

# Gwasanaethau rheolaidd yn ein heglwysi

## Regular services in our churches

### *Croeso i bawb - All welcome*

#### Regular Sunday Services:

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

#### \*Note:

**Joint Service for All Saints, St Hilary's and St Michael's on Sunday 29th June at 10.30 am in St Michael's church**

#### 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.

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

**Healing Service** - Tuesday 10th June 11.30 am at St David's

**Whosoever J3:16** - LGBT+ community and friends service: 14th June at All Saints Deganwy  
contact [SarahHildreth-Osborn@cinw.org.uk](mailto:SarahHildreth-Osborn@cinw.org.uk) for details

**Happy Saturdays:** A group for children/adults with learning difficulties.

Details from Revd Sarah [SarahHildreth-Osborn@cinw.org.uk](mailto:SarahHildreth-Osborn@cinw.org.uk) 01492 702330

**Julian Group** - 8 pm Mondays (not Bank Holidays) by Zoom [lindamaryedwards@yahoo.co.uk](mailto:lindamaryedwards@yahoo.co.uk)

**WhatsApp prayer group:** for prayer and to share reflections - contact [julietfraser@cinw.org.uk](mailto: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 [ejl.james@hotmail.co.uk](mailto:ejl.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

**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](https://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/stpaulscraigdon>

#### 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.