

LLANDUDNO

Cylchgrawn Plwyf
Parish Magazine



30p

FEBRUARY 2008

Services

Holy Trinity Church, Mostyn Street

Sundays

- 8.00 am Holy Eucharist
- 10.30 am Sung Eucharist (1st, 3rd & 4th Sundays)
- Matins followed by shortened Eucharist (2nd Sunday)
- Combined Matins and Eucharist (5th Sunday)
- 5.00 pm Evening Prayer
- 6.00 pm Exploring Worship - in Church Hall (2nd Sunday)

Weekdays

- 8.30 am Morning Prayer (Tue, Wed & Thur)
- Holy Eucharist with Morning Prayer (Fri)
- 9.00 am Holy Eucharist (Wed)
- 11.00 am Holy Eucharist (Thur & Major Saints' Days)
- Holy Eucharist in Welsh (Sat)
- 5.00 pm Evening Prayer (Tue, Wed, Thur & Fri)

St Tudno's Church Great Orme

- 9.00 am Morning Prayer (Sat)
- 11.00 am Open Air Service (Sun from end of May to end of September)
- On the first Sunday of each month, the service is followed by a shortened Eucharist in the church.

The pattern of Sunday and Weekday services sometimes changes. Please check the calendar in each month's magazine and the weekly bulletin.

The Rector is in Holy Trinity Church on most Saturday mornings from 11.30 - 12.00 to see parishioners on any matter – for confessions, spiritual guidance, the booking of baptisms or weddings etc.

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Llandudno

www.llandudno-parish.org.uk

The deadline for copy for any edition is the 7th of the previous month. Please leave copy in box near pulpit in Holy Trinity Church or e-mail:

editor@llandudno-parish.org.uk

Copy may be on disk, printed or handwritten.

Letter from The Rectory

In recent weeks there has been an advert on TV which shows a woman trying to change her lifestyle but failing miserably because she tries to do too many things all at once. She messes up everything she's taken on and just ends up exhausted and defeated. But then she's told 'Just take on one thing at a time.' And we see her choosing one thing and making a real go of it.



When we want to change our life or take on new things and feel very enthusiastic, it can be really tempting to try to do everything at once and to get to end of the journey almost before we've taken the first step! Now, it's certainly good to have long term goals in life and to be keen to achieve them, but we all need to learn to get there slowly but surely.

Sometimes this temptation to change everything at once can occur in Lent. We want to make a real effort in this special season; we want to grow closer to Our Lord and to be a more faithful disciple. So we construct an elaborate Lenten rule of life setting ourselves a strict routine of prayer, bible reading, service to others etc. Not surprisingly we often fail to live up to this rule because we've taken on too much all at once and have relied on our own

strength and not on the grace of God. Then we feel guilty that we have failed Christ and wasted another Lent.

Alternatively, having had this dispiriting experience in the past we don't bother to do anything special at all in Lent, except perhaps attending the odd extra service or event and also end up feeling that somehow we have wasted a time of real opportunity to grow in our faith.

But what if we were to put the advice of that advert into practice when it comes to our Lenten observance? What if we were to take on just one thing for the Lord this Lent? Maybe, just maybe it might work, with the help of God. So I invite you to consider taking on just one special thing this Lent. Certainly not something too easy - it should be a real commitment. But it should also be something which you have a fair chance of actually being able to do.

What might that one thing be? Well there are endless possibilities, I will mention just one. Those who came to the services for the Week of Prayer for Christian Unity in January will remember that the theme for the week was 'Pray without ceasing', based on St Paul's appeal to the Thessalonians in his first letter to them (see 1 Thess 5:12-

18). Of course, St Paul didn't mean by this that we literally ought to be praying at every moment of our lives. That would surely be impossible! He meant that our lives ought to be punctuated by prayer at frequent intervals. There should both be special times of prayer and we should also learn the art of 'practising the presence of God' at intervals throughout the day. In this way we gradually learn to make a real space for God in our lives.

So maybe the one thing we do this Lent could be attending to our prayer life and seeing how it could grow. There are various events this Lent which might just be able to help. Under the auspices of Cytûn Llandudno there will be four 'prayer workshops'

entitled 'A Pilgrimage of Prayer' which will deal with meditation; we will have our Quiet Day at Loreto next month; and I will make a number of books on prayer available for anyone wanting to borrow them. I am also willing to give private counsel on prayer to anyone who wishes it. I don't claim to be an expert on prayer, far from it, but as a fellow Christian pilgrim with some experience I could possibly help you, so do ask.

Whatever you do this Lent the most important thing is to realize that we won't actually accomplish anything at all unless we stop relying on our own strength and open ourselves up to the grace of God. Have a joyful Lent 2008!

Fr John

Rector's Notes

Special events for Lent

1. Our usual series of services of Compline with Address will be held in the Hospital Chapel on the Wednesdays of Lent at 7 pm beginning on 13th February. These are, of course, held jointly with Llanrhos parish and this year the addresses will be on the theme of best loved hymns.

2. There will be a series of Cytûn 'Prayer Workshops' entitled 'A Pilgrimage of Prayer' designed to help us to grow in silent prayer. The venue will be

Stella Maris (opposite Our Lady Star of the Sea) on Tuesday mornings at 10 am beginning on 12th February. Each session will last about three-quarters of an hour.

3. On Saturday 8th March we will be holding our Lenten Quiet Day at Loreto. It will be led by the Revd Rex Matthias, Vicar of Betws-yn-Rhos and Petryal in the diocese of St Asaph. Look out for full details of this event in next month's magazine and in the weekly bulletin. **Please note the change of date for the Quiet Day.**

Congratulations!

I am sure everyone would want to join me in congratulating Andy Leitch for the splendid new format of the magazine which we first experienced last month. We are very lucky to have someone as talented as he to edit our magazine.

Andy replies: *I would like to thank Father John and many others for their very kind words following the publication of my first edition as Editor.*

To be truthful, the skills that were once necessary to produce a book or a magazine using boxes of type or hot metal are a thing of the past. The technologies that the newspapers introduced with great bitterness in the 1970s and 80s were very rapidly adapted for the exploding personal

computer market.

I must stress that this magazine will only be as good as its contributions. I would ideally produce a balanced magazine but that balance will ultimately be decided by you.

I have no intention of forcing my opinions upon the readers except when under extreme provocation, such as when contemplating the reasoning of the editors of new hymnals!

I could have kicked myself (metaphorically at least) before Christmas for not having organised a camera to record the Christingle service. On several levels it was a memorable occasion which merited a photographic record for inclusion here.

So please take every opportunity to help me record the Parish life, not just for our interest but for those who will follow us.

From the Parish Registers

The Departed

11th December: Florence Edith Fell (96)
of Herkomer Crescent, Llandudno
(Service at Holy Trinity followed by Cremation at
Colwyn Bay)

27th December: Gwendoline Grace Burman (93)
of Tan-yr-Ogo Terrace, Great Orme, Llandudno
(Service at Holy Trinity followed by Burial at The Lawns)

May the souls of the righteous rest in peace and arise in glory

Calendar for February

Sun 3rd Presentation of Christ

Services as usual for the 1st Sunday

Candlemass Ceremonies will take place at the 8.00 am & 10.30 am services

Wed 6th Ash Wednesday

9.00 am Eucharist with Imposition of Ashes

11.00 am Eucharist with Imposition of Ashes

7.30 pm Eucharist with Imposition of Ashes

Thur 7th 9.45 am Guild of St Raphael meeting
11.00 am Eucharist with Ministry of Healing

Sun 10th First Sunday of Lent

Services as usual for the 2nd Sunday

Tue 12th 10.00 am *A Pilgrimage of Prayer (Cytûn Lent activity) at Stella Maris*
(See separate article on p7)

Wed 13th 7.00 pm *Compline & Address in the Hospital Chapel*

Thur 14th 7.30 pm PCC Meeting

Sun 17th Second Sunday of Lent

Services as usual for the 3rd Sunday

Tue 19th 10.00 am *A Pilgrimage of Prayer at Stella Maris*

Wed 20th 7.00 pm *Compline & Address in the Hospital Chapel*

Sun 27th Third Sunday of Lent

Services as usual for the 4th Sunday

Tue 26th 10.00 am *A Pilgrimage of Prayer at Stella Maris*

Wed 27th 7.00 pm *Compline & Address at the Hospital Chapel*

March

Sat 1st Feast of St David, Patron Saint of Wales

11.00 am Bilingual Eucharist

Sun 2nd Fourth Sunday of Lent (Mothering Sunday)

Service times as usual for the 1st Sunday

The 10.30 am service will be a Family Eucharist

Attendance Figures for December 2007

Holy Trinity

Saturday 1st	11.00 am	Yr Offeren	10
Sunday 2nd	8.00 am	Holy Eucharist	20
Advent Sunday	10.30 am	Sung Eucharist	82
	5.00 pm	Evensong/Service of Light	9
Tuesday 4th	2.30 pm	Holy Eucharist (Parish Fellowship)	24
		Total of other Weekday Eucharists	29
Sunday 9th	8.00 am	Holy Eucharist	21
Advent 2	10.30 am	Choral Matins	88
		Shortened Eucharist	16
	5.00 pm	Evening Prayer	8
		Total of other Weekday Eucharists	26
Sunday 16th	8.00 am	Holy Eucharist	15
Advent 3	10.30 am	Family Eucharist with Christingle	120+
	5.00 pm	Evening Prayer	4
	6.00 pm	Exploring Worship	30
Tuesday 18th	7.30 pm	Advent Quiet Evening	21
		Total of Weekday Eucharists	26
Sunday 23rd	8.00 am	Holy Eucharist	15
Advent 4	10.30 am	Sung Eucharist	79
Monday 24th	5.00 pm	Crib Service	65
Christmas Eve	11.30 pm	Holy Eucharist	188
Tuesday 25th	8.00 am	Holy Eucharist & Carols	21
Nativity of Our Lord	10.30 am	Holy Eucharist & Carols	178
Wednesday 26th	11.00 am	Holy Eucharist	6
St Stephen			
Thursday 27th	10.30 am	Holy Eucharist	6
St John			

Friday 28th	11.00 am	Holy Eucharist	6
Holy Innocents			
Saturday 29th	11.00 am	Yr Offeren	9
Sunday 30th	8.00 am	Holy Eucharist	10
Christmas I	10.30 am	Sung Eucharist	70
St Tudno's			
Sunday 23rd	3.00 pm	Candlelit Carols	135
	5.00 pm	Candlelit Carols	110

Parents' and Toddlers' Group



As you can see from this photograph taken at the Christmas Party on December 10, the Parents and Toddlers are having a lovely time.

After the party, Father Christmas came

and gave presents to the little ones including a baby.

We recommenced the Parents and Toddlers Group again on January 14.

The Parish Share or Quota for 2008 is

£68412

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The Quota is the sum of money that we have to give the diocese each year to forward to the Church in Wales to pay the stipends of our clergy. We were able to pay this sum last year by using our reserves. This year the Quota is 4.51% more than 2007 and it seems certain that we will not have the reserves to pay it.

Please consider revising your regular giving so the Parish can pay its dues.

If you are a payer of income tax or capital gains tax, please declare your regular giving and donations as 'Gift Aid'. This is a scheme where HM Revenue and Customs refunds the tax you paid on earning your gift.

So if you make a donation of £10, the Parish receives an extra £2.80 at no cost to you.

Please contact Stan Whittaker, the Gift Aid Secretary. (Tel: 596796)

Sidespersons

- Feb 3rd Kath Lloyd, Mary Rees,
Judith Williams,
Joyce Crosby
- Feb 10th Dorothy Trent, Roy Rees
Jones, Sandra Davies,
Doug Pritchard
- Feb 17th Annabel Jones, Angela
Pritchard, Eira Jones
Eileen Roberts
- Feb 24th Pat Ridler, Margot Hughes,
Stan Whittaker,
Ray Millington
- Mar 2nd Kath Lloyd, Mary Rees,
Judith Williams, Joyce
Crosby

Exploring Worship

**Our next service is on
Sunday 10 February
at 6 pm in the
Church Hall.**

**The theme will be
"In Christ Alone".**

**Do join us in our
service of praise
and fellowship.**

St Tudno's

Both services of Carols by Candlelight on 23 December were very well attended, with 135 at the 3 pm service and 110 at the 5 pm service, there was a wonderful atmosphere and some hearty singing, particularly in the "competitive" We Three Kings. The photograph was taken at the second service.

The summer season of open air services was much enjoyed by parishioners and visitors, for many of whom the service is an important part of their holiday. The additional services began with the Easter Vigil, which included

baptisms – the first of several at St Tudno's during the summer. In June, St Tudno's Day was celebrated with a Eucharist but the annual "St. Tudno's Tea" was held on Corpus Christi, following a celebration of 400 years use of the church's chalice (see the notice board in Holy Trinity or the parish Web site for photos of this). Also in June, the choir led us in an afternoon service of Prayer and Plainsong and we could imagine how worship might have sounded at St Tudno's in the past.

In July, the afternoon service was entitled "Glory be to God for Dappled



Things” and was a celebration of God’s natural world on the Great Orme, while at the August Bank Holiday weekend we had the annual open air Songs of Praise. Once a month there was a service of Compline by Candlelight and the season finished with Evening Prayer on the last Sunday in September, followed by more tea and cakes!

Many thanks to everyone who helped to make this all possible: the team who open and close the church, the bench movers, the outdoor lighting team for Carols by Candlelight, all those who read and help at services and who

welcome visitors, those who provide or arrange flowers, bake cakes or clean the church, the organists, the clergy and all who attend the services.

As the Rector has mentioned previously, Morning Prayer is said at St. Tudno’s each Saturday throughout the year at 9.00 am and during winter the church is open on Saturdays and Sundays, weather permitting. The 2008 season will begin with the Easter Vigil and we look forward to seeing you at St Tudno’s during the year.

***Mark Collins
Christine Jones***

Decorating the Holy Trinity Christmas Tree



Winter Warmers' New Year Party

This was held on Saturday 5th January. There were about 30 of us all helpers present. Before our meal the following letter from Jane Allen was read out, followed by a special Grace:

I'm so sorry that I can't be with you at the Winter Warmers' party which I'm sure is going to be a great occasion, as always. If I had been there, I would have said a couple of things, so I've asked Barbara kindly to read this out on my behalf.

First of all, can I say what a success Winter Warmers is on so many accounts — raising money, giving such good value and satisfying lots of customers and, perhaps as important as all the rest, making people feel so very welcome. There's a lovely atmosphere on the Wednesday mornings,

and that says a lot about our church and the people who give so willingly of their time and talents and work so well together.

So, a huge thank you to Angela and Maggie who do such a lot of the organization and planning, and to every single member of the team who work so hard to make Wednesdays the success they are.

It's only because I think you shouldn't try to make a good thing even better that I have refrained from offering my cake-baking and other culinary skills! However, that doesn't mean that I want to stop sampling other people's wonderful cooking!

Have a good time, and here's to the second half of the season.





*Thank you so much, Lord, for one another,
For the friendship we find in each sister and brother;
Thank you for laughter and tears we can share,
Thank you for knowing that you're always there.*

*Thank you so much, Lord, for customers who
Come to Winter Warmers to support us the whole season through;
Thanks for soup-makers, cake-bakers and those
Who serve, prepare and wash up from opening to close.*

*Thank you for the food, Lord, we're going now to eat
(If this Grace goes on much longer it will quite spoil the treat);
So bless us, dear Lord, and this year just begun,
Please fill it with great food, loving friends and much fun.*

Our meal was just superb. Starters were prepared by Angela, the main hot course by Maggie and deserts by five members. The letters and Grace says it all, so leaves me with little more to say it was simply a real family gathering, who care and help each other in so many ways the year round, as we also

participate in the summer afternoon teas.

I will end by wishing a Happy New Year to all, and to our many people who enjoy our hospitality.

Amy

Mothers' Union 'Advent Voices'



Sylvia Cant, Maggie Leitch, Margot Hughes, Marion Heald, Sandra Davies

On 18 December the Mothers' Union had a Quiet Evening 'Advent Voices - a meditation on voices in the Lord's Prayer'.

A good turnout enjoyed a service specially prepared by the Revd Jane Allen: A Prophet's Voice, Mary's Voice, Angel Voices, Shepherd Voices & Kingly Voices.

After the meditation in the Memorial Chapel, seasonal fayre was enjoyed in the Church Hall.



Angela Pritchard, Jean Griffiths

Great Hymns - St Patrick's Breastplate

Perhaps our most-loved patronal hymn is 'St Patrick's Breastplate'. The lyrics are a translation of a Gaelic poem, attributed to St Patrick, called 'St Patrick's Lorica'. (A 'lorica' was a mystical garment that was supposed to protect the wearer from danger and illness.)

Mrs Cecil Frances Alexander, wife of the Primate of the Church of Ireland, penned the words in 1899 at the request of HH Dickinson, Dean of the Chapel Royal at Dublin Castle who later said that he had suggested 'that she should fill a gap in our *Irish Church Hymnal* by giving us a metrical version of St Patrick's "Lorica" and I sent her a carefully collated copy of the best prose translations of it. Within a week she sent me that exquisitely beautiful as well as faithful version which appears in the appendix to our *Church Hymnal*'.

The melody was in the collection of ancient Irish music made by George Petrie, entrusted by his daughter to Dublin-born Sir Charles Villiers Stanford for publication (1902). The words and melody appeared in the influential *English Hymnal* of 1906, the melody credited to the Petrie collection edited by Stanford. The arrangement was uncredited but note that the Hymnal's Music Editor was Stanford's pupil at the RCM, Ralph Vaughan Williams.

Stanford's own arrangement, per-

formed as an anthem in 1912, used the tune 'Gartan' for the penultimate verse (melody attributed to J Mease of Co Donegal) though some hymnals use the tune 'Deirdre', first published in Edward Bunting's 1841 *Ancient Music of Ireland* as arranged by Vaughan Williams.

Most hymnals omit verses 6 and 7 (our present hymnal, *One Church, One Faith, One Lord* aka *Hymns Old and New* also omits verses 2 and 3) and others opt for the English Hymnal's simpler unison structure. Other arrangements exist.

The latest *Irish Church Hymnal* (2000) retains all the verses (numbers 6 and 7 are optional) and the arrangement is Stanford's: verse 1 in unison; verses 2, 4 and 7 in unison to a different arrangement; verses 3, 5 and 6 in harmony (with the first melody note of line seven an octave higher); verse 8 in harmony to 'Gartan' (in G); and verse 9 to yet another unison arrangement complete with a 'great amen'. Helpfully, it also prints 'Gartan' transposed to F with an optional bridge for 'occasions when the setting is judged to be uncomfortably high for congregational singing.'

A difficult hymn to sing without the words printed within the music, 'St Patrick's Breastplate' was and remains a masterpiece. It recently topped an Episcopalian poll of favourite hymns in the USA. No wonder.

1. I bind unto myself today
The strong Name of the Trinity,
By invocation of the same
The Three in One and One in Three.

2. I bind this today to me forever
By power of faith, Christ's incarnation;
His baptism in Jordan river,
His death on Cross for my salvation;
His bursting from the spiced tomb,
His riding up the heavenly way,
His coming at the day of doom
I bind unto myself today.

3. I bind unto myself the power
Of the great love of cherubim;
The sweet 'Well done' in judgment
hour,
The service of the seraphim,
Confessors' faith, Apostles' word,
The Patriarchs' prayers, the prophets'
scrolls,
All good deeds done unto the Lord
And purity of virgin souls.

4. I bind unto myself today
The virtues of the star lit heaven,
The glorious sun's life giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous
shocks,
The stable earth, the deep salt sea
Around the old eternal rocks.

5. I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to ward;
The word of God to give me speech,
His heavenly host to be my guard.

6. Against the demon snares of sin,
The vice that gives temptation force,
The natural lusts that war within,
The hostile men that mar my course;
Or few or many, far or nigh,
In every place and in all hours,
Against their fierce hostility
I bind to me these holy powers.

7. Against all Satan's spells and wiles,
Against false words of heresy,
Against the knowledge that defiles,
Against the heart's idolatry,
Against the wizard's evil craft,
Against the death wound and the burn-
ing,
The choking wave, the poisoned shaft,
Protect me, Christ, till Thy returning.

8. Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

9. I bind unto myself the Name,
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three.
By Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord. Amen.



CF Alexander



G Petrie



CV Stanford