



New Beginnings?

Dilys Stone, Mission Area Leader, writes:

You may be a bit puzzled if I wish you “Happy New Year”, but actually there are many ways in which this time of year is definitely a new start. The Church may begin its year in December and the calendar year starts in January, but for many especially those involved in any way with education, September is the start of a new year.

It is a much better time for new resolutions and challenges than January, when it is cold and dark and what we really need is comfort and cosiness. After the summer months, when many have had holidays and times of relaxation and activities have wound down, we start again in September.

Autumn brings beauty with the leaves of the trees turning colour and those special early mornings. Even as the trees and plants lose their leaves and life seems to have disappeared, we know that they hold within them the hope and promise of new life that will appear in the spring.

This can be a time of hope and promise for us too in the Church. It can be a time when we take up the challenge of exploring and deepening our faith; it can be a time when we find new ways to serve others and to serve God; it can be a time to share and show anew God's love for each and every one.

In this Mission Area we hope to encourage you to do all these things, but whatever we do one

thing is certain - it must be rooted and grounded in prayer. Only by listening and talking with God can we know what we are being called to do and find the strength and wisdom to do it.

There are many ways to pray. Sarah writes about this on page 5. We hope during the autumn to give opportunity for you to explore ways to pray, and to provide times and spaces for quiet and reflection. Try the Diocesan Quiet Day on 6th September at Pennant Melangell (see page 14) if there are any places left, and we hope to have a Quiet Day here in Advent. We already have prayers in St David's on a Tuesday morning, the Julian group on Monday evenings, and the Sound Baths at St Grwst's.

Another way to strengthen our faith is to talk about it with each other. Those who go to bible study at St David's or the All Saints Home Group will tell you how valuable those gatherings are, and we would like to encourage more groups like these across the Mission Area.

Serving others and serving God is something we probably do all the time, in our relationships with our friends and neighbours, but we need to be aware of our wider communities and their needs. The Care and Share project is one way to serve - come and find out more on 2nd September (see page 6).

Whether it is new beginnings or building on what we already have, let this September be a time of looking forward, learning and growing in faith and in love for God and for each other.

Exploring Faith and Worship, sharing Christ's Love with the Community

All Saints, Deganwy • St Cystennin's, Llangystennin & Mochdre • St David's, Penrhyn Bay
St Ffraid's, Glan Conwy • St Grwst's, Llanrwst • St Hilary's, Llanrhos • St Martin's, Eglwysbach
St Michael and All Angels, Llandudno Junction • St Paul's, Craig-y-Don

www.aberconwy.church

£1 - ar-lein am ddim/online free



The Revd Canon Quentin Bellamy

Some of you may already know Quentin, who has lived and worked in this part of North Wales almost all his life. We are very pleased that he will, in his retired capacity, be looking after St David's through the vacancy. (We are re-advertising the vacancy shortly but it will inevitably be quite a while before there is any progress.) Quentin is already getting to know the folk at St David's, and writes here to introduce himself:

What a delight and pleasure it is for me to be stepping into St David's Church, Penrhyn Bay as interim minister until such time as the Mission Area appoints your new Priest. I hail from Colwyn Bay, and was ordained by Bishop (later Archbishop) Alwyn in St Asaph Cathedral in 1990 and up until my (early) retirement I have worked almost entirely in the Diocese of St Asaph, firstly as Assistant Curate of Rhyl, moving from there to Llay, then to Prestatyn and finally to Old Colwyn with Llanellian, I have been Area Dean of St Asaph, Chaplain to the Retired Clergy, and on my birthday in 2015 Bishop Gregory installed me as a Canon of St Asaph Cathedral where I was given special responsibility for the Friends of the Cathedral. As you will imagine, it was a busy ministry with the usual "ups and downs" and of course, the opportunity to share in the joys and sorrows of the Lord's people in my various churches. I am married to Canon Kate Johnson who was until fairly recently Vicar of Abergele and St George, and now we are both retired and living in a bungalow in Abergele. In retirement I have enjoyed leading worship in a number of churches and chapels in the area, and establishing a number of firm ecumenical friendships with our Christian brothers and sisters in the Roman Catholic Church, the URC, the Christian Brethren, and the Presbyterian Church. Other interests include playing the organ and all matters organ related. I also enjoy cooking, exploring hymnody, and even, dare I say it, helping Kate to sort out our new garden!

35 years ago when I was interviewed by Canon Herbert Lloyd, the priest who was to train me as a young curate in Rhyl, he asked what I had to offer the Parish. It was not really a question I had expected, but the answer I gave was "enthusiasm". He was delighted with this, and together we enthused our way through the ministry, taking a great delight in our day-to-day work. Here we are all these years later, and if asked the question again, the answer would be exactly the same: ENTHUSIASM. The word finds its root in the Greek En Theos, which means God Within.

And so at this time of new beginnings for you and me, may the Lord fill each of our hearts with new and revived enthusiasm, so that together we may seek to do His will in the building up of His Church, and magnify His Holy Name here in the Aberconwy Mission Area.

The Lord Bless You! Canon Quentin

MISSION AREA CLERGY:

Canon Sarah Hildreth-Osborn - sarahhildreth-osborn@churchinwales.org.uk

01492 702330 (Day off Friday)

Revd Huw Bryant - 07779 655949 (Day off Monday)

Revd Sue Storey - (Day off Friday) 01745 346273

PARISH OFFICE: Penrhyn Beach East, Llandudno, LL30 3NT - 01492 541615
office@aberconwy.church

The Parish Office is normally open Tuesdays, Wednesdays and Thursdays 10am to 12.30pm
Please note that emails will only be read during office hours. (N.B. Office closed on 3rd September).

For anything urgent out of office hours please contact one of our clergy team or
Dilys Stone, Lay Mission Area Leader on 01492 879997.

For other contact details please see back page

Gwasanaethau rheolaidd yn ein heglwys

Regular services in our churches

Croeso i bawb - All welcome

Regular Sunday Services:

8 am	Holy Eucharist at St Hilary's (1st and 3rd Sundays) Holy Eucharist at St David's (2nd and 4th Sundays)
9.30 am	Holy Eucharist at St Cystennin's (Morning Prayer on 2nd Sunday) Holy Eucharist at St Grwst's and St Michael & All Angels
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 (Evensong on 3rd Sunday)
6 pm	Cymun Bendigaid at St Hilary's (4th Sunday) Café Church in St David's Hall (last Sunday)

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

Holy Eucharist:

Wednesday 10 am All Saints and St Ffraid's; Thursday 10.30 am St Paul's; Friday 10 am St David's

Sound of the Eternal - Sound bath meditations in St Grwst's Fridays at 2 pm. (Not 26th September)

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

Healing Service - 10 am Healing Eucharist on first Friday of the month at St David's

Whosoever J3:16 - LGBT+ community and friends service: 13th September at All Saints Deganwy
contact SarahHildreth-Osborn@cinw.org.uk for details

Happy Saturdays: A group for children/adults with learning difficulties - restarting soon.

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

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 efl.james@hotmail.co.uk for details

Study Groups at St David's - Wednesdays 11-12 noon (from 3rd Sept) and 7 pm (from 10th Sept)

3Cs (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

St Michael's Hub - Oopen House for everyone, 3rd Thursdays, 1-3 pm at St Michael & All Angels

Llandudno Junction

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

Panel a Sgwrs/Cuppa and Chat - at several of our churches on different days - see page 10 for details

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.

Mis Medi 2025 - CALENDAR - September 2025

		Services	Other events
Monday	1	Julian Meeting 8 pm by Zoom	3Cs meeting 2 pm St D
Tuesday	2	Hub prayers 11.00 am St D; Care & Share service 7 pm St M	AS House Group 7.30 pm
Wednesday	3	HE 10 am AS and St Ff	OFFICE CLOSED TODAY Bible Study 11 am St D
Thursday	4	HE 10.30 am St P	Jo's Shed 10-12 noon St D; Community Tea 2-3.30 pm St D;
Friday	5	HE including Healing 10 am St D	Warm Welcome Bereavement Group 10-12 noon St P Hall; Sound Baths Holy Hour St G 2-3 pm
Saturday -	6	Holy Matrimony 12 noon St H	Diocesan Quiet Day, Pennant Melangell
SUNDAY	7	SEE SERVICES LIST: Emergency Alert Test 3 pm	
Monday	8	Julian Meeting 8 pm by Zoom	St Paul's Community Fellowship 2.15 pm St P Hall
Tuesday	9	Hub prayers 11.00 am St D	AS Mothers' Union 2 pm AS; GlanConwy Mothers' Union 2 pm GC Church House
Wednesday	10	HE 10 am AS and St Ff; HE St David's Hospice 2 pm	Bible Study 11 am and 7 pm St D
Thursday	11	HE 10.30 am St P	Jo's Shed 10-12 noon St D; Cytun meeting 1-2.30pm venue tbc
Friday	12	HE 10 am St D	Sound Baths Holy Hour St G 2-3
Saturday	13	Whosoever service 11.30 am AS	Sound Baths 6 pm St Ff
SUNDAY	14	FEAST OF THE HOLY CROSS SEE SERVICES LIST:	
Monday	15	Julian Meeting 8 pm by Zoom	3Cs meeting 2 pm St D
Tuesday	16	Hub prayers 11.00 am St D	AS House Group 7.30 pm
Wednesday	17	HE 10 am AS and St Ff	Bible Study 11 am and 7 pm St D; St H gardening evening 6 pm Warm Welcome Bereavement Group 6 pm St P hall
Thursday	18	HE 10.30 am St P	Jo's Shed 10-12 noon St D; Open House Hub St M 1-3 pm
Friday	19	HE 10 am St D	Sound Baths Holy Hour St G 2-3 pm
Saturday	20		**MAGAZINE COPY DATE**
SUNDAY	21	ST MATTHEW SEE SERVICES LIST:	
Monday	22	Julian Meeting 8 pm by Zoom	
Tuesday	23	Hub prayers 11.00 am St D	
Wednesday	24	HE 10 am AS and St Ff	Bible Study 11 am and 7 pm St D
Thursday	25	HE 10.30 am St P	Macmillan CoffeeMorning St G 10 am; Singing Retreat St G 12-4.30 pm; Jo's Shed 10-12 noon St D
Friday	26	HE 10 am St D	Singing Retreat St G 9.30-4.30 pm
Saturday	27	HE 4 pm St Ff	Singing Retreat St G 10-3 pm
SUNDAY	28	SEE SERVICES LIST:	
Monday <i>St Michael</i>	29	Julian Meeting 8 pm by Zoom	
Tuesday	30	Hub prayers 11.00 am St D	AS House Group 7.30 pm
KEY: HE - Holy Eucharist; AS – All Saints; St C – St Cystennin's; St D - St David's; St Ff - St Ffraid's; St G - St Grwst's; St H - St Hilary's; St M – St Michael's; St Ma - St Martin's; St P – St Paul's			

Jesus said 'When you pray, say...

The Revd Canon Sarah Hildreth Osborn writes:

Prayer at the beginning of the day from the Church of England Daily prayer App:

**As we rejoice in the gift of this new day,
So may the light of your presence, O God,
Set our hearts on fire with love for you;
now and forever. Amen.**

Like any relationship, communication is at the heart of our personal relationship with God. How we pray will differ from person to person as methods of prayer often hinge on the personality of the one who prays.

When I was in the Pentecostal Church and especially at Bible College, we were expected to discipline ourselves to spend at least an hour a day in prayer. We were given no anchor or direction for those times, and I have to be honest, I struggled with the huge weight of that expectation. Prayer became for me something of a guilt trip! Far from prayer being a special, distinctive time set apart for God, it became something I'd rather not think about because I was so 'bad' at it according to the discipline that was set for us.

Those Bible College days were many years ago now and thankfully my view on what prayer is and how I pray have radically changed. On coming back home to the Anglican Church and with grateful thanks to the then Curate in Denbigh, Fr Nigel Williams (now Dean of our Cathedral) I discovered the Prayer Book! This was a wonderful revelation for someone who welcomes structure and guidance. By putting a prayer book in my hands I have, from that time onwards found the path of prayer that enables me to open my heart and mind to God. Sounds grand, doesn't it? Does that mean then that when I say Morning Prayer and when able, Evening Prayer, I experience 100 revelations before breakfast? Nothing could be further from the truth!! What this method of praying has done for me is provide me with a way in which I can be connected to God, regardless of what my feelings might tell me. Regardless of feelings, whether life is being its usual roller-

coaster self, times of prayer with the Prayer Book (now in the form of the Church of England Daily Prayer App) keep me grounded, enable me with space, time and silence to think.

The traditional expectation of Clergy is that we will say Morning and Evening Prayer in Church at the tolling of the bell. Some may follow this 'rule' to the letter. I pray in the study, surrounded by icons and sleeping dogs, with the candle lit on my desk and the names of people I'm praying for etched in my mind. Being in full-time ministry is exhilarating and challenging in equal measure and something which cannot be undertaken without prayer being at the heart of it all. The same can be said for every Christian. Our relationship with God is central to who we are and enables us to face life, whatever it may throw at us.

The prayer-life of a priest is often a solitary experience, depending on how the local Chapter operates. As a Curate we met every morning in St Deiniol's, Hawarden for Morning Prayer. Here in our Mission area, as a Chapter, we gather every Tuesday morning at 9.30. Our first activity, after putting the kettle on, is praying together. We bring ourselves into God's presence, read the Psalms, listen to Scripture and offer the day ahead to God, its tasks and all that concerns us and brings us joy. As well as us praying for you we really appreciate all of you who pray for us. So often Clergy are seen as spiritual 'experts' and we're really not. Your prayers for us are very much welcomed and appreciated. Perhaps at 9.30 on a Tuesday morning you might consider praying for us as we pray for you, so together we become a praying community in communion with God.

Prayer at the end of the day from the Church of England Daily prayer App:

**As our evening prayer rises before you
O God,
So may your mercy come down upon us
To cleanse our hearts and set us free to
sing your praise;
Now and forever.
Amen**

Be' sy'n digwydd yn yr Ardal Genhadol? What is happening in the Mission Area?



Aberconwy Care and Share

Providing food and support to families in need.

Celebrate!

The Mission Area should be proud of this project. Deliveries are made right across the MA from North to South, West to East and we hope to encourage more people to become involved in this important demonstration of God's love.

To celebrate the project and give thanks for it and for all that God has provided, to provide an opportunity for people to learn more about it and the impact it has had on people's lives, and to pray God's blessing on its future work, the Mission Area would like to invite anyone interested to

A Service of Thanksgiving

**in St Michael & All Angels Church
Llandudno Junction**

**on Tuesday 2nd September
at 7.00pm.**

All welcome - volunteers, friends and family, those who are delivered to, or those who would just like to find out a bit more about the project and how it works, and see whether they would like to be involved. There will be refreshments after the service.



Singing Retreat in the Heart of the Conwy Valley September 25th - 27th



Do you love to sing? Does a relaxed and happy singing retreat with like minded people in the stunning Conwy Valley, North Wales, appeal to you? If so, even if you have little or no experience, you are warmly invited to find your voice and sing some beautiful music, culminating in a gentle sing during a Eucharist service on our final evening.



We will rehearse at St Grwst church in Llanrwst and for the service, drive to St Ffraid's in Glan Conwy. There'll also be time to rest, walk by the river or explore the famous Tu Hwnt i'r Bont tearoom in Llanrwst.



The music will be a selection appropriate for a Eucharist service and all easy to learn. It includes Bob Chilcott's Agnus Dei, Karl Jenkins' Agnus Dei, Sanctus by Lassus and all sorts of interesting melodies and harmonies. The retreat is led by Deborah Catterall for the music and Tad Huw Bryant will lead the Eucharist service.

Deborah has worked with singers for forty years, principally with the National Youth Choir of Great Britain, Chetham's School of Music and currently with vocal ensembles at the Royal Northern College of Music. She also runs Dyffryn Clwyd Singers and Voci Chamber Choir and leads the choral and early music courses

at Higham Hall, Cumbria. She has been a professional soloist for many years. Her next performance will be at this year's Beverley Early Music Festival for the National Centre for Early Music.

The cost of the retreat is £80 each.

This will include all materials needed, tea's & coffee's throughout and a soup lunch on each of the 3 days.

For more information please email -

deborah_catterall@yahoo.com - for enquiries about the music and course content

Huwbryant@cinw.org.uk - for all other enquiries



<https://www.ticketsource.co.uk/aberconwy>

Please do come and join the retreatants for the Choral Eucharist **at 4 pm on Saturday 27th September at St Ffraid's church Glan Conwy**, when we can hear the music they have been learning during the Retreat. All are welcome to the service, which will be followed by refreshments.

Gardening

There will be a gardening evening at St Hilary's Churchyard on **Wednesday 17th September** at 6 pm. All welcome - bring your own tools if you can, and pray for fine weather!



Macmillan Coffee Morning

The time for Macmillan Coffee Mornings is here again. Donations from thousands of Coffee Mornings, big and small, help raise vital funds to support the almost 3.5 million people in the UK living with cancer, from the moment they are diagnosed, throughout treatment and beyond.

St Grwst's Church Llanrwst will hold theirs on **Thursday 25th September 10-12 noon** and they are currently looking for volunteers to help and for donations of cake. Contact Olwen John or Tad Huw if you can help.

Most of all though, do go along, and enjoy fellowship, coffee and cake while supporting this very worthwhile cause.



Please note that the Parish Office will be closed for one day only on **Wednesday 3rd September**.

Open Doors

As usual, this September more than 200 of Wales' historic sites, landmarks and hidden gems will offer visitors free entry, events or guided tours as part of Cadw Open Doors — Wales' annual contribution to the European Heritage Days initiative. You can get full details from [Open Doors Events | Cadw](#)

Mission Area churches will be open during September, some of which are not usually easily accessible. The dates are as below:

Every Saturday:

St Martin's Eglwysbach and St Grwst's Llanrwst are open from approximately 9.30 am to 4 pm. **St Grwst's** are hoping to do a couple of 'drop-in' tours on Thursdays and a talk about the re-ordering of the church on one of the Saturdays, so please look out for details.

Saturday 13th September:

St Hilary's Llanrhos (10 am - 1 pm)
St Cystennin's, Llangystennin (10 am - 1.30 pm)
St Ffraid's Glan Conwy (10 am - 5 pm)

Sunday 14th September

St Ffraid's Glan Conwy (10 am - 5 pm)

Saturday 20th September

St Paul's Craig-y-Don (10.30 am - 3.30 pm)



Harvest Thanksgiving will be celebrated at **St David's** on **Sunday 28th September**, and at **all our other churches** on **Sunday 5th October**.

Look out on Pew News for details of where we will be sending the gifts and donations.

St Hilary's will be having a **Harvest Lunch** after the service on 5th October, tickets £5 from Doreen.



Struggling with your grief?

SHARE YOUR STORY AND FIND SUPPORT FROM OTHERS

Come & join us for a relaxed time of conversation and refreshments in the lounge at St Paul's Church Hall, Craig y Don, Llandudno.

Scan QR code for date and time of next meeting



or visit our facebook page:
www.facebook.com/stpaulscraigydont/

While the loneliness lingers, while life indeed may never be the same, nevertheless it may yet be good.

A time of relaxed conversation with tea/coffee twice a month in the lounge at St Paul's Hall in Craig-y-Don. We share our stories, we find we are not alone and this brings comfort and leads to hope. It is often helpful to come with someone - a friend or family member. All welcome. Join us on **Friday 5th September at 10 am** and/or **Wednesday 17th at 6 pm.**

Ty Agored...Croeso i bawb!

Rev'd Sarah - 01492 702330 / sarahhildreth-osborn@cinw.org.uk

It is possible to opt out of emergency alerts although not recommended unless special circumstances apply. For example, victims of domestic abuse with a concealed phone may find it appropriate to turn off alerts.

Digwyddiadau Rheolaidd

Regular events

The St David's 3C's

(The 3C's stand for coffee cake and chat!)

The group meets fortnightly at 2 pm at St David's. On **Monday 1st September** they will be having a Bingo Session, and on **15th September** a talk on Bodnant Gardens. Why not join them for fellowship and bring a friend too – all welcome. They have an interesting program planned for the autumn and winter months.

All Saints House Group

The group continues to meet fortnightly on **Tuesdays**, at 7.30 pm at Glan Dwr, LL30 1NR. It will meet on **2nd, 16th and 30th September**. All are welcome for some reflection on the next week's Bible readings together with the obligatory tea and cake! Contact Andrew James on efl.james@hotmail.co.uk for details



Cuddles

Glan Clwyd Neonatal Unit Charity

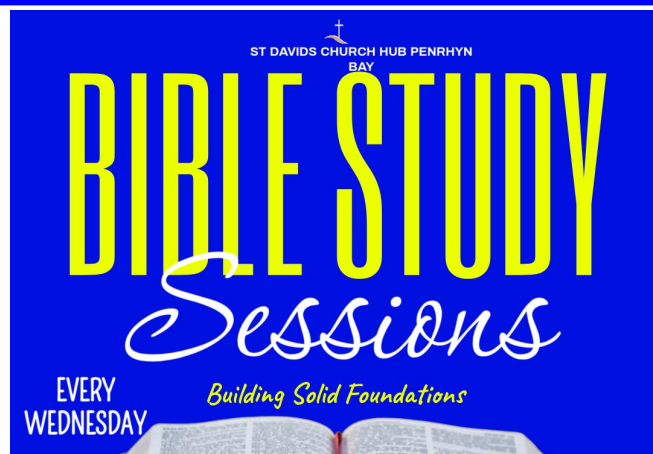
Registered Charity: 517228

AFTERNOON TEA
raising funds for Cuddles
ST DAVIDS CHURCH HALL
PENRHYN BAY

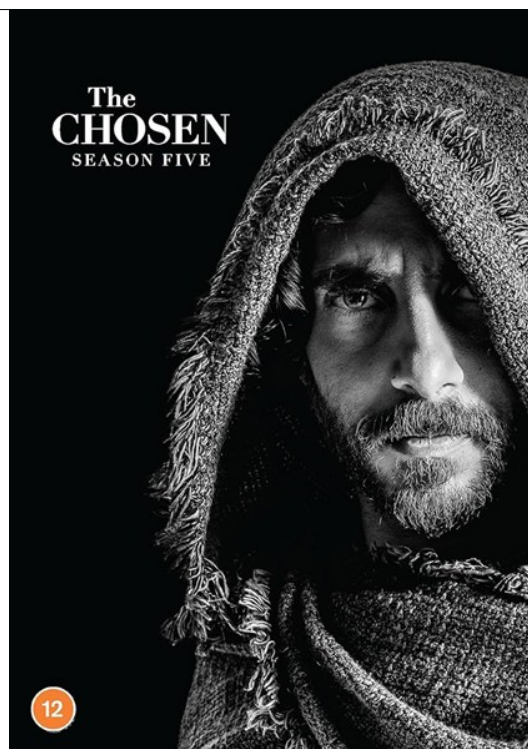
THURS 4th SEPTEMBER
2 til 3.30pm

£5 PER PERSON - PAY
ON THE DAY

Everyone very welcome to call in
for a delicious tea and lots of
friendly chat



All welcome to the 11 am Bible Study sessions on Wednesdays at St David's, which restart on **Wednesday 3rd September**.



Alan McKinnell writes: **Wednesday 10th September 7 pm** sees the restart of evening Bible Study at St David's where we will be showing Season 5 of 'The Chosen'. If you didn't join us for any of the previous viewings don't worry, each season - in fact each episode - is very much a standalone look at the Gospels in a new and exciting format. Many were blessed watching previous episodes and we look forward to welcoming old and new members to our group. Whether you come to all 8 episodes or just one or two you will be most welcome!



"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

Whosoever - the Service for the LGBT+ community and friends. No matter who you are, you are welcome, you matter and in the heart of Whosoever you can find a place at God's table.

The service this month will be on **Saturday 13th September, at 11.30 am in All Saints, Deganwy.**

Mothers' UNION
Christian care for families

All Saints Deganwy and Glan Conwy Branches both meet at 2 pm on **Tuesday 9th September** - All Saints in the church and Glan Conwy in the Parish Room in Church House. Sarah will be talking to All Saints about the Virgin Mary and Glan Conwy will be having an opening meeting for the new season.

St Paul's Community Fellowship

The Fellowship meet on **Monday 8th September** at 2.15 pm in St Paul's Church Hall. The speaker will be from RSPCA Aberconwy. Refreshments, £1, all welcome.



The Sound Baths Holy Hour will take place at **St Grwst's church** in Llanrwst as usual every **Friday afternoon at 2 pm** - except **not** on 26th September as the Singing Retreat will be taking place in church that day.

Also there will be Sound Baths at **St Ffraid's church, Glan Conwy at 6 pm on Saturday 13th September**, following on from the church being open all day under the Cadw Open Doors scheme.

**St David's Church Hub
invites you to our next**



Café Church

**Sunday
28th September
6 pm
in St David's Hall**

Everyone is welcome



Paned a sgwrs/Cuppa and Chat

All welcome to these regular gatherings

Glan Conwy Church House - Wednesdays 10.30-12 noon after the 10 am morning Eucharist

St Grwst's Llanrwst- Thursdays 10-12 noon

Eglwysbach (all in the Community Hall):

Monday Club (Chat & Craft) 1-3pm

Village Hall 'Coffee Stop'

Thursdays 10.30-11.30 am

Lunch Club (twice a month), Fridays 1-3 pm



St Michael's Llandudno Junction - Open House Hub 1-3 pm 3rd Thursday of the month

St Paul's Craig-y-Don - Thursdays in church at 11 am after the 10.30 am morning Eucharist

St David's Penrhyn Bay - Fridays at 10.30 am after the 10 am morning Eucharist.

Also: St Paul's Craig-y-Don - Warm Welcome/Bereavement Group - 10 am Friday 5th September and 6 pm Wednesday 17th September

JO's Workshop – A 'Men's Shed' in Penrhyn Bay.

Every Thursday, we meet in a shed in St David's Church grounds.

The kettle goes on at 9.58am, the doors open 10.00 - 12.00.

Call in to share some banter, come up with some project ideas, or just come along and have a brew (and biscuits).

All men are welcome.

Looking for somewhere to meet?

Several of our churches have premises with excellent facilities for hire for groups, meetings, classes etc.:

St David's Church Hall, Penrhyn Bay

St Ffraid's Church House, Glan Conwy

St Grwst's, Llanrwst

Llanrhos Schoolroom

St Michael's, Llandudno Junction

St Paul's Church Hall, Craig-y-Don

Contact the Parish Office 01492 541615 office@aberconwy.church

in the first instance, who will put you in touch with the relevant people to find out what is on offer, availability and charges .

GAN Y GOLYGYDDION - FROM THE EDITOR

A reminder that **Copy Date is the 20th of the each month.**

All contributions welcome (preferably text in Word format and pictures in jpeg). Items may be edited and the editor's decision is final.

Welsh language items welcome - preferably bilingual or with a summary in the other language.

Newyddion o'r Ardal Genhadol

News from the Mission Area



St David's Fun Day

A big thank you to everyone who helped make the Funday at St David's a great success. From the Christian Motorcyclists Association who did all the planning and organising to Phil and Sandra on the BBQ, all the stall holders and those helping set up take down and serve tea and coffee, it all combined to be a blessing to our community.

Thank you to the Police and the Firefighters who came along and to the 'Monkey Man' and his wife who gave a beautiful rendition of Amazing Grace in the church, and for the Prayer Labyrinth from the Diocese which got many people thinking and, hopefully, praying.



Beulah Brass Swing At All Saints

Andrew James writes:

At the end of June, we welcomed the Beulah Brass Band to All Saints, and they serenaded us with a wonderful playlist that got our feet tapping and had us singing along to some of the tunes. Their portfolio included some football classics such as When the Saints Go Marching In and Keep Right On To The End Of The Road.

A good-sized audience enjoyed the music and the tea and cakes provided by Betty for after the performance.



Local Matters - Petha' Lleol



Conwy Food Bank

conwyfoodbank@gmail.com

[Conwy Food Bank | Colwyn Bay |](#)

[Facebook](#)

[Conwy Food Bank - The Sanctuary Trust Limited](#)

Conwy Food Bank will now be working under the umbrella of Hope Restored in Builder Street, working together to serve the community and all those who require their services. A wide range of reasons, including benefit sanctions, relationship breakdowns, debt, housing issues, illness, and family challenges, can lead individuals and families to seek assistance.

Conwy Food Bank depends on donations from individuals, local businesses, and organizations. From these contributions they create food parcels that provide nutritious sustenance for approximately 3-4 days to recipients.

Another way to support those who are in need of such assistance is through our Mission Area Care & Share. Project. (See page 6) This reaches another group of clients so does not duplicate the work of the Food Bank but rather supplements it.

OLDER PEOPLE'S FORUMS – Make your voice heard

The Older People's Forums (OPF) are an opportunity for people aged 50+ to discuss issues that matter to them, and to inform local services on what's needed to enhance the lives of older adults.

Llandudno Library - Monday 29th of September 2pm, with guest speakers from Re-engage and NHS Engagement Team.

Llanrwst Library - Thursday 23rd September 2pm, with guest speakers from the BCU Falls Prevention Team and TenovUs Cancer Charity.

Llanrwst St Grwst's Church – Meet & Chat over a Cuppa 10-12pm Thursday 4th September

Conwy COMMUNITY SUPPORT HUB

A one-stop-shop to access information, guidance and practical support, whatever your circumstances.

Call us on 01492 523853 or 07429 503303

You can even send us a text or a WhatsApp to our mobile if you find that easier.



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Ariennir gan
Llywodraeth Cymru
Funded by
Welsh Government

Call CVSC's COMMUNITY SUPPORT HUB on 01492 523853 or 07429 503303 to speak to somebody in complete confidence.

A regular email goes out about local matters, topical issues etc. For instance this month there are links relating to the Winter Fuel Payment and the Digital Landline switchover. If you would like to receive the email, please get in touch with Alessandra - contact details below - who is also at St Grwst's at the Thursday coffee morning once a month. **Mrs Alessandra Thomas**

Older People's Forum Coordinator

T: 01745 421 567 | E: alessandra.thomas@acnwc.org



age connects
canol gogledd cymru
north wales central.

Eirianfa Community Centre, Denbigh LL16 3TS
Reg Charity No: 1154403

Website: www.ageconnectsnwc.org/

Facebook: [https://www.facebook.com/](https://www.facebook.com/ageconnects)

[ageconnects](#)

Twitter/X: [@AgeConnectsNWC](#)

'Seek my face ... Thy face Lord will I seek'

DIOCESAN QUIET DAY

led by Revd Linda Mary Edwards

PENNANT MELANGELL

Saturday 6 September 2025 10.30 am – 4.30pm



£10 a head (bursaries available)

Please bring your own lunch

Book your place through stasaphspirituality@cinw.org.uk
or call 01745 582245

ST ASAPH DIOCESAN SPIRITUALITY GROUP
GRŵP YSBRYDOLRWYDD ESGOBAETHOL LLANELWY



A PRAYER FOR THE RNLI

Loving God,
We give thanks for the courage
and dedication of the lifeboat crews,
who stand ready day and night
to answer the call of those in danger
at sea.



As many flock to the coast this holiday,
keep watch over all who swim, sail,
or paddle upon the waters.



Grant wisdom and calm to those who serve,
and bring comfort and safety to every
life they seek to save.

Bless the volunteers, supporters, and families
who make this work possible.

May their courage be matched by our gratitude,
and may all who set out from shore return home in peace.

Amen.



It may have been holiday time for many of us, but not for those who keep us safe. The RNLI have had a really busy summer and the prayer above was written for them. Remember and give thanks for the other emergency services too, not least the Fire Service who so recently worked long and hard to battle the fire on Cwm Mountain to protect local residents and their properties.

September PRESENTS CRAIG Y DON

A Celebration of ERAS!

SATURDAY 20TH & SUNDAY 21ST SEPTEMBER

CRAIG Y DON, LLANDUDNO

SATURDAY 20TH SEPTEMBER

ERAS TRAIL Around Craig Y Don

11:00 AM - 3:00 PM Explore local shops, cafes and hotels - each styled to a different decade

Businesses will dress their windows to match their chosen era

SATURDAY 20TH SEPTEMBER

5:30 PM - 8:00 PM

1940s Music Night

at St Paul's Church

Featuring the fabulous Harmony Belles

Includes a cheese board and refreshments

Finish at Coffee Vino for a lucky dip prize!

SUNDAY 21ST SEPTEMBER
2:00 PM - 4:00 PM

Dancing through the Decades at St Paul's Church Hall

Tickets £5 available on the door
Includes refreshments

Tickets £10 available from St Paul's

Save the date!

Love CYD

St Paul's church is part of this initiative to promote the many and varied businesses and activities in Craig-y-Don.

There will be a Celebration of Eras weekend on 20th and 21st September, including a 1940's Music Night and Dancing through the Decades at St Paul's.

Details on the poster (left) or from any of the places involved.

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- Enucleating Corns
- Reducing thick/fungal nails
- Diabetic Footcare
- Athletes foot
- Nail trimming and filing
- Finger nails can also be filed at an extra small fee.

Have your treatment in a comfortable, caring and friendly environment. I look forward to meeting you.

To make an appointment, call Susan on: 07957867516

The Coffee Connection Bereavement Meet & Chat

Come and join us for a tea or coffee and meet other people, who like you, have experienced bereavement. We meet once a month on the third Thursday, between 10am and 12pm at **Providero, Upper Mostyn Street, Llandudno**

Join us
Every third
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of the month,
10-12

the
good
funeral
guide.



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