

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 :

Elizabeth Walker: she celebrates 97 years on 24th February !

Elwyn Collins Jones : he celebrates 92 years on 25 February !

Shirley Jones: she celebrates 88 years on 1 March !

We wish them many more years of health and happiness!

What do we show on this month's cover? St Peters Basilica, Rome. As we remain "locked down", we continue our theme of pilgrimage, travelling while at home, from the comfort of our arm chairs. Christians believed that pilgrimage could help them to develop spiritually, and to bring them closer to God. This basilica was allegedly built over the tomb of St Peter, while the Basilica Papale San Paolo was supposedly built over the burial place of St Paul, also in Rome, but outside the city walls. Pilgrims have travelled to Rome since the second century, but numbers increased, when the first Christian emperor Constantine in 312AD allowed Christians to worship publicly. Constantine erected both of these amazing structures in the fourth century. These sites contained holy relics, material objects like the bones or clothes of the saints, the sight or touch of which was supposed to draw the faithful nearer to saintliness. Veneration of relics also provided opportunities for sculptors and goldsmiths to create reliquaries to house the objects, while jewellers produced small containers for sacred material suitable for the faithful to wear. Early pilgrims had the advantage of the well-maintained infrastructure of Roman roads, but by the Middle Ages, travelling on long journeys had become a dangerous activity. Pilgrims often travelled in groups to protect themselves against outlaws, but were often robbed or murdered by some within their own group! Wealthy people sometimes wisely preferred to pay others to go on a pilgrimage on their behalf! One of the most important pilgrim ways in Europe, was the Via Francigena, which connected abbeys, crossed half a continent and covered four countries. It started in Britain, from the North Downs in Surrey or Kent, continued on to what later became the WWI battlefields, the Champagne region in France, through Switzerland, over the Alps to Italy and Lombardy, and finally across the Apennines and the Tuscan hills to Rome. In 880 AD, Rhodri Mawr, King of Gwynedd, and later in 945 AD, his grandson Howell the Good, are both known to have visited Rome towards the end of their lives, but it is not known whether they went by land or by the dangerous and pirate-infested sea route via Gibraltar. Nowadays, it would take a reasonably fit person about 90 days to walk the 2000 kilometres from Canterbury to Rome, or about 30 days to cycle . In 2011, James Seward-Anderson and Maxwell Hannah ran the entire route in 58 days, to raise funds for the charity Water Aid. Going on pilgrimage in the Middle Ages, was quite an expensive way of having your sins forgiven, a vow fulfilled, a crime expiated or a miraculous cure performed, both financially and also in terms of personal safety. Many travelled on foot for more than 3,000 miles, rarely spending more than one night in the same place. Some were forced to sell their land to the church before starting out, as well as to settle all their debts, to make a will, to apologise to everyone they had offended in the past and to make a vow in front of the priest to complete the journey. Poorly signposted paths, and wild animals were a huge problem; shipwrecks, warring armies, avalanches and malaria added to the stress. A typical pilgrim wore a long coarse garment, a broad- rimmed hat, carried a staff and "wore" a small purse. Really serious minded pilgrims prayed constantly, using prayer books or portable altars to focus their minds. Food and lodging as well as masses and prayers were provided by monasteries along the way. If they reached Rome, their problems were certainly not over, as they probably had very little money left, with which to buy food and accommodation. The parallels between the physical journey of a pilgrimage and the spiritual journey between life and death, are hard to ignore. For many, the arrival at the end of a pilgrimage could be disappointing. The adventure had ended and there may be no desire to return to real life. **The destination however may not be the end, but the beginning of a new cycle.....**

**BRO CYBI / HOLY ISLAND MINISTRY AREA
PASTORAL CARE CIRCLE
FEBRUARY 2021**

Ministry Area Leader/Vicar: Rob Wardle 07710 173177

Associate Vicars : Neil Ridings: 01407 861663

Jane Bailey : 01407 810827

Andy Herrick : 01407 861084



We are looking forward to life getting back to some sort of normality, 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. 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: Gwen, Hannah, Huw, Alan Taylor, Sandra Recourt, Ann Cuthbertson, Keith Bryant, Betty Pepper, Rosemary Tucker, Christopher Evans, Alison Walker, Enid Jones, Sue C, Laura, Sue, Lucy Hall, David, Brenda Borsby, Irene and Ian Garden, Pat C, Tudor Jones, Eve, Trevor Jones.

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

Wednesday : Trevor Peacock, Menna Screech, Barbara Smith, Gwilym Lewis, Huw Thomas, Megan Morgan, Glenys Barton, Margaret Williams, Glenys Williams, Michael S, Rob B, Myfanwy Newman, Elizabeth Walker, Avril Foulkes

Prayers for any other reason: Pam Edwards, Angela Hillman, Maurice

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' ...

William John Simpson, Edith Shepherd, Trevor Salmon, George Watson Roberts, Albert John Harrison.

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

Death leaves a heartache that no one can heal, but love leaves a memory no one can steal.

Anniversaries of death:

Feb 07-13: Mary Ellen Preston Thomas, Robert Brian Jones, Rupert Lewis, Tony Philip Hicks, Cerian Wyn Llewelyn, Ann McIlwaine, May Lewis, Thomas David Gannon, Malcolm Calvert, Joyce Rowlands.

Feb 14-20: Brenda Lloyd, Ellen Fletcher, Richard Parson, Robert Elwyn Owen, Noel Williams, Lal Jones.

Feb 21-27: Jack Grenville Kerby, Eric Jones, Mary Grace Roberts.

Feb 28– Mar 6: Gwladys Warden Owen, Mark Batty, Olwen Jones.

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.

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.

Thanks for prayers answered: Sam Alsop Hall (Covid recovery), Wyn, Clare and family (so grateful for a small, but healthy baby boy)

Exciting New Prayer Opportunity! A clergy led ZOOM group meets online each Monday evening at 6.30pm. You will be very welcome to attend—please email Rob for the link. If you would prefer, please pass the names of those you wish to pray for to Rob, Jane, Neil or Pat. We pray for anyone with any sort of problem , not merely ill health. We look forward to hearing from you!

MOTHERS UNION - Janice writes: To all our Branch Members, although we are still unable to meet as a group, the work of MU continues both nationally and locally, and it is hoped that in the not too distant future we can restart our meetings. If any member wishes to pay the subscription now, please give it to me and I will send it to the Diocesan Treasurer. Cheques to be made out to Bangor Diocesan Mothers Union, before 17th February. I can be contacted on 01407 762905 or janicepfoulkes@gmail.com. Members can also send direct to: BDMU Treasurer, Mr P Lane, Penarfynedd, Mynedd Nefyn, Pwllheli, LL53 6TN; please state your name and Branch.

Our dear friend **Katie Jones**, who celebrated her **93rd birthday on 26 January**, wishes to thank everyone who was so kind to her on this day. She is so grateful to you all! Thank you!

Interesting facts about February 2021: **2 February** is known as **Candlemas**, or the Christian festival of lights. In olden times, all the candles which were to be used in church over the coming year were brought in, and a blessing was said over them. Candles were important, because then, they *were* the only source of light. They also reminded the faithful, that Christ was the Light of the World. Snowdrops are sometimes known as Candlemas bells. The day marks the mid point of winter, half way between the shortest day and the spring equinox, but never falls in Lent. As winter gave way to spring, the increased strength of the sun was celebrated. The old Christmas season lasted for forty days, ending on Candlemas, which was the day on which the Blessed Virgin Mary was ritually and customarily purified. Her baby boy was, of course, presented in the temple, in gratitude by thankful parents .This is why some people choose to leave seasonal decorations in place until this date. **Shrove-tide**, which is the preparation for Lent, is a time of deciding what sacrifices to make. It is also a time of self examination,— in what areas do we need to ask for God's help to improve? **Shrove Tuesday** 2021 falls on **16 Feb**, (47 days before Easter). As the penitential season of Lent was supposed to be a time of quietness and fasting, Shrove Tuesday was the last day for fun and food! In olden times, therefore, it was called Mischief Day. It was the last day that luxury foods could be eaten. Various favourite foods were enjoyed in different parts of Britain: broth was chosen in Scotland; doughnuts were the choice in Herefordshire; Lincolnshire preferred frying pan pudding; while Cornwall enjoyed pea soup. The choice these days is usually pancakes. Why? Historically to use up foods that weren't allowed in Lent – fat, butter and eggs. In France and many parts of the American continent, **Mardi Gras** (Fat Tuesday) is celebrated as a huge community carnival. It may begin at **Epiphany**, (6th January) and continue until **Shrove Tuesday**. **Ash Wednesday 2021** falls on **17 Feb**, and has been celebrated since the 11th century, as a day of repentance, when Christians confess their sins and profess their devotion to God. Palm crosses from the previous year are burnt to create ash for the marking of the sign of the cross: **"Remember, that you are dust, and to dust you will return."** In some parts of the world, ashes are prepared and carried out onto the streets, by both priests and lay people, in a modern initiative called "Ashes to Go " This is acceptable, because 'ashing' is considered to be a mission, rather than a sacrament !

Looking ahead to Ash Wednesday and Easter! Rob will send out a small amount of ash to anyone who would like to Ash themselves this year, on **17 February**, using the enclosed liturgy. **Please either ring or email him to ask.** Activities are also planned for Holy Week (Palm Sunday 28 March) through to Easter Sunday on 4 April, if we are still in lock down.

One small positive thought in the morning, can change your whole day!

Weddings in the Ministry Area: Please remember in your prayers all those couples who have booked a wedding with us in 2021. Several of the couples had to postpone their wedding last year, perhaps more than once, as we went in and out of lockdown. And now, at the start of a new year, we find ourselves again in a time of concern and uncertainty. May the Lord hold us all in his loving care. **Jane**

Enjoy making things? Want to have a good chat at the same time?: Monday 8th Feb Craft Club 3pm - 3.45pm on Zoom. A weekly drop-in session for getting out any arts or crafts project you keep meaning to do, start or finish! It's also a chance to see what others are doing and get inspired or share tips. No need to book, just drop in using the Zoom link. Invite a friend, it's a great way to be social. Hosts are Sue Chadwick and Julie Wilde. Phone Julie: 01407 765002 or email: juliewilde2012@icloud.com for the Zoom link or any questions.

New—Online Book Review Group: Each Thursday evening, at 7.0pm, for anyone who enjoys reading and exchanging ideas. Clergy led, please email Rob for the ZOOM link. If you have no internet, you could read the book at home, and answer the questions which could be sent to you!