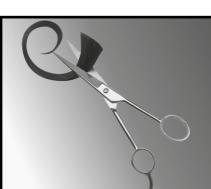
LLANDUDNO

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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)

Weekdays

9.00 am Holy Eucharist (Wed)

11.00 am Holy Eucharist (Thurs)

Holy Eucharist in Welsh

(Sat)



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St. Tudno's Church, Great Orme

12.00 noonOutdoor Worship (Sun

from end of May to end of

September)

On the first and third Sundays of each month, the service includes a shortened Communion.

Please check the Calendar for the month on pages 8, 9 and 10 for any additional services or amendments.



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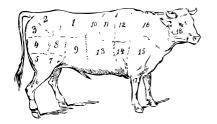
The deadline for copy for any edition is the 14th of the previous month. Please, if possible, e-mail copy to

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Calendar for May 2019

Tue 30 Apr	10.00 am	Cytûn Council & AGM at St. John's Methodist Fellowship Room
Wed I	Philip and 9.00 am 10.00 am	James, Apostles Holy Eucharist Coffee Morning
Thurs 2 Fri 3	10.30 am 11.00 am 7.30 pm	Guild of Health and St. Raphael Prayers for Healing Holy Eucharist Bell Ringing Practice
	Llandudno	Victorian Extravaganza Weekend begins
	Friends of	the Way Pilgrimage begins (see page 12)
Sat 4	11.00 am	Yr Offren
Sun 5	Third Sun 8.00 am 9.30 am 10.30 am	day of Easter First Sunday in May Holy Eucharist Junior Church Sung Eucharist
Mon 6		(No Parent and Toddler Group) (Mothers' Union Meeting on Mon 13) (No Hand Bell Ringing)
Tue 7	11.00 am 7.30 pm	Cytûn Julian Group at Stella Maris Llandudno-Keswick Bible Week at Gloddaeth Church
Wed 8	Julian of N	
	9.00 am 10.00 am 7.30 pm	Holy Eucharist Coffee Morning with 150 Club draw Llandudno-Keswick Bible Week at Gloddaeth Church
Thurs 9		f Nazianzus, Bishop
	10.00 am 11.00 am 7.30 pm 7.30 pm	Guild of Health and St. Raphael Meeting Holy Eucharist with Ministry of Healing Easter Vestry Llandudno-Keswick Bible Week at Gloddaeth Church
Fri 10	7.30 pm	Bell Ringing Practice
Sat II	7.30 pm 11.00 am	Llandudno-Keswick Bible Week at Gloddaeth Church Yr Offren



Sun 12	Fourth Su	Second Sunday in May	
	8.00 am	Holy Eucharist	, ,
	9.30 am	Junior Church	
	10.30 am	Sung Matins	
	6.00 pm	Christian Aid Week Service at G	loddaeth Church
Mon 13	9.30 am	Parent and Toddler Group	
	2.30 pm	Mothers' Union – Revd Steve Le our link diocese	yland – Uganda and
	6.30 pm	Hand Bell Ringing in the Choir Ve	estry
Tue 14	St. Matthi		•
Wed 15	Matthias,	Apostle (transferred from previous	us day)
	9.00 am	Holy Eucharist	
	10.00 am	Coffee Morning	
Thurs 16	10.30 am	Guild of Health and St. Raphael F	Prayers for Healing
	11.00 am	Holy Eucharist	
Fri 17	7.30 pm	Bell Ringing Practice	
Sat 18	11.00 am	Yr Offren	
	12.00 am	Christian Aid Afternoon Tea	
Sun 19	Fifth Sund	lay of Easter	Third Sunday in May
	8.00 am	Holy Eucharist	, ,
	9.30 am	Junior Church	
	10.30 am	Sung Eucharist	
Mon 20	9.30 am	Parent and Toddler Group	
	6.30 pm	Hand Bell Ringing in the Choir Ve	estry
Tue 21	-		•
Wed 22	9.00 am	Holy Eucharist	
	10.00 am	Coffee Morning	
Thurs 23	10.30 am	Guild of Health and St. Raphael F	Prayers for healing
	11.00 am	Holy Eucharist	_
Fri 24	7.30 pm	Bell Ringing Practice	
Sat 25	11.00 am	Yr Offren	

Sun 26	Sixth Sund 8.00 am	· / · · · · · · · · · · · · · · · · · ·		
	9.30 am	Junior Church		
	10.30 am	Sung Eucharist		
		Outdoor Worship at St. Tudno's		
M 27	3.00 pm	"The Feast of Life"		
Mon 27		(No Parent and Toddler Group [half term])		
T 20		(No Hand Bell Ringing [Bank Holiday])		
Tue 28	0.00	Habi Frakasia		
Wed 29	9.00 am	Holy Eucharist		
Thurs 30	10.00 am	Coffee Morning		
Thurs 30	Ascension 8.00 am	-		
	10.30 am	Holy Eucharist at St. Tudno's		
	11.00 am	Guild of Health and St. Raphael Prayers for Healing Holy Eucharist		
Fri 31	7.30 pm	Bell Ringing Practice		
June	7.30 pm	bell Kilighig Fractice		
Sat I	11.00 am	Yr Offren		
C . 2	C 41- C-			
Sun 2		unday of Easter First Sunday in June		
Sun 2	7.30 am	"A Place at the Table" on Radio Wales		
Sun 2	7.30 am 8.00 am	"A Place at the Table" on Radio Wales Holy Eucharist		
Sun 2	7.30 am 8.00 am 9.30 am	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church		
Sun 2	7.30 am 8.00 am 9.30 am 10.30 am	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist		
Sun 2	7.30 am 8.00 am 9.30 am 10.30 am 12.00 noon	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist Open-air Worship at St. Tudno's		
	7.30 am 8.00 am 9.30 am 10.30 am 12.00 noon 5.00 pm	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist Open-air Worship at St. Tudno's "The Feast of Life" at Gloddaeth Church		
Mon 3	7.30 am 8.00 am 9.30 am 10.30 am 12.00 noon 5.00 pm 9.30 am	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist Open-air Worship at St. Tudno's "The Feast of Life" at Gloddaeth Church Parent and Toddler Group		
	7.30 am 8.00 am 9.30 am 10.30 am 12.00 noon 5.00 pm 9.30 am 2.30 pm	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist Open-air Worship at St. Tudno's "The Feast of Life" at Gloddaeth Church Parent and Toddler Group Mothers' Union		
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Mon 3 Tue 4	7.30 am 8.00 am 9.30 am 10.30 am 12.00 noon 5.00 pm 9.30 am 2.30 pm 6.30 pm Tudno, Pat 9.00 am 9.30 am 10.00 am	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist Open-air Worship at St. Tudno's "The Feast of Life" at Gloddaeth Church Parent and Toddler Group Mothers' Union Hand Bell Ringing in the Choir Vestry ron Saint of Llandudno Holy Eucharist St. Tudno's Pilgrimage Walk from Holy Trinity Coffee Morning		
Mon 3 Tue 4 Wed 5	7.30 am 8.00 am 9.30 am 10.30 am 12.00 noon 5.00 pm 9.30 am 2.30 pm 6.30 pm Tudno, Pat 9.00 am 9.30 am 10.00 am 12.30 pm	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist Open-air Worship at St. Tudno's "The Feast of Life" at Gloddaeth Church Parent and Toddler Group Mothers' Union Hand Bell Ringing in the Choir Vestry ron Saint of Llandudno Holy Eucharist St. Tudno's Pilgrimage Walk from Holy Trinity Coffee Morning St. Tudno's Day Eucharist at St. Tudno's		
Mon 3 Tue 4	7.30 am 8.00 am 9.30 am 10.30 am 12.00 noon 5.00 pm 9.30 am 2.30 pm 6.30 pm Tudno, Pat 9.00 am 9.30 am 10.00 am 12.30 pm 10.30 am	"A Place at the Table" on Radio Wales Holy Eucharist Junior Church Sung Eucharist Open-air Worship at St. Tudno's "The Feast of Life" at Gloddaeth Church Parent and Toddler Group Mothers' Union Hand Bell Ringing in the Choir Vestry ron Saint of Llandudno Holy Eucharist St. Tudno's Pilgrimage Walk from Holy Trinity Coffee Morning St. Tudno's Day Eucharist at St. Tudno's Guild of Health and St. Raphael Prayers for Healing		
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From the Vicar

Recently broadcast on BBC Radio Wales

On Monday morning I travelled four hours by train from Llandudno back to my home town Newport, to Bassaleg for the funeral of my friends' mum who'd been a schoolteacher.

I hadn't expected to see so many former teachers there, most of whom I hadn't seen since I left school over 30 years ago. It was amazing how much some of them had changed but also how little others had aged. I was most struck by how close so many of them still were as friends; they laughed and joked together. And for the first time I saw these teachers for who they really were, rather than the authority figures whom we'd had nicknames for. No longer 'Sir 'or 'Miss', now I called them by their first names. After so many years, it didn't seem over-familiar or strange because now the pedestal had gone and we chatted away almost like old friends. It was beautifully unfamiliar. Seeing people for who they really are - as three-dimensional people can be humbling.

On Monday, Cardiff-born journalist and BBC Middle East Editor Jeremy Bowen announced that he's been receiving treatment for bowel cancer. We are all used to seeing Jeremy in exotic and



war-torn locations, dressed in a bulletproof jacket, seemingly fearless, delivering his analysis. But here he was sharing his personal story of discovering a tumour and having it removed — openly talking about his anguish.

There can seem to be something invincible about people we only know at a distance, but when we have an opportunity to glimpse them as rounded individuals we can feel that we really begin to connect with them.

In a similar way in the approach to Easter, we hear again some of the most personal stories about Jesus. He has come to be defined by many titles, teacher, saviour and messiah. But in the Easter story I believe, in Jesus, God became more than a distant figure, he became one of us, real, a true human being. He cried, got angry, felt lonely and abandoned. He was not a figure up in the clouds but here on earth, with us, loving us, opening Himself up to us.

And that's the challenge we each face today – how far are we prepared to go in sharing our lives with each other and with God? We can keep ourselves at a distance and perhaps stay on formal terms, or we can open ourselves up, dig down and discover a relationship of real depth. The choice is ours.

Pilgrimage

I remember studying Chaucer's 'Canterbury Tales' in school, which begins with the lines about April being the month Christians turn their thoughts to going on pilgrimage. In Chaucer's time, an astonishing number of European Christians travelled unprecedented distances to visit the shrines of the saints or else to Jerusalem itself. From Santiago de Compostella in Northern Spain to Trondheim/Nidaros in Norway; from Canterbury to Rome the whole of Europe was criss-crossed with these pilgrim ways, with local churches and monasteries often offering food and shelter along the way. Henry the Eighth was himself fond of the shrine of Mary at Walsingham, where I know some in the parish have visited in recent years with Fr. John. Others have travelled to Iona, Lindisfarne or to Bardsey - Ynys Enlli - the island of twenty thousand saints.

As a long distance cyclist, I've taken a number of cycling pilgrimages on two wheels in recent years both in groups for fundraising reasons or alone: Coast to Coast from Whitehaven to Whitby, from London to Paris, and from London to Copenhagen for Christian Aid; also Lands' End to John O'Groats for Action Duchennes. Two years ago I met another long distance cyclist from Sorrento in southern Italy whilst cycling down the river Rhine in Germany and we've become firm friends.

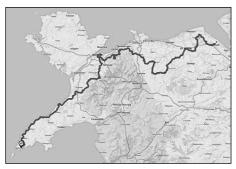
When I first moved up to North Wales in 2002 from West Wales to work at St. Asaph Cathedral, the then Dean, Chris Potter, and I walked the Offa's Dyke footpath from Prestatyn to Chepstow. Since then Chris and his wife Jenny have made the famous walk along the Camino in France and northern Spain to Santiago and on their return have helped to pioneer and re-discover the old pilgrim route from Basingwerk near the Dee estuary to Bardsey Island, a

Day	2019		Walk Start	Time	Walk Finish	Dist(Mi)	Dist(Km)
1	Sat	4th May	Basingwerk	09:30	Trelawnyd	11.3	18.2
2	Sun	5th May	Trelawnyd	09:30	St. Asaph	9.5	15.25
3	Mon	6th May	St. Asaph	09:30	Llansannan	10.5	17.25
4	Tue	7th May	Llansannan	09:30	Llangernyw	13.5	21.5
5	Wed	8th May	Llangernyw	09:30	Rowen	11.7	18
6	Thu	9th May	Rowen	09:30	Aber	10.75	17.25
7	Fri	10th May	Aber	09:30	Bangor	11.65	18.75
8	Sat	11th May	Bangor	09:30	Llanberis	10.8	17.4
9	Sun	12th May	Llanberis	09:30	Penygroes	12.15	19.5
10	Mon	13th May	Penygroes	09:30	Trefor	9.85	15.85
11	Tue	14th May	Trefor	09:30	Nefyn	7.7	12.4
12	Wed	15th May	Nefyn	09:30	Tudweiliog	7.3	11.75
13	Thu	16th May	Tudweiliog	09:30	Aberdaron	12.5	20.1
14	Fri	17th May	Aberdaron	TBD	Ynys Enlli		

Daily itinerary of the Friends of the Way pilgrimage...

long-distance trail of some 134 miles.

The Pilgrims' Way has been written up in book form by Mike Stevens and published by Kittiwake Books - you can pick up a copy in the Tourist Information Centre - and is available to download online on the website: www.pilgrims-way-north-wales.org. Every year Friends of the Way make an annual pilgrimage; this year they start out on Saturday 4 May for a two week route that passes through the mountainous area of the country, at one point reaching the foot of Snowdon itself. However, the walk never involves severe mountaineering, although there is some rugged terrain and a few steep sections. I'm planning to walk some of the days with them along the places that border our own Bangor Deanery, and plan to place some of the pilgrim passes and details of the route in the two churches of the Ministry Area, for although the walk does not take in Llandudno, our own St. Tudno's has become a significant place of pilgrimage for many as well as St. Trillo's Chapel, of course, in Rhos on Sea.



...and map.

St. Tudno's pilgrimage takes place this year on Wednesday 5 June, beginning in the Memorial Chapel in Holy Trinity at 9.30 am. The Annual Outing is on Friday 19 July to Llandecwyn church, where the Rev Jim Cotter started the Small Pilgrim Places Project.

It is envisaged that the daily Pilgrim Prayer will continue in August again this year. More on this to follow in due course.

Diocesan pilgrimages

2020 marks the centenary of disestablishment and the formation of the Church in Wales as we now know it. As at any anniversary, we will find ourselves looking back and reflecting on who we have become. As part of our looking back and reflecting, three major pilgrimages are being organised by the Bangor diocese during 2019, 2020 and 2021.

They are pilgrimages that invite us to look back at the roots of our faith – to Christ's redemptive work in Galilee and Jerusalem, to the earliest Christian communities in Rome, and to the ministry of the Celtic saints in Brittany. As we journey to those three holy destinations, we will be invited to reflect on how our journey of faith to this day is shaped and refreshed by our communion with those who have gone before us and shown us the way.

Practically speaking, they also offer three different pilgrimage experiences - a short visit to a European city, an immersive 10-day visit to the Holy Land, and a coach journey around some of the key Celtic Christian sites in northwest France.

A pilgrimage to Rome

In November 2019 the diocese will go on pilgrimage to Rome. Flying from Manchester on Monday 18 November, we will stay in the heart of ancient Rome, abutting the Campo Martius and the Foro di Cesare.

Over three days, we will focus on three saints at the heart of the earliest Christian communities in Rome: St. Peter the Apostle, the first Bishop of Rome; Pope St. Clement I, Bishop of Rome at the end of the first century and the author of important early Christian texts; and St. Agnes, who suffered martyrdom at the beginning of the fourth century during the persecutions of the emperor Diocletian. We will visit three sites associated with the three saints: St. Peter's Basilica in the Vatican; the multi-



The procession had taken the scenic route

layered church of San Clemente, built in the shadow of the Colosseum on the site of a temple of Mithras whose chambers can still be visited under the church; and the catacombs at Sant' Agnese fuori le Mura, the largest underground burial complex built by the early Christians in Rome, and the neighbouring Mausoleo di Costanza built for the tomb of the daughter of Constantine, the first Christian emperor.

We will fly back to Manchester on Thursday 21 November. On each day of our pilgrimage there will be time to worship, study, visit and eat together, as well as free time to explore more informally the sites and attractions of Rome.

Included in the price of £470 (a single room supplement of £100) are flights, transfers from the airport in Rome, accommodation, breakfast, dinner and site entry fees. Excluded are the costs of hold luggage, travel to Manchester Airport, lunch, travel insurance and local hotel tax.

The nature of the sites and streets of Rome require walking over uneven surfaces and across levels with limited accessibility.

To the Holy Land and Brittany

Our 2020 pilgrimage to the Holy Land is scheduled to take place on 2-12 November 2020, at an approximate price of £1,890 (a single room supplement of £370).

Details of our 2021 pilgrimage to Brit-

tany are being finalised this spring.

Funding and booking

The Bishop will support applications by licensed clerics to the Isla Johnson Trust for grant support towards the cost of pilgrimages.

To book your place on the pilgrimage

to Rome, please contact bangor@ churchinwales.org.uk by 21 May 2019.

Expressions of interest for the Holy Land pilgrimage should also be sent to the same address.

Yours in Christ

Andrew

News and Notices

Barbara Yates

The Coffee Morning Team is very sad to have lost one of its dear friends, Barbara, who has moved to live in Sandbach, nearer to her family.

Barbara will be sorely missed by her Church Family as she has been so involved in so many of the church activities: Coffee Mornings (16 years), Mothers' Union, Parish Fellowship, Parochial Church Council, Sunday School (Junior Church), the Banner Group, helping with the curtains in the North Transept and the baking of celebration cakes and for special functions. But most of all for her amazing almond slices for our summer season Coffee Mornings.

We wish Barbara and Paul every happiness in their new home and church.

Thank you. Very much appreciated.

Joyce and the Coffee Morning Team.

This should have appeared in last month's edition. Apologies. Ed

Coffee Morning Team

The Coffee Morning Team is looking for helpers on a rota to help serve on the counter. This is because we have lost two of our full-time ladies: Barbara Yates and Jennifer Jones. We are fortunate in that we have three faithful helpers will come and help at very short notice sometimes!

Our Summer Season starts on Wednesday 1 May. The times remain at 10.00 am till 12 00 noon

The commitment would be published on a rota which would depend on how many persons are able to help. It might be once every two months for example.

If you can help, please give me a ring on 875451 or speak to me on any Sunday morning in church.

We really do raise a considerable amount of money for the Ministry Area and our churches so please consider helping us achieve this. Thank you

Joyce Smith

Mothers' Union

On 1st April, Rev'd Mike and Roz Harrison celebrated the Passover Meal once again for the Mothers' Union and parishioners. This is always a very popular event and was very well-attended. The service was taken from 'The Last Supper' booklet which explained the meaning of the Passover and the relevance of the items used during the event, encompassing bitter and sweet to symbolise slavery and freedom. There were bitter herbs on the customary seder dish to encourage us to feel the bitterness of slavery, sweet herbs to symbolise the mortar used by the slaves in Egypt, a roast egg to signify the sacrifice in the temple and a lamb shank bone to symbolise the Paschal lamb.



Recreating the Last Supper.

There was salt water to signify the tears of the slaves, unleavened bread and a communal cup which was passed round four times during the service.

The meal was a delicious lamb hotpot, with a vegetarian option, followed by apple strudel. Our thanks to everyone involved in preparing this and clearing up afterwards, and to Mike and Roz for all their hard work in preparing this special event.

The Stations of the Cross were led by Archdeacon Mary on the Tuesday in Holy Week to a crowd (37) of people, all of whom appreciated the considerable time that this had taken to prepare for and deliver such a unique experience for us.

Mary had produced a booklet which explained the Stations in words and



Stations of the Cross at Holy Trinity.



Palm Sunday procession at Holy Trinity Church.

pictures with large copies of the pictures placed at each Station. At the Stations there was time to reflect and the opportunity to interact with the story of Jesus' journey to the Cross. For example stones and a bucket of water invited us to leave our worries at the foot of the cross. At another we rolled dice, each number representing an action that we could commit to. A simple Table Eucharist followed in the warmth of the Church Hall. The evening ended with tea, hot cross buns and fellowship. Angela thanked Mary for all her hard work in providing us with this most memorable Lenten Devotion.

Jenny Bicknell & Angela Pritchard

Holy Week and Easter

Holy Week began with presentation of palm crosses at each of the services and at the 10.30 am service the congregation met in the church hall for blessing

of the palms, before following a donkey in procession around the outside of Holy Trinity Church. Stations of the





Service of Light and Shadows at St. Tudno's.

Cross and a Table Eucharist were held on the Tuesday evening, as described on page 16. On the Wednesday a quiet day on the theme of Holy Saturday, with a bring-and-share lunch, took place at the Rectory and in the evening the Service of Light and Shadows was held at St. Tudno's. The Maundy Thursday Choral Eucharist of the Last Supper at Holy Trinity included the washing of feet and concluded with stripping of the altars. On Good Friday the children's



Cytûn Act of Witness outside Holy Trinity Church.



Lighting the Paschal Candle at Holy Trinity Church.

workshop in the church hall was well attended, as was the Cytûn Act of Witness in the church grounds, before a

service of the Last Hour of the Cross at 2.00 pm. On Holy Saturday an Easter Vigil took place at Holy Trinity at 7.00



The Easter Garden at Holy Trinity Church.



This page: Easter flowers at Holy Trinity.

pm; this began outside with lighting Holy Trinity's new Paschal Candle from a new fire and continued by candlelight in the church, with a baptism and renewal of baptismal vows. Celebrations on Easter Day began at St. Tudno's at 5.00 am (see St. Tudno's article) and continued at Holy Trinity with Eucharist at 8.00 am, Junior Church Communion at 9.30 am and Festal Eucharist at 10.30 am. Holy Trinity had been beautifully decorated with flowers and a lovely





Easter Garden, which was blessed during the 10.30 am service, for which the church was packed. Many thanks to our clergy, Andrew, Mary, Martin and the retired priests, for leading us through this holy and blessed time.

Christine Jones



St. Tudno's Church

On the Wednesday in Holy Week, 17 April, a service of Light and Shadows was held at St. Tudno's. This was a joint service with our friends from Aberconwy Mission Area with whom we had shared the series of Lent services of Compline which had been held at the Hospice Chapel. After the candles had been lit the lights were turned out and reading of the Passion Gospel began. After each reading some of the candles were extinguished and towards the end of the service the old Paschal Candle was also extinguished. After a final reading and a period of silent reflection in the darkened church, the Paschal Candle was relit as a sign of the





All this page: Easter Vigil at St. Tudno's.

Resurrection hope. After the service the altar was stripped in preparation for Maundy Thursday.

On Easter morning 29 "early birds" gathered at St. Tudno's for the Easter Vigil service at 5.00 am. These included four visitors, one of whom had cycled up the Orme and another of whom had walked up. With the sky just starting to lighten and an almost full moon overhead, a fire was lit outside the church and Mary led the opening prayers. Martin then attempted to light St. Tudno's Paschal Candle from the fire but though it was relatively un-windy (for this location!) this wasn't possible. The candle was lit in the church and the light passed from hand to had as





God has been worshiped at this location since the sixth century

OPEN-AIR SUNDAY WORSHIP

at St. Tudno's Church Great Orme's Head

Every Sunday from the last Sunday in May till the last Sunday in September (inclusive)

at 12.00 noon

Worship will be indoors if the weather is inclement A shortened Communion will be included on the 1st and 3rd Sundays of each month

A free taxi will leave Holy Trinity Church at 11.30 am

www.llandudno-parish.org.uk



The Easter breakfast is prepared.

the congregation entered. The service continued by candlelight until after the Peace and included the first Eucharist of Easter. The Friends of St. Tudno's cooked a breakfast of bacon baps or veggie burgers and everyone went outside to watch a beautiful sunrise, with the sun reflected on the sea. What a beautiful start to Easter Day!

St. Tudno's church is open every day and the summer season begins on Sunday 26 May, with the first of the open air services at the new time of 12.00 noon. For these services a free taxi will deport from Holy Trinity at 11.30 am. On Thursday 30 May there will be a Eucharist for Ascension Day at 8.00 am.

St. Tudno's Day is on Wednesday 5 June and St. Tudno's Patronal Festival will

celebrated with the annual Pilgrimage Walk, meeting at Holy Trinity at 9.30 am, and Eucharist at St. Tudno's at 12.30 pm. The Pilgrimage will include a walk up the Great Orme, so please wear stout shoes if you would like to take part. Those attending the Eucharist might like to bring a picnic lunch to eat afterwards – tea and coffee will be provided.

Shirley Georgeson Christine Jones

Thanks I

To all my family, friends and well-wishers, may I thank you all for my cards and presents which I recently received for my Best Birthday Ever.

John Ridler

Thanks 2

A big thank you to everyone.

I will never be able to thank everyone enough for all the kind support that I have received following the sudden loss of my brother Raymond.

As I live on my own, it was great to know that I could pop into Church and have friends there who I could talk too.

I very much appreciate all your help and support.

Terry Dewar

Conwy Food Bank

The Easter holidays are upon us and the requests for help from the Food Bank continue to rise. Unbelievably in March the total number of parcels issued rocketed to 139, with the moving average now approaching 90. Forty-four were given to families with 95 children involved, 76 to single people and 19 to couples.

March's total is twice the size of any previous March total. This is mainly due to Universal Credit changes and it's leaving lots of families in financial difficulty.

Consequently our stocks continue to run low at times. You can keep in touch with us by looking at our Facebook page @ConwyFoodBank

We are so grateful for all you do to help us, thank you for your generosity and compassion.

Everyone at Conwy Food Bank

Organists Visit Holy Trinity

Members of the Chester & North East Wales Organists' & Choirmasters' Association (of which I am a member) visited Holy Trinity on Saturday, 23 March to hear and play our refurbished organ.

I gave them a short talk on the history of the Church and the organ, including the recent refurbishment work, then played the first movement of the Elgar Organ Sonata which, I hope, showed



off all the colours of our wonderful instrument. Then those members of CNEWOCA who wanted to, took to the organ bench to try the organ for themselves – good reports all round, of course.

It was good to welcome the Association as their members come from far and wide to support our Summer Organ Concerts. The photo shows Katrione Moulton who is organist of St. Chad's Church at Farndon in the Malpas Deanery.

Charles Jones

The Church Lads Brigade

A little piece of church history has returned to the Ministry Area, thanks to Mrs Pauline Memmott who inherited a silver-plated presentation cup. The cup has the following inscription and Pauline was keen to return it to its home: "The Wilson Cup presented to StTudno's Winning Squad by Mrs & Miss Wilson (Eithinog) Dec 25-10". Andy did a spot of research and discovered that a branch of the Church Lads Brigade

(CLB) had formed at Holy Trinity in 1909 / 1910.

A newspaper article from that time described the CLB as "the lads great public school" which began in 1891 and aimed to "inculcate in a lad the principles of honour, honesty and truth". The St. Tudno Company opened with about 40 boys, under the Commanding Officer Rev E. Lumley and with the Rector Rev LI R Hughes as Chaplain. The CLB was open to boys over 13 years of age and planned activities included drill (with model rifles), sports and board games. Members of the public were encouraged to give donations towards equipment or prizes for Company or Squad drill. The latter was obviously heeded by Mrs.And Miss.Wilson, whom

Andy found to be from a respected Llandudno family living at "Eithiog" on Abbey Road.

A bit of research in the Parish Magazine archive (if anyone has the time to do this?) is likely to show just what the Wilson Cup was presented for. Pauline confirmed that her grandfather, Harold Williams, had been a member of the CBL and his discharge paper on closing of the Company in 1913 showed he had achieved the rank of Sargeant [sic] in the St. Tudno Company of the 1st Battalion Bangor Regiment, with "exemplary" conduct. Pauline and her husband Peter presented the cup at St. Tudno's, after visiting Harold Williams' grave in the Great Orme Cemetery.We would like to thank Pauline for this kind



Pauline Memmot and the Wilson Cup.

gesture and for introducing us to this aspect of our local history.

Friends of St. Tudno's Church

The Friends held a working party on Saturday I3 April to sort out the two sheds. A large mound of rubbish was disposed of (some of which had been mouldering in corners for years) and a lot of cobwebs and dust removed. While this was going on Anne kept the kettles boiling to keep the other workers supplied with tea / coffee and cakes. She also served visitors to the church and one young man amongst the overseas visitors on the "Busy Bus" tour was so delighted with the hospitality that he took a "selfie" photograph of himself with Anne.

The day before Easter the Friends prepared the church for the Easter Vigil and after the service they provided

breakfast, cooked by Maria and Harry.

The next Friends event will be a working party on Saturday 18 May at 10.00 am. We will set out the benches but at the time of writing there appears insufficient growth of grass to need cutting. If there is no grass to rake we will perform a "grave wobbling" assessment, to check the stones for safety. We will also be cleaning the church and preparing for the first wedding to be held at St. Tudno's since the church gained a licence for weddings.

Christine Jones

150 Club Report

The draw for March was held during the coffee morning on the 10th March 2019.

The prize fund was £150 and the following three winning numbers were



St. Tudno's working party on 13 April.

drawn:

Ist Number I 14
M.V. Jones (Peggy) £90

2nd Number I 07

Christine Jones £40

3rd Number 005
Judith Williams £20

Congratulations to all the winners.

Since the club was started, we have now paid out £9520 in prize money.

I wish to thank everyone that have joined in with use for this event and

hope that you can support us in the future.

An updated list of all the winners will be displayed on the notice boards in the Church hall and inside the main Church entrance.

The next draw will take place on Wednesday, 8 May 2019.

Should you want more details of the I 50 Club, you can find forms at the back of the Church or in the hall.

Terry Dewar (Promoter)

Christian Aid Week

Tenneh's story

Tenneh plays with her precious baby Ansumana. She blows raspberries on his belly. Lifting her baby up high she beams with joy. Tenneh gave birth to Ansumana three months ago. Thankfully, he's a happy, bouncy baby. But Tenneh has lost and loved another baby before.

When Tenneh's labour started during her first pregnancy, there was no health centre in the village. Her mum took her to a traditional birth attendant. For the two days of her labour, Tenneh was in agony. She fell unconscious and was bleeding heavily. With very little medical training, the birth attendant was way out of her depth.

In the days and months after her labour, Tenneh felt very weak and her baby wouldn't breastfeed. Tragically, her baby died when he was three months old.

'That day I will never forget,' she recalls.'I felt sick like I've never been sick before.

'If God would not have saved me, I would not be alive today.'

New hope

Through our partner RADA (Rehabilitation and Development Agency), Christian Aid saw how difficult the situation in Sawula village was and began working to ensure that mums and babies have fullness of life.

RADA has been working locally to help vulnerable women access healthcare,



Photo credit: Christian Aid/Adam Finch Tenneh Bawoh gazes adoringly at baby Ansumana. Tenneh's first pregnancy ended in tragedy but thanks to nurse Judith and medical training you helped to provide, Tenneh's second labour resulted in the safe delivery of her baby boy.

improve hygiene with simple interventions like handwashing and, with your support, build a bigger, better health care centre.

Thankfully, when Tenneh was pregnant a second time, things had changed for good. This time, she had nurse Judith by her side. With her expert love and care, Judith helped Tenneh deliver her baby safely.

Tenneh said: 'During my second labour, I was scared. But nurse Judith was with

me, assuring me of everything. When I delivered, I felt so good.'

'With the coming of Judith, so many lives have changed,' Tenneh continued. 'We know that with Judith, as long as we see the light at the end of the tunnel, we'll be OK.'

Thanks to nurse Judith and the medical training you helped provide, Tenneh could hold her beautiful baby boy in her arms.

A health centre for all

The community in Sawula dream of having a health centre that can meet their needs. The current health centre is the size of a small bedroom. Operations, deliveries and baby checkups all happen in one single room with only two delivery beds.

Nurse Judith works around the clock to meet the needs of mums and young children who come to the clinic. But the need is great, and sometimes she's forced to send people away.

When women come to the clinic at night, there's no light for Judith to use. So she has to ask her patients to bring a torch to see by.

In addition to this, there are often not enough drugs at the clinic. Judith sees diseases like malaria and typhoid, especially in children. She has to go on a motorbike or sometimes walk for three hours to collect drugs.

'I need help,' nurse Judith says.'Women are dying from childbirth, children under five are dying, because of poverty. Please help us.'

For Tenneh, and many mums like her, a new health centre would be like a dream come true:

'We'll dance for three days when we have the new health centre,' she says.

With your support today, we could work alongside Judith's community to build a bigger, better health centre to help more mums like Tenneh give birth safely.

Christian Aid Week brings Christians together with a common purpose to achieve something incredible. Can your

church come together to raise £300 this Christian Aid Week?

A gift of £300 could provide a delivery bed for a new health centre giving mums a safe place to deliver their babies. We need your support now, more than ever.

With every envelope, every Big Brekkie, every click. Every one of us can help deliver babies safely.





Photo credit: Christian Aid/Tom Pilston
Tenneh and baby Ansumana receive care from nurse Judith at the community clinic.

Sunday Rota

Sunday 5 May			Marion Heald
Flowers	Jennifer Fossi		Pat Ridler
Reader	Ray Stythe-Jones	Eucharistic	Judith Williams
Sidespersons	Cath Lloyd	Ministers	John Ridler
	Wendy C Stewart		
	Sue Stafford	Sunday 24 May	•
	Linda Blundell	Flowers	Eira Williams
Eucharistic	Stan Whittaker	Reader	Yvonne Mason
Ministers	Maggie Leitch	Sidespersons	Wendy C Stewart
			Cath Lloyd
Sunday 12 May	•		Joyce Smith
Flowers	Jennifer Fossi		Sue Stafford
Reader	Edna Weaver	Eucharistic	Geoff Howard
Sidespersons	Ron Illidge	Ministers	Cath Lloyd
	Annabel Jones		
	Vernon Morris	Sunday 2 June	
	Pat Ridler	Flowers	Anne Rimmer
E' Minister	Marion Heald	Reader	Angela Pritchard
		Sidepersons	Ron Illidge
Sunday 19 May	•		Annabel Jones
Flowers	Eira Williams		Pat Ridler
Reader	Marion Heald		Doug Pritchard
Sidespersons	Joyce Crosby	Eucharistic	Terry Dewar
	Linda Blundell	Ministers	Angela Pritchard

Attendance Figures for March 2019

March 1st		World Day of Prayer Service	
	12.00 noon	Holy Eucharist for St. David's day	36
		Other Weekday Eucharists	9
March 3rd	8.00 am	Holy Eucharist	14
Proper 4	10.30 am	Holy Eucharist	85
March 3rd	11.00 am	Holy Eucharist with Imposition	
Ash Wednesday		of Ashes	65
·		Other Weekday Eucharists	14

March 10th	8.00 am	Holy Eucharist	14
Lent I	10.30am	Holy Eucharist	55
		Other Weekday Eucharists	32
March 17th	8.00 am	Holy Eucharist	17
Lent 2	10.30 am	Holy Eucharist	59
		Other Weekday Eucharists	7
March 24th	8.00 am	Holy Eucharist	9
Lent 3	10.30 am	Holy Eucharist	67
		Other Weekday Eucharists	7
Mach 31st	8.00 am	Holy Eucharist	9
Lent 4	10.30 am	Holy Eucharist for Mothering Sunday	85
		Other Weekday Eucharists	8

Robert's Corner

Do five "B's" add up to being a Christian?

What does being a shopkeeper involved? I imagine: good at relating to people; long hours and hard work; being skilled at accounting; responding well to customers' trends and demands; and a lot more besides.

Well then, what about being what we all reckon to count as so important... a Christian? Quite often, not least in Confirmation teaching, it is said to break down into three "B's: Believing, Belonging and Behaving. Recently, glancing at the noticeboard outside Gloddaeth Church, I was gratefully prompted to rethink this whole important topic. Those church people apparently have as their motto, Believing, Belonging, Becoming. Ah yes! Becoming: I had not sufficiently thought about that before as



Free with every Dacia Duster in 2019 – this padded anti-crash suit and bodywork repair handbook.

a vital component. But, of course, it is. All of us, even if we were aged 90-plus, are a work in progress for none of us is a finished article. For our benefit as well as that of the folk we deal with, we need, life-long, to keep growing, developing and maturing, letting God mould us into being as Christ-like as his power and our cooperation will permit.

As we are still celebrating the Easter season, we think of that the powerful scene of dawning recognition when the Mary Magdalene encounters the risen Christ. The gospel-writer tells us of her initial response: "Gan feddwl mai'r garddwr ydoedd, dywedodd hithau wrtho," supposing him to be the gardener of the cemetery. No, we are not told she mistook Jesus for a gardener. No, that negative word is not used. Mary took

the risen Jesus for the gardener. And, in a much deeper sense than she understood at that stage, he was, and is! He works within all willing Christians to grow and cultivate their/our potential of faith, hope and love.

So, yes, well done Gloddaeth Church. Our Christian lives (both as individuals and as the Christian communities to which we belong) must not remain static or half-baked but grow to become more and more fruitful (says he, mixing his metaphors). I think that is enough for this month, except to say that "my" five "B's" "at my present stage of thinking and trying to respond to God) are: beholding, belonging, believing, behaving and becoming. More next time.

Robert Pearce

A Letter from the Bishop of Bangor

Dr James' Appeal - the final push

Many will remember how our diocese has supported the training of a doctor in Uganda over a period of years called Dr James Akello.

Coming from the Lango region of our partner diocese in northern Uganda, he succeeded through the primary and secondary education system during a time of war and insurgency.

A team from Bangor met James during their visit to Lango in 2006 and subsequently invited the Diocese to contribute towards his medical training

at the Kampala International Medical University. Following his four years at University Dr James returned to Lira to work as full time doctor at the hospital there, in the Children's department.

I met him in the summer of 2014. During that visit, I witnessed the trauma of children struggling with malnourishment. Very often it is not the lack of food, but of education which leads to terrible rates of infant mortality.

The opportunity then arose for Dr James to obtain further qualifications to become a Consultant Paediatrician,

and he asked whether our Diocese would contribute towards his education once more.

Dr James was one of 15 people chosen for the course from over 120 applications. The hospital in Lira agreed that his family could remain in one of their houses, whilst Dr James is following the course. The course is run from Kampala and southern Uganda, so Dr James is a 7 hour bus journey away from his family, and only gets to see them when he has holiday. Dr James is having to support his family, himself and pay towards his course fees during this period of training.

From the Diocese, we agreed to contribute £3,000 per annum over a period of 3 years to help Dr. James. So far we have completed 2 years and contributed £6,000.

Dr James is so grateful to us. He is a Christian with a vocation who believes that God has given him the gifts to be a doctor, to serve the people of his home in northern Uganda and to be one small part of bringing and sharing medical knowledge that can improve

the lives of children and their parents in his home area.

I am very grateful for the hard work and contributions which have come from around the Diocese, as well as for the work of the small group - lead by the Rev'd Martin Pritchard - which has been coordinating our effort.

Can you, can your ministry area help us with the final push? We need to raise £1,500 by July and then the same amount again by January to fulfil our promise.

Please do help, if you can. Children from one of the poorest areas of God's world will benefit for many years to come.

You can donate via the online link here, or send a cheque (payable to Bangor Diocesan Board of Finance - with a note clearly stating that the gift is for the Dr. James Appeal) to The Finance Department, Tŷ Deiniol, Clos y Gadeirlan, Bangor, Gwynedd, LL57 IRL.

Thank you

Bishop Andrew



From the Parish Pump

World Mission becomes Faith in Action

Bishop Andy writes ...

The World Mission Group has been a long standing part of our life as a diocese. It was through the World Mission Group that our Diocese became the first Fairtrade diocese in Wales and helped make fairly traded products normative in our churches.

I have recently asked Archdeacon Andy to assume the chairing and leading of this group. We have attempted to draw new energy into the group and to widen the base of our work and as a consequence are now renaming the group as the Faith in Action Group. The projects we progress range from:

- Our Lango link in the Church of Uganda
- The Umeed education projects in in Pakistan
- Our Christian Aid work
- Climate change and sustainability issues.

Our commitment to our three principles (Worshiping God, Growing the Church and Loving the World) has led to a stronger commitment to social justice issues and these will feature more in the next year to 18 months.

This third principle is vital to our

mission. We believe our God is active around us — in the church and in the world and want to find the ways in which the Kingdom can be revealed through as many projects as we can sustain. Our role is to identify these and join God in bringing life-changing initiatives forward. I look forward to seeing how our vision is shaped more concretely into further projects in the future

Notre Dame - an 'icon of faith'

The Archbishop of Wales, John Davies, responds to the fire at Notre Dame Cathedral in Paris:

Church buildings, great or small, ancient or modern, are the family homes of the Christian faithful in which they are nourished by the sacraments of our faith and in which they hear the words of scripture illuminated. Here, too, both those of faith or none, simply seeking tranquillity and peace of mind, frequently express, in words or silent reflection some of their deepest and most sincere longings and hopes, joys and sorrows. This has been so for generations. These buildings have special resonances in the lives of those who make up the communities in which they are set, and are part of their very identity. They silently connect those communities to something better and

greater than the present. Although they are sometimes places where either great skill or plain simplicity in art, music, architecture and engineering are to be found, they remain, before and above all else, places where the grace and truth of Jesus Christ are proclaimed. When such places are desecrated or destroyed, the soul of these communities is harmed. People in parts of our own nation will understand the sense of loss, bereavement and bewilderment which they might feel were their places, the holy sites which they treasure, revere and love to suffer.

Having been a parish priest for 24 years, part of that time as a Cathedral Dean, I can scarcely imagine how the destruction of so much Notre Dame de Paris will impact on the soul of the people of both Paris and France and beyond. An icon of faith, a symbol of Christ's love and presence among them has, in this most holy week of the Christian year, been fatally wounded.

But 850 years of faith, connection and history cannot be destroyed by one of earth's elements, fire. In signalling my profound sorrow to my brothers and sisters of the community of Notre Dame, I express the hope that, from the ashes of this wonderful building, there will emerge a renewal of souls and a refreshed determination to proclaim the new life of the Gospel of the Risen Christ whilst mourning the loss of so much earthly treasure.

Knife Angel sculpture installed at Coventry Cathedral

A sculpture dedicated to victims of knife crime has been temporarily installed at Coventry Cathedral for this month (April).

The 27ft (8m) Knife Angel sculpture is made from 100,000 blades handed into police across the country.

(See it at: https://www.bbc.co.uk/news/uk-england-coventry-warwick-shire-47569093)

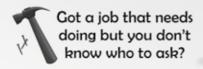
Messages from families of the victims of knife crime have been engraved on the sculpture's wings.

The Bishop of Coventry, Rt Rev Dr Christopher Cocksworth, said the Knife Angel was "a stark reminder of a form of violent crime infecting our city and threatening lives with great danger, especially our young people."

Artist Alfie Bradley, who created it at the British Ironworks Centre in Oswestry, said it was "a memorial to those whose lives have been affected by knife crime".

The Knife Angel was unveiled in 2017 and has been displayed in Liverpool and Hull. The sculpture will be displayed in Coventry until 23 April.

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The Churchyards in April

Some warm weather in April, particularly around Easter time, encouraged both flowers and wildlife in the churchyards. At Holy Trinity the commemorative cherry trees planted by the Mothers' Union and the Parish Fellowship were in bloom, the Fellowship tree continuing its recovery from its traumatic start of being both broken and moved. The troughs were full of colour including daffodils, hyacinths and tulips. The grass was dotted with daisies, providing some daisy chain making opportunities for visiting children, and dandelions which attracted various pol-

linating insects including mason bees.

In St. George's churchyard there was a mixture of cultivated, naturalised and native plants in bloom, including bluebells, wallflowers, three cornered leeks and violets. These helped to attract a range of insects including honeybees and hairy footed flower bees feeding on the three-cornered leek and hoverflies feeding on dandelions. Dandelions are an excellent addition to any wildlife garden and if dead headed regularly will provide a long season of flowers without too many seeds.



Dandelion and mason bee at Holy Trinity Churchyard.

At St. Tudno's the large population of rabbits is likely to have contributed to the reduced grass growth and they were helped in this by some visits from the Great Orme goats. One group of nannies brought five kids with them, some of which seemed to be enjoying a game of "I'm the king of the castle" on the "boat" grave. In the meantime, their mothers nibbled away at low branches on one of the black pine trees, some goats standing up on their hind legs, while one climbed into the branches. Amongst the grass violets were appearing and in the sunshine golden flowers of lesser celandine opened.

Christine Jones



Bluebell in St. George's Churchyard.



Two nanny goats and a kid in St. Tudno's Churchyard.

The Bishop's Ministry Fund contribution for 2019 is £85059 (over 6% increase)

This sum of money or "quotia" (formerly the "Parish Share") is paid by the parish contributing to the costs of clergy stipends across the diocese.

If you have not already and are a payer of income tax or capital gains tax, please consider revising your method of regular giving so the Parish can more-easily pay its dues in the following way: please declare regular giving and donations as 'Gift Aid' so HM Customs and Revenue might refund to us the tax you paid on earning your gift.

If you make a donation of £10, the Parish receives an extra £2.50 at no cost to you.

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



Coffee Time

Cryptics (thanks and courtesy Barbara Cartwright)

All begin with "G"

- 1. Information I lay it out with warmth. (9)
- 2. Big Alex was! (5)
- 3. Long fridge. (10)
- 4. A good but not high level of illumination. (4)
- 5. Dominate excessively but within given limits.(6)
- 6. See grants arranged for distinction (9)
- 7. Interrogate about cooking method. (5)
- 8. Greek character backing short magazine to a degree. (5)
- 9. Insect's whiff going the wrong way. (4)
- 10. One might be included in a shipping alert. (4)

Results for April

- I. Elm
- 2. Pear tree
- 3. Cypress
- 4. Nutmeg
- 5. Ash
- 6. Holly
- 7. Beech
- 8. Elder
- 9. Fir
- 10. Cedar



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Bodysgallen Hall

Garden Volunteers



Ymddiriedolaeth Genedlaethol National Trust

Bodysgallen Hall became part of the National Trust by donation in 2008, and is an award-winning hotel, restaurant and spa set within 220 acres of historic gardens and parkland; the original outlying watchtower of the main hall was built in the 13th Century as a lookout for nearby Conwy Castle.

We welcome volunteers in the beautiful and exclusive gardens to assist with our work of continued restoration and maintenance (some of which are designated Sites of Special Scientific Interest).

If you would like to try gardening or estate woodland work, join our team of volunteer gardeners.



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For further information, visit our website at www.llandudno-parish.org.uk