

# 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 Hilary's (1st and 3rd Sundays) Holy Eucharist at St David's (every Sunday)
<b>9.30 am</b>	Holy Eucharist at St Cystennin's (may be 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>2 pm</b>	Holy Eucharist at St Martin's
<b>4 pm</b>	Cymun Bendigaid at St Hilary's (4th Sunday)
<b>6 pm</b>	Café Church in St David's Hall (last Sunday)

\*Please note that on Sunday 29th March the only service for All Saints, St Hilary's and St Michael's will be at 11 am at All Saints

#### OTHER REGULAR SERVICES, GROUPS etc.:

(Further details on other pages - also please check page 6 for extra times during Lent)

**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 (not 4th April)

**Sounds of the Eternal** - Sound bath meditation in St Grwst's Fridays at 2 pm (not 4th April)

**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: **Saturday 21st March** at All Saints

Deganwy - contact [SarahHildreth-Osborn@cinw.org.uk](mailto:SarahHildreth-Osborn@cinw.org.uk) for details

**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 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** - 11.30 am on Tuesdays

**All Saints' House Group** - not meeting during Lent

**Study Group at St David's** - Wednesdays 11-12 noon

**3Cs (Cuppa, Chat and Community)** at St David's twice monthly

**Warm Welcome Bereavement Group** at St Paul's Church Hall 10-12 noon 2nd Saturday of month

**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 St Ffraid's, and **Fellowship Group** at St Paul's - see back page for

contacts and calendar 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](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/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.