

# St Catwg (Crickhowell) Ministry Area Magazine

<https://catwg.org.uk/>



He leads me  
beside peaceful waters,  
He restores my soul. Ps 23:2

July 2020





## *We're still open!*

We would like to reassure our customers in these difficult times that we are trying to still offer you a service. Therefore you can either call in, telephone orders, or, email us and we can discuss either delivery or collection arrangements.

### **Covid-19 Virus**

We want you to know as a responsible business we want to reduce any risk associated with it. Our number one priority is the wellbeing of all.

Our employees are taking all sensible precautions in line with government recommendations.

We are happy to discuss delivery details based upon your personal circumstances.

**Tel: 01873 810331**

**info@webbscrickhowell.com**

**Webbs**

OF CRICKHOWELL

Personal Service Since 1936

**Open Monday - Friday, 10.00am - 4.00pm**

**www.webbscrickhowell.com**

## Editor's slot: Rosalind Matty

email: [secretary@crickhowellparish.org.uk](mailto:secretary@crickhowellparish.org.uk). Tel: 01873 812953

Today is the Summer Solstice – or St Swithin's Day as it used to be called in days gone by, and the tradition was that if it rained on St Swithin's Day we would be looking forward to a wet summer. I wonder how this summer will be as we are living in unprecedented and uncertain times?

We do not go to print in August, so our next Magazine will be the September one, and we are praying that this will be back to normal i.e. a printed one. For this to happen, the printers need to be working as usual, and the churches need to be open and accessible so that magazines can be picked up without too much difficulty. The deadline for the September magazine is Thursday August 6th, and the magazine will be back to 36 pages..

This song was recorded in 1973 by children in South Wales during a mission led by Glyn Morgan, and Judy Roche has contributed it for our July Magazine..

"I do not know what lies ahead, the way I cannot see,  
yet one stands near to be my guide and show the way to me"

"I know who holds the future and He'll guide me with His hand  
with God things don't just happen, everything by Him is planned"

"So as I face tomorrow with its problems, large and small,  
I'll trust the God of miracles, and give to Him my all"



---

**At least 500 Households do what you are doing now,  
every month. They read this magazine!**

If you run a local business tell the communities of Crickhowell, Vale of Grwyne, Llangattock, Llangynidr, Gilwern and Brynmawr about it!

Why not advertise in the area's most cost-effective magazine?

Contact Rosalind or John for more information about placing an advert:

Tel: 01873 812953 or mob: 07885 835553

**If you would like to order this magazine regularly,  
speak to your local church  
magazine distributor or contact the Editor (contact details above)**

**COPY DATE FOR THE 2020 SEPTEMBER MAGAZINE**

**BY THURSDAY 6<sup>TH</sup> AUGUST 2020**

to the Editor, please, by midnight.

Preferably by email to: [secretary@crickhowellparish.org.uk](mailto:secretary@crickhowellparish.org.uk)

**Important:** Contributors please read the guidance at the back of the Magazine

## Rector's Reflection: Rev:Chris Bowler: Priest in Charge of the Vale of Grwyne..

I think most of us still have a sense of dislocation in our lives, even after three months or so of living under restrictions that constrain who we can see, where we can go and what we can do if we get there. As well as affecting our personal lives it has a significant effect on our faith life and our church community. We can't gather together in our buildings; our social interactions have been curtailed. It is a great sadness that we can't gather together at the Lord's table for communion.

We have made sterling and evolving attempts to keep communal life and worship a reality through a daily e-mailing of prayers and readings, and a weekly 'Telusk' information video. We have Sunday online audio and video services, together with email and hand delivery.

For some of us it has meant learning to communicate via worship leading and preaching in a very different context. This has advantages and disadvantages. If you make a mistake you can record it again!

I generally preface children's talks and assemblies with a magic trick. On video there is always a suspicion; but face to face children rarely question the illusion! I often recall a comment that there is a fine line between a sermon and a hostage situation.



I guess an online service gives the option of a mute button or fast forward if the message isn't getting through. More seriously we can't always share this online presence with people who have no access or inclination to use technology. As I write this in early June, we are still wondering how we can get back to a semblance of life before lockdown, especially for those with vulnerability. For most of us, we value the companionship and fellowship of physical presence. Pastorally we can miss a lot when limited to video or telephone conversation. In even a casual physical conversation we are open to non-verbal cues and impressions that alert us to someone not being too good. The 'bass line' of a conversation, unspoken, that subtly hints there is more going on with someone than they are telling us.

When Jesus was speaking to the woman at the well: *16 He told her, "Go, call your husband and come back."* *17 "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband..."* **John 4 : 16-17**

We may not have the Divine intuition that Jesus has but we do have a capacity for compassionate insight to pick up on our friends' needs and support each other. They may try to change the conversation, like this woman did, but often people use the space we can offer to open up and share what is troubling them. As well as missing services in church we miss an opportunity to care for and nurture each other. 🙏





## Rector's Reflection: Rev:Chris Bowler: continued ...

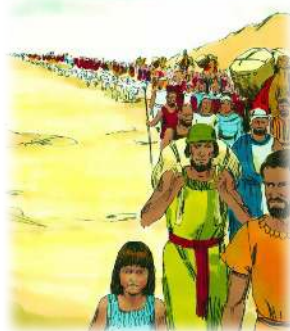
For many of us lockdown can be something of a wilderness experience: albeit one we haven't chosen. The Desert Fathers, early Christians, sought isolation in the wilderness free from distraction, to focus on God. It was a place of solitude self-denial and of learning.

In Deuteronomy 8 the Israelites are reminded of their 40 years wandering in the wilderness. It was a time of humbling and testing. It was tough but God provided for them and too often they forgot this when times were better. They needed to learn from it. I wonder what we will learn about ourselves from this time?

Perhaps we are all now appreciating those little freedoms and the control we had over our own lives and resources. We look forward to recovering these in the future; especially those who have suffered and lost jobs. We pray for all those who have not been able to assuage their grief by supporting a loved one in illness and death, not being able to attend a funeral.

In our personal wilderness experience, some of us adapt and are patient - others struggle. I suppose most of us flit between those two states. As Christians we should expect a certain amount of challenge in our lives – it is our history and our present and will be in the future.

Although we may be separated from people, things and places it is a blessing to remember that: *"nothing will be able to separate us from the love of God in Christ Jesus our Lord."* **Romans 8 39** □



### **CARPET and UPHOLSTERY CLEANING**

*Are your carpets or sofas  
looking a bit tired?  
Let us give them a new lease  
of life and save you having to  
replace them.*

**Husband and wife team.  
Fully trained and qualified.  
Established 2006.**

*Call Michael and Mary-Jane  
for a free quotation on:*

**07941 283495**

or email:  
[michaelhoulton2@gmail.com](mailto:michaelhoulton2@gmail.com)



**The Red Carpet Cleaning Co**

## **Crickhowell Parish Hall**

Centrally located adjacent to St Edmund's church  
Fully inclusive hall hire for up to 60 people.  
Rates and hire form available on application.

\*\*\*\*\*

**Enquiries and bookings to Tel: 01873 812177**

Email: [bookings@parishhall.org.uk](mailto:bookings@parishhall.org.uk)

[www.crickparishhall.org.uk](http://www.crickparishhall.org.uk)



# Grenfells & Sons

Crickhowell family Grocer

Open 7 days a week

Largest range of groceries

Free local deliveries

phone us on 01873 810252 or  
come in and see for your  
self you will be amazed.

see you soon

## M T CASHELL & SONS LTD

Family Butcher & Delicatessen

Purveyors of Quality Meats - Est 1975

**Tel: 01873 810405**

email: [mtcashell@btconnect.com](mailto:mtcashell@btconnect.com)

**Opening Times:- Monday to Saturday 08:00 -17:30 Sunday:- 09:00 -12:00**

**Local Butcher ..... Supporting Local & British Farmers**



**Local butchers supporting  
local farmers.**

**Local fresh produce  
delivered to your door.**

**Simply send us an E-mail to**

**[cashellsdelivery@btconnect.com](mailto:cashellsdelivery@btconnect.com)**

**to find out more !!**

## Recipe of the Month: From Barbara Hill's Kitchen



### **Savoury Muffins**

This recipe was given to Melanie by Barbara Hill from Brynmawr. It is a lovely tasty recipe and a good standby for summer days. I hope you enjoy it too. Thank you, Barbara.

<b>100ml olive oil</b>	<b>2 level tsp mixed dried herbs</b>
<b>1 finely chopped shallot</b>	<b>175g grated Extra Mature Cheddar Cheese</b>
<b>125g back bacon chopped</b>	<b>75g sun-dried tomatoes cut into pieces</b>
<b>300g plain flour</b>	<b>2 large eggs</b>
<b>1 level tbsp baking powder</b>	<b>175ml semi-skimmed milk</b>
<b>15g castor sugar</b>	

Preheat the oven to 180C or Gas 4. Grease two six-hole muffin trays or line with paper muffin cases

Heat 1 tbsp olive oil in a frying pan and cook the shallot and bacon for 5 mins or until cooked.

tip into a bowl and set aside

Sift the flour and baking powder into a large bowl

Season with pepper and stir in the sugar, mixed dried herbs and most of the cheese


Add the tomatoes, bacon and shallots

Lightly beat the eggs, milk and remaining oil and add to the bowl.

Stir until just evenly mixed.

Transfer to the muffin cases.

Sprinkle on the remaining cheese and bake for about 25 minutes.

Remove from the oven and allow to cool on a wire rack. Enjoy! 



## **Brynteg Natural Therapies**

### **Association of Reflexologists - Update: Ensuring safe working practice**

Members of the Association of Reflexologists have started their preparations so they are ready to return to work once Government says they are able to. In England this will be no earlier than 4th July and may be later for Scotland, Wales and N Ireland.

The AoR Covid-19 Secure Workplace Policy Logo is there to offer you assurance that your reflexologist is following Government advice, strict AoR Hygiene Guidelines and the AoR Covid-19 Secure Workplace Policy demonstrating they are working responsibly and safely during these unprecedented times.

Look for this Logo and MAR\* therapists - therapists you can trust\* (Member of the Association of Reflexologists)

**Tel: 0184 730582**

## News and ideas from around the Ministry Area, Area Deanery, Diocese, Church in Wales and UK and Jordan: June and July 2020

### News from the Kelling family (CMS) in Jordan

We are getting in touch to share some really wonderful news with you (and apologies that some will have already seen this, and others not, as a result of connections through social media - do befriend us if you haven't already!) Nora Ruth Kelling was born at 23:38 on Saturday night, 6th June 2020, weighing 3.84kg and 54cm long. This meant she came out into the world on the day that lockdown ended here in Jordan, and on the eve of Eastern Pentecost (which all churches in Jordan celebrate together), which seems apt! Both Nora and Fiona are doing well after an initial bout of jaundice that we hope we have seen the back of. We've been well taken care of with food, vitamins and nappies arriving from clergy and congregations of both our churches here, and it has been wonderful to feel surrounded in prayer at this time.

Looking ahead, please continue to pray for Nora's development, Fiona's recovery from pregnancy and labour, and for Aidan as he continues to adjust to having a little sister in his life (he's done really well so far, wanting to kiss and hug her, but has also been acting out a bit, though it's hard to tell what is Nora and what is being a 2 year old!) Thanks so much for your support at this time, Grace and Peace, Joel, Fiona, Aidan and Nora



### The Latest News from the Brecon Foodbank



We are always thankful to our community, who without their support, we would not be able to operate and offer help to those in need. During the corona crisis we have been truly humbled by everyone in our community, with offers of help with volunteering, money and food. We have had to change how we work to a delivery service, to keep our clients and volunteers safe while adhering to social distancing rules. Brecon and Hay-on-Wye Dial-a-Rides have kindly been doing our deliveries for us, which has been a great help. We have moved the workings of the warehouse into the hall at the centre which helps all our volunteers adhere to the social distancing rules. We are working in four separate teams, so each team only goes to food bank once a fortnight. The majority of our regular volunteers are self-isolating. The team members that are still able to come have been scattered amongst the new teams, with the rest of the team made up of new Covid help. We are also grateful to have a reserve list to replace those who return to the regular routines.

We are starting to think about how we will adjust as we move forward. The centre is too small to go back to what we used to do, until the pandemic is over. We will



## News from around the Ministry Area, Area Deanery Diocese, Church in Wales & UK: continued.....



probably move to a time allocated appointment system with clients as and when Dial-a-ride will have to return to their normal routine and can no longer deliver.

We have also begun thinking about Harvest Festivals: in a normal year we would write to all the churches and schools in our patch at the end of August. We have relied on both of these communities to replenish our stocks for the coming winter, and we cannot see this being an option for this year.

We have provided 210 households with a food parcel between the 1st March and 31st May this year, feeding 543 people which includes 240 children. This equates to 1890 meals! Compared to 74 food parcels issued in the same period last year (2019) an increase of 283%. We are thankful, we were available and in a position to help. We continue to reach those who need our help in these unsettling times.

The up-to-date shopping list is on the webpage and Facebook page. The website is [www.breconfoodbank.org.uk](http://www.breconfoodbank.org.uk) The email address is [info@breconfoodbank.org.uk](mailto:info@breconfoodbank.org.uk). Monetary donations can be made through the website, or sent by cheque direct to the Foodbank at Brecon Foodbank, St John's Centre, Pendre Close, Brecon, LD3 9EA. Points at which food can be donated are listed on the website but local to Crickhowell it is at the Crickhowell News or The Gate Shop in Bwlch. No visits to the Foodbank at this time of Covid-19, please.

### **Crickhowell delivery volunteers gain lottery funding support..**

#### **Press Release**

*Please see photos on the inside back cover of this magazine..*

**Crickhowell Volunteer Bureau, is happy to announce that they have received a grant donation from the Lottery Community fund of just over £7,000 to help cover additional hours, volunteer expenses and protective equipment.**

The volunteers, led by Volunteer Bureau Manager Kerry Crosfield and supported by the many businesses and organisations in the area, have been and continue supporting vulnerable, isolated and shielded members of the community of Crickhowell and district during this Covid 19 emergency.

The volunteers deliver shopping, medication and other essentials and also support people with their telephone befriending support.

During the last 10 weeks we have been able to deal with over 1,000 requests for help ranging from collecting and delivering prescriptions, grocery shopping, collecting hearing aid batteries, posting parcels and letters and telephone befriending to over 100 isolated/elderly clients. 🐾



## News from around the Ministry Area, Area Deanery Diocese, Church in Wales & UK: continued.....

The volunteers themselves are from all sectors of the community, including our existing befrienders and also young people undertaking their Duke of Edinburgh award scheme.

Kerry Crosfield said "We are very grateful to receive the lottery emergency Community fund as this will enable us to continue this much needed service in our Community. I am so proud and thankful to our dedicated volunteers who have enabled this service to run so efficiently. This situation has highlighted how strong our community is and how we are all able to come together in uncertain times to help each other.



Speaking to clients and volunteers on a daily basis, our experience shows that this service is greatly appreciated and will continue to be needed for some time to come."

**If you would like help or more information please call Kerry on 01873 812177: - 6th June 2020**

### Clients Letter

*Dear Kerry,*

*Now the "Clap for Carers" has ended, I feel I can give some applause of my own to you and all the generous people of the Volunteer Bureau.*

*My first contact was with Kerry and within a half-hour my medicines were delivered to my door, what a great service!!*

*Consequently the Jenkins girls (Megan, Molly & Daisy) as part of their Duke of Edinburgh Awards have run many errands for myself and my daughter Kate (who is also shielding), from Waitrose groceries to medicines from Boots and the essential croissants and cookies from Askews Bakery: and it is all done with such good humour and politeness - an example to all local volunteers!*

*Kindest regards*

***Harry Inglis***

### There must be some way I can help.

**BREXIT**



At the end of January 2020 I watched as the news channels told us about the UK's uncertain future, a new era, a country entering the unknown. They were talking about Brexit but their words would soon take on a whole new meaning. I started following the World Health Organisation's website on a daily basis and watched the progress of a new virus, COVID-19 as it would be named, spread relentlessly across a continent and then across the world.

I sat in Crick and wondered what, as a retired person I could do, thought about who to contact and wondered about the type of help people would need. ↴

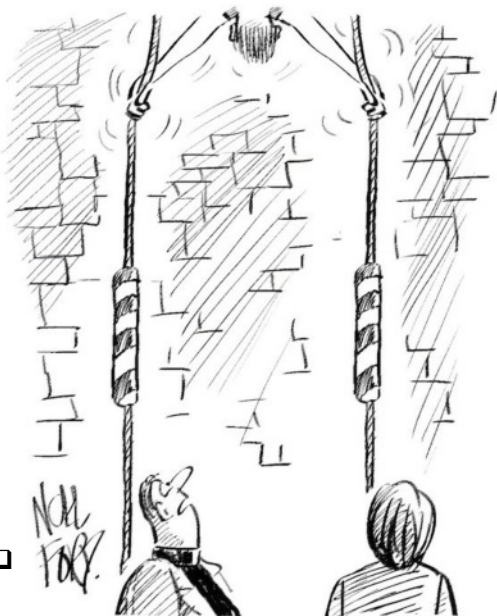
## News from around the Ministry Area, Area Deanery Diocese, Church in Wales & UK: continued.....

Fortuitously a post card came through my letter box mentioning the services that Crickhowell Volunteer Bureau would be providing. So on the morning of 23rd March I wandered into Kerry's office and asked if I could help. Since that day I have spent my time as one of the volunteers collecting medicines (and shopping) and delivering to people in Crick, Llangattock, Llanbedr, Llangenny, Glangrwyney, Cwmdru and other hamlets and villages. And it has been a highly rewarding and enjoyable experience. Over the months the initial anxiety, worry, and concern has receded although we all remain uncertain as to what the future holds.

Since starting this activity I have had a range of experiences: finding remote hilltop properties; becoming an expert on mobile telephone coverage and the 'no signal' areas (always fun when you need directions to find a property); watching newly born lambs bouncing round the fields; finding that addresses are not to be taken literally (references to parks, rivers, canals, views etc may not be entirely accurate !!!); numbering systems on streets must have been implemented by some-one with a very strange sense of humour; and requests to deliver doughnuts should be rejected as the temptation is almost too much to bear as the car is filled with the yummy smell.



We are also part of something much larger. So many businesses, groups and individuals in Crick and the surrounding area have been involved, providing different goods and services, contributing in so many ways. It is great to be just a tiny part of this and to know that 'community spirit' is most certainly alive and well. I am so pleased that I went into Kerry's office. For a start it is great to know that the town in which I live has such a brilliant service, and secondly I have found that being able to do something constructive, and hopefully useful, has enabled me to meet so many people, witness kindness and resilience, and to feel very grateful that I live in Crickhowell. □



*Eric took social distancing  
while bell ringing very seriously.*

# The Ministry Area Diary: July, August and September 2020



## Mothers Union News:



This time last year I was writing about all the wonderful events we had celebrated during the early part of the year – a visit from the team at Mary Sumner House, the new website [www.mothersunion.org](http://www.mothersunion.org) a retreat day at Llangasty and the Diocesan Festival and Commissioning at the cathedral with Archbishop John.

Alas all the events we had planned for this year have been unable to take place, especially our Festival with Rev. Sally Rees and Debbie Thrower.

What we have been able to do, as a worldwide movement, is to plug the financial gap left at Mary Sumner House because of all the cancelled fundraising events and room bookings. Members have dug deep and raised sufficient money to allow MU to carry on with its work of caring for families and to look forward with hope and a renewed desire to carry out Christ's message of love and light.

We have been able to enjoy several digital events, daily prayers at mid-day, the virtual Kingdom Come Service, and a monthly diocesan Newsletter keeping us in touch with one another.

All is uncertainty at present so we must pray for God's guidance to enable us to see the way ahead during the coming months and years.

**Please note that none of the events below are currently taking place due to the corona virus**

**Caffi Croeso:** We meet in Maes –y- Ffynon, Crickhowell (Please note change of venue) from 1:30pm to 4:30pm on the third Thursday of the month. All are welcome.

**Gilwern Bible Study:** Mondays at 6:30pm. We are studying the Gospel of St John. All are welcome. Contact Rev: Jeremy Bevan Tel: 01873 830280 for further information re venue.



**Oak View Home Group:** We meet on Wednesdays 7:30pm at Caer, Oak View, Brecon Rd, the home of Brenda and David Gooding. Please see weekly Newsletter or contact Brenda for more details. Newcomers welcome. Contact Brenda on: 01873 812113, or Rev Barry Roche on 01495 311048 for more details.

**The Alternative St Edmund's Bible Study Group:** Please contact John Matty on 01873 812953, or Rennie Gold on 01874 730968 for further information.

**Bryn Nant Home Group:** Crickhowell: Meets every Wednesday 7:30pm to 9:30pm. at 6 Bryn Nant, Crickhowell.(or check with Kathryn 07971 255262) 📞



## The Ministry Area Diary: May and June 2020 continued....

**Men's Prayer Breakfast: 1st and 3rd Saturday of each month:** All men are welcome from any parish or denomination at 8am in Crickhowell Parish Hall: **Contact Richard 01873 810919**



**Gilwern Toddler Group:** Thursdays at 9:15am to 11:15am (term time only)  
**Venue: Gilwern Parish Hall, Abergavenny Rd.** Please contact Nicci Bevan if you would like further information Tel: 01873 830280

**Messy Monday Tots and Carers Group:** Mondays from 9:30am to 11:30am in Crickhowell Parish Hall during Term Time. Please contact Mairwen Large on 07968 864114 for more information.

**St Edmund's Youth Clubs update: TotesAmazeBells Club:** Due to the COVID19 situation, we are unfortunately not able to meet weekly in the hall or to ring the church bells. We are however, keeping in contact with the young people through a WhatsApp group chat at least once a week (usually Monday evenings) and a group ZOOM chat once a week (Thursday evenings). I am also posting information, mini videos, mini quizzes, doodle art sheets, reflective spaces, links to helpful sites and other thoughtful and fun items on the WhatsApp site.

If you know of any young people who would like to join in with either or both the WhatsApp and ZOOM chats or would like helpful things sent directly to them, please do get in touch with me.

I also have a few things which may be of help for parents trying to cope with having young people at home all the time and info re COVID19 issues and young people.

**Suzanne and Ed** are also still in contact with their group of older young people using WhatsApp, Zoom and House-Party.

For info about any of the groups or resources available, please contact me on: 01873 812093 or 07976 737665 or [kerryadrian555@hotmail.com](mailto:kerryadrian555@hotmail.com)  
Thanks.

Keep safe and well

**Kerry Andrews** □

During the war, the rose window in the great Rheims Cathedral was shattered into bits by an indirect hit. The parishioners lovingly got down onto their hands and knees to gather together all the tiny pieces of broken glass. When the war was over, they hired the most skilled workmen available to rebuild it, piece by piece, from the gathered fragments. Today's rose window in Rheims is more beautiful than it ever was. So God can take our broken lives and reshape them as we pray, 'Lord, please forgive my mistakes of this day.' –

**Reuben Youngdahl**



# DJ PROTHEROE & SONS LTD

*The family run funeral directors*

Telephone

07545 006922 • 01495 311171



*4 Station Road, Brynmawr, NP23 4NA  
24 Hour Service*

# Monthly Gardening Tips:

From Ella Thomas



## **Ella reminds us that God speaks to us through nature...Ed**

On June 3rd it rained, just as the garden was getting really desperate it rained and the water butt began to fill again. The words of Henry Wordsworth Longfellow in his poem Rain in Summer sum it up beautifully:

*How beautiful is the rain  
After the dust and heat  
In the broad and fiery street  
In the narrow lane  
How beautiful is the rain.*



Another headline in my newspaper also spoke strongly to me a few days ago..

## **God speaks to us through nature.**

Rabbi Kalonymus Kalman Shapira wrote in February 1942, when he was in the Warsaw Ghetto, and later murdered...

*"From the chirping of the birds, the mooing of the cows, the voices and tumult of human beings – from all of these one hears the voice, the unceasing voice, of God."*

We probably haven't heard much tumult of human beings during these weeks of lockdown but there has certainly been much chirping of the birds and what beautiful creatures birds are. The little flocks of goldfinches and siskins feeding on my bird feeder have given me a great deal of joy. I have had time to watch nature in my small back garden and it is surprising what a difference having the bird feeder has made. A number of little voles/mice



scurry back and forth on the steps and I almost trod on a slowworm as I stepped out of the back door one day. That was a great surprise and pleasure and has arrived as a result of all the planting I have done I suppose.

Not only are the birds feeding on the sunflower hearts (so are the mice!) but I have noticed that they are also feeding on any aphids and so are contributing to the balance of nature in the garden.

Important jobs to do in the summer months – keep watering if it's dry, keep deadheading to prolong flowering and give the occasional feed with liquid seaweed, especially tomatoes and other crops if you are growing them in pots or tubs, and keep on top of weeds.

**Enjoy the rest of the summer when we may be able to get out and about and perhaps visit other gardens open for charity.** ➡

## **“Rural Rocks - rural reality without rose tinting” with Rob Yorke a rural surveyor**



**Rob gives us much to think about in our environment, relating to climate change, and the impact of covid 19..**

Heather, a well-known dwarf shrub, is found in many parts of the Brecon Beacons and elsewhere in Britain from sea level to the highest peaks. Its upland form, heather moorland, is globally rare and why, in the face of challenges resulting from climate change (heather beetle plagues, peat drying out), trees (loss of open habitat wildlife), reduced land management (wildfire risks increase) there are some tough decisions ahead. To let it go, or stick to habitat designation regulations?

Meanwhile, the recent closure of upland common land has seen wildlife flex its wings. A brood of red grouse above Patricio church, hen harrier quartering grassy fringes, skylarks by their hundreds singing, stonechats (they sound like their name) scolding from bracken, maybugs crash around, fat oil beetles waddle, as meadow pipits, nest safe in bilberry, chase each other under raptor's eye.

**With big changes ahead and nature's resilience in adapting, it's how humans, as part of nature, fare up to the transitions. □**



### **Remember your Future...**

**As Wales's oldest firm, Gabb and Co has been helping local people protect their families' legal affairs since 1760 so we know how important reliable and personal advice is to you.**

**For a no-obligation discussion about Wills, Lasting Powers of Attorney, Trusts or Property contact David Lloyd, Ruth Main or Anneli Jones on 01873 810629 or email [crickhowell@gabb.co.uk](mailto:crickhowell@gabb.co.uk)**

**gabbandco**  
[www.gabb.co.uk](http://www.gabb.co.uk)

**Old Bank House, Beaufort Street, Crickhowell NP8 1AD**



# honeycomb

PRINT SERVICES LTD



## *Relax...*

*Let us take care of your*

## *Printing*

**01873 858047**

[info@honeycombprint.com](mailto:info@honeycombprint.com)

Unit 4 Mill Street Industrial Estate | Abergavenny



***High quality, organic plastic free foods, oil & vinegars  
cleaning products and zero waste lifestyle products***

**Shop 1 Corn Exchange, 54 High Street, Crickhowell, NP8 1BH**

**Tel: 01873 269 493 Website: [www.naturalweigh.co.uk](http://www.naturalweigh.co.uk)**

## Thought for the month: Anne Hayward

### ***In the midst of life we are in death***

**In the midst of life we are in death; these familiar words, often included in funeral services, have proved very true in recent months.** The covid-19 pandemic has reminded us of what previous generations knew all too well that death can strike at any time whether it comes in the form of an unexpected personal tragedy or the mass mortality associated with highly infectious diseases. **In the midst of life we are most certainly also in the midst of death.**



Writing in the week when deaths from COVID-19 have exceeded 40,000 across the UK, the large number of people who have died and continue to die has been the cause of great sadness here in Wales and further afield. Perhaps, like me, you have lost a relative or friend. In the midst of life, death has come to many of us.

One of my cousins died in April in hospital in his home city of Carlisle. Having faced serious mental health problems all his adult life and more recently deteriorating physical health, he was quite unable to fight off COVID-19 and passed away aged only 54. His funeral was attended by his two siblings and several of his support workers. In the midst of a difficult and troubled life, Fergus was found to be in death.

**If you too are grieving, and many of us must be, may we be able to support and console each other at this difficult time. May we find some unity and common humanity in the pain that we share and a renewed sense of being able to entrust our loved ones to God.**



And yet in the midst of death we have also found ourselves to be in life as the extraordinary challenges of this time have been a reminder of what is really important to us. This may now be something of a cliché, but we have all been drawn to a place where we have been obliged to re-consider our values, our motivations and what truly brings us joy. **As Christians, we may even feel we have seen a little bit more of what God's kingdom looks like. In the midst of death, we are also in life.**

Here, I have another family story. My 20 year old nephew and godson fell seriously ill over the winter with aplastic anaemia. This is a life-threatening condition, similar to leukaemia, causing the body to fail to produce red and white blood cells or platelets. Richard spent the early part of this year in hospital being kept alive by blood transfusions and almost continuous antibiotics, waiting for the bone marrow transplant which was his only hope of recovery. As the pandemic reached its height, he finally had the transplant which by its very nature took away whatever resistance to infection remained to him.



Richard remains in very strict isolation, as has his mother-my sister- who has been caring for him. However, as a family we have been giving thanks for his



## Thought for the month: Anne Hayward

slow but steady recovery and for the almost miraculous medical procedure that has saved his life. In the midst of death we have been in life.

**My example of Richard is, thankfully, likely to be rare but I hope and pray that you too are finding life in a new way at this time when we can so easily seem to be surrounded by death.**

This may be in the fresh joy we find in relationships with friends, family and neighbours or in new delight in the natural world which has continued to spring forth all around us, oblivious to our human suffering.

Similarly, many of us have found a greater meaning in our lives and this too has given a renewed hope. As we've been drawn into a greater appreciation of the contribution we all make to our society- those we can so easily forget or overlook are now key workers- the new connectedness we have found has been life and joy to us in the midst of death.



As Christians and in our churches, we have also found our prayer, worship and fellowship have been blessed with a re-invigorated life. We have found the joy of realising that our faith is not in a building or in our usual services or activities which have not been able to continue, but in the Lord Jesus.

**In all these things, varied though they are, we are finding life in the midst of death. We may even be seeing just a little bit more of God's coming kingdom of justice, peace and true community. However, for now, as we experience death in the midst of life may we also know the joy of life in the midst of death. □**



Prayer is not an argument with God to persuade Him to move things our way, but an exercise by which we are enabled by His spirit to move things His way. – Anon



## Jan's Violin and Singing Lessons

**Friendly, experienced and qualified teacher.**

Beginners to advanced - All ages welcome

Exam grades or simply for pleasure

1-2-1 live online Skype violin lessons also available

**Phone or text 07812 649013**

**Email: JanT-A@hotmail.co.uk**

# Wordsearch

## St Mary Magdalene, the woman with a past

It is easy to understand the popularity of Mary Magdalene over the centuries: she is the patron saint both of repentant sinners and of the contemplative life. Jesus drove seven demons from Mary, who came from near Tiberius in Galilee. Mary has also sometimes been identified with the woman who anointed Christ's feet in the house of Simon.

She became His follower to the bitter end. She followed Him to Jerusalem and was present during the crucifixion, standing heart-broken at the foot of the cross. Her love for Jesus did not end there, for she went to the tomb to anoint His body on the Sunday morning. Such faithful, humble devotion was richly repaid; it gave her a unique privilege among all mankind: she was the first person to whom the Risen Lord appeared on Easter Sunday morning. She thought He was the gardener at first.

Jesus told Mary to go to His disciples and tell them about His return to Heaven. She was obedient and became the first emissary of the resurrection. In those days, the witness of a woman was worthless. Despite ridicule, Mary had the courage to speak about Jesus in a place of great disbelief. □

Mary  
patron  
repentant  
sinners  
contemplative

life  
seven  
demons  
Tiberius  
galilee

anoint  
feet  
follower  
end  
Jerusalem

Crucifixion  
foot  
cross  
Tomb

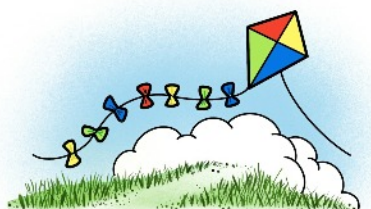
body  
Morning  
faithful  
Humble

devotion  
privilege  
mankind  
Risen

appeared  
Easter  
gardener  
Disciples

return  
Obedient  
resurrection  
witness  
courage

E	N	E	M	S	J	B	D	B	E	E	R	E	S	T	Y	L
E	O	I	H	A	E	W	I	F	S	V	I	G	N	N	E	G
S	I	N	N	E	R	S	S	N	O	R	T	A	P	D	E	B
S	T	E	N	S	U	Y	C	X	O	L	T	R	U	E	A	E
E	C	T	O	M	S	J	I	I	B	N	L	U	I	E	P	A
N	E	V	I	T	A	L	P	M	E	T	N	O	C	S	P	I
T	R	L	X	B	L	E	L	P	D	G	O	C	W	O	E	I
I	R	W	I	I	E	G	E	L	I	V	I	R	P	E	A	N
W	U	A	F	L	M	R	S	L	E	G	T	S	S	O	R	C
N	S	E	I	A	A	A	I	A	N	N	O	R	N	R	E	T
G	E	H	C	E	I	G	S	U	T	I	V	A	M	E	D	T
T	R	E	U	R	N	T	L	R	S	N	E	E	A	D	P	P
I	I	L	R	M	E	R	H	G	A	R	D	E	N	E	R	T
X	T	G	C	R	B	T	A	F	O	O	T	N	K	M	O	T
R	I	S	S	M	A	L	U	U	U	M	T	N	I	O	N	A
N	T	B	O	D	Y	S	E	R	I	L	N	I	N	N	I	N
T	T	T	R	O	S	E	V	E	N	A	D	N	D	S	K	R





# Crickhowell, Cwmdy & Tretower Parish News

Rector, Ministry Area Leader and Area Dean of Greater Brecon.:

Rev. Rana Khan. [rector@crickhowellparish.org.uk](mailto:rector@crickhowellparish.org.uk)

Tel: 01873 810944 [www.crickhowellparish.org.uk](http://www.crickhowellparish.org.uk) St-Edmunds-Church-Crickhowell

## St. Edmund's Church, Crickhowell.

**Firstly: Congratulations to our Rector, Rev. Rana Khan** on his appointment to the post of Area Dean of Greater Brecon. We pray for God's blessing, wisdom, and extra energy for him as he takes up the additional responsibilities involved in this new post.



### St Edmund's Youth Clubs update:

**TotesAmazeBells Club:** Due to the COVID19 situation, we are unfortunately not able to meet weekly in the hall or ring the church bells. We are however, keeping in contact with the young people through a WhatsApp group chat at least once a week (usually Monday evenings) and a group ZOOM chat once a week (Thursday evenings). I am also posting information, mini videos, mini quizzes, doodle art sheets, reflective spaces, links to helpful sites and other thoughtful and fun items on the WhatsApp site.

If you know of any young people who would like to join in with either or both the WhatsApp and ZOOM chats or would like helpful things sent directly to them, please do get in touch with me. I also have a few things which may be of help for parents trying to cope with having young people at home all the time and info re COVID19 issues and young people.

**Suzanne and Ed** are also still in contact with their group of older young people using WhatsApp, Zoom and HouseParty.

For info about any of the groups or resources available, please contact me on:

**01873 812093 or 07976 737665 or [kerryadrian555@hotmail.com](mailto:kerryadrian555@hotmail.com)**

Thank you. Keep safe and well

**Kerry Andrews**



### Fundraising for Velindre:

Since just before lockdown, John decided to keep himself busy by walking from John O'Groats to Land's End on his treadmill, in the garden, and our once a day walk. He's decided to use this to raise money for **Velindre**. John finished his walk on 8th June after walking 874 miles, which is the equivalent distance of walking from John O'Groats to Land's End, on his daily walk and treadmill. The total he has raised so far for Velindre is £1,050.

Rich, our son, has set up a 'Just giving Page.' If anyone would like to kindly donate the link is attached. - **Thanks Linda Parsons**

[https://www.justgiving.com/fundraising/richard-parsons19?utm\\_source=Sharethis&utm\\_medium=fundraising&utm\\_content=richard-parsons19&utm\\_campaign=pfp-email&utm\\_term=109e73acad1e46d88d377829b6934ef1](https://www.justgiving.com/fundraising/richard-parsons19?utm_source=Sharethis&utm_medium=fundraising&utm_content=richard-parsons19&utm_campaign=pfp-email&utm_term=109e73acad1e46d88d377829b6934ef1)

# Crickhowell, Cwmdu & Tretower Parish News

## Ministry Area Magazine Subscription: £7:

If you haven't paid your yearly subscription for the magazine yet, please wait until normal services resume in church and put it in a named envelope marked 'Magazine' and place it on the offertory plate.

**NB: All of our usual church meetings and activities will re-commence when it is safe to do so.**



**Messy Mondays: meets in the Parish Hall, Crickhowell on Mondays in term time:** Our weekly pre-schoolers' group runs from 9:30am - 11:30am, with a craft activity or two, free play, snacks at 10:30am, story and singing time. Anyone caring for a child is most welcome - parents, grandparents and child minders and it is suitable for children of any age. Breast-feeding mums welcome. £2 per adult and first child, and £1 for each additional child.

**Messy Church: 2nd Sunday each month at 4pm.** Pre-school children and their carers are most welcome to all these events. Contact Mairwen: Email: [stedscfw@gmail.com](mailto:stedscfw@gmail.com)

**Men's Prayer Breakfast : 1st and 3rd Saturday:** Usually held in the Parish Hall, Church Lane, Crickhowell at 8:00am on the 1st and 3rd Saturdays of the month. All men welcome from any parish or denomination: Contact Richard 01873 810919.



**Oak View Home group (formally Beaufort Ave Group):** Usually we meet on Wednesdays at 7:30pm at Caer, Oak View, Brecon Rd, the home of Brenda and David Gooding. Please see weekly notes or contact Brenda Gooding for more details. 01873 812113

**Bryn-Nant Homegroup (6 Bryn-Nant):** Usually we meet every Wednesday at 7:30pm. New members always welcome. We may be meeting in different venues so please do contact Kathryn: 07971 255262.



**The Alternative St Edmund's Bible Study Group:** Please contact John Matty on 01873 812953 for further information.

## St Michael's Church, Cwmdu:

**It is difficult** to realise that yet another month has passed and we are still in "lockdown" with just a few adjustments. Cwmdu is five miles from Crickhowell, eleven miles from both Abergavenny and Brecon and, sadly for us, and so many others, many miles from our families. I try and walk around the village nearly every day usually using the public footpath passing through Cwmdu Caravan Site. The permanent caravans are all covered up, two new shepherd's huts are looking very inviting and the bottom field that usually would be filled with tents is empty. Alas it all looks beautiful but there are no families enjoying our wonderful scenery

# Crickhowell, Cwmdu & Tretower Parish News

and making full use of the hospitality offered by Mynydd Ddu café and The Farmers Arms Pub that is now community owned. These two venues have responded to the Corona Virus by offering takeaway meals and veg boxes, delivered to the housebound, and we are truly grateful for their service. Hopefully we shall be able to visit them in the not too distant future when the restrictions have been lifted.



**Congratulations** to all those responsible for the streaming each week of Sunday services. I fully appreciate the difficulties in undertaking this every week and it certainly has kept us together as a Ministry Area. We all congratulate Rana on his appointment as Area Dean and send him and his family our very best wishes; just hoping that he will be fully supported by the Diocese for the addition of this extra responsibility to the demanding job of Ministry Area Leader to 10 parishes.

**Funeral of Eira Jones (nee Greet)** took place on May 21st at St Michael's at the graveside with the Rector taking the service. Clear blue skies and bright sunshine gave the perfect setting for the Committal service that was accompanied only by bird song. We send our deepest sympathy to Benjamin and all the family. The Greet family have given decades of public service to the community for which we are truly grateful. May the souls of the departed rest in peace and rise in glory.

**Well, our chirping visitors** nesting in the exit of the extractor fan over the cooker left home several weeks ago but they must have described it as a "des res" in the weekly Sparrow News because it is inhabited once again!!



**Good wishes to all our readers** and huge thanks to all our NHS workers, public servants and local heroes who have delivered food, newspapers, medicines and generally looked after the elderly and vulnerable; their acts of kindness are greatly appreciated. God bless them all.

## St. John's Church, Tretower

It is still very strange not popping into Church fairly frequently to see to various things, never mind having no services. Now, however, at long last we are seeing some action on the building front. Builders have been visiting and the roof repairs will begin this month which is great news. As mentioned before it was decided that we should get going with what finances that we have and do just as much as we can afford before more time is lost and winter weather arrives. The hoped for grants did not materialise to any extent as the required conditions were impossible to meet in such a small community



The funeral of Barbara Jayne took place last Monday at St. Johns. Denzil, her husband, is a valued member of our congregation and an essential choir



## Crickhowell, Cwmdu & Tretower Parish News

member. He is always happy to lead singing, aid visiting preachers and read lessons. A day did not pass when he did not visit Barbara in Glaslyn Court where she lived for many years. Our prayers and thoughts go to Denzil and family. Barbara is interred in the Graveyard at Tretower.

It is good news that Ann Grant is now home from Bronllys where she convalesced after an operation for a broken hip. A few adjustments are being made to make things easier for the manoeuvres of both Ann and George reliant on "walkers". The neighbours in the Close have been, and are being, outstandingly helpful, and this is hugely appreciated by them both. We wish them well on their recoveries.

We congratulate all who are involved in the streaming of services. It is much appreciated and, has to be said, the results are pretty professional! Well done and thank you. ☐

LIVE  
STREAMING



*Take part in our*  
**BRECON COMMUNITY  
COOK BOOK**

WE ARE COLLECTING A SELECTION OF RECIPES FROM GROUPS,  
ORGANISATIONS, BUSINESS AND INDIVIDUALS ACROSS BRECON.

THE AIM IS TO COMBINE THE RECIPES INTO A COLLECTIVE  
COMMUNITY COOK BOOK, REFLECTIVE OF THE WIDER COMMUNITY.



IN TIME, THE BOOKS WILL BE PRODUCED AND SOLD WITH THE MONEY GOING TO  
BRECON FOOD BANK AND COMMUNITY CO-OP, BOTH BASED AT THE ST. JOHN'S CENTRE.

WE ARE LOOKING FOR RECIPES THAT COULD BE DESCRIBED AS:

- ★ FOOD ON A BUDGET - THE MOST IMPORTANT
- ★ THE "GO TO" RECIPE - THAT BACK UP DISH EVERYONE HAS IN LIFE
- ★ THE SHOW STOPPER - YOU KNOW WHO YOU ARE! THOSE AMONGST US WHO CAN  
"REALLY COOK" AND GIVE A GOOD CHALLENGE.

IF YOU WOULD LIKE TO SUBMIT A RECIPE PLEASE CONTACT SARA MILES  
FOR A RECIPE FORM ON: [SARA.MILES@NPTCGROUP.AC.UK](mailto:SARA.MILES@NPTCGROUP.AC.UK)

IF YOU WANT ANY FURTHER INFORMATION OR WOULD LIKE TO GET INVOLVED IN  
ANY OTHER WAY, CONTACT JO HOWELLS ON: [JOANNE.HOWELLS@NPTCGROUP.AC.UK](mailto:JOANNE.HOWELLS@NPTCGROUP.AC.UK)

   Coleg Bannau Brycheiniog  
Brecon Beacons College

## Everybody hurts sometimes: Rev. Jeremy Bevan

**Don't let yourself go  
Cause everybody cries  
And everybody hurts  
Sometimes,**

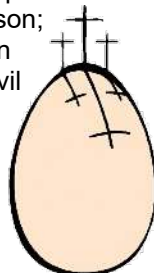
These are the lyrics of song from the band REM, released in 1992/3, and popular the world over. The words that really stick in my mind are those at the end; *everybody hurts, Sometimes*. It describes the existence of all people everywhere. It describes one of the mysteries of our existence; why do we suffer? If God is good, why does he let us suffer? Does he not care? Does he enjoy it? Is he powerless to stop it? Or is he not good?



But that begs the question; since this is the way that things have always been, and things have never been any different, and as far as we can tell, never will be; why do we complain about it? Why should we think something is wrong? Why do we instinctively think there is a problem when life is not fair, when people suffer, and when people we love die? Life has never been fair, people have always suffered, they have always died, and so far as we can tell always will die; why should we think otherwise?

**This question, the question of suffering in tension with the hope of goodness and continual experience, has always preoccupied people.**

Jordan Peterson commented on this theme when quizzed about why men do not like going to church<sup>ii</sup> (broadly speaking his answer was, 'church is too easy; make it more challenging'). He had noticed through the terrible stories of the twentieth century that no amount of evil and suffering simply cancels out anyone's life. People survived these things with their meaning intact, and as Victor Frank observed, having a sense of meaning sustained people in the worst of circumstances. If anything, their lives seemed more meaningful afterwards than before, almost as if suffering itself confers meaning. Peterson contends that accepting responsibility confers meaning, and that having accepted it, the proper and wise thing to do is to face the evil and malevolence and suffering in the world, and do ones best. He says that the supreme story illustrating this is the story of Jesus, who when betrayed in every meaningful way that it is possible to be betrayed, then suffers an unjust and terrible death for no real reason; and then rose from the dead, as if to prove that no evil is greater than his life. By accepting responsibility and meaning, we strike back at evil and suffering, negating them by our very lack of negation. Our lives are never simply cancelled out by our suffering. The meaning and purpose of our lives is never outweighed by our experiences of evil. He would say that we, like Jesus, must face up to the worst, and then unflinchingly carry on as nobly and uprightly as we can, and by doing so, we will be undefeated, no matter the outcome.



The Bible's main story on this theme is the Book of Job. It begins with the introduction of Job himself, a man described as blameless and upright<sup>iii</sup>. He is





## Everybody hurts sometimes: Rev. Jeremy Bevan continued ...

also described as wealthy and blessed, with seven sons and three daughters, and vast flocks and herds. Unknown to Job, there is a kind of bet between LORD God and Satan; Satan bet that Job would stop being virtuous if being virtuous did not seem worthwhile and profitable. Satan claimed that Job was only good



because he was blessed, and that if he suffered misfortune, he would turn to evil. God then allowed Satan to destroy his property and kill his children. Job remained faithful, despite the loss of everything. Satan then tried again; he claimed that Job would turn to evil if his own flesh suffered as well. God grants permission for Satan to afflict his flesh with the proviso that Job must not die, and so it happens; Job is afflicted with 'evil sores' from the top of his head to the bottom of his feet, and is so sunk in misery that he sits in the ashes and scrapes his sores with a potsherd. Having had everything, he now has nothing, and the only trace of his former life left to him was his wife, who seemed to despise him. And still he clings to goodness, for when incited by his wife to 'Curse God and Die!' He says, 'Shall we not receive good and not evil from God?' And in all this, Job did not sin with his lips.<sup>iv</sup>

The rest of the book of Job is then for the most part a debate about the reason for Job's suffering. His friends are convinced that Job must have done something to deserve it, and that it implies that God is not right to suggest otherwise. Job insists that he has done nothing special to deserve it, and whilst not perfect, he cannot imagine that he is suffering justly for what he has done; he wants to make God explain himself to him for being so unfair.



At the end of the book, God appears to Job and rebukes him for being so presumptuous as to expect LORD God to justify his actions to him. But then:

*After the LORD had spoken these words to Job, the LORD said to Eliphaz the Temanite: "My anger burns against you and against your two friends, for you have not spoken of me what is right, as my servant Job has. Now therefore take seven bulls and seven rams and go to my servant Job and offer up a burnt offering for yourselves. And my servant Job shall pray for you, for I will accept his prayer not to deal with you according to your folly. For you have not spoken of me what is right, as my servant Job has." So Eliphaz the Temanite and Bildad the Shuhite and Zophar the Naamathite went and did what the LORD had told them, and the LORD accepted Job's prayer.<sup>v</sup>*

After all this, the LORD God was more angry with Job's friends, *For you have not spoken of me what is right, as my servant Job has.* The prayer for forgiveness had to be offered for them by Job himself, whom they had implicitly slandered with their assumption that he deserved his suffering, and having presumed to know the mind of God on these things, thus falsely accusing God of motives and actions which were not true. God is not happy if we speak about him untruthfully. ☹

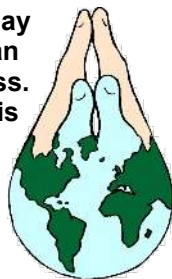
## Everybody hurts sometimes: Rev. Jeremy Bevan continued ...

Job never found out the reason for his suffering. When given the opportunity, having seen LORD God, he said:

*I had heard of you by the hearing of the ear,  
but now my eye sees you;  
therefore I despise myself,  
and repent in dust and ashes."*<sup>vi</sup>

Job, the man who was blameless and upright, who spoke rightly of the LORD God, and his only response upon seeing the glory of God was to repent. He was already brought low, but seeing the Heavenly Glory only humbled him. His suffering had somehow become irrelevant.

**The truth from this is that whilst on the earth in this flesh we may never know the meaning of the suffering in our lives, but we can know that the LORD does, and that we can trust in his goodness. The LORD God is Good. He is not tame, he is not biddable; he is holy and mighty; but he is Good. And that is why we can trust him. And that is why we are properly outraged at the unfairness and evil in the world. Because the Good LORD, in his goodness, made the heavens and earth and all that is within them, and he saw that they were indeed very good. We are outraged because we were made well, for the good universe, and evil has entered it, and the whole of creation groans in pain at the evil in it. We feel the pain because we are meant to be good, and because God our creator is good. We feel the pain because we are alive.**



Pauls first letter to the Corinthians contains the famous *Song Of Love*, but at the end of it, it says:- *For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.*<sup>vii</sup>

**One day, all these things will be made clear to us. In the new heaven and the new earth, we will see clearly, face to face, and we will know fully even as we are fully known. Until that day, *these three remain; faith, hope and love. But the greatest of these is love.*** □

<sup>i</sup> R.E.M. - Everybody Hurts (Official Lyric Video) <https://www.youtube.com/watch?v=FfggUztyO00>

<sup>ii</sup> Jordan Peterson | Why There Aren't More Men In Church? Question asked by Mosaic Christian Church [https://www.youtube.com/watch?v=pFLPlajYdYs&feature=youtu.be&fbclid=IwAR0jsMZB5xbUKBqVnyGoGCcj8l8--5wjbeWps1Tc\\_ed8a5W-DP2MZgsoTKU](https://www.youtube.com/watch?v=pFLPlajYdYs&feature=youtu.be&fbclid=IwAR0jsMZB5xbUKBqVnyGoGCcj8l8--5wjbeWps1Tc_ed8a5W-DP2MZgsoTKU)

<sup>iii</sup> תָּמָר ; tam w'yashar; tam; spotless, blameless; complete, finished, perfect; from the straight stem of a palm tree (tamar), thus also beautiful. yashar; upright, straight, straightforward, level, proper, right, correct;

<sup>iv</sup> Job 2;10.

<sup>v</sup> Job 42:7-9

<sup>vi</sup> Job 42:5-6

<sup>vii</sup> 1 Corinthians 13:12



# Smile Lines



## **New version of Apostles' Creed**

When our church began live streaming its services, our minister was at first a bit nervous. Still, he kept his cool, and you would never have known he was struggling until he reached the Apostles' Creed. Then he firmly announced that Jesus was..."confused by the Holy Ghost, born of the Virgin Mary..."



\*\*\*\*\*

## **New style of prayer**

Our minister is still getting used to live streaming our church services. Last Sunday he invited us to join him digitally in prayer by saying firmly: "Let's bow our eyes and close our heads."

\*\*\*\*\*

## **Crazy?**

Our minister wanted the title of his next sermon to be posted ahead of time on the church website. He rang our church warden and said that the title was to be: 'Are Ministers Crazy?'

Not hearing this as a question, the church warden dutifully posted: 'Our Minister's Crazy.'

\*\*\*\*\*

## **Pancakes**

A mother was preparing pancakes for her sons, Kevin, five, and Ryan, three. The boys began to argue over who would get the first pancake. Their mother saw the chance for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'"



Quick as a wink, Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

\*\*\*\*\*

## **Seagull**

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand. "Daddy, what happened to him?"

"He died and went to heaven," the father replied.

The boy thought a moment and then asked: "Why did God throw him back down?"



# Smile Lines



## Lost in translation

Last year, some friends took their six-year-old on a car trip to France. To help pass the time on the way down to the Channel, they encouraged their son to practise his new reading skills by calling out road signs.

He fell asleep just before they entered France. When he awoke, he saw the French motorway signs and said in a worried tone, "I think I forgot how to read while I was asleep."



\*\*\*\*\*

## Why did God make mothers?

*Here are some of the answers seven-year-olds gave to the following questions...*

### **Why did God give you your mother and not some other mum?**

God knew she likes me a lot more than other kids' mums like me.

### **What kind of little girl was your mum?**

I don't know because I wasn't there, but my guess would be pretty bossy.

### **What did your mum need to know about your dad before she married him?**

His last name.

### **Why did your mum marry your dad?**

She got too old to do anything else with him.

### **What's the difference between mums & dads?**

Mum knows how to talk to teachers without scaring them.

### **What would it take to make your mum perfect?**

On the inside she's already perfect. Outside, I think some kind of plastic surgery.



\*\*\*\*\*

## Actual complaints received by a resort chain (before lockdown!)

On my holiday to India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food.

We booked an excursion to a water park, but no one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price.

The beach was too sandy. We had to clean everything when we returned to our room.

No one told us there would be fish in the water. The children were scared. ↩

# Smile Lines



It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair.

We had to line up outside to catch the boat and there was no air-conditioning.

I was bitten by a mosquito. The brochure did not mention mosquitoes.

\*\*\*\*\*

## Coronavirus:

For the first time in history, we can help save the human race by lying in front of the TV and doing nothing. Let's not mess this one up!



\*\*\*\*\*

## The queue

While waiting in a long queue early one morning for the supermarket to open for us 'seniors', I was surprised to see a young man saunter along and try to cut in at the front of the queue. A furious old lady waved her cane at him, and he quickly backed away.

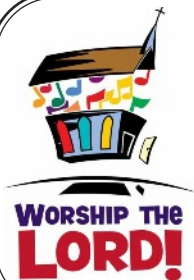
A moment later, the young man tried again. He managed to dodge the old lady, but then two old men started shouting at him. Again, the young man backed away.

But he wasn't giving up, and soon the young man approached the queue for the third time. By now, all of us pensioners were ready for him, an angry wall of opposition. The young man stood there for a moment, and then shrugged his shoulders. "If you people won't let me unlock the door, none of you will ever get in to shop."



\*\*\*\*\*

I need to practice social-distancing - from my refrigerator. ☐



"I think one of the big effects is there's a renewal of the sense that we all belong to Christ... I've been deeply moved by the services I've participated in; they've reached out in a way that surprised me and that is, I think, a sign of the work of the Spirit... We're finding this all over the country. There are so many clergy streaming from really basic facilities, finding huge numbers of people online with them, and making a huge impact." – **Archbishop Justin Welby**



## TURN TO US FOR HELP AND SUPPORT

In your time of need we'll take care of all the funeral arrangements.

Call us 24 hours a day.

- Funeral Pre-Payment Plans
- Memorials

## T J THOMAS & SONS FUNERAL DIRECTORS

Henllys Funeral Home  
Beaufort Hill, Ebbw Vale NP23 5QN



**01495 303273**

Part of Dignity plc. A British Company.



### Commercial

Invest in solar and sustainable energy to increase your profitability and eco credentials. Funding and interest free credit can be available in Wales. We also design smart systems for locations with **grid limitations**.



### Domestic

If you're looking to reduce energy costs, Green Park Power are your friendly and professional installers. Every installation is designed especially for your home and is seen through to completion.  
**10 year warranty as standard.**



### Service & Repair

As a trusted Service Contractor Green Park Power have the experience to quickly identify and resolve the causes of system failure. We are also able to optimise many systems to gain a higher return on investment.

**Ask us about: Solar Panels - Energy Storage - Off Grid Systems**

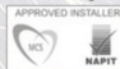
**Green Park  
Power**

Call: 01873 269031 or 07792 970406

Email: [info@greenparkpower.co.uk](mailto:info@greenparkpower.co.uk)

Visit: [www.greenparkpower.co.uk](http://www.greenparkpower.co.uk)

Green Park Renewables Ltd. Comp.No. 09497000 VAT No. 119968074



# Llanelly Parish News

<http://parish.churchinwales.org.uk/s033>

Priest: Revd. Jeremy Bevan

Tel: 01873 830280

Email: [christopher.bevan@btinternet.com](mailto:christopher.bevan@btinternet.com)



## Mike Steer:

Many members will remember Mike who very kindly provided the music for our services whenever our usual pianists were absent. Mike is in good health I am pleased to say and reasonably buoyant spirits, but has been made redundant by the school. He is therefore leaving Monmouth.

He bids us all a fond farewell and wishes God's blessing. He thanks us for our hospitality shown to him and Jennifer on their visits. We give them our best wishes for the future

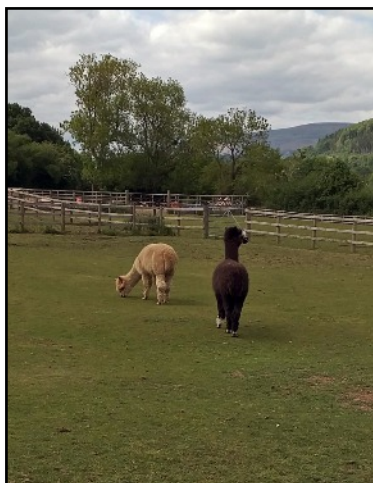


## Experiences of Lockdown – Mary Hulme:

When I first thought about an article for the magazine I didn't think at first I would have anything to write about. However I soon came up with a list of things I have been doing over the past ten weeks (or is it longer? - I have lost count).

**Here is my list in no particular order: walking, gardening, cleaning, craft, exercises, cooking, baking, shredding, reading, making up passwords, ordering food.** My husband and I try to walk somewhere each day even though it may be to the post box and back. As we are members of Ramblers and used to walking 6-8 miles when we go out as a group we have tried to keep ourselves reasonably fit by walking between 3-6 miles twice a week going up in the Lonely Shepherd and Gilwern Hill directions, using canal, old railway tracks, lanes and paths. It has been somewhat of an adventure to explore new paths (at least new to me) to find out where they lead. While out on walks it has been lovely to hear the birdsong much louder than previously. One day we passed two alpacas in a field as we walked towards the river in Gilwern.

We heard a cuckoo for the first time this year whilst walking up to the Lonely Shepherd. On that same walk we saw a very young foal on the way back down via Rhonas farm. Another day I had the opportunity of going to see two Gloucester Old Spot piglets recently acquired by a friend from WI. So off we went up to and beyond the old Gilwern Station to see them, keeping a safe distance of course from my friend and her family. It was lovely to see the piglets; they were so amusing but at 12 weeks old were not tiny piglets! **One other way I have used to keep fit is to follow the various 'fitness for the elderly' programmes each day on Utube.**



## Llanelly Parish News continued....

Gardening is certainly another way to keep fit. In the first few weeks we easily filled 3 garden bags with weeds etc and then had to store them as the council stopped collecting (now just started again I am pleased to say). We do have a compost heap but don't put pernicious weeds on it. After giving up hope of having flowers in my tubs this year I discovered that they could be ordered and collected. So now I have two hanging baskets one with cherry tomatoes; the other trailing geraniums and begonias and three tubs of geraniums and begonias. At least these will brighten up the garden during the summer. I also found three packets of free seeds sent to us by the Heart Foundation which I have sprinkled on two oblong containers at the back of the garden. These have now germinated so I am looking forward to seeing what exactly they are.



Whilst on the subject of gardens I have been so thankful to be blessed with a garden to enjoy and with the wonderful weather we have had, to sit reading for many hours and also just listening to the birds which seem to sing much louder than before, due may be to less noise from traffic and purer air.

At the start of lockdown, after a plea from the NHS for masks, bags and hair bands I very enthusiastically delved into the cupboard under the stairs to look for material, only to discover after pulling everything out that I had dispensed with it, not planning to do any more sewing. However, I did end up with a very tidy cupboard, which was the first of many to be spring-cleaned over the ensuing weeks. We now have lots of items for the charity shops whenever they are able to open. Our spare bedroom houses it all just now in various boxes and bags. At least no-one will be coming to stay for some time. After hearing that old sheets and pillowcases could be used for washing bags etc I set to and cut up a couple of pillowcases only to then find my sewing machine, which was very old, was not up to the job. I resorted to hand sewing but that was very laborious although I did have the time. I managed to make one bag and one mask. Many years ago I used to crochet so decided to find my crochet hooks and some wool. That too was a disaster as I couldn't remember how to do it. After all I am one of the vulnerable aged the Government keep talking about! I did look on UTube but the demonstrator worked too quickly for me. I am determined to master it again. I was due to go on a WI course to re-learn crocheting but that has fallen by the wayside along with many other events.

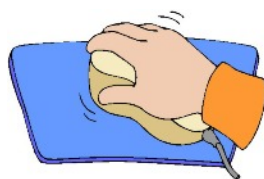


Our red sacks (for paper and card) have been very full over the past weeks as we have had plenty of time to sort out our old magazines and paperwork. Shredding is quite time consuming when it has been allowed to mount up over the years.

How to acquire food was the next headache. A problem at first but at least I am now capable of ordering on line, a thing I had never done before. To begin with all slots for deliver/click and collect were fully booked, but two lovely ladies in the

## Llanelly Parish News continued....

village came to the rescue by offering to get shopping and deliver. I now have an order from the local shop each Saturday but have also managed Waitrose 'click and collect' but only one delivery after they kept telling me they knew I was elderly and were providing extra slots. The first 'click and collect' went slightly awry as I ended up with only one banana and one carrot instead of one bag of each. I also had part of someone else's order – 6 boxes of vegetarian sausages! The next time I ordered 5 bananas and ended up with 15 so, – time to bake banana bread.



Passwords have caused me enormous frustration. The first time it works then subsequently I am told my password is wrong and I must change it. I keep a book specifically for all my passwords but there are so many crossings out I think it is time to start a new list. I feel quite elated whenever a password works first time.

Although not at all technically minded I have downloaded ZOOM (yes, yet another password) and been able to 'meet' up with two groups, fellow ramblers and WI members. It has been good to chat and see each other even though not together in person.

Each Sunday and Wednesday morning I have been joining others over the Ministry area for the on line service from the St Edmund's website and have felt extremely thankful for the clever people who set it all up initially and to all who have taken part in services throughout the past weeks.



I would also like to thank all NHS and ancillary staff, police, council workers and shop and supermarket staff who have continued to work tirelessly and look after everyone. Peter and I join with neighbours each Thursday at 8 pm in order to applaud these heroes. We have actually met neighbours we had never even seen before which must be good.

**Over this time of lockdown I have experienced varying degrees of enjoyment, achievement, frustration and despondency. I know I am not alone in having these mood changes but look forward to the time we can meet up with friends and relatives and just be together.**

### Future Magazines

It is hoped magazines from September will be the printed versions. Again, a plea for news/articles for our Llanelly section in the MA Magazine. Please email - [p.hulme39@btinternet.com](mailto:p.hulme39@btinternet.com) □

### Rob Yorke Countryside Reconciliation

**Walks and talks,  
Chair for meetings,  
Rural negotiator**

**[robyorke.co.uk](http://robyorke.co.uk)  
01873 890305**





## Llangattock & Llangynidr Parish News:

Contact Priest : Revd. Jeremy Bevan Tel: 01873 830280

### St Catwg's Church, Llangattock

**Well, who would believe it?** Another month of lockdown and no certainty of an end in sight - at least not a return to life as we knew it and possibly no services in church yet, certainly no singing! That has been hard for us singers and the news is that singing is one of the worst things for spreading germs, as we exhale breath from deep in our lungs! So, recordings at home is the only way for now... Maybe, when we can meet in larger groups, even suitably distanced, we can try singing outside. We also need a return to the summer weather!!



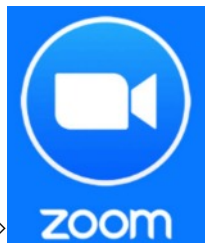
I say 'suitably distanced.' I had an email from Rev Richard Podger and amongst his observations was the objection to the term 'social distancing' when we, in fact, need to be 'physically distanced.' A very good point, I thought.

**Spring weather.** We could not have wished for better weather for a spring of lockdown. It has been amazing and unprecedented. So much fine weather to be out in the garden and our garden, for one, has not been as tidy for a very long time - if ever! Of course, now the summer growth is encouraged by the timely rain and there is much to do again, but the flowering shrubs have been such a picture and we had record numbers of daffodils and bluebells. Those familiar with our churchyard will know I have an aversion to too much grass cutting and it certainly pays off as the flowers have seeded and spread across our top field!



**Churchyard.** Many activities have been cancelled or put on hold. The upgrades to the park and the churchyard, to name a couple. As soon as we can we shall have to have our big cut of the churchyard, since there will be too much grass to clear by hand now. The path too has been sadly neglected, though hopefully there will be some efforts to pull up the weeds before long. The park and plans for a Memorial Garden are now proceeding, with repairs and painting of benches and play equipment being carried out, while the garden will soon see beds being dug and planting of butterfly friendly flowers and shrubs. The special benches had to be placed on hold but will be delivered as soon as possible, so we may have something in place for VJ Day, on 14th August.

**Services.** We have been so well catered for spiritually during this time, with live streamed services on Sundays, a midweek magazine programme from Julian and Jeremy - and an increasing number of contributors, daily evensong from Rana and reflections for morning and evening prayer from Julian. We are becoming quite good at Zoom and other social media platforms, as well as recording ourselves reading and singing for the services, and it has been wonderful to visit the different





## Llangattock & Llangynidr Parish News: Continued

churches in turn. Thanks to all who are taking part. James must be commended for his talents, both in photography, especially the wonderful aerial shots of the churches, and in the expertise required to put the services together. James is Anna Bessant Davies' son - Brian and Edna's grandson... **well done James!**

**Prayers.** As I said last month, we are blessed. Many have no open spaces or gardens. Many have suffered illness or trauma, or been bereaved and unable to visit loved ones. We think of our own congregation, those alone and needing to self-isolate, those who have needed to be hospitalised and those still being treated. We wish them all comfort and support from our prayers, and a speedy return home. We also still have Geoff's family very much in our prayers as they come to terms with the loss of Rhiannon. Many friends and colleagues lined the village road, suitably distanced, in her memory on 14th May, since attendance at funerals is still strictly limited.



Whilst we are still trying to combat Covid 19 here, and striving for a return to normality after lockdown, we must remember those across the world who don't have the medical or hygiene facilities we have here and for whom the prospect is bleak. However, there are organisations working selflessly to bring hope to all corners of the world. MAF have continued their flights wherever possible, delivering, among other necessities, hand washing kits and antibacterial soap, transporting people to hospital, providing disaster relief, supporting education and missionaries. We may have little news of other countries these days and it is sobering to note that Covid 19 is now present in all African countries. We pray for all agencies working to alleviate their suffering.

We have supported **Tear Fund** for many years. Their projects are many and varied, always working with partners in different places and helping people with their individual problems, as in Tanzania, where people were frustrated that their children could not study at night. They also feared for their safety at night and especially for the safety of their livestock. With only 12 hours of daylight, time for many things was limited. Tear Fund invests time in these communities and runs Bible studies and training for transformation. People can earn money from small projects like breeding chickens, and then pay for half their solar equipment. The transformation is amazing. Imagine having to go to bed as soon as it gets dark - and then suddenly having enough light to study, to prepare food for the next day, to scare away thieves and even wild animals. All that is needed is a solar panel, a lamp and a battery. The people believe that they are preaching peace and spreading God's word as neighbouring villages notice the lights. We can research this story, and others on the Tear Fund website, which also includes prayer topics. A grandfather says, 'I love to sing in church. My favourite is about being on a walk with Jesus. That is how I think of my life - a journey with the Lord... I want to live



## Llangattock & Llangynidr Parish News: Continued

long and disciple these children, so please pray for them.' He is full of thanks for those who give to TearFund so that they can have light, and he prays for us. So, let us hold these people in our prayers, both the local people and their needs, and the agencies giving aid and helping people to transform their lives.

**And so, may God bless you all until we can meet again.**

### Llangynidr Parish Church:

With so very little going on in Llangynidr at present, I find myself even less inspired than usual! As far as I know, and thankfully, we as a congregation have remained well and I hope, as far as possible, have been able to enjoy the increasingly professionally presented services that have appeared on line for us from our Ministry Team. It has been good to pay virtual visits to the churches in our Ministry Area, ones we rarely, if ever, visit in reality. James Bessant's contribution of drone photography has been very exciting and I know Julian has had to learn fast 'on the job' as he records and downloads his contributions. Great appreciation and deep gratitude are due to all concerned.



We are grateful to Deborah for ringing our church bell for VE Day and also on the first Thursday of clapping for carers. Sadly with my now less acute hearing and an unfavourable wind direction, I heard nothing so I hope at least Upper Llangynidr appreciated her efforts! At least it said we were still there!

My 'scouts' tell me that at least three people in the village have had to attend hospital for emergency treatment recently: we are thankful that they have returned home unscathed by Covid-19. May their recoveries go well.



I know that our congregation is very much looking forward to a return to the pews, however differently we are forced to run our services. I will admit that I, for one, have become quite lazy on a Sunday morning so will have to 'stir my stumps' quite considerably when that joyous time comes. But, may it be soon: virtual is good and we are very thankful for it, but it can surely never replace reality absolutely. Stay well and safe until then!

I leave you with part of a poem by R S Thomas, quoted by Rev Chris when he spoke about Patricio church. It certainly is worth repeating and pondering upon:

*Often I try  
To analyse the quality  
Of its silences. Is this where God hides  
From my searching? I have stopped to listen,  
After the few people have gone,  
To the air recomposing itself  
For vigil. It has waited like this  
Since the stones grouped themselves about it.*

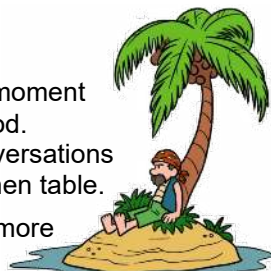
*There is no other sound  
In the darkness but the sound of a man  
Breathing, testing his faith  
On emptiness, nailing his questions  
One by one to an untenanted cross.*

**R.S Thomas** □

## St Peter's Church, Llanbedr Ystrad Yw St Cenau's Church, Llangenny St Issui's Church, Partrishow

**Llangenny:** In common with many communities at the moment there is little to report. But, fortunately, what there is, is good. Everyone is still talking - even those self-isolating - as conversations with each other are over the gate rather than over the kitchen table.

Everyone is eating well. We give thanks for this, as this is more than can be said for some of the world's population.



The online services have been a literal blessing which have helped many spiritually, alongside the recent spell of good weather - unless you are a farmer - which has helped.

**Llanbedr:** Of course, on the surface, things have been quiet in Llanbedr too, although the churchyard is being maintained and kept tidy so it is all ready to welcome people back to church when we can. We also know that the churchyard is being used as a quiet place to sit and think and pray, in the same way that the church might be if it was open. Meanwhile the online worship goes on, the weekly services being streamed through the Ministry Area site, [www.catwg.org.uk](http://www.catwg.org.uk), and regular prayer and reflections through the two parish websites, Vale of Gwynne Parish on [parish.churchinwales.org.uk](http://parish.churchinwales.org.uk) and on [llanbedrchurch.org.uk](http://llanbedrchurch.org.uk)



**Patricio:** It was an honour for the church to be the final focus for the Pentecost online service, which was beamed around the world via YouTube. Annabelle led from her house, Brian did the intercessions, a church warden's children read a lesson and played a cello while the Rev Rana battled his way through thick vegetation to record his sermon - under the skilled lens of James Bessant Davies, who also undertook some skilled drone footage of the surrounding area (and a church roof inspection whilst there). The churchyard has been 'trimmed' ready to welcome visitors. □



*They were trying to remember  
when they had last left the house.*

## Brynmawr Parish News

Contact Priest : Revd Rana Khan Tel: 01873 810944

E-mail: [rector@crickhowellparish.org.uk](mailto:rector@crickhowellparish.org.uk)

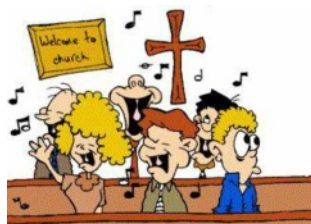
We have talked for a considerable time about better facilities in our church: toilets, kitchen etc. Well, at last, the work has begun, and it should be finished by the beginning of August. It is only toilet facilities at the moment but this was always the highest priority. It is not only on Sundays that this has caused the occasional difficulty. Our church regularly has large funerals as well as lots of guests at weddings and this addition inside the church will be a welcome improvement. It will be just inside the main door where the font has been. The font will be moved a few feet to the other side of the door at the end of the south transept so it will still be in the proper place for a font – at the entrance to the church. Maybe having a toilet will enable more events to take place in the church so that it may be used more widely. Who knows what opportunities this will facilitate. A few more people may be encouraged to worship with us; and from little acorns great oak trees grow.



Furthermore, the outside of the church has had a lovely facelift. With some help from his family, Aidan has cut back the long grass and some flowers have been planted. It is a bit like getting a haircut in lockdown - a good trim makes all the difference. And a number of parents with young children have been grateful for a stretch of grass and no traffic to let their little ones get rid of pent up energy; the park and other public spaces have been closed for many weeks. We wouldn't want it to become a playground but it has been a godsend to some parents. So, thank you Aiden et al, from all of us.



A few weeks ago Nick Robinson was interviewing Arleen Foster, the First Minister of Northern Ireland, on Radio 4, on his podcast, Political Thinking. He asked her what she had missed during the long weeks of lockdown. Without hesitation the first thing she offered was 'congregational singing' in her church on a Sunday. She said she sang at home by herself but it wasn't the same. She looked forward to being able to return to her church and sing heartily, if not tunefully, with her friends again. I expect many of us feel the same. We have enjoyed the Ministry Area streaming on a Sunday morning but will be glad to get back to worship in church. Perhaps we have been surprised at the quality and professionalism of the production. This has been a real success and congratulations and 'thank you' to all involved in its conception and production. At some time during these weeks of lockdown, our Rector was appointed Dean of Greater Brecon. We congratulate him, too, on this prestigious appointment. ✍



## Brynmawr Parish News Continued ...

Whilst schools throughout the land have been closed, we know that teachers have been busy providing programmes of work and physical challenges, using a variety of means to help families in stressful times. I know our school has, in addition, been caring for the wellbeing of parents and children not least through personal telephone calls to check how they are. These things can often go unnoticed by the general public but they are fine examples of Christian ethos in practice. **A great big 'thank you' to Mr Jones and all his staff. Mr Jones is taking up a secondment from September and we all wish him every success in a new role. We will miss him! Mrs Paula Willis will be Acting Head during this time and we welcome her to St Mary's School.** □



**Puzzle: - Sudoku Fill all rows, columns and 3x3 boxes with the numbers 1-9**

2			3	7		8	5	
	1				8			7
	9	7	5	2	4			
6		5		3				8
	3						6	
7				9		3		5
			6	8	3	7	9	
3			7				2	
	7	9		1	5			3

© 2011 KrazyDad.com

	6		4					
					5	9	4	
1			3				5	7
		9						
	4			6			7	
				7		2		
7	3				6			8
	8	1	9					
					4		3	

© 2011 KrazyDad.com

"The sociologist Rodney Stark says that one explanation for the success of Christianity in the Roman Empire was its response to plague; while the pagans upped and ran... the early Christians tended to the sick.... Christianity in action defies the rules of nature. It is natural to step away from sickness; the Christians goes towards it." – **Tim Stanley, Christian writer and journalist**



Terry was a Christian, and didn't care who knew it



# Contact Details



## Magazine Link Contacts

Rob Yorke, Vale of Gwryne Parish  
Ruth Griffiths, Crickhowell  
Mary Hulme, Gilwern  
Barbara Hill, Brynmawr  
Jean Barnes, Llangynidr :  
Ann Williams Llangattock  
Janice Block, Cwmdru  
Peta Brabner, Tretower

Tel: 01873 890305  
Tel: 01873 810731  
Tel: 01873 830877  
Tel: 01495 311078  
Tel: 01874 730064  
Tel: 01873 810200  
Tel: 01874 730286  
Tel: 01874 731122

[ry@robyorke.plus.com](mailto:ry@robyorke.plus.com)  
[ruthg3@talktalk.net](mailto:ruthg3@talktalk.net)  
[p.hulme39@btinternet.com](mailto:p.hulme39@btinternet.com)  
[barbarahill46@live.co.uk](mailto:barbarahill46@live.co.uk)  
[jean@pandjbarnes.plus.com](mailto:jean@pandjbarnes.plus.com)  
[ann\\_williams@talk21.com](mailto:ann_williams@talk21.com)  
[jebcwmdru@btinternet.com](mailto:jebcwmdru@btinternet.com)  
[petabrabner@gmail.com](mailto:petabrabner@gmail.com)

## Editorial Team

Rosalind Matty  
John Matty

Tel: 01873 812953  
Tel: 01873 812953

[secretary@crickhowellparish.org.uk](mailto:secretary@crickhowellparish.org.uk)  
[newsletter@crickhowellparish.org.uk](mailto:newsletter@crickhowellparish.org.uk)

## St. Catwg (Crickhowell) Ministry Area Office Rectory Road, Crickhowell

Normal opening hours - Monday – Friday 10am – 1pm - please call the administrator on 01873 810944 or email [katy.tutt@catwg.org.uk](mailto:katy.tutt@catwg.org.uk). An answer-phone is available out of hours. If you need to contact the ministry area leader Rev. Rana Khan, please call 07729 805100 or email [rector@crickhowellparish.org.uk](mailto:rector@crickhowellparish.org.uk).

### Disclaimers

The views expressed in this magazine are those of the contributors and not necessarily those of the Editor, the Clergy or the corporate body of the church.

The advertisements included in this magazine are paid for and as such are not being recommended by being included in this magazine. Please check as you would any other supplier.

## Guidance for Contributors

The following guidance is intended to help you provide copy to the magazine in a format which is almost print-ready. This helps preparation and speeds up printing.

We are able to accept handwritten or typed copy if you do not have access to email. If it is handwritten we ask you to forgive us for the occasional mis-reading!

**Please send electronic copy by email to: [secretary@crickhowellparish.org.uk](mailto:secretary@crickhowellparish.org.uk)**

Our default font is Arial; default font size is 10 pt, justified for the body of the text; 14 pt bold, centred for the title, and 11pt bold for sub headings. Please do not use capital letters except as the first letter of a word or sentence. Do not underline headings or sub headings, or words that you want to emphasize, although they may be in bold. Please submit in MS Word (ie .doc) format as an attachment to the email. The email should also contain any additional notes that you think important. Do not submit tables unless specifically instructed to do so. If you need to use them, email the Editor first and we will try to work out a solution.

### PDFs

Bear in mind that pdf format articles will be shrunk to fit our page size and that we are unable to edit them further.

### Photographs

We are pleased to accept digital images to go with articles. Format can be either JPEG (.jpg, .jpeg) or TIFF (TIFF, TIF). Remember that they may be reprinted in black and white, so shouldn't be too dark. Send them as attachments to your email. You, or the organization you represent must hold the copyright to the image, ie you or they own it; unless informed otherwise we will assume that this is so. No photos of people or children can be printed unless you have informed us that you have specific permission to do so which complies with the Church in Wales Safeguarding Policy: Section [9](http://cinw.s3.amazonaws.com/wp-content/uploads/2016/03/1547-Safeguarding-Policy-Web-version.pdf)  
<http://cinw.s3.amazonaws.com/wp-content/uploads/2016/03/1547-Safeguarding-Policy-Web-version.pdf>



**Volunteers from Crickhowell Volunteer Bureau at work**



# Corona Spring

Birds song has not ceased,  
full throated, proud chested,  
for them there is no change.  
We are pulled up,  
stopped from the rhythms we know,  
stayed from travel, visits, touch.

Mornings are not rushed  
but slow with time taken  
to hear the beat of the clock  
no faster than before  
but holding time's pulse,  
keeping continuity.

There is joy in found things  
in forgotten places.  
The nail file much missed  
reappears with stamps, buttons, keys.  
There is time to phone, to read, to pray  
to draw in life's threads  
to look again at photographs  
recover emotions and find connections.

Daffodils give way to tulips, lilac, bluebells  
in this hot rainbow Spring  
of Thursday claps and Corona news.  
Fear is tolled and death stalks near.  
Rules are set and strict.  
No cups of tea with friends.  
No hugs.  
Distances are sadly kept.

We shield, we care, we carry on.  
Our friends remain  
though life seems oddly torn  
from familiar roots and ways.

The birds are unaware  
and have not stopped singing.

*Contributed by Helen Seys Llewellyn*