



ARDAL GENHADOL ABERCONWY MISSION AREA

PEW NEWS Sunday 8th Feb 2026

St Hilarys Church Services – please note these will continue to be held in the Schoolroom until further notice

Mon 9th – 2.15pm St Pauls Community Fellowship in the Church Hall
8pm Julian Group meet on Zoom – more details from Rev Linda Mary

Tuesday 10th – 11.30am Hub Prayers in St Davids Church – please note the new time from today
2pm All Saints closing service for their MU branch and 2pm for the Glan Conwy Mothers Union monthly meeting

Wed 11th – 10am HE services as usual in All Saints and St Ffraids Churches
11am Bible Study in St Davids Church – no evening Bible Study until further notice
2pm Holy Eucharist Service in St Davids Hospice, Abbey Rd, Llandudno

Thurs 12th – 10.30am HE in St Pauls Church with refreshments and chat afterwards, all welcome
10am to 12 noon Jo's Shed in St Davids Church Hall
Paned a sgwrs every Thursday 10am till 12 at St Grwsts Church

Friday 13th – 10am service in St Davids with coffee and chat afterwards, all welcome
2- 3pm St Grwsts Sound Bath Meditation session

Sat 14th – 10am to 12 noon Warm Welcome Bereavement Group meet in St Pauls Church Hall

Tues 17th Feb 2pm St Hilarys Church Committee Meeting in the Schoolroom

Wed 18th Feb ASH WEDNESDAY – 10am services in AS, SD and SF, 6pm service in SG and 7pm in SM&AA

Thurs 19th Feb: Celebration of Eco Church in St Asaph Cathedral from 10.30am to 3pm, free event and lunch will be provided but you have to prebook your place – to find out more, please ask Mandy for details

Walking in the Wrong Direction and other encounters with God, a preached retreat to help prepare for Lent Saturday 21st Feb at St Beuno's Spirituality Centre, St Asaph from 10.30am to 4pm – 01745 582245 for details

Vocations Day – Ministry in a secular age Sat 28th Feb in Llangollen from 9.30 to 4pm – parish office for details

Church Prayers 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 Shirlcliffe, Olwen Davies, Josie Stanton, Jeff Wright, Carole Roberts, Hilda Oakes Graham Shimmin, Julie Anderson, Hefin Williams, Audrey Worsley R.I.P. Gillian Ager

Readings Sun 15th Feb: Exodus 24. 12-18, Psalm 2; 2 Peter 1. 16-21, Matthew 17. 1-9

Prayer Intentions - For the church communities in our diocese that are currently without a permanent priest, giving thanks for the lay and ordained people who faithfully serve them to maintain their life and witness during the vacancies, remembering particularly our churches and congregations of St Paul's, St David's and St Cystennin's.

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 Rev Sarah 01492 702330, or Tad Huw on 07779 655 949 You can also contact our Lay Mission Area Leader Dilys Stone 01492 879997 or email her dilysstone@cinw.org.uk

Sunday 8th February 2026 Responsorial Short psalm **The Second Sunday before Lent**

Almighty God, you have created the heavens and the earth and made us in your own image: teach us to discern your hand in all your works and your likeness in all your children; through Jesus Christ your Son our Lord, who with you and the Holy Spirit reigns supreme over all things, now and for ever. **Amen.**

A reading from Genesis (1.1 - 2.3)

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters.

Then God said, *“Let there be light”*; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

And God said, *“Let there be a dome in the midst of the waters, and let it separate the waters from the waters.”* So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day.

And God said, *“Let the waters under the sky be gathered together into one place, and let the dry land appear.”* And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good.

Then God said, *“Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.”* And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day.

And God said, *“Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light*

upon the earth.” And it was so. God made the two great lights – the greater light to rule the day and the lesser light to rule the night – and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day.

And God said, *“Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.”* So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, *“Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.”* And there was evening and there was morning, the fifth day.

And God said, *“Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.”* And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, *“Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.”* So God created humankind in his image, in the image of God he created them; male and female he created them.

God blessed them, and God said to them, *“Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.”* God said, *“See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.”* And it was so. God

considered that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God.

We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

This is the word of the Lord.
Thanks be to God.

Listen to the Gospel of Christ according to St Matthew (6.25-34)

Glory you, O Lord.

Jesus taught his disciples, saying: ‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?’

‘Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you — you of little faith?’

‘Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.’

This is the Gospel of the Lord.
Praise to you, O Christ.

God our creator, by your gift the tree of life was set at the heart of the earthly paradise, and the bread of life at the heart of your Church: may we who have been nourished at your table on earth be transformed by the glory of the Saviour’s cross and enjoy the delights of eternity; through Jesus Christ our Lord.
Amen.

Hollalluog Dduw, creaitist y nefoedd a'r ddaear a'n creu ni ar dy ddelw dy hun: dysg ni i ddirmad ôl dy law yn dy holl waith a'th lun yn dy holl blant; trwy Iesu Grist ein Harglwydd, yr hwn gyda thi a'r Ysbryd Glân sy'n teyrnasu goruwch pob peth yn awr a hyd byth. **Amen.**

Darlenniad o Genesis (1.1–2.3)

Yn y dechreuad creodd Duw y nefoedd a'r ddaear. Yr oedd y ddaear yn afluniaiidd a gwag, ac yr oedd tywyllwch ar wyneb y dyfnder, ac ysbryd Duw yn ymsymud ar wyneb y dyfroedd. A dywedodd Duw, "*Bydded goleuni.*" A bu goleuni. Gwelodd Duw fod y goleuni yn dda; a gwahanodd Duw y goleuni oddi wrth y tywyllwch. Galwodd Duw y goleuni yn ddydd a'r tywyllwch yn nos. A bu hwyr a bu bore, y dydd cyntaf.

Yna dywedodd Duw, "*Bydded ffurfafen yng nghanol y dyfroedd yn gwahanu dyfroedd oddi wrth ddyfroedd.*" A gwnaeth Duw y ffurfafen, a gwahanodd y dyfroedd odani oddi wrth y dyfroedd uwchlaw iddi. A bu felly. Galwodd Duw y ffurfafen yn nefoedd. A bu hwyr a bu bore, yr ail ddydd.

Yna dywedodd Duw, "*Casglar ynghyd y dyfroedd dan y nefoedd i un lle, ac ymddangosod tir sych.*" A bu felly. Galwodd Duw y tir sych yn ddaear, a chronfâr dyfroedd yn foroedd. A gwelodd Duw fod hyn yn dda. Dywedodd Duw, "*Dyged y ddaear dyfiant, llyisiau yn dwyn had, a choed ir ar y ddaear yn dwyn ffurwyth â had ynddo, yn ôl eu rhywogaeth.*" A bu felly. Dygodd y ddaear dyfiant, llyisiau yn dwyn had yn ôl eu rhywogaeth, a choed yn dwyn ffurwyth â had ynddo, yn ôl eu rhywogaeth. A gwelodd Duw fod hyn yn dda. A bu hwyr a bu bore, y trydydd dydd.

Yna dywedodd Duw, "*Bydded goleuadau yn ffurfafen y nefoedd i wahanu'r dydd oddi wrth y nos, ac i fod yn arwyddion i'r tymhorau, a hefyd i'r dyddiau a'r blynyddoedd.* Bydded iddynt fod yn oleuadau yn ffurfafen y nefoedd i oleuo ar y ddaear." A bu felly. Gwnaeth Duw y ddau olau mawr, y golau mwyaf i reoli'r dydd, a'r golau lleiaf y nos; a gwnaeth y sêr hefyd. A gosododd Duw hwy yn ffurfafen y nefoedd i oleuo ar y ddaear, i reoli'r dydd a'r nos ac i wahanu'r goleuni oddi wrth y tywyllwch. A gwelodd Duw fod hyn yn dda. A bu hwyr a bu bore, y pedwerydd dydd.

Yna dywedodd Duw, "*Heigied y dyfroedd o greaduriaid byw, ac uwchlaw'r ddaear eheded adar ar draws ffurfafen y nefoedd.*" A chreodd Duw y morfilod mawr, a'r holl greaduriaid byw sy'n heigio yn y dyfroedd yn ôl eu rhywogaeth, a phob aderyn asgellog yn ôl ei rywogaeth. A gwelodd Duw fod hyn yn dda. Benthiodd Duw hwy a dweud, "*Byddwch ffurwythlon ac amlhewch a llanwch ddyfroedd y moroedd, a lluosoged yr adar ar y ddaear.*" A bu hwyr a bu bore, y pumed dydd.

Yna dywedodd Duw, "*Dyged y ddaear greaduriaid byw yn ôl eu rhywogaeth: anifeiliaid, ymlusgiaid a bwystffilod gwylt yn ôl eu rhywogaeth.*" A bu felly. Gwnaeth Duw y bwystffilod gwylt yn ôl eu rhywogaeth, a'r anifeiliaid yn ôl eu rhywogaeth, a holl ymlusgiaid y tir yn ôl eu rhywogaeth. A gwelodd Duw fod hyn yn dda.

Dywedodd Duw, "*Gwnawn ddyn ar ein delw, yn ôl ein llun ni, i lywodraethu ar bysgod y môr, ar adar yr awyr, ar yr anifeiliaid gwylt, ar yr holl ddaear, ac ar bopeth sy'n ymlusgo ar y ddaear.*" Felly creodd Duw ddyn ar ei ddelw ei hun; ar ddelw Duw y creodd ef; yn wryw ac yn fenyw y creodd hwy. Benthiodd Duw hwy a dweud, "*Byddwch ffurwythlon ac amlhewch, llanwch y ddaear a*

darostyngwch hi; llywodraethwch ar bysgod y môr, ar adar yr awyr, ac ar bopeth byw sy'n ymlusgo ar y ddaear." A dywedodd Duw, "*Yr wyf yn rhoi i chi bob llysieuyn sy'n dwyn had ar wyneb y ddaear, a phob coeden â had yn ei ffurwyth; byddant yn fwyd i chi. Ac i bob bwystfil gwylt, i holl adar yr awyr, ac i bopeth sy'n ymlusgo ar y ddaear, popeth ag anadl einioes yn-ddo, bydd pob llysieuyn glas yn fwyd.*" A bu felly.

Gwelodd Duw y cwbl a wnaeth, ac yr oedd yn dda iawn. A bu hwyr a bu bore, y chweched dydd. Felly gorffennwyd y nefoedd a'r ddaear a'u holl luoedd. Ac erbyn y seithfed dydd yr oedd Duw wedi gorffen y gwaith a wnaeth, a gorffwysodd ar y seithfed dydd oddi wrth ei holl waith. Am hynny benthiodd Duw y seithfed dydd a'i sancteiddio, am mai ar hwnnw y gorffwysodd Duw oddi wrth ei holl waith yn creu.

Dyma air yr Arglwydd.
Diolch a fo i Dduw.

Rhan o Salm 136

Diolchwch i'r Arglwydd am mai da yw. Y mae'n gwneud rhyfeddodau mawrion ei hunan. Gwnaeth y nefoedd mewn doethineb. Taenodd y ddaear dros y dyfroedd.

Oherwydd mae ei gariad hyd byth.

Pan oeddem wedi'n darostwng, fe'n cofiodd, a'n gwaredu oddi wrth ein gelynyon. Ef sy'n rhoi bwyd i bawb. Diolchwch i Dduw y nefoedd.

Oherwydd mae ei gariad hyd byth.

Gwrandewch Efyngyl Crist yn ôl Sant Mathew (6.25-34)

Gogoniant i ti, O Arglwydd.

"Am hynny 'rwy'n dweud wrthy ch, peidiwch â phryderu am eich bywyd, beth i'w fwyta na'i yfed, nac am eich corff, beth i'w wisgo; onid oes mwy i fywyd rhywun na bwyd, a mwy i'w gorff na dillad?"

"Edrychwch ar adar yr awyr: nid ydynt yn hau nac yn medi nac yn casglu i ysguboriau, ac eto y mae eich Tad nefol yn eu bwydo. Onid ydych chiwi yn llawer mwy gwerthfawr na hwy?"

"Prun ohonoch a all ychwanegu un funud at ei oes trwy bryderu? A pham yr ydych yn pryderu am ddillad? Ystyriwch llii'r maes, pa fodd y maent yn tyfu; nid ydynt yn llafurio nac yn nyddu. Ond 'rwy'n dweud wrthy ch, nid oedd gan hyd yn oed Solomon yn ei holl ogoniant wisg i'w chymharu ag un o'r rhain. Os yw Duw yn dilladu felly laswellt y maes, sydd yno heddiw ac yfory yn cael ei dafllu i'r ffwrn, onid llawer mwy y dillada chiwi, chwi o ychydig ffydd?"

"Peidiwch felly â phryderu a dweud, 'Beth yr ydym i'w fwyta?' neu 'Beth yr ydym i'w yfed?' neu 'Beth yr ydym i'w wisgo?' Dyna'r holl bethau y mae'r Cenhedloedd yn eu ceisio; y mae eich Tad nefol yn gwybod fod arnoch angen y rhain i gyd. Ond ceisiwch yn gyntaf deyrnas Dduw a'i gyflawnder ef, a rhoir y pethau hyn i gyd yn ychwaneg i chiwi.

"Peidiwch felly â phryderu am yfory, oherwydd bydd gan yfory ei bryder ei hun. Digon i'r diwrnod ei drafferth ei hun."

Dyma Efyngyl yr Arglwydd.
Moliant i ti, O Grist.

Dduw ein creawdwr, trwy dy rodd y gosodwyd pren y bywyd ynghanol y baradwys ddaearol, a bara'r bywyd yng nghanol dy Eglwys, bydded i ni, sydd wedi ein porthi wrth dy fwrdd ar y ddaear, Gwel ein trawsfurfio gan ogoniant Croes y Gwaredwr a mwynhau hyffrydwch tragwyddoldeb; trwy Iesu Grist ein Harglwydd. **Amen.**

Testun allan o Gair yr Eglwys yng Nghymru, Hawffraint Cyhoeddusol yr Eglwys Gŵyllydd 2011. Colebau a Gweddian Ol-Cymun o'r llyfr 'Y Galenau Newydd o'r Eglwys' a gwyddys ym 2003. ISBN - 1853115495. Dyfyniadau a Salmau trwy ganiadau o'r Beibl Gymraeg Newydd Dwygledig 2004. Cymeriadau (Brydeinig a Thramon) y Beibl. Cedwir pob hawl.

Community

AFTERNOON TEA!



Thursday 5th Feb

€5 Entry - Pay on the Door!

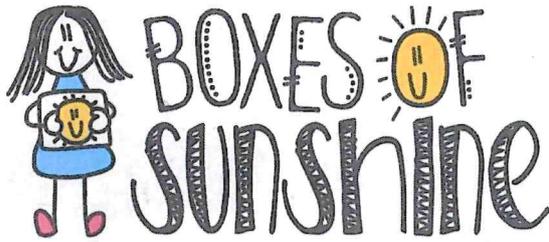
Starts at 2pm

St David's Church Hall

Penrhyn Bay

Tea • Cakes • Good Company!

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.

LENT 2026

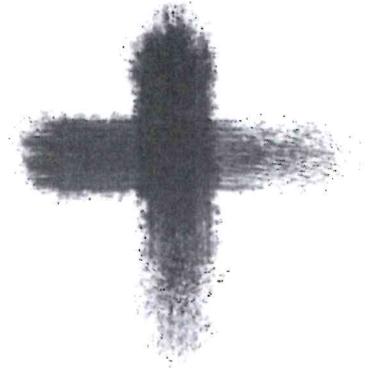
ASH WEDNESDAY 18TH FEBRUARY

There will be services of Holy Communion with Ashing at the following times and places:

10 am All Saints Deganwy, St David's Penrhyn Bay,
St Ffraid's Glan Conwy

6 pm St Grwst's Llanrwst

7 pm St Michael & All Angels, Llandudno Junction



We hope that this range of services will provide an opportunity for everyone to begin Lent as the church suggests, making their communion and act of penitence and dedication.



Life is FULL
of Questions!
Journeying together
through
LENT 2026

LENT GROUPS

As explained on the front page, we are trying a different approach to Lent Groups this year, giving people the chance to bring their questions about life, faith and the world, providing the opportunity for conversations and prayer about the things that are really concerning us.

Sometimes this will take place at existing gatherings for fellowship in our churches, after mid-week services for instance, and there may also be extra acts of worship and gatherings together during the period of Lent. **Look out for more information** about what is happening in or near your churches. St Paul's have already published their plans for a group, meeting in the hall lounge during Lent on Thursdays 5-6.15 pm., and the Wednesday morning group at St David's will start with the Ash Wednesday service leading in to a discussion on Faith using the book of James, with people encouraged to read the chapter beforehand each week. All will be welcome to any of these.

Lent is given to all of us as a gift to develop our relationship with God and with one another - let's make the most of it!

Eco Church Celebration Day

This is a moment to energise, celebrate, enthuse others, and to help grow the Eco Church movement within the Church in Wales and beyond.

You are warmly invited to a special Eco Church Celebration Day, organised by the Church in Wales, recognising and honouring your A Rocha UK Eco Church achievement.

Hear from inspiring speakers offering fresh insight and challenge.

- 🕒 Explore church-based thematic case studies that showcase real impact.
- 🕒 Look ahead together to future aspirations for climate and nature action.

Share your own Eco Church experiences over a delicious lunch

Event details

The event is FREE, but booking is essential.

St Asaph Cathedral
Thursday, 19 February 2026
10.30am – 3pm
<https://ciwl.eventbrite.co.uk>



Save the date!

**'Walking in the "wrong" direction and other encounters with God'
a preached retreat to help prepare for Lent**

**led by Revd Mike Haslam
Diocesan Director of Transforming Ministry, St Asaph**

**Saturday 21 February 2026, 10.30 am to 4 pm
St Beuno's Spirituality Centre, near St Asaph**

**ST ASAPH DIOCESAN SPIRITUALITY GROUP
GRŴP YSBRYDOLRWYDD ESGOBAETHOL LLANELWY**

**For full details and to book your place
contact stasaphspirituality@cinw.org.uk
or call 01745 582245**

