



JOURNEYING TOGETHER THROUGH LENT 2026

There are opportunities for worship and quiet times, and spaces for you to bring questions, anxieties or concerns about faith and life. *All are welcome at any of these – find a time, activity and location that suits you.*

- Mondays** **7 pm Compline** in St Michael's
 8 pm Julian Group (contemplative prayer) on Zoom (contact Linda Mary for the link)
- Tuesdays** **9.30 am Holy Eucharist** St David's
 11.30 am Prayer group St David's
- Wednesdays** **10 am Holy Eucharist** All Saints (followed by **discussion time** over coffee)
 10 am Holy Eucharist St Ffraid's Glan Conwy (followed by Cuppa & Chat in Church House)
 11 am Lent study group St David's (following the book of James)
 7 pm Holy Eucharist St Michael's (followed by **discussion time** over coffee)
 7 pm Compline and Cocoa St Grwst's (25th Feb, 11th and 18th March)
- Thursdays** **10.30 am Holy Eucharist** St Paul's (followed by refreshments and fellowship)
 12 noon 'Ask the Vicar' Eglwysbach Village Hall (5th, 12th and 19th March)
 5-6.15 pm 'Lent Conversations' St Paul's Church Hall lounge
- Fridays** **10 am Holy Eucharist** St David's (followed by a cuppa and a chat)
 2 pm Sound Baths Meditation St Grwst's
- Saturdays** **10-12 noon Fellowship in the Eagles Orchard, Glan Conwy** (the patch of land above Church House) – relax by the fireside with hot drinks and toasted marshmallows as work continues to transform this patch of land. Saturdays 28th February to 28th March inclusive.

Bishop Gregory invites you to join him every day at 6 pm to say our specially composed Lent Prayer:

GOD of transforming love, you have taught us through your apostle Paul that all we do without love is worth nothing: send your Holy Spirit to pour into our hearts the most excellent gift of love to transform us and the lives of our churches in the Teulu Asaph, so that in all our worship and our witness we may demonstrate your love in convincing ways to the world. Amen.

DDUW y cariad sy'n trawsnewid, rwyf wedi'n dysgu trwy dy apostol Paul mai di-werth yw popeth a wnawn heb gariad: anfon dy Ysbryd Glân i dywallt i'n calonnau roddardderchocaf cariad, i'n trawssffurfio ni a bywydau ein heglwysi yn Nheulu Asaph, fel y gallwn ddangos dy gariad i'r byd yn ein holl addoliad a thystiolaeth mewn ffyrdd sy'n argyhoeddi. Amen

Readings for next Sunday : Exodus 17. 1-7, Psalm 95, Romans 5. 1-11, John 4. 5-42

Sunday 1st – Gill Tyrer will be commissioned as a Pastoral Assistant at the 11am service in St David's. Please pray for Gill, for all those who quietly and faithfully serve in this ministry, and for all those who are unable to join us Sunday by Sunday, that they may know that they are still loved and valued members of the church family.

Monday 2nd – 2pm CCC group meet with a talk about the Cancer Support Centre

Thursday 5th – 10am to 12 noon the men from Jo's Shed meet in St Davids Church Hall;
10am to 12 noon Panad a Sgwrs at St Grwst's Church;

2pm Community Tea in St Davids Hall – singalong with Erika and Ernie, funds to the Dementia Group

Friday 6th March – World Day of Prayer, a service for everyone, 2.30 pm Our Lady Star of the Sea, Llandudno, the service theme this year 'I will give you rest, come'

Thursday 26th March – Chrism Eucharist 11 am in the Cathedral, followed by lunch – all welcome. Details from Mandy – please let her know if you wish to attend.

Your prayers are asked for: Doreen Williams, James Stewart, Alan & Adrina Price, Andrew James, Mavis McMutrie, Ian Evans, Pat Hay, Lucy Roberts, Nicola Bowman, Nigel Moon, Lindsey Jordan, Daphne Laight, Barbara Rohde, Julia Shirliffe, Olwen Davies, Josie Stanton, Jeff Wright, Carole Roberts, Hilda Oakes Graham Shimmin, Julie Anderson, Hefin Williams, Audrey Worsley, Shirley Bradley, Ian and Pauline Cole
R.I.P.: Terry Brown, Mary Jane Deane (Molly)

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 Canon Sarah 01492 702330 or Tad Huw on 07779 655949. You can also contact our Lay Mission Area Leader Dilys Stone 01492 879997 or email her dilysstone@cinw.org.uk

The Second Sunday of Lent

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through Jesus Christ 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 Genesis (12.1-4a)

The Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'

So Abram went, as the Lord had told him; and Lot went with him.

This is the word of the Lord.

Thanks be to God.

Psalms 121

The Lord shall keep you from all evil.

I lift up my eyes to the hills; from where is my help to come? My help comes from the Lord, the maker of heaven and earth.

The Lord shall keep you from all evil.

He will not suffer your foot to stumble;

he who watches over you will not sleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep.

The Lord shall keep you from all evil.

The Lord himself watches over you; the Lord is your shade at your right hand, so that the sun shall not strike you day, neither the moon by night.

The Lord shall keep you from all evil.

The Lord shall keep you from all evil; it is he who shall keep your soul. The Lord shall keep watch over your going out and your coming in, from this time forth for evermore.

The Lord shall keep you from all evil.

A reading from Romans (4.1-5, 13-17)

What are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.'

Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on

grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') Abraham believed in the presence of the God who gives life to the dead and calls into existence the things that do not exist.

This is the word of the Lord.

Thanks be to God.

Listen to the Gospel of Christ according to St John (3.1-17)

Glory to you, O Lord.

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.'

Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.'

Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?'

Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.'

Nicodemus said to him, 'How can these things be?'

Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things?'

'No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'

This is the Gospel of the Lord.

Praise to you, O Christ.

Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. **Amen.**

Hollalluog Dduw, rwyf yn dangos i'r sawl sydd ar gyfeiliorn lewyrch dy wirionedd, er mwyn iddynt ddychwelyd i ffordd cyfiawnder: caniatâ i bawb a dderbynnir i gymdeithas crefydd Crist, wrthod y pethau hynny sy'n wrthwyneb i'w bedydd, a chanlyn yn ffordd Iesu Grist ein Harglwydd; sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth. **Amen.**

Darlenniad o Genesis (12.1-4a)

Dywedodd yr Arglwydd wrth Abram, "Dos o'th wlad, ac oddi wrth dy dylwyth a'th deulu, i'r wlad a ddangosaf i ti. Gwnaf di yn genedl fawr a bendithiaf di; mawrygaf dy enw a byddi'n fendith. Bendithiaf y rhai sy'n dy fendithio, a mellithiaf y rhai sy'n dy felltithio, ac ynot ti bendithir holl dylwythau'r ddaear."

Aeth Abram fel y dywedodd yr Arglwydd wrtho, ac aeth Lot gydag ef.

Dyma air yr Arglwydd.

Diolch a fo i Dduw.

Salm 121

1 Codaf fy llygaid tua'r mynyddoedd; o ble y daw cymorth i mi?

2 **Daw fy nghymorth oddi wrth yr Arglwydd, creawdwr nefoedd a daear.**

3 Nid yw'n gadael i'th droed lithro, ac nid yw dy geidwad yn cysgu.

4 **Nid yw ceidwad Israel yn cysgu nac yn huno.**

5 Yr Arglwydd yw dy geidwad, yr Arglwydd yw dy gysgod ar dy ddeheulaw;

6 **ni fydd yr haul yn dy daro yn y dydd, na'r lleuad yn y nos.**

7 Bydd yr Arglwydd yn dy gadw rhag pob drwg, bydd yn cadw dy einioes.

8 **Bydd yr Arglwydd yn gwyllo dy fynd a'th ddod yn awr a hyd byth.**

Darlenniad o Rufeiniaid (4.1-5, 13-17)

Beth gan hynny a ddywedwn am Abraham, hendant ein Ilinach? Beth a ddarganfu ef? Oherwydd os cafodd Abraham ei gyfiawnhau trwy ei weithredoedd, y mae ganddo rywbeth i ymfrostio o'i herwydd. Ond na, gerbron Duw nid oes ganddo ddim. Oherwydd beth y mae'r Ysgrifur yn ei ddweud? "Credodd Abraham yn Nuw, ac fe'i cyfrifwyd iddo yn gyfiawnder."

Pan fydd rhywun yn gweithio, nid fel rhodd y cyfrifur y tâl, ond fel peth sy'n ddyledus. Pan na fydd rhywun yn gweithio, ond yn rhoi ei ffydd yn yr hwn sy'n cyfiawnhau'r annuwiol, cyfrifir ei ffydd i un felly yn gyfiawnder. Y mae'r addewid i Abraham, neu i'w

ddisgynyddion, y byddai yn etifedd y byd, wedi ei rhoi, nid trwy'r Gyfraith ond trwy'r cyfiawnder a geir trwy ffydd. Oherwydd, os y rhai sy'n fyw yn ôl y Gyfraith yw'r etifeddion, yna gwagedd yw ffydd, a diddim yw'r addewid.

Digofaint yw cynnyrch y Gyfraith, ond lle nad oes cyfraith, nid oes trosedd yn ei herbyn chwaith.

Am hynny, rhoddwyd yr addewid trwy ffydd er mwyn iddi fod yn ôl gras, fel y byddai yn ddilys i bawb o

ddisgynyddion Abraham, nid yn unig i'r rhai sy'n byw yn ôl y Gyfraith, ond hefyd i'r rhai sy'n byw yn ôl ffydd Abraham. Y mae Abraham yn dad i ni i gyd; fel y mae'n ysgrifenedig: "Yr wyf yn dy benodi yn dad cenedloedd lawer." Yn y Duw a ddywedodd hyn y credodd Abraham, y Duw sy'n gwneud y meirw'n fyw, ac yn galw i fod yr hyn nad yw'n bod.

Dyma air yr Arglwydd.

Diolch a fo i Dduw.

Gwrandewch Efengyl Crist yn ôl Sant Ioan (3.1-17)

Gogoniant i ti, O Arglwydd.

Yr oedd dyn o blith y Phariseaid, o'r enw Nicodemus, aelod o Gyngor yr Iddewon. Daeth hwn at Iesu liw nos a dweud wrtho, "Rabbi, fe wyddom iti ddod atom yn athro oddi wrth Dduw; ni allai neb wneud yr arwyddion hyn yr wyt ti'n eu gwneud oni bai fod Duw gydag ef."

Atebodd Iesu ef: "Yn wir, yn wir, rwy'n dweud wrthyt, oni chaiff rhywun ei eni o'r newydd ni all weld teyrnas Dduw."

Meddai Nicodemus wrtho, "Sut y gall neb gael ei eni ac yntau'n hen? A yw'n bosibl, tybed, i rywun fynd i mewn i groth ei fam eilwaith a chael ei eni?"

Atebodd Iesu: "Yn wir, yn wir, rwy'n dweud wrthyt, oni chaiff rhywun ei eni o ddŵr a'r Ysbryd ni all fynd i mewn i deyrnas Dduw. Yr hyn sydd wedi ei eni o'r cnawd, cnawd yw, a'r hyn sydd wedi ei eni o'r Ysbryd, ysbryd yw. Paid â rhyfeddu imi ddweud wrthyt, 'Y mae'n rhaid eich geni chwi o'r newydd.' Y

mae'r gwynt yn chwythu lle y myn, ac yr wyt yn clywed ei sŵn, ond ni wyddost o

ble y mae'n dod nac i ble y mae'n mynd. Felly y mae gyda phob un sydd wedi ei eni o'r Ysbryd."

Dywedodd Nicodemus wrtho, "Sut y gall hyn fod?"

Atebodd Iesu ef: "A thithau yn athro Israel, a wyt heb ddeall y pethau hyn? Yn wir, yn wir, rwy'n dweud wrthyt mai am yr hyn a wyddom yr ydym yn siarad, ac am yr hyn a welsom yr ydym yn tystiolaethu; ac eto nid ydych yn derbyn ein tystiolaeth. Os nad ydych yn credu ar ôl imi lefaru wrthych am bethau'r ddaear, sut y credwch os llefaraf wrthych am bethau'r nef?"

Nid oes neb wedi esgyn i'r nef ond yr un a ddisgynnodd o'r nef, Mab y Dyn. Ac fel y dyrchafodd Moses y sarff yn yr anialwch, felly y mae'n rhaid i Fab y Dyn gael ei ddyrchafu, er mwyn i bob un sy'n credu gael bywyd tragwyddol ynddo ef."

Do, carodd Duw y byd gymaint nes iddo roi ei unig Fab, er mwyn i bob un sy'n credu ynddo ef beidio â mynd i ddistryw ond cael bywyd tragwyddol. Oherwydd nid i gondemnio'r byd yr anfonodd Duw ei Fab i'r byd, ond er mwyn i'r byd gael ei achub trwyddo ef.

Dyma Efengyl yr Arglwydd.

Moliant i ti, O Grist.

Greawdwr nefoedd a daear, diolchwn i ti am y dirgeleddau sanctaidd hyn a roddwyd i ni gan ein Harglwydd Iesu Grist, y derbyniwn trwyddynt dy ras a sicrwydd o'th gariad, yn awr ac am byth.

Amen.

Pew Leaflet

1 March 2026 St David's Day - Dydd Gwyl Dewi Sant

THE COLLECT

God our Father, you gave Saint David to the people of Wales to uphold the faith: encouraged by his example, may we joyfully hold fast to the things which lead to eternal life; through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, now and for ever.. **Amen**

FIRST LESSON

Proverbs 9: 1-10

Wisdom has built her house, She has hewn out her seven pillars; She has slaughtered her meat, She has mixed her wine, She has also furnished her table. She has sent out her maidens, She cries out from the highest places of the city, "Whoever is simple, let him turn in here!" As for him who lacks understanding, she says to him, "Come, eat of my bread and drink of the wine I have mixed. Forsake foolishness and live, And go in the way of understanding. "He who corrects a scoffer gets shame for himself, And he who rebukes a wicked man only harms himself. Do not correct a scoffer, lest he hate you; Rebuke a wise man, and he will love you. Give instruction to a wise man, and he will be still wiser; Teach a just man, and he will increase in learning. "The fear of the Lord is the beginning of wisdom, And the knowledge of the Holy One is understanding.

This is the Word of the Lord

THANKS BE TO GOD

PSALM 16: 7-11

R. I will bless the Lord at all times

I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I shall not be shaken. **R.**

Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the realm of the dead, nor will you let your faithful ones see decay. **R.**

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. **R.**

SECOND LESSON

Colossians 2: 1-7

I want you to know what a great conflict I have for you and those in Laodicea, and for as many as have not seen my face in the flesh, that their hearts may be encouraged, being knit together in love, and attaining to all riches of the full assurance of understanding, to the knowledge of the mystery of God, both of the Father and of Christ, in whom are hidden all the treasures of wisdom and knowledge. Now this I say lest anyone should deceive you with persuasive words. For though I am absent in the flesh, yet I am with you in spirit, rejoicing to see your good order and the steadfastness of your faith in Christ. As you therefore have received Christ Jesus the Lord,

so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.

Hear what the Spirit is saying to the Church

THANKS BE TO GOD

THE GOSPEL

Matthew 16: 24-27

The Lord be with you

And also with you

Listen to the Gospel of Christ according to St Matthew.

Glory to you, O Lord

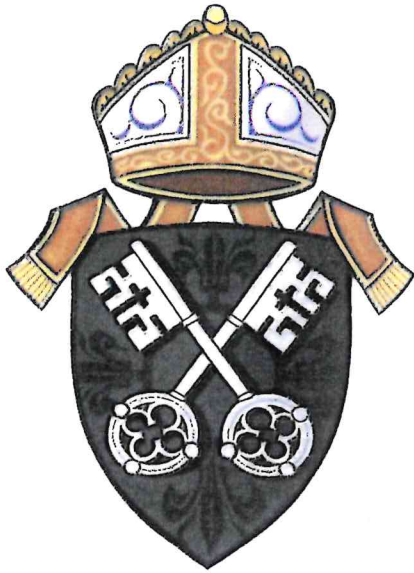
Jesus said to his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done.

This is the Gospel of the Lord

Praise to you, O Christ.

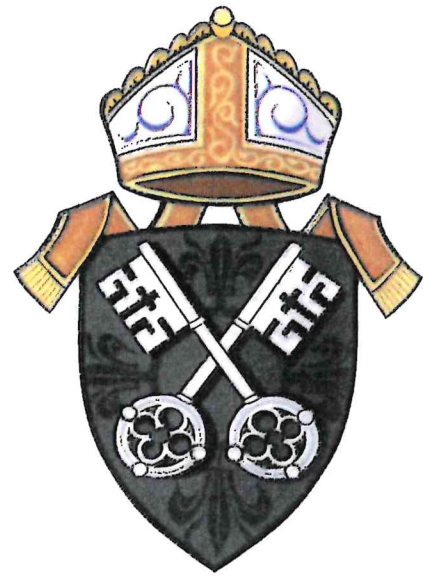
POST COMMUNION

Almighty God, awaken in us the zeal of your servant David that we may follow you in singleness of heart; through Jesus Christ our Lord. **Amen**



2026 LENT PRAYER

GOD of transforming love, you have taught us through your apostle Paul that all we do without love is worth nothing: send your Holy Spirit to pour into our hearts the most excellent gift of love to transform us and the lives of our churches in the Teulu Asaph, so that in all our worship and our witness we may demonstrate your love in convincing ways to the world. *Amen.*



GWEDDI'R GRAWYS 2026

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JOURNEYING TOGETHER THROUGH LENT 2026

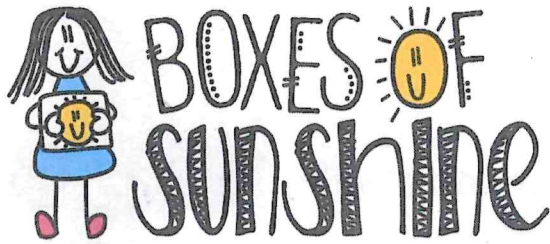
For Lent this year there will be no book or course, but instead we are creating spaces for you to bring along your questions, anxieties or concerns about faith and life, so that together we can reflect, explore and deepen our faith. There will also be extra opportunities for worship and quiet times, as well as our regular events.

(Those listed below will happen every week unless specific dates are mentioned.)

- Mondays** **7 pm Compline** in St Michael's
8 pm Julian Group (contemplative prayer) on Zoom
(contact Linda Mary for the link)
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All are welcome at any of these – find a time, activity and location that suits you.

LENT COLLECTION



Giving a gift to a young person with a chronic illness

www.boxesofsunshine.co.uk

A Box of Sunshine is a postal box filled with 11 small gifts that we think a young person with a chronic illness will appreciate.

The Mission Area conference has decided that our Lent Collection this year will go towards the Diocesan Offering for 2026, which is in aid of the charity Boxes of Sunshine.

A Box of Sunshine is a postal box filled with 11 small gifts that a young person with a chronic illness or lasting health condition will appreciate. Boxes are aimed at young people aged 11-16, who have a chronic illness, disability or condition (physical or mental) that prevents them from living a normal life. (If you are a parent, carer, teacher, medical professional, relative or a friend of someone in this position, and you think a Box of Sunshine would bring a smile to their face, then do get in touch with them [Boxes Of Sunshine | Charity Gift Boxes](#))

The boxes are prepared by the charity to ensure that they are appropriate to those who receive them. It can be very tough to live with a chronic illness, and the boxes let these young people know that they're not forgotten. Founded in memory of Kirsten, a vibrant 14 year old who face her own health battles, each item in the box is inspired by Kirsten's interests and the things that brought her comfort, such as card games, sunflower seeds, sweets and small treats.

We are therefore asking you to play your part by contributing any donation, large or small. They can be sent to the Parish Office, handed to your churchwardens, or put in the Sunday collection plate, but in each case please put it in an envelope and mark it clearly 'Boxes of Sunshine'. If writing a cheque, please make this payable to the Aberconwy Mission Area, as we will gather all donations together to send to the Diocese.

If any churches would like to put on an event to raise money towards the Lent Collection, such as a Lent lunch or similar - please do let Mandy in the Parish Office know so that we can help publicise it through the Pew News and the March magazine.

March Community

AFTERNOON TEA

Thursday 5th March • 2pm



£5 Pay on the Door - All Most Welcome!

WORLD DAY OF PRAYER

A service for everyone!

Friday 6 March

I will give you rest, come

Nigeria 2026

2.30 pm

**Our Lady Star of the Sea
Llandudno**



INFORMED PRAYER PRAYERFUL ACTION

24-7 365 Days a year Prayer movement Ecumenical International Women-led

wwdp.org.uk

Registered Charity Number 233242