

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 :

Irene Edwards: she celebrates 81 years on 5 August!

Ann Davies : she celebrates 86 years on 13 August!

Trefor Foulkes: he celebrates 84 years on 22 August!

Elwyn Owen : he celebrates 81 years on 30 August!

We wish you many more years of health and happiness!

What do we show on this month's cover and why? According to the rise in viewers of TV History programs, interest in the past is becoming a bolt hole, possibly as an escape from the horrors of the present day world! Following on from last month's look at the Roman army, and its stay on Anglesey, the modern world might think its current technical and lifestyle innovations are phenomenal. But we shall consider this month, ancient Roman inventions that have shaped the modern world and are still part of our daily lives today, nearly two thousand years on! Sit back, relax and prepare to be amazed! Although they did not use central heating, they used methods other than fireplaces to keep warm. **Our cover shows their innovative under floor heating system**, which can be seen at the Roman Fort and Museum, Hadrians Wall, near Hexham, Northumberland. Raised floors, laid on columns, allowed hot air to circulate. Fires would be lit in stoke-holes, and produced underfloor heating. **In bath-houses gaps were even left, when tiling a wall, so that the walls would be heated too.** With 10,000 soldiers on the move in Britain, tasty, convenient **"food to go" was an absolute necessity.** Street food sellers were both important and commonplace in large towns. **Advertising, public relations and marketing all trace their origins to Roman times.** Traders used billboards, and even the emperor would self promote his latest victories on newly minted coins. Potters would stamp their names on their wares as a mark of quality. Evidence of this exists from southern France dated between 70 -85 AD. The idea of keeping towns and forts clean through drainage and fresh water was completely alien to the British way of life. **Aqueducts to bring fresh water in, and drains to keep streets and houses clean were both great feats of engineering left as a legacy from Roman times.** Remains of latrines and bath complexes can still be seen across the forts of Hadrian's Wall, considered to be the best preserved in the country. Large settlements of course, existed pre Roman times, but they were the first to produce the concept of an organised "town" or a planned administrative centre. London, Bath and Lincoln are excellent examples to visit today. People in the Iron Age built buildings in a round shape from wood, but the Romans were the first to build in stone – in straight lines and on a grand scale! Roman roads were built wide and straight, with paved streets – many still form the basis of roads today! In total, they built 55,000 miles of roads throughout Europe and the Mediterranean. Julius Caesar created the Julian calendar in 45 BC, consisting of 365 days, with a leap year every fourth year, aligning the Roman calendar with the sun. He also moved the beginning of the year from 1st March to 1st January! July and August were named to reflect the emperors Julius and Augustus. **Roman currency meant that a coin minted in Rome could be spent universally throughout the empire - in Britain, North Africa or Turkey.** Such a widespread global currency has not been seen since- until the Euro! The introduction of Latin had a profound impact on words and language within Britain. Latin became the language of religion, law and administration, and a great many modern words still derive from this language. Plumbing is so called because the Romans made their pipes out of lead (*plumbum*.) **I hope you will appreciate two quotes from Marcus Aurelius – Roman emperor and Stoic philosopher – 161-180 AD: "You have power over your mind – not over outside events" and "Everything we hear is an opinion, not a fact"**

Rob Wardle's final service in St Cybi's Church on Sunday the 16th of July was well attended. He was presented with a cheque from the parishioners, and his bride to be Carol received flowers and chocolates. Everyone enjoyed the refreshments which followed afterwards. We wish them much happiness in retirement and future married life!

**BRO CYBI / HOLY ISLAND MINISTRY AREA
PASTORAL CARE CIRCLE
AUGUST 2023
Associate Vicars : Neil Ridings: 01407 861663
Jane Bailey: 01407 521092**



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. The clergy currently undertake all visits

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, Janice, Michelle, Carolann Wedlake, Annette, Gareth, Jenny, Lynn, David Thompson, Gaynor, Much loved child Mabon, Jane, Sister Sylvia Healy, Hedd, Frances Iliffe, Heather Rendall.

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

Wednesday: Hannah, Rosemary Tucker, Huw, David Carey, Katie Jones, Gwyn, Sue Tatlow.

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 "

Alwyn Dylan Morgan Jones.

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

Grief is love with no where to go!

Anniversaries of death:

Aug 01-05: Helen Fraser, Frank Henry Gannon, Annwen Sarah Llewelyn

Aug 06-12: Betty Robinson, Maureen Davies, Bob Hughes, William Evan Thomas, Dorrie Mortimer, David Lewis, Audrey Coyne, Mel Morgan, Godfrey John Tonkin, Shirley Jones.

Aug 13-19: Bob Parry, Elwyn Lewis, Dilys Beryl Edwards, William Kenneth Gray, Ted Williams, Hugh Williams, Daphne King Brewster, Reginald Francis Wright

Aug 20-26: Lily Hambley, Eileen Kathleen Thomas, William Sanderson, Christine Hanbury, Kenneth Lewis, Susan Heath

Aug 27-Sept 2: Hugh Richard Evans, Ambrose Atkinson

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.

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.

Please pray for these couples recently married: We wish them every happiness!

8 July: St Gwenfaen: Thomas Luke Mills and Zoe Sarah Littlewood

14 July: St Ffraid: Corey Ray Jones—Williams and Elaine Douth

Many from our ministry area travelled to **Bangor Cathedral** on **Saturday 1st of July**, to watch Glenys Samson ordained as Deacon. She will continue her curacy in the Bro Padraig ministry area.

The St Cybi Charity Shop, open for two weeks, benefitted from cruise ship customers to the town.

Betty and the team raised £1816—25, which after rent was paid, showed a profit of £1679-25. Many thanks to everyone involved—a great team effort!

The two day **Flower Festival at St Gwenfaen** was a great success, and followed the opening concert by the Isle of Anglesey Choral Society. The sum of £430 was raised towards the restoration of three William Morris windows. Edna, Susan and Pam are grateful to the choir and to all who shared the wonderfully atmospheric evening.

Please pray for these recently baptised:

23 July: St Ffraid: Roccia Florence McGinness

30 July: St Ffraid: Otis Stephen Adamkiewicz

We welcome them as the newest members of our church family!

Myfanwy is hoping to organise a Harvest Lunch at St David's for Tuesday, October 3rd. Funds raised would be shared between our MA and a local charity. Anyone willing to help prepare food or help serve on the day please ring 07928912808.

The recent open meeting at St David's Church, hosted by Emlyn, the Area Dean, was well attended. Ideas were put forward to manage services in our four churches during the inter regnum with a reduced pool of clerics, using members of the laity for readings, etc.

There will not be a Walsingham Mass in August, the group will be on pilgrimage in the Shrine enjoying the real experience! Ann, Bernie, Christopher, Elaine D, Elaine G, Gill, Hilary, Irene, Jane, Kath, Maureen, Mem, Pam and Pat. 9 of these pilgrims have stayed at the shrine previously, while it will be a first visit for the other 5. We pray for those pilgrims, Keith, Sylvia and Hedd who cannot be with us due to ill health. The July lunch at the Breakwater Country Park Café was a lot of fun and much enjoyed by everyone! Thank you to Ffion and the catering team!

Can you please spare two hours a week, from early August to end September, as a relief volunteer tour guide in St Cybi—to cover for holidays? All you need are a welcoming personality, and the ability to chat with complete strangers from all over the world. This voluntary work is really interesting, and very sociable! We will ensure that you know enough of our local history to work with an experienced steward. There are so many cruise ships waiting to visit! Please ring Pat 860412. People away from home are always grateful for friendliness and conversations.

As ever our **Mother's Union** Summer Buffet Lunch at the Anchorage Hotel was much enjoyed—good food and great company. Thank you Karen for arranging everything so well! Janice reported that ours has now expanded into the largest MU branch in North Wales! During the midweek service at St.Cybi on Wednesday Aug 9th, we will be celebrating Mary Summer Day. with Rev Neil Ridings, Diocesan MU Chaplain. Mary was the founder of Mother's Union. The next regular monthly meeting will be **2.0pm on Thursday, 21st Sept, at St David**. All new members will be most welcome. The interesting part is that you no longer have to be a mother!

Richard Parry has decided not to proceed with the proposed Treasure Hunt and meal, due to so many other events happening in the parish around the same time!

Pat would like to thank all members of the St Cybi volunteer stewarding team, whether regular or random, for the supreme effort which has been made this season—and it is still on going. More cruise ships in than ever before, and more independent visitors have meant that we have needed to include more hours and more days than previously. And we have all done it so cheerfully! Thank you all very, very much! You are so appreciated! We say hello to two new stewards who are due to start training—welcome to the team!

St Gwenfaen's will hold their annual **Art & Craft fair** at the **Church Hall, Rhoscolyn**. The event will be open **10.30am - 5.30pm on Saturday 26th, Sunday 27th and Monday 28th August**. There will be a wide variety of stalls selling the work of twenty local artists and craftspeople. **Admission is free and refreshments will be available**. Funds raised will go towards the restoration of stained glass windows at St Gwenfaen's Church and the Anglesey Foodbank.

If you were too late to donate items to sell in the recent St Cybi charity shop, don't worry—St David's are holding one in the same place from 18-23 September! More details in September PCC!

We have chatted with the team of archaeologists from the Gwynedd Archaeological Trust which has been "digging" in St Cybi. Although we and our visitors have been most interested and impressed, from their professional perspective, finds to date have not been that exciting! Numerous bones from disturbed ground have been found, which cannot be easily dated. The cost to do so would be greater than the entire cost of the project! Original gas lighting pipes have been revealed in the area near the choir stalls. Apparently, back in the day, this would have been extremely smelly. One team member, a professional "digger" for thirty years, has elsewhere unearthed finds from the Neolithic era, approx 5,000 years ago, and was also part of a Roman dig in York. An impressive CV!

We were delighted to learn that Nic Murphy, the new tourism manager for Holyhead council, was able to reinstate the ever popular choirs to entertain visitors and locals within St Cybi. Holyhead Male Voice Choir performed twice, as did the Isle of Anglesey Choral Society. We look forward to return visits, when council finances permit!

Birthday Blessings to Rev. Jane Bailey, for the 14th August. May you enjoy many more!