief is love with no where to go!**

**Anniversaries of death:**

**Feb 05-11:** James Dunsmuir, Mary Ellen Preston Thomas, Robert Brian Jones, Rupert Lewis, Tony Philip Hicks, Cerian Wyn Llewelyn, Ann McIlwaine.

**Feb 12-18:** Ian Marshall Garden, May Lewis, Thomas David Gannon, Malcolm Calvert, Joyce Rowlands, Brenda Lloyd, Ellen Fletcher, Richard Parson.

**Feb 19-25:** Gladys Carney, Robert Elwyn Owen, Noel Williams, Lal Jones, Jack Grenville Kerby.

**Feb 26-Mar 04:** Eric Jones, Mary Grace Roberts, Gwladys Warden Owen, Mark Batty, Don Ware.

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

**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 read and hear the name remembered.**

**Neil writes: Over recent months the clergy have gradually returned to taking Home Communion to those who have requested it. We are conscious that there may well be others too, who have not been in touch. If you would like Home Communion then please do contact one of the Clergy Team.**

The **Mothers Union** ladies really enjoyed their **Christmas Buffet lunch** , at the Anchorage, arranged by Karen. The first meeting of 2023 took place on Thurs, 19 Jan .This was a quite different "show and tell" afternoon, with a member showing an item, explaining it's history and the special significance of it to her personally! The next meeting will be at 2.0pm, on Thursday 16th February in St David's. Everyone will be most welcome to hear our interesting speaker Susan Hanbury.

The **Tuesday lectionary study group** meet each week in **St Ffraids Hall, 12 till 1pm**, with a cup of coffee or tea to discuss the following Sunday's bible readings. We look forward to welcoming you ! For more details contact Rev Neil, 861663.

Thanks for prayers answered! **Message from Rev. Jane Bailey!** Dear friends, First of all I'd like to say a big "thank you" to you all, for the good wishes and lovely cards I've received these past weeks. Much appreciated! Most of all thank you for your prayers, which have uplifted me more than you'll know— please keep them coming! My mobility is improving every day, but there are a couple of post op problems still to be worked through—but I'm getting there! I'm so looking forward to seeing you all before too long. Until then— Love and blessings, Jane

**People are as happy as they decide to be! Every morning, tell yourself that this will be a wonderful day!**

**Interesting February Dates:** On the 1<sup>st</sup>, in 1901, the royal yacht Alberta brought the body of the 82 year old Queen Victoria into Portsmouth harbour in readiness for the journey to London for her funeral on the following day. She had died at her home Osborne House, on the Isle of Wight on 22 January. On the 2<sup>nd</sup> in 1665 British forces captured New Amsterdam, the centre of the Dutch colony in North America. The trading settlement on the island of Manhattan was renamed New York, in honour of the Duke of York, its new governor, who later became King James II. On the 10<sup>th</sup> in 1354, students at Oxford University fought a street battle with local residents, resulting in several deaths and many injured. On the 13<sup>th</sup> in 1688, the "glorious revolution" brought the protestant king William of Orange and his wife Mary (daughter of James II) to the throne of England after the Catholic King James II fled to France. On the 22<sup>nd</sup> , in 1797, over 1000 French troops attempted to invade Britain, landing on the Welsh coast. The brave ladies of Fishguard saved the day! Thank you Jemima Nicholas, who received a lifetime pension for her efforts! Four days later, on the 26<sup>th</sup>, the Bank of England issued the first ever one pound note, which was hand written, on one side only, with the name of the payee, the date and the signature of the issuing cashier. This in part was a result of the panic in London, over the gold shortages, caused by the French revolutionary wars!

**Sunday 8th January :** The communal service in St Ffraid's, to meet assistant bishop Mary was well attended. The renewal of baptismal vows was powerful in its simplicity. Days later, we heard that Mary had been elected to become **Bishop of Llandaff** ! We wish her and her family every blessing in their new life.

**New Year Message to us all from Archbishop Andy.** This was received after our January PCC had been printed! As well as best wishes for 2023, he sends his love and says how much he looks forward to reading each monthly edition!

**Myfanwy writes:** Please join us on **Wednesday, March 1<sup>st</sup>** at 6.30pm to celebrate Dydd Gwyl Dewi at St David's Church. The "Cawl a Chan" evening includes a supper of Welsh fayre and bi-lingual entertainment, by Hogiau Bodwrog, plus a raffle. Tickets £8. Proceeds in aid of St Cybi's Church Fund. Donations of bara brith, Welsh cakes and raffle prizes will be appreciated. Ring 07928912808.

**Looking ahead!** As part of **Holy Week (2-9 April)** in Bangor Cathedral, pilgrims from far and wide are being offered to spend a retreat in north west Wales. St Cybi, Holyhead has been invited to open it's doors, and be part of this. We are grateful to all our tourist guiding team who will enable this to happen. Thank you!

**Ash Wednesday 22 February.** Join us at our 10.30 communion service at St Cybi for the traditional "ASHING" ceremony!

**St Cybi Wednesday activities in Lent!** Each week starting on Ash Wednesday, immediately after the 10.30 communion, there will be a Lent Lunch. This will be a hot meal prepared by the clergy, and will be followed by a Lent study course. All will be most welcome!

**All will be welcome at our next Walsingham Mass at 11.30 am on Saturday, 4 February, at St Cybi. Plans are already tentatively being made for our August 2023 pilgrimage to Norfolk—our first since 2019 due to Covid! If you would love to join us, please ring Jane Bailey: 01407 521092**