

Gwasanaethau rheolaidd yn ein heglwysi

Regular services in our churches

Croeso i bawb - All welcome

Regular Sunday Services:

8 am	Holy Eucharist St Hilary's (1st and 3rd Sundays but Morning Prayer on 17th May)
	Holy Eucharist St David's (every Sunday)
9.30 am	Holy Eucharist St Cystennin's (Morning Prayer on 2nd Sunday)
	Holy Eucharist St Grwst's and St Michael & All Angels (<u>No service</u> at St Michael's 24th or 31st May)
10.30 am	Holy Eucharist St Paul's
11 am	Holy Eucharist All Saints, St David's and St Hilary's (<u>No service</u> at St Hilary's on 24th May or at All Saints on 31st May)
11.15 am	Holy Eucharist St Ffraid's
2 pm	Holy Eucharist St Martin's
4 pm	Cymun Bendigaid St Hilary's (No service in May - usually 4th Sunday)

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/stpaulscraigydnon>

Sunday 24th May - Pentecost - Joint Service 11 am at All Saints with St Hilary's and St Michael's.
Sunday 31st May - Trinity Service - Joint Service 11 am at St Hilary's with All Saints and St Michael'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

Sounds of the Eternal - Sound bath meditation in St Grwst's Fridays at 2 pm (not 8th May)

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 16th May** at All Saints Deganwy
- contact SarahHildreth-Osborn@cinw.org.uk for details

Julian Group - 8 pm Mondays (not Bank Holidays) by Zoom lindamaryedwards@yahoo.co.uk

WhatsApp prayer group: for prayer and to share reflections - contact 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 - contact e.fl.james@hotmail.co.uk

Bible 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

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

Administration of Communion

With coughs and colds circulating, some have asked about receiving wine at the Eucharist. The risk of infection from the common cup is scientifically considered to be very low, but if you are concerned, please feel free to receive the bread only. **Communion in one kind is fully valid.**

Please note that **intinction (dipping the bread into the wine) is not permitted**, as it does not reduce risk and can actually increase the spread of germs. This is an instruction from the Bishop.

If you would like to talk about this further, please speak with a member of the clergy.