

Gwasanaethau rheolaidd yn ein heglwysi

Regular services in our churches

Croeso i bawb - All welcome

Regular Sunday Services:

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| 8 am | Holy Eucharist at St David's Holy Eucharist at St Hilary's (1st and 3rd Sundays) |
| 9.30 am | Holy Eucharist at St Cystennin's (Morning Prayer on the 2nd Sunday) Holy Eucharist at St Michael & All Angels |
| 9.45 am | Holy Eucharist at St Grwst's |
| 10.30 am | Holy Eucharist at St Paul's |
| 11 am | Holy Eucharist at All Saints, St David's and St Hilary's |
| 11.15 am | Holy Eucharist at St Ffraid's |
| 3 pm | Holy Eucharist at St Martin's |
| 6 pm | Cymun Bendigaidd at St Hilary's (4th Sunday) Café Church in St David's Hall (last Sunday) |

Changes to regular pattern on Sunday 30th March:

No service at St Michael's or All Saints - Joint service at 11 am at St Hilary's.
Non-Eucharistic Service at St David's at 11 am

OTHER REGULAR SERVICES, GROUPS etc.: (Further details on other pages)

Holy Eucharist: Wednesday 10 am All Saints; Thursday 10.30 am St Paul's; Friday 10 am St David's

Sound of the Eternal - Sound bath meditations in St Grwst's every Friday at 2 pm.

Service of Holy Eucharist at St David's Hospice, Abbey Road, every 2nd Wednesday of the month at 2 pm

Healing Service - 1st Tuesday 11.30 am at St David's

Whosoever J3:16 - LGBT+ community and friends service: 15th March at All Saints Deganwy
contact SarahHildreth-Osborn@cinw.org.uk for details

Hub Club: After school club (term time only) for children aged 4-9 3.30-5 pm Tuesdays at St David's

Happy Saturdays: A monthly group for children/adults with learning difficulties, 3-4 pm on a Saturday at St Grwst's. Details from Revd Sarah SarahHildreth-Osborn@cinw.org.uk 01492 702330

Julian Group - 8 pm Mondays (not Bank Holidays) by Zoom lindamaryedwards@yahoo.co.uk

WhatsApp prayer group: for prayer and to share reflections - contact julietfraser@cinw.org.uk

St David's Church open Tuesdays, Wednesdays and Thursdays 10-12 noon

St David's Church Hub Prayers - 11.00 am on Tuesdays

All Saints' House Group 7.30 pm Tuesdays fortnightly contact e.fl.james@hotmail.co.uk for details

Study Groups at St David's - 11-12 noon and 7pm every Wednesday

3C (Cuppa, Chat and Community) 2 pm at St David's twice monthly

Warm Welcome Bereavement Group (check calendar for dates) at St Paul's Church Hall 10-12 noon

Men's Shed - Thursdays 10-12 noon at St David's, Penrhyn Bay

Mothers' Union at All Saints and St Ffraid's, and **Fellowship Group** at St Paul's - see back page for contacts and calendar pages for meeting dates

Online

We continue our online presence on the Mission Area Facebook Page www.facebook.com/aberconwyMA and individual church Facebook pages. **ST PAUL'S** stream their 10.30 am Sunday morning service and this can be found via the link <https://www.facebook.com/stpaulscraigydun>

COVID

Please continue to take any sensible precautions that you wish.

The common cup has been restored but as always communion in one kind remains valid and no communicant should feel compelled to take the common cup.