## NOISHIP TO LE

#### **ABERCONWY**

CYLCHGRAWN ARDAL GENHADOL MISSION AREA MAGAZINE

Mis Tachwedd/November 2025



# Re-membering

Canon Sarah Hildreth Osborn writes:

There are things, people, events we remember every single day. It is an essential part of what it means to be human to call to mind things and people that matter to us. Our remembering can

be full of horror, pain and anxiety and it can be full of love, joy and fun even.

Why is it then that November seems to be the month when we are called to remember specifically?

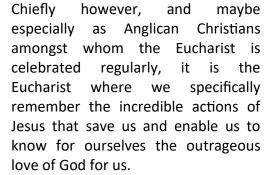
In the national and global conscience we have Remembrance Sunday. Local communities stop to give thanks and remember the sacrifice made by so many to bring about peace in Europe. This now naturally includes many reflections on the hope of bringing peace to all places of conflict across the world.

In November the Church also calls us to remember. We are offered the Feast of All Saints (November 1st) and

the Feast of All Souls (November 2nd). On the Feast of All Saints we give thanks to God for the lives of all the saints who have reflected God's love to the world. We also remember all of our loved ones who have died and who we commend again to God's loving care.

As Christians, remembering isn't limited to these events and Feasts. In our times of daily prayer (whether praying the Daily Offices or using other

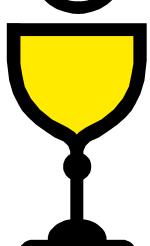
forms of prayer) we are invited to reflect on the life of our Lord Jesus Christ. As we bring his stories, found in the Gospels, into our everyday lives, we are no longer simply remembering historically, we are actively seeking to have his life come alive today through us.



Down through the years many theologians have sought to explain exactly what happens to ordinary bread and wine. On the one hand, nothing actually happens, and the bread and wine forever remain a symbol of an historical event that changed the world for ever. On the other had there are those who say

that during the Eucharist as Jesus is 'remembered' amongst us, ordinary bread and wine is transformed and he is actually present by divine mystery, through the power of the Spirit.

For me, as we 're-member' Jesus it means, ordinary bread and wine is transformed and we are joined anew to God and to one another. The Eucharist certainly isn't an empty ritual or



#### 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

an obligation! This is the Divine mystery that we are invited to enter into, making way for an encounter with the God who is love.

Our re-membering isn't simply then a case of harking back to the past. It is about having Jesus present with us today. The Eucharist is also a summons. A summons to live a life marked by the sacrificial life and love of Jesus that we celebrate at the Eucharist.

November, the month of remembering. Let's not confine ourselves to remembering at certain times and for certain purposes. Let us seek to remember Jesus day by day and as we do, in that remembering of him may the grace and love we receive from him be the grace and love we seek to share with whoever crosses our path.

#### **Service times**

Please note some changes in our regular pattern of Sunday Services, happening after consultation with the congregations.

#### 8 am Holy Eucharist at St David's:

Canon Quentin has kindly offered to celebrate at 8 am **every Sunday** rather than just fortnightly. We are very grateful to him for this.

#### **Sunday Service at Eglwysbach**

The Sunday Service at St Martin's Eglwysbach will now be at **2 pm.** (Holy Eucharist except for Evensong on the third Sunday of the month)

#### **Cymun Bendigaid:**

(on the fourth Sunday of the month at St Hilary's) will now be at 4 pm

#### **Online**

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

#### 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.

#### **MISSION AREA CLERGY:**

Canon Sarah Hildreth-Osborn - <a href="mailto:sarahhildreth-osborn@churchinwales.org.uk">sarahhildreth-osborn@churchinwales.org.uk</a>
 01492 702330 (Day off Friday)

Revd Huw Bryant - 07779 655949 (Day off Monday)

Revd Sue Storey - (Day off Friday) 01745 346273

Canon Quentin Bellamy (retired priest caring for St David's)

Revd Tim Hall (retired priest caring for St Paul's)

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.

**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 heglwysi 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 (every Sunday)

**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

**2 pm** Holy Eucharist at St Martin's

(Evensong on 3rd Sunday)

**4 pm** Cymun Bendigaid at St Hilary's (4th Sunday)

**6 pm** Café Church in St David's Hall (last Sunday)

\*Sunday 30th November - Joint Service at St Hilary's at 11 am for St Hilary's, All Saints and St Michael & All Angels (no other services at those churches on that day)

#### Remembrance Sunday 9th November

Please note that 11 am services at All Saints, St David's and St Hilary's will begin at 10.55 am

**St Ffraid's** - Holy Eucharist at **9.45 am** followed by Act of Remembrance at the cenotaph

St Martin's - Worship service at 10.45 am

**St Grwst's** - Remembrance service at **10 am** followed by procession to Cenotaph and Act of

Remembrance
Also All Souls Requiem Mass at
6 pm at St Grwst's



#### **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

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

Morning Prayer: Said in St David's at 9.30 am most Tuesday mornings - check Pew News

Sounds of the Eternal - Sound bath meditation in St Grwst's Fridays at 2 pm (not 14th Nov), and

St Ffraid's 6 pm 8th November

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

Whosoever J3:16 - LGBT+ community and friends service: 15th November at All Saints Deganwy

contact SarahHildreth-Osborn@cinw.org.uk for details

Julian Group - 8 pm Mondays (not Bank Holidays) by Zoom <a href="mailto:lindamaryedwards@yahoo.co.uk">lindamaryedwards@yahoo.co.uk</a>

WhatsApp prayer group: for prayer and to share reflections - contact Mandy in the Parish Office to join

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 and 6 pm

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 - Open 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

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

#### Mis Tachwedd 2025 - CALENDAR - November 2025

		Services	Other events
Saturday	1	HE for ALL SOULS 4 pm St H and 6 pm St Ff	
ALL SAINTS SUNDAY	2	SEE SERVICES LIST	
Monday	3	Julian Meeting 8 pm by Zoom	3Cs 2 pm St D
Tueday	4	Hub prayers 11.00 am St D	
Wednesday	5	HE 10 am AS and St Ff	Bible Study 11 am and 6 pm St D
Thursday	6	HE 10.30 am St P	Jo's Shed 10-12 noon St D; Cytun meeting 1 pm Stella Maris; Community Tea 2-3.30 pm St D;
Friday	7	HE including Healing 10 am St D	Sound Baths 2-3 pm St G
Saturday -	8		Sound Baths 6 pm St Ff
REMEMBRANCE SUNDAY	9	SEE SERVICES LIST FOR SPECIAL SERVICE TII	MES: Also HE for All Souls 6 pm St G
Monday	10	Julian Meeting 8 pm by Zoom	St Paul's Community Fellowship 2.15 pm St P Hall
Tuesday	11	Hub prayers 11.00 am St D	AS Mothers' Union 2 pm AS; GlanConwy Mothers' Union 2 pm GC Church House; AS House Group 7.30 pm
Wednesday	12	HE 10 am AS and St Ff; HE St David's Hospice 2 pm	Bible Study 11 am and 6 pm St D
Thursday	13	HE 10.30 am St P	Jo's Shed 10-12 noon St D
Friday	14	HE 10 am St D	Warm Welcome Bereavement Group 10-12 noon St P Hall;
Saturday	15	Whosoever service 11.30 am AS	
SUNDAY	16	SEE SERVICES LIST: Also Pet Service of Bles	sing 3 pm St D
Monday	17	Julian Meeting 8 pm by Zoom	3Cs 2 pm St D
Tuesday	18	Hub prayers 11.00 am St D	Makaton Choir Concert 7 pm St M
Wednesday	19	HE 10 am AS and St Ff	Bible Study 11 am and 6 pm St D
Thursday	20	HE 10.30 am St P	**MAGAZINE COPY DATE** Jo's Shed 10-12 noon St D; Open House Hub St M 1-3 pm
Friday	21	HE 10 am St D	Sound Baths 2-3 pm St G
Saturday	22		
SUNDAY	23	SEE SERVICES LIST	
Monday	24	Julian Meeting 8 pm by Zoom	
Tuesday	25	Hub prayers 11.00 am St D	Warm Welcome Bereavement Group 6 pm St P Hall; AS House Group 7.30 pm
Wednesday	26	HE 10 am AS and St Ff	Bible Study 11 am and 6 pm St D
Thursday	27	HE 10.30 am St P	Jo's Shed 10-12 noon St D
Friday	28	HE 10 am St D; Christmas Lights switchon and service 6 pm St G	Sound Baths 2-3 pm St G; Ysgol Bodafon School Fair 4 pm St P Hall
Saturday	29		Christmas Fairs at St D and St P 11 am
SUNDAY	30	SEE SERVICES LIST. Joint Service at St H at 11 am for St H, AS and St M;  Darkness to Light Advent Service 6 pm St P  Supharists AS All Science St C. St Contamin's St D. St David's St Effective	

**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

### Special Services in November

#### All Souls

# Holy Eucharist Saturday 1st November

4 pm St Hilary's Llanrhos 6 pm St Ffraid's, Glan Conwy

#### Sunday 2nd November 11 am St David's Penrhyn Bay

#### **Sunday 9th November**

6 pm St Grwst's Llanrwst





#### Remembrance Sunday

#### **Sunday 9th November**

Please check the service times on page 3.

Main services will include an Act of
Remembrance

# Darkness to Light Sunday 30th November

6 pm at St Paul's Church Craig-y-Don

All welcome to the traditional service of "Darkness to Light" - a candlelit service of choral music and reflections for the run up to Christmas.



#### **Joint service Sunday 30th November**

for All Saints, St Hilary's and St Michael & All Angels churches

11 am Holy Eucharist at St Hilary's

Followed by lunch in the Schoolroom. (Tickets £10)

(No other services in these churches on that day)

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

# St David's Church, Penrhyn Bay

invite you and your pet to a

# PET SERVICE OF BLESSING



Thanking God for our Special Friends

Sunday 16 November 2025 at 3.00pm

Everyone is welcome with their pets. However, pets must be kept under control, and small animals must be in a secure cage.

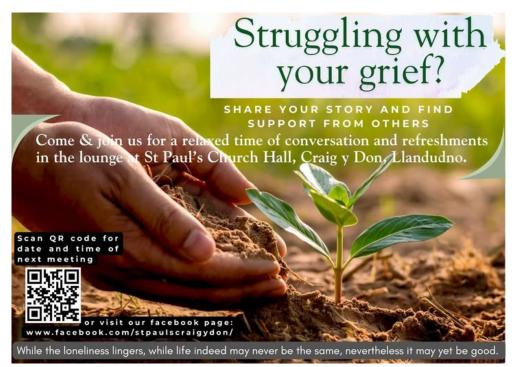
#### Sounds of the Eternal Soundbath Meditation Dates for November



Friday 7th November 2pm St Grwst's, Llanrwst Saturday 8th November 6pm St Ffraid Glan Conwy Friday 21st November 2pm St Grwst's, Llanrwst Friday 28th November 2pm St Grwst's, Llanrwst

Join us for 45 minutes of tranquil stillness in the ancient sacred spaces of St Grwst and St Ffraid's Let the soothing sound of the crystal bowls Wash over you with some gentle words

No need to book 'Pay what you feel it's worth' with a donations basket at the end Space to bring yoga mat/blankets if you wish to lie down



# Warm Welcome

time of relaxed conversation with tea/ coffee twice a month in the lounge at St Paul's Hall in Craig-v-Don. We share our stories, 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. welcome. Join us on Friday 14th November at 10 am and/or Tuessday 25th at 6 pm.

#### Digwyddiadau Rheolaidd Regular events



#### Thursday 20th November

Dydd Iau yr 3ydd bob mis 3rd Thursday every month
1-3 yp 1-3pm

- @ Eglwys St Mihangel, Ffordd Glyn y Marl, Llandudno Junction
- @ St Michael's Church, Glyn y Marl Road, Llandudno Junction

Join us for tea, coffee & refreshments.

Come along & meet with friends in a welcoming place.

We look forward to seeing you!

Croeso cynnes i bawb

o 0 - 99!

A warm welcome to every from 0 - 99!

Am Ddim! / Free of charge! (Mae croeso i chi adael rhodd / You are welcome to leave a donation if you want to)

> For any further information please contact: Rev'd Sarah - 01492 702330 / sarahhildreth-osborn@cinw.org.uk

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.



"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 15th November, at 11.30 am in All Saints, Deganwy.



All Saints Deganwy and Glan Conwy Branches both meet at 2 pm on Tuesday 11th November - All Saints in the church and Glan Conwy in the Parish Room in Church House. The All Saints meeting will have a theme of Remembrance, and at Glan Conwy Joan and Deryl will be making Christmas cards.

# St Paul's Community Fellowship

The Fellowship meet on **Monday 10th November** at 2.15 pm in St Paul's Hall, for a social time and to plan for the winter fair.





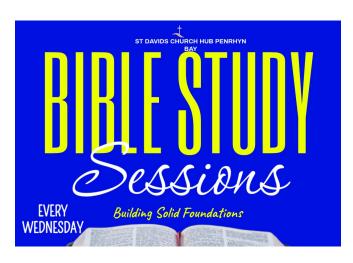
#### The St David's 3C's

(coffee cake and chat!)

The group meets fortnightly at 2 pm at St David's. On **Monday 3rd November** there will be a talk about the Ogwen Valley Mountain Rescue Team, and on **17th November** a presentation by a representative from Barclays Bank on 'How to avoid Fraud and Scamming'. All welcome to join them for fellowship and bring a friend too.

#### **All Saints House Group**

The group continues to meet fortnightly on **Tuesdays,** at 7.30 pm at Glan Dwr, LL30 1NR. All are welcome for some reflection on the next week's Bible readings together with the obligatory tea and cake! Contact Andrew James on <a href="mailto:efl.james@hotmail.co.uk">efl.james@hotmail.co.uk</a> for details



All welcome to the 11 am or 6 pm Bible Study sessions on Wednesdays at St David's Church in Penrhyn Bay. The evening sessions are showing Season 5 of 'The Chosen', but each episode is standalone so it does not matter if you have not been before.

# 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 (once a month), Fridays

1-3 pm (contact <u>Taniacarrma@hotmail</u>.com for details)

**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 14th November and 6 pm Tuesday 25th November.









# PLEASE COME TO OUR AFTERNOON TEA

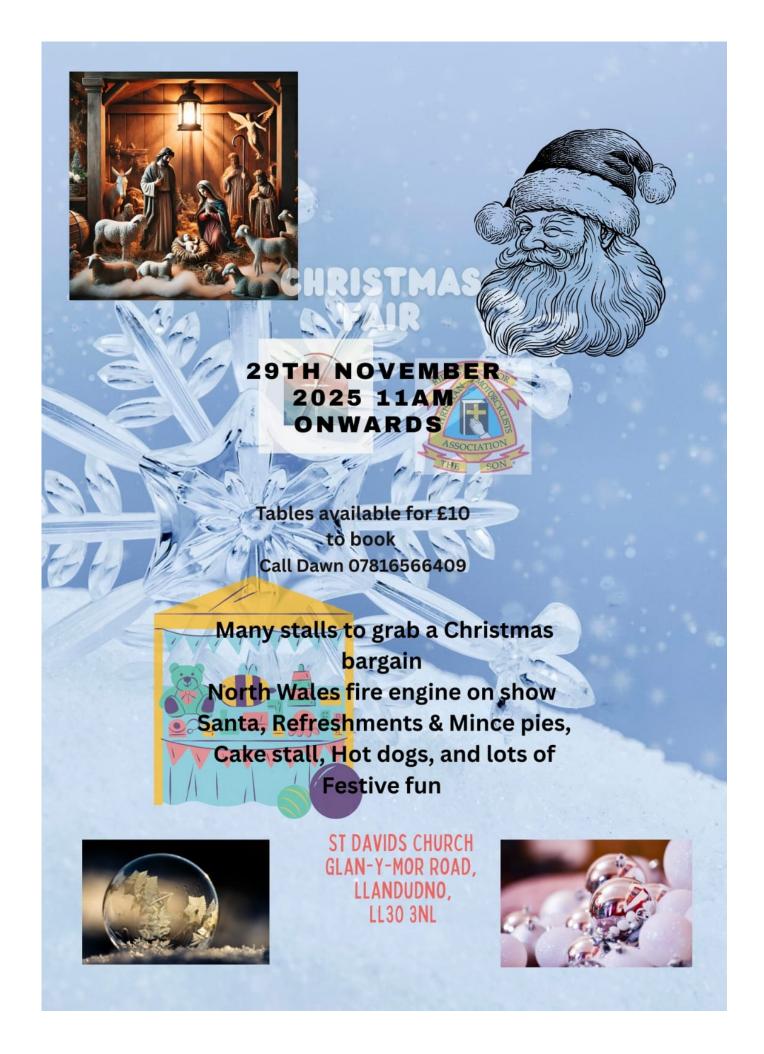
ST DAVIDS CHURCH HALL
PENRHYN BAY

#### THURS 6TH NOV 2PM

£5 PER PERSON - PAY ON THE DAY

EVERYONE VERY WELCOME TO CALL IN FOR A DELICIOUS TEA & LOTS OF FRIENDLY CHAT





#### Pilgrimage to the Anglican Shrine of Our Lady of Walsingham July 13th -17th 2026

Cost approx. £500
Includes travel by coach and full board
Travelling with other pilgrims from across North Wales
Book with Tad Huw with a £60 deposit by December 1st
For more information or to book call Tad Huw
07779655949 - HuwBryant@cinw.org.uk

For more information on the Shrine https://www.walsinghamanglican.org.uk





#### **GAN Y GOLYGYDDION - FROM THE EDITOR**

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

**Next month will be a double edition so please send in information for** <u>December and January.</u>

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. Please submit to <u>jastone@dunelm.org.uk</u>. Diolch!

#### Newyddion o'r Ardal Genhadol News from the Mission Area

#### **Singing Retreat at Llanrwst**



The group who gathered for the Singing Retreat at St Grwst's in September came from near and far – literally. Two ladies had travelled from Utah in the US, others from Bath and Dorset, and others were more local. Those who had not visited the church before were fascinated to discover the sensitive re-ordering, the history and the stories associated with the building and its presence in Llanrwst over the centuries.

The three days, ably led by Deborah Cattrell, were spent singing sacred music of different styles ranging from Gregorian chants to jazz, giving everyone the chance to explore types of music that they might not have previously encountered. They also 'premiered' a hymn about St Grwst, the words penned by our own Tad Huw.

At lunchtimes over delicious soup (provided by Blas ar Fwyd) people got to know each other and shared their stories and experiences.

On the Saturday afternoon everyone travelled up the road to St Ffraid's where they led a sung service of Holy Communion which was a fitting end to the whole experience. (Needless to say after the service there was wine and scrumptious cake.)

The whole event was a positive and uplifting experience, in a setting that was inspiring, and many of the participants asked when the next one would be!



Providing food and support to families in need.

A note from Alan McKinnell, Chair of the Mission Area Aberconwy Care & Share project.

Thank you to everyone in the Aberconwy Mission Area who contributed food and monetary gifts to help with the ongoing work of Aberconwy Care and Share (pictured below). It was all very much appreciated and will be put to

good use with our ongoing support of families in our Mission Area.

Please continue to support this Mission Area project both practically with donations and also with your prayers. New volunteers always needed, and <u>particularly in the Conwy valley</u> area for emergency standby (which would only be occasionally) as well as regular deliveries. Contact Julie Regan on <u>julieregan59@gmail.com</u> -



# 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.







# Introducing Philip Tranter - 'Accounting and Property Officer'

A little bit about myself, then I'll tell you more about my role in the Conwy Mission Area. I moved to Llandudno about 5 years ago in order to start retiring — I say 'start' because I haven't managed it yet! I worked at the University in Preston with my wife — we both taught Electronic Engineering. My wife still works there, so our life is a constant stream of journeys up and down the A55/M56. I recently became Warden at St Pauls, Craig y Don, and my wife sings in the choir; we have both been welcomed into the Church community, and enjoy the links we have made with people there.



I found the idea of complete retirement a little too much, so I set about finding things to do in Llandudno. I work on the exams team at St David's College, and have recently started to work with the Aberconwy Mission Area. Since I was Treasurer in my last parish near Preston, the idea of working with Treasurers here in Conwy seemed like a logical step, so when I heard about the opportunity to do this I applied. It was one of two positions available with the Mission Area, so in the end I was appointed to both, hence the title 'Accounting and Property Officer'.

The 'Accounting' part is a role that Helen Barritt at St Paul's took when the Mission Area was formed, and so I am following in her footsteps; Helen has been very helpful in guiding me in the role. I have also had more formal training from Adam at St Asaph who I believe was tasked with introducing the software that we all use. At this point it is probably worth explaining that the requirement for all churches to produce accounts for the Charity Commission meant that originally, individual churches had to take on the services of an accountant at each year end to present the accounts in the manner required by the Charities Commission – this is the system I worked under in my previous church. We work with public, donated money, and we have to be transparent about how we use it. The move to the Mission Area meant the we could consolidate all of the churches' accounts into one report (rather than 9 separate ones). I take data from each of your Church Treasurers, and enter it into the software, which automatically produces a financial report in the required format without us needing to employ accountants. This is the job that Helen has been doing for the last 6 or 7 years, and which I have now taken over.



The 'Property' part of the role is new to the Mission Area, and is initially aimed at helping Clergy and Wardens look after their Church Buildings. The rules of the Church of Wales (and the Anglican

Church) state that no changes may be made to the Church, its contents, or its surrounding grounds and graveyards without something called a 'Faculty'. A Faculty is basically a request to make a change to the Church – it includes a lot of information about how the change will be done, why it will be done, what the change will mean for the appearance and operation of the Church, and how it will be funded. There are other interested parties to satisfy, like the Welsh Church Commissioners, the Welsh Government's Historic Environment department, the Victorian Society, and anyone else who cares to comment on the proposed changes; we are required to post a Faculty notice summarising the changes outside the Church for 28 days to allow members of the congregation and local community to express their thoughts on the proposed changes. These Faculties are quite long and demanding to complete, and often clergy have just not had the time to do it, so the Mission Area has taken me on to support Churches, Clergy and Wardens in the preparation of these applications. We are supported at Diocesan

level by the team there who are able to advise on the more technical aspects of proposed works. A completed Faculty is then sent to the organisations and individuals who have a legitimate interest in the Church, and they make a decision based on the information we supply. In addition to preparing Faculties, I am also involved in planning alterations to Churches with architects (if necessary), and in the future I expect to be involved in applying for grants to make the changes possible.

In the first 3 months I have learned a lot about these processes, and although the work is sometimes challenging, I have been pleasantly surprised by how supportive people in the Mission Area and individual churches have been. I have enjoyed this new challenge at a time in my life where I thought that perhaps learning new things was over for me. It has been a fascinating and enjoyable time so far, and I look forward to continuing this work on your behalf.

#### The Statesman's Choice

Canon Quentin writes....

Until quite late in the 19th Century it was still the practice in France to send convicts to the galleys for long terms and sometimes for life. The wretched men were chained to the benches with only sufficient freedom to allow them to ply their oars.

A distinguished diplomatic visitor to France was once taken to Toulon, where the galleys were kept; and told to release a prisoner, whoever he chose. He went down among the men, spoke with them, asking the reasons for their being there. Almost without exception he found that the prisoners attributed their plight to some tragic injustice, false accusation, mistaken identity, and so forth.

At length he came to one who said, "I have been a very wicked and desperate criminal. I deserve to die. It is only by God's mercy that I am alive at all." "You scoundrel," said the diplomat, "your presence here will contaminate all these good men. You shall not stay here a day longer!" Then, turning with a smile to his escort, he said, "This is the man I wish to be released."

It is true too in the spiritual realm. The Bible says "He who conceals his sins will not prosper, but whoever confesses and renounces them finds mercy." (Proverbs 28:13)

May God bless us all as we rejoice in our living Saviour and Friend, the Lord Jesus Christ.



# Pray for Ukraine, Israel and Gaza, and all the places in the world where war is a constant presence and true Peace seems a long way off:

God our Father, we come before you with open hearts, confessing that we too have blamed and accused, siding with one side or the other, and losing sight of your love, compassion and mercy for all those who are suffering in wars across the world. Help us, as your Church, to be bold enough to be those who call out atrocities wherever they occur. Help us, as your Church, to be bridge builders and peace initiators.

Give us, as your Church, the love, courage, and steadfastness to speak truth to power and challenge hate and fear. Lord, in your mercy, Hear our prayer. Amen



#### The Real Advent Calendar

Fairtrade chocolate and a copy of the Christmas story.
Get your copy from Footprints in Madoc Street or go to

Real Advent Calendar

Case of 18 — Meaningful Chocolate



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HUW MARS-JONES MSc (Ost)
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#### **Deganwy Foot Health Care Clinic**

131 Station Road, Deganwy
Conwy LL31 9EJ

**Susan Quinton**, Foot Health Care Practitioner O.A.Dip. FHP Fully qualified, insured with a DBS check.

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