



Life in abundance?

Tad Huw writes:

We are in the season of our Harvest festivals, a time of joy and thanksgiving for all the great gifts of creation, for the world that God has given, that gives us life and sustains us.

But it's a feast I find quite strange to celebrate. In years gone by it was a huge festival, but then almost all of us would have been living directly off the land, and if we didn't directly then we would have been growing our own produce in our gardens. In these days of global commerce, however, fewer and fewer jobs are dependent on working the land, and even if they are, then whether it is a poor year or a good year, a good harvest or a poor one, our food supplies are still secure and throughout the year you can buy all that you want whether it's in season or not.

There is a great disconnect, especially in western nations, between the land, our climate, and our survival. And yet, even if we don't feel it, even when we don't experience it, we are still all dependent on creation, dependent on the land and all that it produces, gifts of God and work of human hands.

In the last few years especially, there has been a resurgence of understanding, of understanding of our dependence upon the earth beneath our feet. This has largely been brought about by the climate emergency. It is now virtually universally accepted that we as a species are destroying the planet through our consumption and pollution. This year we have again broken

through the 1.5° temperature rise that governments across the world had vowed to avoid. We are heading rapidly towards the 2° threshold at which scientists agree there will be irreversible damage to the climate systems of our earth and our very survival will be in jeopardy. There are places on our planet this summer that became so hot that human life could not survive outside. That is terrifying. I don't know about you, but I, personally, find that incredibly scary.



However I also know that the debate around climate change is not always accessible. It seems to be so large a thing that we just can't see what we, as individuals, or even in our community, can do. It's so vast a problem that we are almost paralysed into inaction. The other aspect of the debate is also quite hard for us to grasp because it's always about reduction - reduce, re-use, recycle. It's all about doing less, using less, being less, and I find it hard to reconcile that with our God who is a God of abundance.

/Continued overleaf

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

I remember meeting a lad who was suffering badly with climate anxiety. He listened to the news, he read the papers, and he saw so much on social media, all of it pointing to the cliff edge we are hurtling towards. The message was clear - change the way you live or the whole planet is doomed. So he did. He measured his carbon footprint and he was horrified, so he set about reducing his consumption. He gave up on holidays, he gave up meat, he looked at the miles his food travelled and he reduced to only eating locally produced vegetables. He gave up his car and driving. He re-measured and was still horrified by his carbon footprint. He gave up all plastic, he gave up even on public transport and walked everywhere. It came to a point where even his socks were made from sustainable bamboo, and still when he measured his carbon footprint it was too large. He came to the conclusion that the planet would have been better off if he'd never existed.

Imagine feeling that, that the very breath you draw, that simply by existing, you are harming God's creation. And that is the problem with the climate debate and the way it is framed. It's all negative. It is all about reducing, about reaching carbon zero, and eventually reducing yourself to nothing. That is not a good argument if you want people to act, and nor is it a Christian argument in the debate. God does not want us to be nothing, God wants only good things for us, God want us to have life and have it abundantly.

So what then should we as Christians, celebrating the goodness and abundance of God's gifts, say to the climate change debate? Certainly we can't say nothing, we can't ignore it and continue as we are. So what then should we say?

I'd like to begin answering that with the words of a man most famous for being silent, Charlie Chaplin from his 1940 film *The Great Dictator* –

"I should like to help everyone...
We all want to help one another,
Human beings are like that.
We want to live by each other's happiness,
Not by each other's misery...
In this world there is room for everyone.

And the good earth is rich and can provide for everyone.

The way of life can be free and beautiful,
But we have lost the way.

Greed has poisoned men's souls,
Has barricaded the world with hate,
Has goose-stepped us into misery and bloodshed.

We have developed speed, but we have shut ourselves in,

Machinery that gives abundance has left us in want.

Our knowledge has made us cynical.

Our cleverness, hard and unkind.

We think too much and feel too little.

More than machinery we need humanity.

More than cleverness we need kindness and gentleness.

Without these qualities, life will be violent and all will be lost...

In the 17th chapter of St Luke it is written:

"The Kingdom of God is within man"

Not in one man nor a group of men,

But in all men! In you!..."

Not a bad place to start, the natural goodness within humanity, our natural want and need for connection to others, to want to help and be good to others. Then to admit that we have lost the way, as a society, as a species - that with all our technology, all our gadgets and trinkets, we have shut ourselves in and never been more isolated as individuals - and to start to look around and ask "Surely there is a better way for us to live".

And then we begin, small and slowly to start. We start by asking not is there way of reducing my life, of being carbon neutral, of halting the negativity my life has, but instead by looking around, by seeing - truly seeing the glory of God's creation - in the garden, in the hills and fields that surround us, in the myriad of daily miracles that are everywhere if we but pause long enough to see them. And we can say to ourselves "How do I add to this, how do I live positively for others, for the glory of God and betterment of this gift which he created, yes for all of us, but also for me, personally?"

Whether that's leaving the fallen leaves for hedgehogs to nest in over winter, planting wild



flowers, leaving grass to grow a little longer, putting up nest boxes, ensuring our electricity is from renewable sources - re-frame the argument - "I'm not driving less to reduce my footprint, instead I'm walking more so I can truly see, smell, touch the beauty of all that surround me." As we give thanks for the bounty and plenty of this world, let us learn again to live lives of thanks that add and return to the gift of creation which not only sustains us but brings us joy beyond anything created by man. And as we

add to this earth, I wonder what new joys it will bring forth for us.

That speech by Charlie Chaplain ends

"Look up...

The soul of man has been given wings,
And at last he is beginning to fly,
He is flying into the light of hope,
Into the future,
The glorious future that belongs
To you, to me and to all of us"

Let us as Christians in the climate crisis debate be the ones who remind humanity that we do indeed have wings, and that by flying towards the light of hope we find in God, we can live into a good future that is found when we live lives of hope and love, in service to others and all of creation, living positively, giving back in thanks to the gift of God's creation that demands that we have life, and life in abundance.

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.

Cymun Bendigaid:

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

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 2nd and 7th October**).*

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
3 pm	Holy Eucharist at St Martin's (Evensong on 3rd Sunday)
4 pm	Cymun Bendigaid at St Hilary's (4th Sunday) (Note new time)
6 pm	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

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

Sound of the Eternal - Sound bath meditation in St Grwst's Fridays at 2 pm, also St Ffraid's 6 pm 11th Oct

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: **25th October** 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 - 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 (from 3rd Sept) 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 12 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 Hydref 2025 - CALENDAR - October 2025

		Services	Other events
Wednesday	1	HE 10 am AS and St Ff	Bible Study 11 am and 6 pm St D
Thursday	2	HE 10.30 am St P	OFFICE CLOSED TODAY; Jo's Shed 10-12 noon St D; Community Tea 2-3.30 pm St D;
Friday	3	HE including Healing 10 am St D	Sound Baths 2-3 pm St G
Saturday -	4		
SUNDAY	5	HARVEST IN ALL OUR CHURCHES (Except St David's) SEE SERVICES LIST:	
Monday	6	Julian Meeting 8 pm by Zoom	3Cs 2 pm St D
Tuesday	7	Hub prayers 11.00 am St D	OFFICE CLOSED TODAY
Wednesday	8	HE 10 am AS and St Ff; HE St David's Hospice 2 pm	Bible Study 11 am and 6 pm St D
Thursday	9	HE 10.30 am St P	Jo's Shed 10-12 noon St D; MAC meeting 7 pm St G
Friday	10	HE 10 am St D	Warm Welcome Bereavement Group 10-12 noon St P Hall; Sound Baths 2 pm St G
Saturday	11		Sound Baths 6 pm St Ff
SUNDAY	12	SEE SERVICES LIST:	
Monday	13	Julian Meeting 8 pm by Zoom	St Paul's Community Fellowship 2.15 pm St P Hall
Tuesday	14	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	15	HE 10 am AS and St Ff	Bible Study 11 am and 6 pm St D
Thursday	16	HE 10.30 am St P	Jo's Shed 10-12 noon St D; Open House Hub St M 1-3 pm Diocesan Conference Zoom 7 pm
Friday	17	HE 10 am St D	Sound Baths 2-3 pm St G; Christian Aid Fashion Show 6.30 pm Gloddaeth Church
Saturday <i>St Luke</i>	18		Diocesan Conference 11-3.15 pm Wrexham
SUNDAY	19	SEE SERVICES LIST:	
Monday	20	Julian Meeting 8 pm by Zoom	**MAGAZINE COPY DATE** 3Cs 2 pm St D
Tuesday	21	Hub prayers 11.00 am St D	Warm Welcome Bereavement Group 6 pm St P hall
Wednesday	22	HE 10 am AS and St Ff	Bible Study 11 am and 6 pm St D
Thursday	23	HE 10.30 am St P	Jo's Shed 10-12 noon St D
Friday	24	HE 10 am St D	Sound Baths 2-3 pm St G Care & Share Meeting 7 pm St M
Saturday	25	Whosoever service 11.30 am AS	
SUNDAY	26	SEE SERVICES LIST: (Note change of time for Cymun Bendigaid at St H to 4 pm)	
Monday	27	Julian Meeting 8 pm by Zoom	
Tuesday <i>Ss Simon & Jude</i>	28	Hub prayers 11.00 am St D	AS House Group 7.30 pm
Wednesday	29	HE 10 am AS and St Ff	
Thursday	30	HE 10.30 am St P	
Friday	31	HE 10 am St D	Sound Baths 2-3 pm St G
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			

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



A reminder that our churches are celebrating Harvest on **Sunday 5th October** (except for St David's who marked it on 28th September). **This year our gifts and donations will go to our Aberconwy Missionn Area Care & Share Project.**

Those who made it to the celebration service earlier in September will know that this project reaches right across the Mission Area, from Llanrwst to the coast. We were introduced to the officers - Chair Alan McKinnell, Secretary Julie Regan, Treasurer Alison Foxall, Norman Garland who plays an invaluable role

in handling enquiries and referrals and dealing with emergency deliveries, and also all the volunteers who help with the deliveries.

It was clear that there is a real care for those who are in difficulty, and the continuity of contact between a volunteer and the families they deliver to is very much valued by all concerned. This is shown by the adoption of the Dignity Charter for Users of Community Food Support and the opportunity for those who receive support to also contribute. It was also obvious that the project is much respected by other organisations, as the list of those who refer to Care & Share covers a wide range of statutory and voluntary organisations working in this field. An important aspect of the service the project offers is an emergency response. Very few organisations can provide this 'out of hours' and Norman is always ready to respond to emergency referrals with an immediate delivery of essentials from the store kept at St Michael's.

This project is a very real demonstration of sharing Christ's love with the community - part of our Mission Area 'strapline'. At the end of the PowerPoint presentation during the service there was a summary of the work and ethos of the project:

- The underpinning ethos of Aberconwy Care and Share is to demonstrate God's love to those in our community
- We try to show the same love and care that you would show to a loved member of your family or your best friend who fell on hard times
- We are inclusive - no-one is left out
- We try not to judge
- We listen and respond in a spirit of compassion to what we hear

New volunteers always needed and welcome - it is only once a month. Contact Julie Regan on julieregan59@gmail.com - or come to the volunteers meeting at St Michael's at 7 pm on Friday 24th October to find out more about it.



Aberconwy Care and Share

Providing food and support to families in need.



Sounds of the Eternal

Soundbath Meditation

Dates for October

Friday 3rd October 2pm St Grwst's, Llanrwst
 Friday 10th October 2pm St Grwst's Llanrwst
 Saturday 11th October 6pm St Ffraid Glan Conwy
 Friday 17th October 2pm St Grwst's, Llanrwst
 Friday 24th October 2pm St Grwst's, Llanrwst
 Friday 31st October 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*

School Governors

As a Mission Area we are asked to nominate Foundation Governors for the Church schools in our Area (Ysgol Bodafon, Ysgol Gynradd Llanddoged and Ysgol Eglwysbach). Foundation Governors represent the interests of the Church in Wales in all aspects of the Governing Body's work. Hopefully they will have skills and experience which they can bring to make the Governing Body more effective in providing an excellent experience of education within the context of Christian values. There are many gifts and talents that people can bring to improve the efficiency and capability of the Governing Body, whether In-depth knowledge of financial matters, ability to analyse performance data, experience of teaching and learning in different environments, or a general interest in education whether as a parent or other interested party.

There is currently a vacancy for a Foundation Governor at Ysgol Eglwysbach. If you might be interested in this role please contact Dilys Stone, Mission Area Leader (dilysstone@cinw.org.uk or 01492 879997) to find out more about it.

Please note that
 the Parish Office
 will be closed
 on Thursday 2nd and
 Tuesday 7th October

St David's Toy Drive!

This year St David's will be teaming up again with the Christian Motorcyclists Association to provide families in need within our area some help at Christmas with toys and gifts.

Last year we were able to help 20 families of varying sizes totaling 50 people in all from all age groups, some of whom came from our Aberconwy Care and Share families. This all happened within a 6-week time frame, but this year we are already well forward with the planning of this outreach to our neighbours but would appreciate help with donations of new toys or gift packs to be distributed prior to Christmas.



We are already in the process of identifying 10 families from our Care and Share ministry and others through contacts in the family care system with a target of 30+ families. If you know of any families that would appreciate this help please let me know - Alan 07527 172334.



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/stpaulscraigydono/

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

Warm Welcome

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 10th October** at **10 am** and/or **Tuesday 21st** at **6 pm**.

Hwb St. Mihangel

Whoever you are...you're welcome!



St Michael's Hub

Open House...Open to ALL...Everyone welcome!



Ty Agored...Croeso i bawb!

Thursday 16th October

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



Llandudno Christian Aid Group
CHARITY FASHION SHOW

Eglwys Gloddaeth Church
Chapel Street, Llandudno LL30 2SY

Friday 17th October
6.30 pm

£8 on the door - cash only
Includes tea/coffee and cakes

Clothes courtesy of
Cancer Research Wales Charity Shop
Gloddaeth Street

Croeso cynnes i bawb / A warm welcome to all
Proceeds in aid of Christian Aid
and Cancer Research Wales



Please do support this event. Cancer Research are providing the clothes and our churches and chapels the refreshments. Monies raised will be divided between the two charities. (You may remember in 2019 the local Christian Aid committee staged a fashion show at St. Paul's with St. Vincent de Paul charity shop which was very successful and enjoyed by all.) Do come along and enjoy a fun evening.

The committee are asking for donations of cakes and some help in the kitchen please - if you can help with this please contact Jeannette Bennett-Williams on 07818 032385. Thank you.

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 6th October** there will be a Quiz and on **20th October** they will have a Beetle Drive. 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 **14th and 28th October**. 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

hope house ty gobaith
children's hospices

**PLEASE COME TO OUR
AFTERNOON TEA
Raising money for Ty
Gobaith**

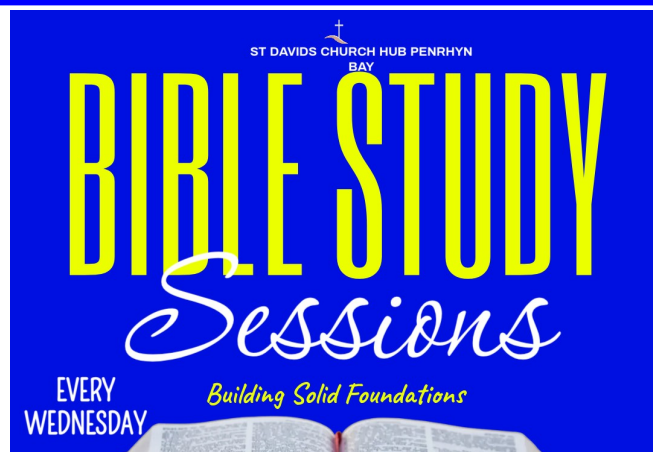
**ST DAVIDS CHURCH HALL
PENRHYN BAY**

THURSDAY 2ND OCTOBER

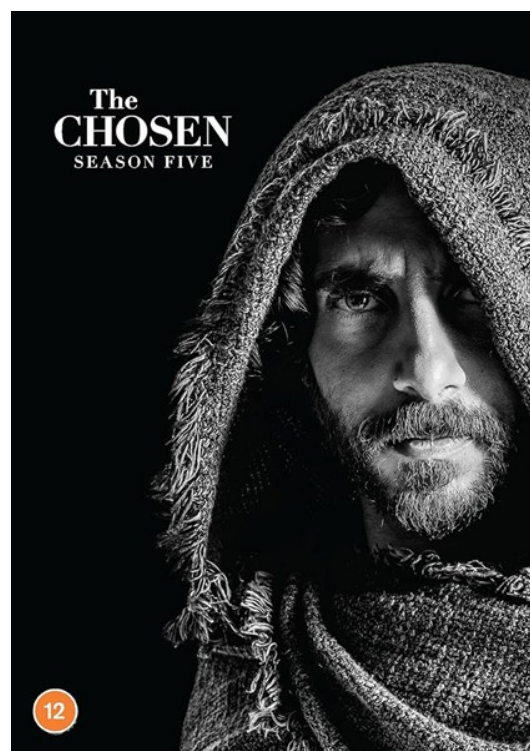
2PM

**£5 PER PERSON - PAY ON THE
DAY**

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



All welcome to the 11 am Bible Study sessions on Wednesdays at St David's Church in Penrhyn Bay.



The Wednesday evening Bible Study at St David's will now be at 6 pm. They will be showing Season 5 of 'The Chosen'. Each episode is very much a standalone look at the Gospels in a new and exciting format so it does not matter if you have not been before. Many were blessed watching previous episodes and we look forward to welcoming old and new members to our group. Whether you come to all the 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 25th October, 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 14th October** - All Saints in the church and Glan Conwy in the Parish Room in Church House. Meeting details to be confirmed for All Saints. At Glan Conwy Liz will be talking about Missionaries in India.

St Paul's Community Fellowship

The Fellowship meet on Monday October 13th at 2.15 pm in St Paul's Hall. Wendy Dossett will be talking on 'What is a Watchkeeper?', volunteering for the National Coastline Institute Refreshments, £1, all welcome.

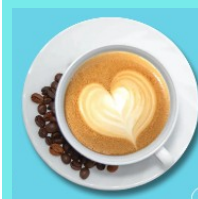
The Mission Area Conference

The Mission Area Conference meets several times each year to make decisions about finance and property and to look at strategic planning for the life of our churches. It is the accountable body responsible for all matters concerning the running of the Mission Area, and its members are the charitable Trustees of the Mission Area.

The meetings are held in a different place each time, moving around the Mission Area, and the next meeting will be held at **St Grwst's church in Llanrwst, at 7 pm on Thursday 9th October.**

Please pray for all the Mission Area Officers, and all the members of the MAC, as they consider current issues and make decisions on your behalf.

St David's Church Hub invites you to our next



Café Church

**Sunday
26th October**

6 pm

in St David's Hall

Everyone is welcome

Join us as we offer our prayers for our church and community

**WEEKLY
HUB
PRAYERS**

**EVERY Tuesday 11.00a.m.
St. Davids Church,
Penrhyn Bay**

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 10th October and 6 pm Tuesday 21st October

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.

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 now works under the umbrella of Hope Restored in Builder Street.

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.

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.

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
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Fair Trade Fortnight may be more or less over by the time you read this, but that is no reason to forget the importance of Fair Trade. With the world in a tailspin, fairness isn't a given. But the power to get it for all is in our hands. Our actions can have a positive impact on real people's lives - Fairer pay, Fairer treatment, Fairer futures - that's Fairtrade. It's not just a label – it's a movement. So, whatever you do, and however you do it: Do it Fair.

Take your daily cup of tea - behind every cup are millions of people who work hard to nurture and pick the tea leaves. But many face systemic injustices and exploitation every day. Trade justice is inseparable from all this and building a fairer world, rooted in justice, means standing in solidarity across borders and within our communities. Help build a world that values dignity, safety, and justice for everyone, everywhere, a world where governments take responsibility, businesses act ethically, and the people behind our tea are treated with respect. It's worth that bit of extra effort and maybe a few pennies more on the price - Do it Fair!

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