



**ARDAL GENHADOL
ABERCONWY
MISSION AREA**

**PEW NEWS
9TH MARCH 2025 - LENT 1**

Today – 3.30pm Evensong in St Asaph Cathedral includes the installation of new Canons, inc our own Rev Sarah. All Welcome to go along to the service

Mon 10TH March – 2.15pm St Pauls Fellowship meet in St Pauls Hall
8pm Julian Group meet on zoom - link from Linda Mary lindamaryedwards@yahoo.co.uk

Tues 11th - 11am St Davids Hub Prayers
2pm All Saints Mothers Union meet
2pm Bread of Life Lent Course in St Grwsts Church
3.30pm Hub Club meet in St Davids Church for afterschool crafts snacks and fun

Wed 12th March – Services of Holy Eucharist at 10am in St Ffraids and All Saints Churches
11am St Davids Bible Study
2pm Holy Eucharist service in St Davids Hospice, Abbey Rd, Llandudno, all welcome
6pm Compline service in St Grwsts Church
7pm Mission Area Bread of Life Lent Course in St Davids Church

Thurs 13th – 10.30am Service in St Pauls Church with refreshments afterwards
10am to 12 noon – Jo's Shed at St Davids – please talk to Alan for more details
10am Bread of Life lent course in St Martins Church
12 noon Lent Frugal Lunch, soup and a roll in St Pauls Church – no charge but donations welcomed

Friday 14th – 10am service of Holy Eucharist in St Davids Church with refreshments afterwards
2pm til 3pm Sounds of the Eternal – sound bath meditations in St Grwsts every Friday

Prayers are asked for: Doreen Williams, James Stewart, Alan & Adrina Price, Andrew James, Shirley Lucas, Mavis McMutrie, Ian Evans, Jane Seddon, Steve Noble, Mari Pearn, Pat Hay, Lucy Roberts, Sue Payne, Nicola Bowman, Nigel Moon, Bronwen Gibbs, Lindsey Jordan

R.I.P. Eirwen Kenrick, Barry Broadmeadow

Readings for Sun 16th Mar – Genesis 15. 1-12, 17,18, Psalm 27, Philippians 3.17-4.1, Luke 13. 31-35

Prayer Intentions

For all clergy, in the Mission Area, the Diocese, the Church in Wales and across the world; in particular for the canons being installed at the cathedral this Sunday, for the Bench of Bishops as they meet this week, and for those who encourage and support those exploring their vocations or new in ministry. May they know your presence and spirit with them as they work with your people to bring the Good News to all.

PARISH OFFICE CONTACT DETAILS - Ring: 01492 541615 Tues Wed or Thurs mornings
or email Mandy on office@aberconwy.church .

For urgent matters, please contact one of our Clergy team Rev Sarah 01492 702330, Rev Juliet 01492 490391 or Tad Huw on 07779 655 949 Or you can ring our Lay Mission Area Leader Dilys Stone 01492 879997 or email her dilysstone@cinw.org.uk

Almighty God, your Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen.

A reading from Deuteronomy (26.1-11)

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name.

You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.'

When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, and mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on

us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.'

You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

This is the word of the Lord.

Thanks be to God.

Psalm 91. 1-11

1 You who live in the shelter of the Most High, who abide in the shadow of the Almighty,

2 will say to the Lord, 'My refuge and my fortress; my God, in whom I trust.'

3 For he will deliver you from the snare of the fowler and from the deadly pestilence;

4 he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

5 You will not fear the terror of the night, or the arrow that flies by day,

6 or the pestilence that stalks in darkness, or the destruction that wastes at noonday.

7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

8 You will only look with your eyes and see the punishment of the wicked.

9 Because you have made the Lord your refuge, the Most High your dwelling-place,

10 no evil shall befall you, no scourge come near your tent.

11 For he will command his angels concerning you to guard you in all your ways.

A reading from Romans (10.8b-13)

'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

This is the word of the Lord.

Thanks be to God.

Listen to the Gospel of Christ according to St Luke (4.1-13)

Glory to you, O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate

nothing at all during those days, and when they were over, he was famished.

The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.'

Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.'

Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."'

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."'

When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord.

Praise to you, O Christ.

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord. **Amen.**

Hollalluog Dduw, yr ymprydiodd dy Fab Iesu Grist ddeugain diwrnod yn yr anialwch, a'i demtio fel ninnau, ond eto heb bechod, dyro inni ras i ddisgyblu ein hunain mewn ufudd-dod i'rh Ysbryd; a chan wybod am ein gwendid, bydded i ni felly adnabod dy allu achubol; trwy Iesu Grist ein Harglwydd, sy'n fyw ac yn teyrnasu gyda thi, yn undod yr Ysbryd Glân, yn un Duw, yn awr ac am byth. **Amen.**

Darlenniad o Ddeuteronomium (26.1-11)
Pan ddoi i'r wlad y mae'r ARGWLWYDD dy Dduw yn ei rhoi iti'n etifeddiaeth, a thithau'n ei meddiannu ac yn byw ynddi, yna cymer o flaenffrwyth holl gnydau'r tir y byddi'n eu casglu yn y wlad y mae'r ARGWLWYDD dy Dduw yn ei rhoi iti, a gosod hwy mewn cawell, a mynd i'r lle y bydd yr ARGWLWYDD dy Dduw yn ei ddewis yn drigfan i'w enw.

Dos at yr offeiriad a fydd yr adeg honno, a dywed wrtho, "Yr wyf heddiw'n datgan gerbron yr ARGWLWYDD dy Dduw imi ddod i'r wlad yr addawodd yr ARGWLWYDD i'n hynafiaid y byddai'n ei rhoi inni."

Yna fe gymer yr offeiriad y cawell o'rh law, a'i osod gerbron allor yr ARGWLWYDD dy Dduw. Yr wyt tithau wedyn i ddweud gerbron yr ARGWLWYDD dy Dduw, "Aramead ar grwydr oedd fy nhad; aeth i lawr i'r Aifft gyda mintai fechan, a byw yno'n ddiethryn, ond tyfodd yn genedl fawr, rymus a lluosog. Yna bu'r Eifffiaid yn ein cam-drin a'n cystuddio a'n cadw mewn caethiwed caled. Wedi inni weiddi ar yr ARGWLWYDD, Duw ein hynafiaid, fe

glywodd ein cri, a gwelodd ein cystudd a'n llafur caled a'n gorthrwm. Daeth â ni allan o'r Aifft â llaw gadarn a braich estynedig, a chyda dychryn mawr a chydag arwyddion a rhyfeddodau. Daeth â ni i'r lle hwn, a rhoi inni'r wlad hon, gwlad yn llifeirio o laeth a mêl. Ac yn awr dyma fi'n dod â blaenffrwyth cnydau'r tir a roddaist imi, O ARGWLWYDD."

Rho'r cawell i lawr gerbron yr ARGWLWYDD dy Dduw, a moesymgryma o'i flaen. Yr wyt ti ar Lefiad, a'r dieithryn fydd yno gyda thi, i lawenhau am yr holl bethau da a roddodd yr ARGWLWYDD dy Dduw i ti a'rh deulu.

Dyma air yr Arglwydd.
Diolch a fo i Dduw.

Salm 91. 1-11

1 Y mae'r sawl sy'n byw yn lloches y Goruchaf, ac yn aros yng nghysgod yr Hollalluog,

2 yn dweud wrth yr ARGWLWYDD, "Fy noddfa a'm caer, fy Nuw, yr un yr ymddiriedaf ynddo."

3 Oherwydd bydd ef yn dy waredu o fagl heliwr, ac oddi wrth bla diffaol;

4 bydd yn cysgodi drosot â'i esgyl, a chei noddod dan ei adenydd; bydd ei wirionedd yn darian a bwctled.

5 Ni fyddi'n ofni rhag dychryn y nos, na rhag saeth yn hedfan yn y dydd,

6 rhag pla sy'n tramwyo yn y tywyllwch, na rhag dinistr sy'n difetha ganol dydd.

7 Er i fil syrthio wrth dy ochr, a deng mil ar dy ddeheulaw, eto ni chyffyrddir â thi.

8 Ni fyddi ond yn edrych â'rh lygaid ac yn gweld tâl y drygionus.

9 Ond i ti, bydd yr ARGWLWYDD yn noddfa; gwnaethost y Goruchaf yn amddiffynfa;

10 ni ddigwydd niwed i ti, ac ni ddaw pla yn agos i'rh babel.

11 Oherwydd rhydd orchymyn i'w angylion i'rh gadw yn dy holl ffyrdd.

Darlenniad o Rufeiniaid (10.8b-13)

"Y mae'r gair yn agos atat, yn dy enau ac yn dy galon." A dyma'r gair yr ydym ni yn ei bregethu, gair ffydd, sef: "Os cyffesi Iesu yn Arglwydd â'rh enau, a chredu yn dy galon fod Duw wedi ei syfodi ef oddi wrth y meirw, cei dy achub." Oherwydd credu â'r galon sy'n esgor ar gyfiawnder, a chyffesu â'r genau sy'n esgor ar iachawdwriaeth.

Y mae'r Ysgrhythur yn dweud: "Pob un sy'n credu ynddo, ni chywilyddir mohono." Nid oes dim gwahaniaeth rhwng Iddewon a Groegiaid. Yr un Arglwydd sydd i bawb, sy'n rhoi o'i gyfoeth i bawb sy'n galw arno.

Oherwydd, yng ngeiriau'r Ysgrhythur, "bydd pob un sy'n galw ar enw yr Arglwydd yn cael ei achub, pwy bynnag yw."

Dyma air yr Arglwydd.
Diolch a fo i Dduw.

Gwrandewch Efengyl Crist yn ôl Sant Luc (4.1-13)

Gogoniant i ti, O Arglwydd.

Dychwelodd Iesu, yn llawn o'r Ysbryd Glân, o'r Iorddonen, ac arweinwyd ef gan yr Ysbryd yn yr anialwch am ddeugain diwrnod, a'r diafol yn ei demtio. Ni fwytaodd ddim yn ystod y dyddiau hynny, ac ar eu diwedd daeth arno eisiau bwyd.

Meddai'r diafol wrtho, "Os Mab Duw wyt ti, dywed wrth y garreg hon am droi'n fara."

Atebodd Iesu ef, "Y mae'n ysgrifenedig: 'Nid ar fara yn unig y bydd rhywun fyw.'"

Yna aeth y diafol ag ef i fyny a dangos iddo ar amrantiad holl dangos iddo ar amrantiad holl deyrmasoedd y byd, a dywedodd wrtho, "I ti y rhof yr holl awdurdod ar y rhain a'u gogoniant hwy; oherwydd i mi y mae wedi ei draddodi, ac yr wyf yn ei roi i bwy bynnag a fyynnaf. Felly, os addoli di fi, dy eiddo di fydd y cyfan."

Atebodd Iesu ef, "Y mae'n ysgrifenedig: 'Yr Arglwydd dy Dduw a addoli, ac ef yn unig a wasanaethi.'"

Ond aeth y diafol ag ef i Jerwsalem, a'i osod ar dŵr uchaf y deml, a dweud wrtho, "Os Mab Duw wyt ti, bwrw dy hun i lawr oddi yma; oherwydd y mae'n ysgrifenedig: 'Rhydd orchymyn i'w angylion amdanat, i'rh warchod di rhag pob perygl', a hefyd: 'Byddant yn dy godi ar eu dwylo rhag iti daro dy droed yn erbyn carreg.'"

Yna atebodd Iesu ef, "Y mae'r

Ysgrhythur yn dweud: 'Paid â gosod yr Arglwydd dy Dduw ar ei brawf.'"

Ac ar ôl iddo ei demtio ym mhob modd, ymadawodd y diafol ag ef, gan aros ei gyfle.

Dyma Efengyl yr Arglwydd.
Moliant i ti, O Grist.

Arglwydd trugarog, dyro i'rh bobl ras i wrthsefyll temtasiynau'r byd, y cnawd a'r diafol, ac â chalonnau meddwl pur dy ddilyn di, yr unig Dduw; trwy Iesu Grist ein Harglwydd. **Amen.**

Diwrnod Distaw Garawys - Lent Quiet Day



*“Dychwelwch ataf fi â’ch holl galon”
“Return to me with your whole heart”*

**Saturday 8th March 10am-4pm
St Grwst’s Church, Llanrwst**

Ymunwch â ni am ddiwrnod tawel dan arweiniad
wrth inni ddechrau Tymor Sanctaidd y Garawys

£20 am y diwrnod gan gynnwys cinio cawl
£20 for the day including soup lunch



Join us for a guided quiet day
as we begin the Holy Season of Lent

Mwy o wybodaeth ac archebu yma -
More information and booking here -

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

