



# Glamorgan Heritage Coast Parish Magazine

Shrove  
Tuesday



## March 2022

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# Parish Magazine

The Rectorial Benefice of the Glamorgan Heritage Coast comprises the Parishes of:

St Bridget's, St Brides; St Michael and All Angels, Ewenny; St Giles, Gileston; St Cattwg's, Llanmaes; St Michael and All Angels, Llanmihangel; St Illtud's, Llantwit Major; Holy Trinity, Marcross; St Mary's, Monknash; St Donat's, St Donats; St Tathan, St Athan; All Saints, Southerndown; St James, Wick.



This magazine serves them all.

**Contributions to be in by 22<sup>nd</sup> of the month please.**

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Please don't forget to pass on this edition of the magazine to people who would otherwise not receive it.

## **This month's cover**

Shrove Tuesday falls on 1<sup>st</sup> March this year. While it is better known in the secular world as 'Pancake Tuesday', it is the day when last year's Palm Crosses are burned and the ashes used on the following day, Ash Wednesday, to mark foreheads with the sign of the cross. Also known as *Mardi Gras* which is French for "Fat Tuesday", referring to the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season hence the pancakes. Lent commences on Ash Wednesday and is the period of preparation for Easter.

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*Most men pursue pleasure with such breathless haste that they hurry past it.*

## From the Editor

Dear Friends,

Are you still in possession of all your faculties? Most of us who, in polite terminology, could be described as 'mature', have suffered from a decrease in our sensory abilities, in particular our sight and our hearing. You may not have come to the necessity of wearing hearing aids yet, so you will not be aware of the positives and negatives of the devices. I will not dwell on those aspects here but confine myself to telling you about a peculiarity. Various hearing aids have the facility of tuning in to a hearing loop. This is where the voice or sound is picked up by a microphone and transmitted via a loop round the room. The hearing aid picks up the signals and converts them back into sounds which are heard by the wearer more clearly than usual because there is no background sound. All this is as it might be expected but there is an 'unexpected' hovering.

It is often the case that the precise positioning of one's head, and therefore the hearing aid, is hugely influential to the quality of reception of the signal. Evidently it is necessary for the loop and the hearing aid to be aligned for good reception. If you see someone in church in what seems to be an unusual position, it may not be due to some dreadful malignity, but because the person is attempting to get good reception!!

This concept of needing to be in the right position in order to get good reception applies to other activities, and here, I am thinking particularly of prayer. It has been said before that prayer should be a two-way process and even should be regarded as a conversation. BUT! Think about it! If you want to have a good conversation with another person, it is better to be in a comfortable position and in a setting that is conducive to the exchange of news, feelings, opinions or whatever. Don't you think that it should be the same with prayer?

Prayer should be a conversation with God. Yes, you should be telling God how appreciative you are for the good things that He has given you in this life. You should be telling Him how sorry you are for all the wrong things you have done and for all the good things which you might have done but didn't. You should be asking him for guidance with regard to any difficulties you are experiencing. And then, having done all this, you should be listening to God's response. In order to receive His Word, you need to get yourself into the appropriate state of mind to make sure that you have the very best chance of hearing and understanding it.

You can pray at any time of day, God is always ready. You can pray in any environment; it doesn't have to be a church. All these are mere details. What does matter and is vital to the outcome of the praying, is that you are in the right attitude of mind to receive God's message to you.

Yours sincerely, *Eric Sparks*

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*If you see someone without a smile, give them one of yours.*

# Life After Covid

I wrote about the Covid 19 Pandemic and viruses in the November 2021 magazine, but at the risk of repeating myself and boring you, I am going to write about them again!

The list of diseases caused by viruses is extensive, ranging from the common cold to foot and mouth disease. Mumps, measles, chickenpox and 'flu are viral diseases as are smallpox and HIV. Several pandemics are well known, especially the great influenza outbreak of 1917/8 which is estimated to have cost a total of 50 to 100 million lives; but Influenza can now be regarded as being under control. The lives which it takes are usually of children or older people. This has been achieved by an extensive programme of vaccination and many of us take advantage of the annual 'flu jab'.

Medical science has made wonderful progress since viruses were discovered. Possibly the most successful operation has been the virtual eradication of smallpox by a policy of isolation of cases and vaccination of everyone. It was so successful that the World Health Assembly was able to announce on 8<sup>th</sup> May 1980, that the world had won freedom from the disease.

Coronaviruses are a species of virus which are so named because the shape is reminiscent of the sun's corona. They also have the property of mutating, or changing format, rapidly. While an infection caused by this particular virus may be distinctly unpleasant, it is usually only fatal in people who already have a health condition.

Some people are expecting the virus to go away, and it won't! Like all other viruses, it is here to stay and what we have to do is to learn to live with it in the same way that we live with all the other diseases in the world.

Just ask yourself this question, "What precautions do I take to guard myself against other infections?" Do you consciously guard against diphtheria, malaria or any other potentially fatal illness? I don't expect so. You probably live a sensible, sanitary lifestyle in the knowledge that hygiene and cleanliness go together and are the best guardians against catching anything. Add to this, no doubt your activities do not include those which would bring you into areas where you are more likely to pick up any infection.

So, what of the future? Restrictions are being lifted and the precautions, which have been mandatory, will be voluntary. Go to the doctor for your Covid jab in the same way as you go for the 'flu jab. Take good care of your health and guard against colds, sniffles and the like being careful not to spread them yourself. We should control our lives by living sensibly and without fearing the worst. Let's get back to normal.

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*If you love life, don't waste time, for time is what life is made up of.*

Dear Friends,

For the first time in 30 years, there is war in Europe. Troops of the Russian Federation has invaded Ukraine in recent days and the death toll is already significant. Modern conflict is fast paced, so I have no idea what the situation will be when you read this; perhaps there may be peace, negotiation and a mood of reconciliation, but that seems a long way in the distance.

Many faith leaders have followed the cue of Pope Francis in asking that Ash Wednesday, 2<sup>nd</sup> March, be set aside as a day of prayer for peace and reconciliation. I hope we will all take time on Ash Wednesday to hold the people of Ukraine in our hearts, and pray for their peace and wellbeing.

The Christian Gospel is founded on a basic respect for one another, and that each of us is equal in the sight of God. Yet conflict is a recurring theme of history, and Christians have sought a rationale for such events in every generation. The greatest Christian thinkers such as Augustine (in the 5<sup>th</sup> century) and Thomas Aquinas (in the 13<sup>th</sup> century) argued that a 'just' war was one where conflict was undertaken by a legitimate authority, and when the intention was right. As the years went on, these criteria were developed to include a need for conflict to be the last resort, when all other means of peaceful purpose had failed. Furthermore, there needed to be a formal declaration of war and a reasonable chance of success – what could be worse than launching a nation into conflict with defeat as the inevitable outcome. One final criterion for a 'just' war, and perhaps the hardest to define, is that the rightness of the cause ought to outweigh the evil that such a conflict might produce.

We may find ourselves running this rule over the situation in Ukraine at the moment, as the rhetoric from the Kremlin and others pays scant regard to the 'just' war of Christian tradition. Conflict between nations can only lead to death and destruction, and the agonising choice facing our world today is whether such desolation is outweighed by the greater evil that may manifest itself if left unchecked. It appears the ultimate decision will rest with our national leaders, whose honesty and integrity are, too often, a matter for discussion and debate: yet their judgement, for good or ill, will be carried by us all.

Meantime, the words of Pope Francis seem to hit the mark:

*"Once again, the peace of all is threatened by partisan interests. I would like to appeal to those with political responsibility to examine their consciences seriously before God, who is the God of peace and not of war; who is the Father of all, not just of some, who wants us to be brothers and not enemies. Pray that all the parties involved refrain from any action that would cause even more suffering to the people, destabilising coexistence between nations and bringing international law into disrepute."*

*Jesus taught us that the diabolical senselessness of violence is answered with God's weapons, with prayer and fasting."*

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*What's right isn't always popular what's popular isn't always right.*

## A few things about Lent:

The word 'Lent' comes from an old English word meaning 'Spring', but this doesn't express anything of the meaning of this season in the Church's year. From early Christian times, there was a period of special preparation for those who were to be baptised. Baptism usually took place once each year on Easter Eve, so Easter would be the first celebration of the candidates' new life in Jesus Christ. The discipline of keeping 40 days of Lent spread to the wider Christian community, and today it runs from Ash Wednesday, through the 6 Sundays in Lent, reaching its climax of celebration on Easter Day.

During Lent, many Christians give up something with a purpose. Giving up sweets or biscuits on its own might shed a few inches around the waistline, but it won't bring us much nearer to God! Saving the money we might normally spend on a treat, and giving that to a local, national or international charity allows us to focus on the needs of others, and make a real contribution to their needs. We usually give donations in Lent to the work of Christian Aid, but opportunities to support refugees from Ukraine may well be available soon.

The use of ashes can be traced back more than 1000 years in Christian service books, and probably existed long before. The palms from the previous Palm Sunday are burned, and a cross is marked in ash on the foreheads of the faithful. This is a sign of penitence and a promise of God's forgiveness, just as in ancient times it was customary to wear sackcloth and place ash on one's head – a sign of total humility. Although Ash Wednesday is a solemn day, it is also filled with the hope and promise of God's forgiveness.

Finally, Shrove Tuesday is the day before Ash Wednesday, and has always provided the chance for a last celebration before the discipline of Lent begins. A 'shrove' isn't another name for a pancake! It refers to being 'shriven' or making a confession in preparation for Lent. The tradition of making pancakes comes from the desire to use up rich foods such as butter, which were often given up for the season of Lent.

## Radio 4 Sunday Worship

We have been working hard on a programme to be broadcast on BBC Radio 4. The programme explores the heritage and legacy of St Illtud and the early Celtic saints and was recorded recently at St Illtud's Church for the 'Sunday Worship' slot on Radio 4 at 8.10am on Sunday morning.

The programme was due to be broadcast on Sunday 27<sup>th</sup> February, picking up a Welsh theme just a few days before St David's Day. Unfortunately (but quite understandably), the crisis in Ukraine meant that a different programme had to be broadcast, featuring the Ukrainian Christian community in London and the Ukrainian Catholic Bishop, Kenneth Nowakowski, and it is well worth listening to. Our own broadcast from the Heritage Coast will be re-scheduled in the coming weeks.

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*Advice is what we ask for when we already know the answer but wish we didn't.*

## No oil on troubled waters

On 16th October 1973, the Jewish festival of Yom Kippur, the Day of Atonement, and surrounding Arab nations suddenly attacked Israel. It was a near thing, but for American weapons airlifted in, and the largest tank battle ever seen taking place in the Sinai desert. Eventually the Israelites overcame the odds, but even they were relieved when U.N.O. arranged a cease fire.

The Arabs, once again humiliated, took it out on the Western nations by increasing the price of oil by 70 per cent, and by the end of December the Gulf States had doubled the price of oil, with devastating effects in Britain and Europe.

We all soon felt the effects of these changes, with the Government printing petrol rationing coupons, and those of us with oil heating had to shiver. The Spartan effect was equally felt on our churches, and the serious situation comes up a number of times in the Vicar's notes in the autumn and winter magazines.

In the November issue he wrote about the delay in obtaining vital parts for the changeover to oil in St. Illtyd's, adding: *In view of the present uncertain oil situation, and possible rationing, this may turn out to be a good thing*, adding that Walter Davies was able to get the old system working again, while D. William Ltd. had come to their rescue with more coke supplies.

Also in the November issue, writing about Remembrance Sunday, he said: *The Middle East War with its frightening possibilities brings home to us again how fragile a relationship peace really is, and how much we have to work for it, and can never take it for granted.*

### Change the man or society first?

This was the question the Vicar asked in the October Magazine, writing once again about mission and quoting the Gospel story of the Good Samaritan, followed by Jesus' rebuke of Martha for worrying about serving rather than listening. Whichever way is right, he said, both are necessary.

### The Holy Spirit at Liverpool.

The Vicar wrote that four young people from the parish had spent a week at Liverpool with 800 others in September, returning with glowing accounts and much moved by their experience. A fuller account was promised at a later date, but there is no evidence of this; nor do we know who they were. Can anyone remember this?

### Welcome back.

In the October inset it was announced that the Revd. David Lewis, curate in charge of the suspended parishes of Marcross, Monknash and Wick had now been collated and inducted as Vicar. thus ending the suspension.

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*Have no fear of perfection, you will never reach it.*



## **The protection of the unborn child**

This was the heading of the main article in the November issue, with the Vicar clearly showing where he stood on such a contentious issue: *What sort of nation is it that allows its helpless young to be destroyed for convenience sake?* This was because Parliament was going to discuss a report on the working of the 1967 Abortion Act. He wrote about a letter to be read from the bishops and prayers offered for guidance, but there is no further mention of it in future issues of the Magazine. The future trouble with his eyes may have affected this.

### **Fill up here.**

In the December issue the Vicar was writing about the way our towns have been developed to suit traffic; *places to get out of rather than to live in and enjoy. It is time the car was put in its place, as a useful servant and not a demanding master. If the oil shortage does this, some good at least will come out of it.*

1973 was the year when crash helmets became law, Red Rum won the Grand National, Princess Anne married Mark Phillips, Noel Coward and Betty Grable died, as did fifty holiday makers at an Isle of Mann entertainment complex, there were queues at the Westgate Street Post Office for petrol coupons, and when the Pontypridd Male Choir and the Cardiff Police Choir sang Myfanwy to Marlene Dietrich outside the New Theatre, she invited them to join her on the stage.

### **Archbishop Tutu footnote**

Following Phillip's article last month, I was also at Teulu Duw in Builth Wells, at the show ground which used to be the farm where Joe Lawrence's father worked. I was with Maureen and a group of young girls representing Monmouth Diocesan Girls Friendly Society, and for many years since then we have used Bishop Desmond Tutu's joke: *Darling, I can't sleep; read me one of your sermons!*

*D B Brunning*

## **From the Registers**

### **Baptisms**

6 Feb. Florence Marie Hazel Jones

### **Burials**

31 Jan. Kathleen Ann Woods, aged 84 years, St. Athan

3 Feb. Glyndwr Pritchard, aged 78 years, Llantwit Major

4 Feb. Alun Ham, aged 87 years, Rhoose

11 Feb. Joan James, aged 81 years, St. Athan

14 Feb. Jean Margaret Williams, 89 years, Llantwit Major

16 Feb. Frederick Thomas Henry Austin, 92 years, St. Athan

17 Feb. Nesta Deere, aged 94 years, St. Athan

18 Feb. Dennis Martin Collins, aged 77 years, St. Athan

24 Feb. Alan Robert Baxter, aged 79 years, Llantwit Major

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*Don't just wait for inspiration, become it.*

## The Universe – Part 2

I was interested to read Bill Henderson's article in January's Parish magazine about Brian Cox's latest series on the universe. I have watched all of Professor Cox's programmes avidly over the years and even went to see him on tour at the Leeds arena three years ago. I find the whole subject of cosmology fascinating and mind-boggling, but also wonderful and inspirational. We may in the future be able to work out how and when the universe was created, especially now with the launch of the James Webb telescope, but there is very little speculation about why it should have been created in the first place.

In his last programme, Professor Cox speculates that we may now be able to see beyond the 'Big Bang' and that this was perhaps not the beginning of everything after all, because before this there was probably just pure energy. It is logical to argue that if matter can dissipate into energy, as we observe in the physical world, then surely the process can be reversed, and energy can convert into matter? Is this what happened at the Big Bang? However, where did the energy come from initially? How was this created? And what about 'dark matter which seems to dominate and permeate the universe, yet we cannot see it, feel it or perceive it? And the laws of physics – why are they immutable and so predetermined?

As I described in February's parish magazine, I am currently wading through my father's collection of sermons and sorting them into the Sundays of the Church's year. Interestingly, reading what my father wrote in 1941 and in 1962 on Septuagesima Sunday, which is the third Sunday before Lent, and often known as 'Creation Sunday', caused me to ponder on Genesis Chapter 1 in relation to Brian Cox's programmes. There does not seem to me to be any major discrepancies between what the Bible tells us and the discoveries of science. For example, both emphasise the significance of light at the very beginning.

There is no doubt that the more we discover about the universe, the more wonderful everything becomes. I have an overriding conviction that there must be some real purpose and meaning in creation, in which we play an important part. There is clearly much more to be found out and some really profound questions still need to be answered, but perhaps, in the end, it may come down to a matter of faith!!

Dr. David Ellis

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*A bad attitude is like a fat flat tyre, you can't get very far until you change it*

## Surprise, SURPRISE!

I was very surprised and indeed delighted to see that the Glamorgan Heritage Coast Parish appeared not once but twice on primetime television in the beginning of February 2022. Did we get any royalties? Did we even know it was on?? I didn't and came across it purely by chance!

On February 4<sup>th</sup> at 4pm we tuned in to see what was on to watch with our afternoon tea. Fern Britton introduced an hourlong Channel 5 Watercolour Challenge. Four plucky painters were visiting one of the 'wonders of the natural world' the Glamorgan Heritage Coast in South Wales. I know that place!

It seems the series was taking these painters to various places in the UK of interest for a painting challenge to paint what they see and how they would put it on paper to win that day's challenge.

This particulate day they were at St. Donats to paint the church and the castle above and behind it. While they were painting there was also a commentary on the history of the castle and how Randolph Hearst had bought it and added to it. (Something he would not be allowed to do today like knocking a whopping great hole in the outer curtain wall to enclose his Bradenstoke Hall.) Many of the great and glorious of Hollywood and also presidential families visited the castle including Charlie Chaplin, Clark Gable and the Kennedy's.

A week later, much to my second surprise, the TV crew were there again only this time outside the walls of the castle grounds and on the shoreline to paint the beautiful heritage coast from St. Donats eastwards towards the lighthouse at Nash Point emphasising the importance of our wonderful 'Jurassic Coast' where many fossil and dinosaur footprints have been found, the last notable one back in 2015 near Penarth.

Our bedrock is known as Blue Lias stone and it stretches from much further inland and out across the Bristol Channel into Devon and Somerset. It outcrops on the world-famous Jurassic Coast at, among other places, Charmouth and Lyme Regis where we have spent many a happy holiday visiting our old fossils friends from around the Welsh coast!! A dinosaur foot found by chance on Lavernock Beach could be from the earliest known ancestor of the fearsome Tyrannosaurus Rex whose skeleton had been uncovered after a cliff fall the previous year. This mini version was only 50cm, 19.6in tall! Ha love it!!

If you have missed these two wonderful gems of our 'parish' then may I suggest you try getting them on My5 catch up.

Bill Henderson

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*People who throw kisses are hopelessly lazy.*

## Humour

Gareth and Gwyneth were driving home after having dined out rather well. Bearing this in mind, Gareth was driving very, very carefully! As luck would have it a police car came up behind them and, as they were going so slowly, started to follow them. After about a mile, the police car overtook them and pulled them over. The policeman came over and spoke to Gareth, "I would like to compliment you sir, on your driving. You're an excellent example to other road users." Gwyneth leaned over and said, "Yes, Officer, he always drives very carefully when he's had too much to drink."

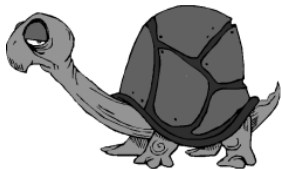
Dilys is a single, never-married woman in her 40s. People have always been questioning her about her status. Over the years, she noticed a subtle change in the nature of their inquiries. In her teens, friends would ask, "Who are you going out with this weekend?" In her 20s, relatives would say, "Who are you dating?" In her 30s, colleagues might inquire, "So, are you dating anyone?" Now people ask, "Where did you get that lovely handbag?"

Bronwen wanted to mark the birthday of her son Dylan, who was at university, with something special, so she rang the house where he, and half a dozen other students lived to see if it was all right to bring over the cake. "Hey, that will be great." came the response from the other end. So she took the cake over but when the young man opened the door and saw what she was holding, his face fell. "Oh! It's a cake. I thought you said keg."

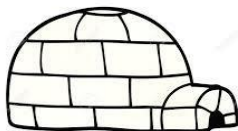
A man said to his grandson, "This is a photograph of your great-grandfather, and this one is your great-grandmother. Do you think that I look like them?" Back came the reply, "Not yet grandad,"

At a party, a young wife admonished her husband, "That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?" "Why should it?" answered her spouse, "I keep telling them it's for you."

A teenager brings her new boyfriend home to meet her parents. They're appalled by his haircut, tattoos, his piercing. Later, the girl's mum says, "He doesn't seem to be a very nice boy." "Oh, pleases mum," says the girl, "if he wasn't nice. Would he be doing 500 hours of community service?"



Does the change in regulations mean that I can go clubbing again?



No! It's your turn to put out the recycling



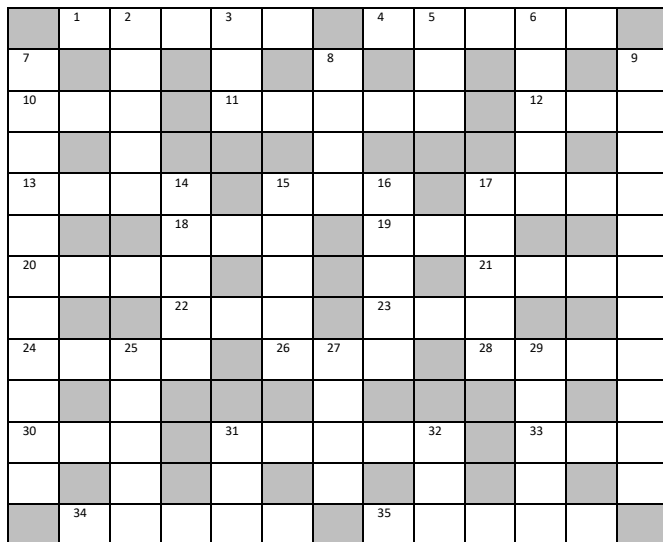
We aren't church folk; you want next door.

---

*You know you're getting old when the candles on your birthday cake start to cost more than the cake itself.*

# Puzzle Page

## Crossword No 113



### Answers

*Across: Steal, 4 First, 10 Awl, 11 Chick, 12 Urn, 13 Aged, 15 Tea, 17 Edge, 18 Ire, 19 Lax, 20 Jazz, 21 Tome, 22 Zip, 23 Ego, 24 Spy, 26 Own, 28 List, 30 Egg, 31 Shrub, 33 Fun, 34 Storm, 35 Marry. Down: 2 Tulle, 3 Arc, 5 Ink, 6 Sound, 7 Maladjusted, 8 Five, 9 Interesting, 14 Dizzy, 15 Tempo, 16 Alien, 17 Extol, 25 Right, 27 Work, 29 Deduce, 31 Sir, 32 Boa*

### Mini Quiz

- 1 Which world leader has a dog called 'Buffy'?
- 2 Matura Diamond is a colourless variety of which gemstone?
- 3 On which island is the Villa Romana del Casale famous for Roman mosaics?
- 4 Who is the only boxer to have won the world Heavyweight title four times?
- 5 Brigg and Barton-upon-Humber are towns in which county?

### Answers

*1 Vladimir Putin, 2 Zircon, 3 Sicily, 4 Evander Holyfield, 5 Lincolnshire.*

Across	Down
1 Thief	2 Fabric
4 Initial	3 Curve
10 Tool	5 Annoy
11 Hen	6 Noise
12 Vessel	7 Unstable
13 Old	8 Number
15 Drink	9 Curious
17 Rim	14 Giddy
18 Anger	15 Beat
19 Lazy	16 Foreign
20 Swing	17 Praise
21 Volume	25 Correct
22 Fastener	27 Toil
23 Self	29 Deduce
24 Sprightly	31 Title
26 Possess	32 Snake
28 Lean	
30 Ovum	
31 Plant	
33 Joy	
34 Gale	
35 Wed	

### Children's Word Ladder

Go from one word to the next by changing only one letter. The first three words are there to help you.

CAME	ARRIVED
LAME	FEEBLE
LIME	FRUIT
	ERA
	ROOFING
	RASP
	LOAD
	CULTIVATE
	CHARGE
	WORK
SOIL	EARTH

*Came, lame, lime, time, tile, file, fill, till, toll, soil.*

*We don't see things as they are, we see them as we are*

# Saint of the Month

## 1 March: St David (500 – 589)

High up in the East Window of St Illtud's Church are the representations of three saints, traditionally said to have been pupils at Llanilltud Fawr, along with one of St Illtud. These are Samson, definitely here; Patrick, definitely not as he was too early; and David, patron saint of Wales.

But was St David ever at Llanilltud Fawr? Was he a pupil of St Illtud? What evidence do we have to back up the tradition? Is there any that we can accept with certainty?

The earliest mention we have of David being at Llanilltud Fawr comes in the 9<sup>th</sup> century Life of St Paul Aurelian. This tells the story of St Illtud driving back the sea which was constantly flooding his monastic school; he was joined in this, the Life says,



by Paul, David, Samson and Gildas, fellow pupils. David is also mentioned as helping Paul drive away seagulls who were eating all the grain in the fields. In the 12<sup>th</sup> century Life of St Illtud, the four are said to have studied with Illtud, "instructed in wisdom".

However, the 12<sup>th</sup> century Life of St David, written by Rhygyfarch, says "the place where holy David was educated is called Vetus Rubus, Hen Vynyw", which has been identified as being near Cardigan. We are then told that after David had been ordained priest he went to be taught by 'Paul the scribe' on 'a certain island'. We know that Paul's monastery was near Llandovery – but here the confusion comes in. Rhygyfarch may have heard about the Paul of Llanilltud who spent time on Caldey Island and mixed up the two Pauls; and made the dubious connection, as did the Lives of St Paul Aurelian and St Illtud, of David being a fellow pupil of Paul at Llanilltud Fawr.

However there does not seem to be any other connection of St David with Llanilltud – and certainly there was a political agenda in those Lives of heightening the importance of the monastery at Llanilltud. To have the patron saint of Wales studying here would aid that purpose. So nothing conclusive - we have to say that the jury is out as to whether David ever came here to Llanilltud Fawr.

*Philip Morris*

---

*The world is full of magic things patiently waiting for our senses to grow sharper.*

# The Meaning of Lent

Most people accept that it is sensible to prepare for events. They save up for birthdays or weddings or get the house ready for guests. In the Christian Church we prepare ourselves as Easter approaches. This festival has the greatest significance in defining what Christianity is about as it was the time when Jesus was crucified, died, was buried and rose again three days later. He prepared himself for his ministry by retreating into the desert for a period of forty days. Here He fasted, meditated and prayed and was tempted by the devil before returning to commence his ministry. We feel that it is appropriate to follow Jesus' example through prayer, penance, repentance and self-denial at this time. People deprive themselves of certain luxuries or undertake charitable tasks during Lent.



Traditionally, Lent starts on Ash Wednesday which derives its name from the practice of placing ashes on the foreheads of believers as a sign of mourning and repentance to God. As part of this stricter regime, homes would eat up "rich" items of food beforehand so that they would not be available to them during Lent. Hence the pancakes on Shrove Tuesday.

It is also customary for churches to bare their altars of flowers, and other devotional offerings, while Crucifixes, religious statues, and other elaborate religious paraphernalia are often veiled in violet fabrics in observance of this event. Lent ends on Maundy Thursday, the day before Jesus was crucified.



*The past cannot be changed, the future is yet in your power.*

## Mothers' Union

By the time you read this we will perhaps have already celebrated St David's Day. Our MU meeting that day has Keith Brown to lead us in one of his very special worship and talks.

Along with the rest of the church, in March, Mothers' Union also celebrates Mothering Sunday and Lady Day. We will be joining our churches on Lady Day, Friday March 25<sup>th</sup> and on Mothering Sunday, March 27<sup>th</sup>. We will be remembering all that is important to us about Mary, the mother of Our Lord Jesus and also our own mothers.

For me, it is almost 46 years since my mother died and I have found a fitting way to remember her with great love and thanks by contributing to the MU "Make a Mothers' Day" appeal. This supports projects run by the MU all around the world, including here in the UK & Ireland.

If this idea appeals to you, you can celebrate or remember someone special by giving a gift of resilience. For the past two years, we've been especially aware how important community, resilience and prayer are in our lives and in those of the people we are most connected with. Support. Our Gifts of Resilience are gifts you can give that will empower women around the world – often women who are themselves responsible for their own families and children.

You can find details on the MU website at Make a Mother's Day and on our own MU page of the St Illtud's website at St Illtud's Church, Llantwit Major : Mothers' Union ([llanilltud.org.uk](http://llanilltud.org.uk))

Sue Beetlestone, Branch Leader

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## Meet, Greet and Eat at St. Donat's

Once a month St. Donat's is using one Sunday for a different type of meeting. Instead of a traditional service we are making opportunities for our members, and eventually the College students, to get to know more about each other through a varied programme of activities. Atlantic College is still restricting contact with its students but we hope, as a congregation, that this will soon change.

In the meantime we celebrated our first Meet, Greet and Eat on Sunday January 30<sup>th</sup>. Gathering in a socially-distanced cluster at the foot of the choir steps, two small electric fires taking the worst of the chill from the air, we started our informal get-together by examining our names. The first question we shared was, "How did you get your name and what does it mean?" Members talked briefly about their names and Rhodri explained the significance of the Welsh names given to his daughters, Anwen (Very Beautiful) and Celyn (Holly, as she was born near Christmas). We then went on to recall as many Bible names beginning with the same initial as our own names. A favourite hymn was recalled which had been life-transforming and we learned more about the history of objects in our church.

A highlight of the morning was the reading of this moving poem, written by Anwen, aged 12 who wanted to express a child's perspective on Holocaust Memorial Day:

### ***Do you remember?***

*Do you remember, when we were three?*

*Nothing mattered, we lived happily*

*Do you remember, many years more?*

*When the soldiers came knocking on my door?*

*Do you remember the soldiers' shout*

*'Alle Juden Raus!' (All Jews Out!)*

*Do you remember trains with plumes of steam*

*That carried us away and muffled our screams?*

*Do you remember my long, long hair?*

*They shaved it off - without a care.*

*Do you remember I never returned*

*As we were marched through gates and we were interned?*

*Do you remember who I used to be?*

*They tattooed my arm for all to see.*

*Do you remember if at school I was missed*

*As the gas began to hiss?*

---

*A hero is someone who has given his or her life to something bigger than himself.*

*Do you remember and think in regret  
That one day my short life you may forget?  
We must always remember the atrocities caused  
Upon the victims of the Holocaust.*

After refreshments we closed our first informal 'getting to know you' meeting with the singing of the Tamil song John Webber taught us some years ago – 'Saranam, Saranam, Saranam (Place of Refuge) followed by a meditation.

We are looking forward to our next 'Meet, Greet and Eat'!

Bob Smith

## Seasons

Seasons will be three years old on the 24<sup>th</sup> March and we have thoroughly enjoyed being part of it. When Jude started it for anyone who would like a chat over a cuppa and piece of cake, we were very excited to have something new in the parish. It has continued throughout the pandemic, very successfully online and now that both Jude and Rhian are no longer in the area they know that we always log in on a Thursday afternoon from the West Church so anyone from far and near can be in contact. The cakes are still excellent and the company superb.

Do pop in when you have time there will always be a welcome. When circumstances allow, we are looking forward to having some trips and have planned for one to West Wales to catch up with Rhian and David, and another to Llangasty Retreat House on the shore of Langorse Lake. Our birthday will be a special day for us all as we look forward to many more years to come. Hope to see you all soon.

Di Gullett

## Eunice

The weekend of the 19<sup>th</sup> February brought record-breaking winds to the South West of the UK and calling the storm by a nice name did not lessen the damage it did. Here are 2 photos, from Bill Henderson, of damage in St Illtud's. Tiles off the roof causing a leak and a tree uprooted in the grounds.



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*The principal act of courage is to endure and withstand the dangers  
doggedly rather than to attack them.*

## Concert

Following on from the first very successful 2019 Festival and the video recording of performances in St. Illtud's of 2021, I am thrilled to be able to present three 'LIVE' concerts on Thursday, Friday and Saturday, March 31st, April 1st and 2nd, all at 7.30 in St Illtud's Church.

The Thursday programme is the Terzetto for 2 violins and Viola by Dvorak, the exciting Duo for Violin and Cello by the Hungarian composer, Janos Kodaly and the beautiful Quintet for Clarinet, 2 Violins, Viola and Cello by Brahms.

The Friday programme is the entertaining Duo for Cello and Doublebass by Rossini, followed by 2 Quintets; the beautiful Mozart Quintet for Clarinet, 2 Violins, Viola and Cello and the marvellous Dvorak Quintet for 2 Violins, Viola, Cello and Doublebass.

The final programme on Saturday has just 2 works; Brahms glorious Sextet for 2 Violins, 2 Violas, Cello and Doublebass and an incredible work, the Octet by the 16 year-old Mendelssohn, for 4 Violins, 2 Violas, Cello and Doublebass.

The Llantwit Major Chamber Music Festival aims to bring together international musicians to inspire, empower and connect the community through classical music and I and my colleagues will be delighted to meet and chat over a glass of wine in the West Church afterwards.

Ben Tarlton - Artistic Director

## Ukraine

We are all highly disgusted and greatly dismayed by the news that Russia has attacked the Ukraine. There may not be much that we can do directly to help, but we can, at least, keep the people in our prayers. See also, Father Edwin's page.



**Llantwit Major**  
**Chamber Music Festival 2022**

Venue - St Illtud's Church, CF61 1SG

Artistic Director - Ben Tarlton

**31st March, 19:30**  
Dvorak - Terzetto  
Kodaly - Duo  
Brahms - Clarinet Quintet

**1st April, 19:30**  
Rossini - Duo  
Mozart - Clarinet Quintet  
Dvorak - String Quintet

**2nd April, 19:30**  
Brahms - Sextet No.1  
Mendelssohn - Octet

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*People say you can't live without love, but I think oxygen is more important.*

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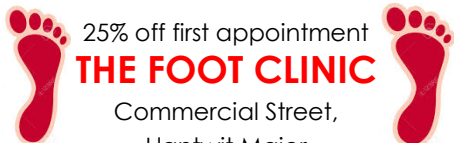
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Contributions to be received by 22<sup>nd</sup> of the month.

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*By all means reach for the stars, but don't trip on the rocks that may be at your feet.*

March 2022	Sunday 6 <sup>th</sup>	Sunday 13 <sup>th</sup>	Sunday 20 <sup>th</sup>	Sunday 27 <sup>th</sup> Mothering Sunday	
St Illtud 8.00am	Eucharist	Eucharist	Eucharist	Eucharist	
Wick 8.15am	Online	Online	Online	Online	
St Tathan 9.00am	Morning Prayer	Eucharist	Eucharist	Eucharist	
St Illtud 9.30am	Online & in person	Online & in person	Online & in person	Online & in person	
Ewenney 9.30am	Morning Prayer	Eucharist	Eucharist	Eucharist	
Gileston 9.30am	Eucharist		Morning Prayer		
Llanmihangel 9.30am	Eucharist		Morning Prayer		
Llanmaes 11.00am		Eucharist		Morning Prayer	
St Brides 11.00am	Eucharist	Morning Prayer	Eucharist	Eucharist	
Wick 11.00am	Eucharist	Eucharist	Eucharist	Morning Prayer	
St Donat 11.15am	Student Service	Morning Prayer	Prayer & Praise	Meet, Greet & Eat	
Marcross	<b>Friday 4<sup>th</sup> 9.30am</b> Friday Fellowship				
Monknash			<b>Friday 18<sup>th</sup> 9.30am</b> Friday Fellowship		
Wick 8.30am	<b>Thurs 3<sup>rd</sup></b> Morning Prayer on Zoom	<b>Thurs 10<sup>th</sup></b> Morning Prayer on Zoom	<b>Thurs 17<sup>th</sup></b> Morning Prayer on Zoom	<b>Thurs 24<sup>th</sup></b> Morning Prayer on Zoom	
St Illtud 10am	<b>Ash Wednesday</b> Eucharist	<b>Wed 9<sup>th</sup></b> Eucharist	<b>Wed 16<sup>th</sup></b> Eucharist	<b>Wed 23<sup>th</sup></b> Eucharist	<b>Wed 30<sup>th</sup></b> Morning Prayer
St Illtud 12.15pm	<b>Fri 4<sup>th</sup></b> Eucharist & soup lunch	<b>Fri 11<sup>th</sup></b> Eucharist & soup lunch	<b>Fri 18<sup>th</sup></b> Eucharist & soup lunch	<b>Fri 25<sup>th</sup></b> Eucharist & soup lunch	
St Tathan 11am	<b>Ash Wednesday</b> Eucharist	<b>Wed 9<sup>th</sup></b> Eucharist	<b>Wed 16<sup>th</sup></b> Eucharist	<b>Wed 23<sup>th</sup></b> Eucharist	<b>Wed 30<sup>th</sup></b> Morning Prayer
Southern Down 3pm	<b>Ash Wednesday 2<sup>nd</sup></b> Eucharist	<b>Wed 9<sup>th</sup></b> Evening Prayer	<b>Wed 16<sup>th</sup></b> Eucharist	<b>Wed 23<sup>th</sup></b> Evening Prayer	<b>Wed 30<sup>th</sup></b> Evening Prayer
St Brides 7.00pm	<b>Ash Wednesday</b> Eucharist				
Wick 7.00pm	<b>Ash Wednesday</b> Eucharist				



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Please do not hesitate to get in touch if you have any concerns or need help.

Peidiwch ag oedi cyn cysylltu â mi os oes gennych unrhyw bryderon neu os oes angen help arnoch.

### Contact / Cysylltu



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