

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:

Ann Roberts : she celebrates 83 years on 9 July !

Barbara Swaine Williams: she celebrates 87 years on 31 July!

We wish them many more years of health and happiness !

What do we show on our cover? The wild and magnificent Bardsey Island, our destination as we continue walking together on pilgrimage. The North Wales Pilgrims Way starts at Basingwerk, a Grade 1 listed abbey near Holywell, in Flintshire. It then travels eastwards and ends at Aberdaron, on the Llyn peninsula, a total of 136 miles. The final part of the route, which is optional and weather dependent, is the two mile boat trip to Bardsey island, which starts at Porth Meudwy, about a mile away along the coastal foot path from Aberdaron. **This legendary island of 20,000 saints, including Saint Deiniol of Bangor, is the fourth largest offshore island in Wales, and is our cover feature.** This pilgrimage has been popular since the 7th century, linking saints associated with Holywell, Gwytherin, Clynog Fawr and Bardsey. St Winifred or Winifride was a 7th century Welsh Christian woman of the nobility. Prince Caradoc wanted to marry her, but having been taught religion by her uncle Beuno, she felt drawn to the monastic life. In approximately 630 AD, she refused the proposal, but Caradoc became angry, tried to rape her and then beheaded her. Legend has it that her head rolled down the hill, as an earthquake erupted. The earth opened up and a stream of water burst forth from where she fell. St Beuno came and placed her head back on her body, prayed and restored her to life. To this day, the waters of this spring have healing properties. Although mostly associated with this 'holy well' in Holywell, as well as the church of St Beuno in the same area, Winifride spent the latter part of her life as abbess of a convent in the remote village of Gwytherin, near Abergele, where the church still bears her name. Moving eastwards, Beuno founded a celtic monastery in Clynog, (the place of holly trees) on the north coast of the Llyn peninsula, between Caernarfon and Pwllheli. In present times, there is an ancient church named after him, which was an important stopping place for pilgrims heading for Bardsey Island. A prestigious religious site since the 6th century, it is believed that St Cadfan founded his monastery on the island, which became a major centre of pilgrimage in medieval times. Three of these were said to be as spiritually beneficial as one to Rome. Henry VIII dissolved the monastery in 1537, but the island still remains an attraction for pilgrims in modern times, and marks the end of the North Wales Pilgrims Way. **"To go on pilgrimage really means to step out of ourselves in order to encounter God"**

'Pilgrimage is the way we journey. In our physical walking we take spiritual steps using the environment, history, time and sometimes company of others to deepen our knowing and loving God. The space and time allows us to go further and for longer than is usually the case. The ancient trail from Holywell to Bardsey has a rich heritage that is perfect for this kind of encounter. The beauty of the coastline and stop off points along the way are replete with stories of those who have gone before us like Beuno who founded a community at the edge of the Llyn. It's sometimes said that the point of this journey is not to arrive. I'm not sure that is quite true but I understand what is being said: it isn't the end point which is most important but the journey itself, what takes place along the way. Anyone who takes this journey, whether literally or virtually, will find that they are not alone. Like those first disciples who walked from Jerusalem to Emmaus, they will find Christ at their side, speaking to them, opening the Scriptures and touching their hearts with the fire of love.' **Thanks to Bishop Andy John, who has kindly added these insightful words to accompany our own piece.**

Keep going! Everything you need will come to you at the perfect time!

**BRO CYBI / HOLY ISLAND MINISTRY AREA
PASTORAL CARE CIRCLE
JULY 2020**

Ministry Area Leader/Vicar: Rob Wardle 07710 173177

Associate Vicars : Neil Ridings: 01407 861663

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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 : Gwen, Hannah, Huw, Alan Taylor, Helen Nason, Helen Brenan, Eric Wyn Owen. Sandra Recourt, Neil Miles, Jane Carlin, Glenys Williams, Bryan Jones, Lewis and Caitlin and their "little angel", Rob Wardle.

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

Wednesday : Betty Ashton, Trevor Peacock, Angela Hillman, Menna Screech, Barbara Smith, Gwilym Lewis, Huw Thomas, Megan Morgan, Edith Shepherd, Glenys Barton, Lynda Owen, Margaret Williams.

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' ...

Joan Evans, Gwyneth Jones, Leonard Griffiths, John Elfed Jones, Lizzie Williams, Tony Wright.

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:

July 05-11: Denver Cooper

July 12-18: Ellen Wynne Griffiths

July 19-25: Ella Roberts, Brenda Manley Williams, Dillwyn Jones, Joshua Jones

July 26-Aug 01: Evan Francis Evans, Elinor Lake, Mary Glenys Phillips, Helen Fraser, Frank Henry Gannon

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.

Pat writes : Special Prayer Request Please! Our vicar Rob Wardle, has recently had investigative hospital tests for cancer. He has admirably led the team, which has kept us all connected together, during lockdown. Rob, you were there for us, now we are here for you! This is our opportunity to say 'thank you', by praying that the disease has been caught in early stages, and will be totally treatable. Collective prayer is powerful. Thank you all in advance, for your prayers.

NEW CORNER! Please share with us, a few words that are meaningful to you, in these difficult times. Margaret Smith of Trearddur Bay starts us off with words written in 1971 by her cousin Freida. "Oh lovely day! where have you gone? Did you have to slip away so fast? The softness of your air, the glow of autumn sun, now falling into golden rays across the sea. The daylight fades, and darkness fills the dewy garden. Sweet memories are all we have of summer. The days are rushing by, too soon the hour will come to say 'hello' to drear November" The words you choose don't have to be original, but please state the author.

When life gives you a hundred reasons to cry, show life that you have a million reasons to smile and laugh. Stay strong!

Pat writes: Many thanks to Hugh, Hilary, Sandra, Karen, Stewart and Sylvia – who are assisting with delivering envelopes twice each month. Your help is so appreciated!

Why not take a look at: www.walsinghamanglican.org.uk ? —————>

Interesting historical July dates. On the 1st, in 1838, British scientist Charles Darwin presented a paper to the Linnean Society in London, on his theory of the evolution of species and natural selection. On the 6th, in 1535, former favourite of King Henry VIII Sir Thomas More, was executed after refusing to recognise the King as the head of the Church. On the 11th, in 1690, deposed Roman Catholic King of England James II was defeated by the then current protestant king, William III or William of Orange, at the river Boyne, Ireland. On the 12th, in 1910, British pilot Charles Stewart Rolls, 33, died after his French built biplane crashed at a flying competition in Bournemouth, Dorset. He was a partner in the Rolls-Royce car manufacturing company. On the 13th in 1923, the British Parliament passed a law banning the sale of alcohol to under-18's. On the 19th, in 1545, King Henry VIII looked on as his newly refitted flagship the *Mary Rose* sank in the Solent, off England's south coast, with the loss of 700 lives. She was raised again in 1982. On the 21st, in 1969, the Eagle landed on the moon and US astronaut Neil Armstrong was the first man in history to walk on its powdery surface. On the 23rd in 1940, the Local Defence Volunteers changed its name to the Home Guard. (Remember Dad's Army!) The one million-strong force, which included many World War One veterans, was intended to form Britain's last line of defence against the expected German invasion. On the 29th in 1588, the Spanish Armada was sighted off the coast of Cornwall. The English fleet under the command of Charles Howard and Francis Drake set sail from Plymouth, to establish the birth of British naval supremacy.

Thanks for prayers answered. Glenys Williams' daughter Gwen is grateful for prayers answered. Her mum is recovering well after her fall. Margaret Williams thanks everyone for their prayers, after her recent fall also. She has even started cooking Welsh cakes again! We hear that Megan Morgan, in Towyn Capel, Trearddur Bay, has recently had 'the virus,' but thankfully has recovered well!

"Chatting round the coffee table "corner!" Val Dyer, a much respected 92 year old lady has left Rhoscolyn, and moved into a care home in Holmes Chapel. to be nearer to her family. The community will miss her, but wish her every happiness. Janice Foulkes writes: My late Aunt had a group of friends, mostly spinsters, who had been young women together in Holyhead from the 1930's onwards. Mary was known for her witty/cutting remarks whilst in later years Gwen always insisted she was much younger than she was. One day the conversation was about something that happened late 40's and Gwen insisted she was too young to remember the occasion; Mary quickly quipped " Don't be silly you were around when the Station Clock was just a watch "Belated birthday greetings to Sandra Lingwood for the 12th, Susan Hanbury for the 21st and Karen Hayter for the 22nd! We hope you managed to celebrate somehow in spite of lockdown! Menna Screech (Plas Dyffryn, Valley) wishes to send everyone who knows her, love and best wishes and thanks for your prayers.

Cell of our Lady of Walsingham: As June turns into July each year, members of our Cell start to count down the days until our annual pilgrimage. Sadly, this year, the Shrine has been closed due to the Covid 19 pandemic and our pilgrimage cancelled. But - we have our memories! The Shrine and gardens are a delight to visit. On those warm days we have enjoyed recently, I have imagined myself walking through the swathes of lavender along the Serpentine Path; sitting in an arbour hearing the bees going about their business and listening to the bells marking the passing of the day. But it is the steeping of myself in the profound sense of prayer and sanctity which pervades the shrine that I will miss most of all. We have all missed out on many places and people during the pandemic. Yet, many of us have gained by enjoying anew much that we had come to take for granted - often, the simpler, God-given gifts of our beautiful world. With love and blessings, Jane.