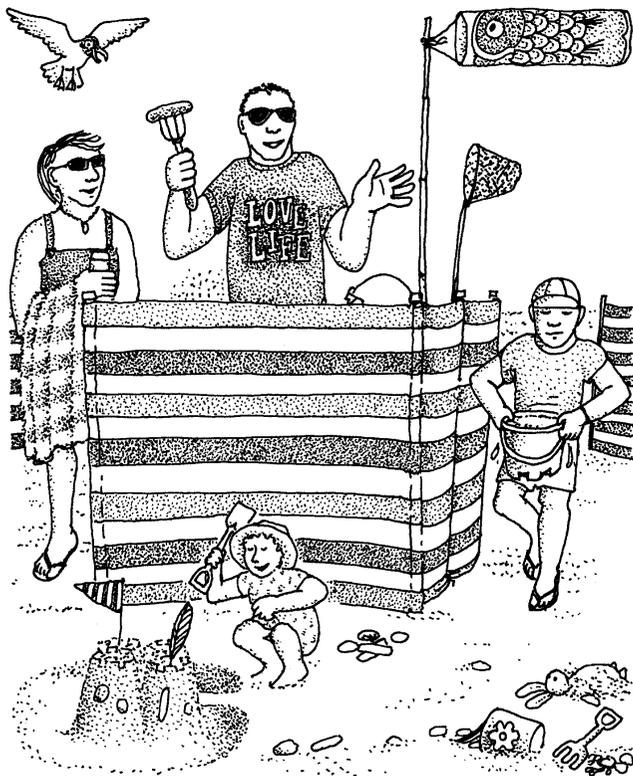


CYLCHGRAWN PLWYF PARISH MAGAZINE

Awst/August 2013

50c/50p



**Eglwys St. Pedr Machynlleth.
Eglwys St. Ust & Dyfrig Llanwrin.
Eglwys St. Cadfarch Penegoes.
Eglwys Y Drindod Sanctaidd Corris.**

30 Tregarth,
Machynlleth.

Dear friends,

I hope the weather hasn't drained you too much. What a glorious few weeks we've had (I brought the sun back from Rhodes just for you!). Some love this weather and soaking up the sun – me for one – for others it is very tiring and draining especially those in hospital and not able to move around. I came across this little snippet of information I thought you might find helpful.

Keep cool with cucumber sandwiches

If you get hot this month, reach for a cucumber sandwich, washed down with beer or tea. All three have been found to help keep you cool in hot weather. Bear in mind that ice water or other chilled drink and food will not help – the extremely cold food or drink chills your stomach, but sends into shock other parts of the body, so that they do not operate as effectively. Hot drinks are actually recommended on hot days – the tannins in tea (and wine) are cooling agents. Ice cream doesn't help, but curry does. Bear in mind that fruit and vegetables with high water content are particularly good in hot weather. The study was done by the American Chemical Society.

We are beginning to form a small editorial team for our monthly magazine but we could still do with a couple more people to join us. If you can spare a few hours a month please let me know or contact Mr Clive Thomas.

All of you who are taking holidays this month may I wish you a happy and relaxing time and may you come home refreshed and invigorated.

With every blessing to you and yours

Kathleen

THE WAY I SEE IT:

Don't just stand there, do nothing!

August is, of course, the great holiday month in Britain. Families, constrained by the school holidays, pay over the odds to arrange a week or two at the seaside or on a Mediterranean beach. Older people and singles breathe a sigh of relief as it seems that half the population has decamped elsewhere and they've got the park, shops and golf course to themselves. Either way, it's a change of routine, a break from the relentless round of the everyday. August, whatever else we may think of it, is different.

We call it a "holiday month", or perhaps more accurately a month of holidays. That word is important, because obviously it was once 'holy days', the whole idea of stipulated days of rest being a religious invention. It started with the Jewish 'Sabbath', the seventh day of the week - the one when the Creator, in the biblical story, 'rested' from his work of bringing everything into existence. As a consequence, it was decreed that the seventh day of the week should be a universal day of rest, when human toil was suspended (even for slaves), animals were set free from their daily labour in field or treadmill, and for that precious twenty-four hours there would be space and time to be ourselves.

Jesus said that the 'Sabbath was made for man, not man for the Sabbath' - it was never meant to be an irksome burden, but a blessing. It took the ingenuity of religious heresy hunters to turn that glorious opportunity into an impenetrable code of rules. But the principle survived. Most cultures have followed the Jewish example of a weekly day of rest, including of course the Christian translation of the Sabbath to Sunday, the day of the resurrection. There followed, over the long centuries of Christian history, the introduction of many other holy days, to commemorate the saints, or particular events in the life of Jesus - Christmas, Good Friday, Easter, Pentecost and so on.

Holy days, like the original Sabbath, gave people time and space to be themselves, to think and pray, to enjoy family and friends and to give thanks to the God who invented the whole idea. All of this may seem a long way from the modern package holiday, or indeed Sunday as people now experience it in the aisles of IKEA rather than an ancient church. But it doesn't have to be. Wherever we go this month and whatever we do, space and time are likely to be under less pressure than during the other eleven months of the year. It is up to us how we use them, of course, but rest, reflection, meditation and prayer have proven healing qualities. Turning part of our holidays into holy days will probably lower our blood pressure and raise our spirits. Well, it's surely worth a try!

By David Winter

THE EDWARD MORGAN & NATIONAL SCHOOL MACHYNLLETH EDUCATION FUND.

Grants from the above fund are available for the benefit of persons of either sex, resident in the Ecclesiastical Parish of Machynlleth, who have not attained the age of 25 and are embarking on an education, career or apprenticeship. The recipient or his or her parents must be members of the Church in Wales. Application forms are available from Mrs Gwenan Phillips, 56 Maengwyn Street, Machynlleth or the Reverend Kathleen Rogers. Forms must be returned by Friday 30th August 2013.

LOVE AND PRAYERS

To all who have been in poor health over the last month both at home and in hospital; those who have had operations and recuperating at home. Also those who have lost someone dear to them; may you all know the comfort of our loving God

*Heavenly Father, loving and strong
loving and gentle
have mercy on us.*

CHILD SPONSORSHIP at LLANWRIN CHURCH

Leonard is a seven year old boy who lives in Zimbabwe, a once fertile and productive African country. With severe droughts, high levels of unemployment, recent spiralling levels of inflation and serious human rights abuses, Zimbabwe is now one of the poorest countries in the world. World Vision, a Christian charity, works to make a serious and sustainable impact on poverty and its causes especially as they affect children like Leonard. Their aim is to encourage individuals and groups to support such children through a **Child Sponsorship Scheme**.

At Llanwrin we are sponsoring Leonard by giving £25 a month which World Vision will use to help with his education, healthcare needs and to support his family and community in whatever way is necessary at the present time. We will receive regular information about him and his progress and have the opportunity to communicate with him about ourselves and send photographs. This is one way for the church to give money to our poorest neighbours and at the same time become aware of the beneficial results of that giving.

PARISH REGISTERS

Baptism:

Born anew of water and the Holy Spirit

7th July

Alice Daisy May Cox, Post Office, Penegoes
Daughter of Emma Smith & Julian Cox

DATES FOR DIARY

August 15th

**Mothers' Union members please note
10 a.m. Holy Eucharist –
Mary, Mother of our Lord**

August 24th & 26th

Sale at Paula's in aid of Corris Church
Funds

August 25th

5pm Evening Prayer at Llangelynnin
Church (Llwyngwriil)

August 31st

1pm Marriage Service (St Peter's)

FUNDRAISING

CHRISTIAN AID WEEK COLLECTION

The collection for Christian Aid Week back in May raised the sum of £1809.70 which is an excellent amount considering the present economic climate. This is a joint effort between all the churches and chapels in Machynlleth and the surrounding villages. We have been supporting Christian Aid Week with a house to house collection for many years and although it can be time consuming at times it is a very worthwhile form of fundraising for a very worthwhile charity which does an enormous amount of work throughout the world. Many thanks to the organiser, Mrs Dorothy Edwards, to all the collectors and those who filled their envelopes and filled out the Gift Aid forms. Every penny counts!

If you would like to see some of the work done by Christian Aid please visit their website – www.christianaid.org.uk

US (USPG) LENT APPEAL

St Peter's sent a cheque for £200 to US (formally USPG) recently following a Lent appeal. This is again a very worthy charity that St Peter's has been supporting for many years. How many of you remember the little blue concertina "Lenten Purses" we had in the late 50s and 60s? I can remember putting my ha'pennys and pennys in one and then comparing how heavy my purse was compared to my friends as we took them up to the altar just after Easter! I'm sure there are some of you who remember much further back too!

MISSION TO SEAFARERS

The Mission to Seafarers Flag Day on Wednesday the 10th July turned out to be the hottest for many years – we usually have to juggle with umbrellas and collecting boxes and getting wetter by the minute! This year we needed sun cream and hats!! It was good to see Maengwyn Street alive with happy people browsing around the stalls and very generously supporting our collecting boxes. We raised £371. Many thanks to the collectors for giving up their morning and to all who helped to fill our boxes.

MACHYNLLETH, LLANWRIN, PENEGOES & CORRIS GWASANAETHU'R SUL/SUNDAY SERVICES

Awst 4 August

Pentecost 11

- 9:30 a.m.** Y Cymun Bendigaid/ Holy Eucharist (Corris)
- 9.30 a.m.** Y Cymun Bendigaid/Holy Eucharist (Llanwrin)
- 11:00 a.m.** Holy Eucharist
- 3.00 p.m.** Y Cymun Bendigaid

Awst 11 August

Pentecost 12

- 9.30 a.m.** Y Cymun Bendigaid/ Holy Eucharist (Corris)
- 9.30 a.m.** Y Cymun Bendigaid/Holy Eucharist (Penegoes)
- 11:00 a.m.** Holy Eucharist

Awst 18 August

Pentecost 13

- 9.30 a.m.** Y Cymun Bendigaid/ Holy Eucharist (Corris)
- 9.30 a.m.** Y Cymun Bendigaid/Holy Eucharist (Llanwrin)
- 11:00 a.m.** Holy Eucharist

Awst 25 August

Pentecost 14

- 9.30 a.m.** Y Cymun Bendigaid/ Holy Eucharist (Corris)
- 9.30 a.m.** Y Cymun Bendigaid
- 11.00 a.m.** Y Cymun Bendigaid/Holy Eucharist (Penegoes)
- 11:00 a.m.** Holy Eucharist

Medi 1 September

Pentecost 15

- 8:00 a.m.** Holy Eucharist
- 9:30 a.m.** Y Cymun Bendigaid/ Holy Eucharist (Corris)
- 9.30 a.m.** Y Cymun Bendigaid/Holy Eucharist (Llanwrin)
- 11:00 a.m.** Bilingual Family Service & Baptism
- 3.00 p.m.** Y Cymun Bendigaid

Holy Eucharist every Wednesday at 10:00a.m. (Machynlleth)

ROTA OF READERS

Awst 4 August : Pentecost 11

8:00 am Rev. Kathleen
11:00 am Mrs Muriel Evans
3:00 pm Mrs Joyce Price

Awst 11 August: Pentecost 12

8:00 am Miss Pru Probert
11:00 am Mrs Marilyn Brunton

Awst 18 August : Pentecost 13

8:00 am Mr Ken Searson
11:00 am Mrs Rachel Sear

Awst 25 August : Pentecost 14

8:00 am Rev Kathleen
9.30 am Mrs Joyce Price
11 00 am Mr Grahame Cox

Medi 1 September : Pentecost 15

8:00 am Miss Pru Probert
11:00 am Mrs Muriel Evans
3:00 am Mrs Doreen Ellis

ROTA OF SIDESPERSONS

Awst 4 August : Pentecost 11

8:00 am Mr W.LI Williams
11:00 am Mr Elfed Jones / Mr Henry Holt
3:00 pm Mrs Gwenda Price

Awst 11 August : Pentecost 12

8:00 am Mr Geraint Davies
11:00 am Mrs Elizabeth Jones / Mr Ken Searson

Awst 18 August : Pentecost 13

8:00 am Mr Ken Searson
11:00 am Mrs Muriel Evans / Mrs Margaret Davies

Awst 25 August : Pentecost 14

8:00 am Mr Elfyn Rowlands
9:30 am Mr Emyr Roberts
11:00 am Mrs Dorothy Edwards /Mrs Pauline Davies

Medi 1 September : Pentecost 15

8:00 am Mr W.LI Williams
11:00 am Mr Elfed Jones / Mr Henry Holt
3:00 pm Mrs Gwenda Price



UNDEB Y MAMAU - MOTHERS' UNION

VISIT TO LICHFIELD

On Sunday 30th June, 10 members and friends joined members of Bro Ddyfi Uchaf churches on a visit to Lichfield Cathedral. We left Machynlleth at 9.00 am and after a coffee stop at the Telford bypass service station, we continued our journey to Lichfield, arriving at approx. 12.15. This gave us time to look around this imposing cathedral, which has close associations with the Kings of Mercia, and also Charles 2nd. At 1.00 pm we enjoyed a delicious lunch in the Stables Restaurant opposite the Cathedral, before attending choral evensong at 3.30pm, where we were welcomed by the Dean. To hear the magnificent organ and choir in the Cathedral setting was a truly awe-inspiring experience and although we could not join in the singing of the psalms, Magnificent and Nunc Dimittis as we do in Machynlleth, it was a change to sit back and listen to the beautiful singing of the choir, ably conducted by their choir-MISTRESS!! Some of the young choristers were only 7-8 yrs old. There is also a girls' choir for some services. Afterwards there was time to look around the beautiful gardens before our return journey.

We were grateful to the Bro Ddyfi churches for inviting us to join them on a most enjoyable outing, and we hope it will be the first of many similar joint ventures. M.H

Blodau'r Allor Eglwys Machynlleth Parish Church Altar Guild.

August 4th

Mrs Doreen Ellis, Brynteg.

August 11th

August 18th

September 1st

Mrs Liz Jones, Carmaenllwyd.

Wedding (Flowers)

Bro Ddyfi Uchaf August 2013

Priest in charge - The Reverend Roland Barnes 01650 531650

Assistant Priest - The Reverend Peter Ward

Wardens - Mrs Jen Evans (R) 01650 521660, Mrs Lynda Scott
(P) 01341 450 742

Child Protection Officer - Mrs Kate Ryder 01650 511601

Services for August

Church	04/08/13 Trinity 10	11/08/13 Trinity 11	18/08/13 Trinity 12	25/08/13 Trinity 13
Cemaes	PW (E) 9:45 am	RPB(EP) 5 pm.	United Service Mallwyd 10:30 am	RPB (E) Banns*9:45
Darowen.....		RPB (EP) 2 pm	United Service Mallwyd 10:30 am	RPB (E)
Mallwyd	PW (E) 11:45 am	RPB (E) 11:45 am	Pilgrimage to Pennant Melangell Arrive 1pm **	

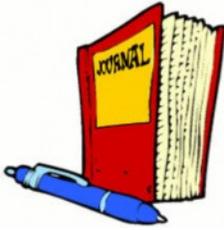
Llanbrynmair

	JE (MP) 11:15 am	Pilgrimage to Pennant Melangell Arrive 1pm	RPB (E) 11:15 am
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*Banns of marriage between Mark William Adey and Anna Mair Lloyd (22/09/13).

** Pennant Melangell. Picnic Lunch 1pm. Service at 3pm.

Wedding of Neil James and Kerry Cutler Saturday 10th August Cemaes 2pm.



Dairy for August

Thursday 1st August PCC Cemaes Church Room 7pm.

Friday 16th August Afternoon Tea and Produce Stall Jen and Hywel's house. Llanbrynmair 2 - 4pm.

(In aid of the Parish Bro Ddyfi Uchaf) - Top of the hill leading out of Llanbrynmair on the Staylitttle road.

Wednesday 28th August Produce Stall Machynlleth, in aid of Llan Church.

Wednesday 4th September Produce Stall Machynlleth in aid of the Parish of Bro Ddyfi Uchaf

Confirmation classes will begin at the beginning of September, followed by a confirmation service with the bishop on the **24th November** in St Peter's Church Machynlleth.

Please contact your cleric if you wish to be confirmed.

Concert in Mallwyd Church

You are all warmly invited to a concert that will be given by the Jones Family Cefn Gwyn Aberangell - in celebration of John Jones' 80th birthday at 4 pm **Sunday 25th August.**

(Admission free; a retiring collection for Mallwyd Church)

Corris

The Corris branch of Mothers' Union hosted an afternoon tea at the home of Joanne & Christopher Gower in Upper Corris on 16th July.

We invited members of Porthmadog our link branch to join us, also a couple from Machynlleth Branch were able to attend.

It was lovely to share time together and enjoy the lovely weather. After tea we were able to walk round the large garden.

A total of £144 was raised for the 'Wheels Appeal' and MU Enterprises. Many thanks to all who supported this event.



Holy Trinity Corris will be holding their next fund raising event over the August Bank holiday weekend at Paula's in Corris.
Saturday 24th August 10:00 - 2:00pm Monday 26th August
11:00 - 1:00pm.

The No 34 bus is running as usual to take people to and from Corris.

Donations of bric a brac, toys, raffle prizes etc would be gratefully received.

If you need something collected please leave a message on 01654 761307 and we will get back to you to make arrangements.



St Peter's Summer Walks August.

Borth to Taliesin Saturday 31st August.

Distance 7.4 km (4.6 miles), grade - easy

A new section of the Wales Coast Path has been created which, combined with improvements to an existing footpath, have provided a route that runs along the southern edge of the National Nature Reserve - Cors Fochno. At about the halfway point a short boardwalk extends to a viewing platform that affords good views across the wetland. In the summer months you may feel the need to wear insect repellent on Cors Fochno and during wetter periods appropriate footwear for a wetland is essential! People wishing to avoid these hazards can use the quite lanes which run parallel to the path.

This walk will require a little bit of logistics work. We shall be catching the **Arriva Train departing Machynlleth at 08:57 hrs to Borth**, from there we shall walk the coastal path as described above and catch the **Lloyds Coaches X28 in Tre-Taliesin at 12:51 hrs** back to Machynlleth. In the unlikely event of missing this bus another will be along at 13:51. (no need to rush)

For a variety of good reasons a lonely group of four enjoyed July walk around the "Precipice Walk" above Dolgellau. The hot and humid weather over the last couple of weeks is a double edged sword when it comes to walking. Whilst it is nice to walk without having to worry about rain and soggy paths, the ambient heat of the day can be quite oppressive. Thankfully with the elevation we were walking at, and the position, it meant we had a cooling breeze coming down the Mawddach Estuary and onto the hills. Once again the views were to die for and as so many people have expressed their regret at missing it, I feel this is walk we must do again. **CT**



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To enquire or book an appointment call:

0775 915 3862