

Mothers' UNION

Christian care for families
Gofal Cristnogol i Deuluoedd

IN TOUCH

The Llandaff Magazine

Autumn Edition 2016

Celebration Issue

Tea Parties Abound

Branch and Deanery News

Our patron HM The Queen is honoured

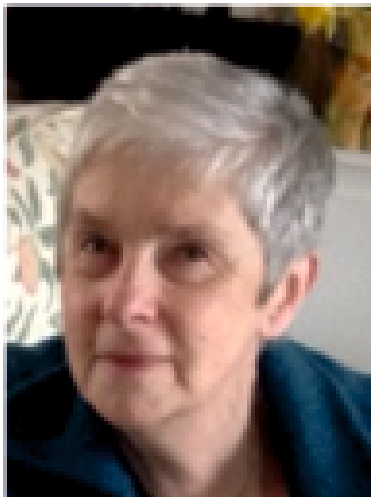
MU at The Senedd

Praise God Twice!



The Mothers' Union Magazine for the Diocese of Llandaff Autumn 2016
Undeb y Mamau Gofal Christonogl I Deuluoedd Esgobaith Llandaf Hydref 2016

From The Editor



Dear Fellow Members,

I recently attended a Branch meeting as a speaker and I was asked to talk about this magazine. This was a first for me but I explained how the publication is put together on my small laptop computer. How reliant I am on the input I receive from you and the challenges of filling 16 pages every several months.

Photos make the pages much more interesting but they must be of good enough quality to reproduce and this really means emailing them even if you need to find someone else to do this for you.

The birthdays rule which is that to get a mention you need to be 80, 85 or 90 plus! Call me ageist but 70 is really too young for inclusion. Dates can be difficult and we do not publish calendars of events because it can take too long between publication, printing and distribution. Notice of an event you have missed would be very annoying. Similarly I do not mention Christian festivals because something relating to Christmas may well not end up in your hands, Dear Reader, until February!

Finally there is the thorny issue of confidentiality. This magazine is often left for public scrutiny in churches and elsewhere. Shortly, it will also appear on our Diocesan website which means anyone in the world can read our news and concerns - please be aware of that.

Your contributions make In Touch a magazine which reflects who we are,
With every blessing,
Tyann

Lovely memories of the Autumn,
Appears once again in life.
With yellow, brown, red and green,
Leaves of life that scattered and survived.

When bitter sweet nostalgic story of life,
With shadow and shine appears,
And spreads its beauty and its grace,
Under which the long path of life disappears.

Disappears under the joyful burden,
And loads of the beautiful fallen leaves,
That dance all around and sing with smiles,
The lovely song of Autumn brief.

For God has made this lovely season,
A source of love, peace and cheer,
In which we get another chance,
To shed the burden of pain's layer.

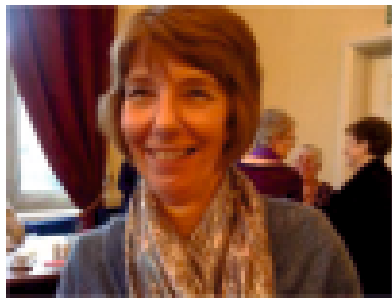
For the lovely dry leaves of Autumn bring,
Beautiful colours like the blooming Spring,
Where red, yellow, brown and green is seen,
With God's grace and love and beauty's ring.

By Seema Chowdhury

Inspired By the beautiful changing colours of the Autumn.



A Letter From The Diocesan President



The weeks and months are flying by, unfortunately with very little beach weather and often sad and distressing reports in our newspapers and on our televisions. Visiting branches, attending deanery festivals and the Cathedral Eucharists over the past months it has been wonderful to see and hear about how you have been celebrating 140 years of Mothers' Union. Branches are as enthusiastic as ever organising and fundraising events to ensure that Mary Sumner's amazing vision of supporting family life, through working with people of all faiths or none, continues and there will be news and photographs of these events elsewhere in the magazine.

In May I attended Worldwide Council in Swanwick, a busy three days but also inspiring, particularly when listening to the wonderful, often moving stories from across the world. Before the conference each Diocesan President was asked to complete a form giving details of three of their projects with accompanying photographs if possible. My dilemma was how to choose just three when we are involved in so many good projects, in the end I chose three that were relatively new: (i) Healthy Eating for homeless young people in the Cynon Valley, (ii) Nosh and Natter in Port Talbot and (iii) Supporting WSSAG - Women Seeking Sanctuary Advocacy Group (Wales). On arrival at conference the walls of the main hall were covered with forms and photographs from each Diocese. Throughout Great Britain and all Ireland Mothers' Union are involved with and are making such a difference to people's lives, working in prisons, family contact centres, supporting and welcoming refugees. Imagine my surprise when during one of the evening sessions up popped on the overheard screen the photograph of one of Llandaff's projects - our Healthy Eating support for homeless young people. The project has been singled out to be part of a promotional video Mary Sumner House are putting together and for a whole day in July a film crew came to the Cynon Valley and followed some members shopping at ASDA, others putting together emergency personal boxes and home start gift boxes. There were interviews with members, lots of "ready, action and cut, let's do that again"! More information about this will be given in our next issue, who knows Hollywood may come knocking!!

I'm sure during the school holidays many of you like myself have been supporting your families by looking after grandchildren, nieces and nephews or God children. The time we spend with them is pretty special not least because we can usually devote all our time to them, housework, washing and ironing etc. can be put on hold and isn't it the duty of grandparents to spoil them just a tiny bit? We may have taken them swimming, to the park or even the beach, things we take for granted but this isn't the case for many families. Visiting the caravan during 'open week' in July, I again noted that invariably the comments left in the Visitors Book mention the "special time" they have been able to have together. This is the wonderful thing about our AFIA caravan, holidays are not means tested, we don't need to know about the family's background or where they come from all we need to know is



▶ that their lives have met with adversity and having this time together will be "special and make a difference". Fundraising for the caravan is always exceptional but I hope that the sponsorship of Andrew Davies in Cardiff's Half Marathon on 2 October and our Celebration Concert on Thursday, 20th October at 6.30 p.m. at St John Baptist High School Aberdare will be well supported so that further funds can go towards our new caravan.

At a recent Sunday Eucharist we sang the hymn "Jesus, good above all other", how appropriate I thought the words of the last verse were for us: *"Lord, in all our doing guide us; pride and hate shall ne'er divide us; we'll go on with thee beside us, and with joy we'll persevere"*.

With my love and prayers

Lynne

The MU at the Senedd

'Three men went to mow' but this time it was three women and we didn't go to a meadow, we attended the 'Communities in Unity: A Celebration of Eid at the Senedd' in July. However, it was hot enough to be in a meadow under an unforgiving sun, as it was the hottest day of the year and the glass wall of the Senedd was imitating a greenhouse.

The event was an informal celebration with Welsh Government sponsoring the evening and providing light refreshments of soft drinks and Welsh cakes and plenty of bottled water COLD.




There were short speeches from the First Minister and the Cabinet Secretary for Equalities and the Muslim Council of Wales and the Centre for the Study of Islam in the UK at Cardiff University contributed to this event. We heard a recitation from the Quran, a moving contribution from a Syrian refugee, singing and music and an explanation of the celebration of Eid. We symbolically broke the fast of Ramadan with a date. We heard a short interview with a young Muslim girl and learned about the good work being undertaken in welcoming refugees.

The turn out was very good and it was a moving occasion in which we all became better informed and recognised and underlined our willingness to work together for an inclusive Wales.

When we returned home to recuperate from the extreme heat and looked forward to a shower, it made us realise how important our homes are to us and that refugees don't have a sanctuary to call home.

Susan Rivers, Jodie Taylor and Penny Snowden

Baglan Branch Celebrates

Our Ascension Day Service at , was also a special occasion for our Mothers' Union, as we celebrated the loyalty of eight of our members, by presenting them with Long Service Awards in recognition of their time spent in our M.U. family. The photograph shows our Mothers' Union Leader, Gaynor Hollingshead, with five of our members who received the award from our lovely Vicar, the Reverend Steven Jenkyns.



In the photograph are: Pat Ellis, Joan Dennis, Jan Alexander, Marion Davies & Viv Rees

Unfortunately, due to illness, the following members Margaret Cole, Eirlys Jones & Ada Hopkins were unable to attend the Service, but our thoughts and prayers were with them throughout.

During the Service, we were also delighted to welcome six new members to our M.U. family, and in the photograph with Gaynor and our Vicar are: Valerie Morgan, Rosemary John, Sandra David, Hilary Grifiiths, Glenys Jones & Barbara Williams

We are proud to have a thriving Mothers' Union Branch of over eighty members, and a regular attendance at every meeting of almost fifty.

We hope our numbers will continue to increase, as the commitment of the M.U. to helping families around the world continues to grow.



As John Wesley wrote, 'Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.'

News From The Branches



Gellygaer Parish Mothers' Union held a party to celebrate the Queen's 90th birthday along with two members of St. Margaret's church in Gilfach, whose 90th birthdays fall this year. Joan de la Taste is a member of our Mothers' Union. We had a wonderful party where anyone in our community was welcome. The Mayor of Caerphilly Borough Council, Mrs Diane Price came to join us and remarked on what a wonderful time was had by all. We had a quiz on the three 90 year olds and the cakes made by so many volunteers were outstanding.

When we realised it was the turn of **Whitchurch Benefice MU** to host this year's Deanery Fundraiser we thought long and hard about what to do. The result was a Royal Vintage Tea Party to celebrate the Queen's 90th birthday.

After weeks of planning and enthusiastic discussion, we turned up on the morning of Wednesday June 15th to decorate the All Saints Church Hall, Rhiwbina with red, white and blue balloons, flags and bunting. The tables were laid with embroidered cloths over white tablecloths and vintage bone china in a range of patterns and designs. Even the flowers were red and white in blue vases. The result certainly had 'wow' appeal.



In the afternoon we welcomed over one hundred guests with representatives from each of the seven branches in the Deanery. All enjoyed a delicious afternoon tea of sandwiches, home made scones and cakes.

We also had some fun quiz sheets on the tables and a selection of Royal memorabilia to entertain our guests.

As well as an afternoon of fellowship and fun we raised £1000 for the AFIA Caravan



Cardiff Deanery MU afternoon tea raised in excess of £150 for the caravan. This took place at St Mark's Church in Cardiff. As a church every 5th Sunday we use the collection plate offerings to support Christian charities and we were fortunate to use this Sunday for the caravan.

News From The Branches



St Augustine's Branch Penarth, held a festal Evensong on 24th July to celebrate our 140th anniversary. The Venerable Peggy Jackson was the preacher and Lynne our Diocesan President joined us together with members from Barry and Penarth All Saints' branches. A collection was taken for MU charities



New members at St Augustine's Penarth

Revd Richard Griffiths, Ann Jenkins, Revd Mark Jones, Jane Higley and Ray Jacklin.



The group of three long serving members are: Marion Rowlands, Megan Martin and Barbara Browne

The Newton Nottage Branch

celebrated the 140 years and our Patron's 90th Birthday with a special tea-party, to which our indoor members were invited.



The delicious food was provided by 'A Matter of Taste' from Laleston. The tea, subsidised by the sale of M.U. cards, was made 'extra special ' by the wonderful cake made and given by Dr Maria Cronje, and 'bubbly' to go with it, given by her mother, Dr Hannah Jones. Because her husband was not well, our Branch Leader was unable to join us...the only downside of the afternoon. Thankfully Derek is now back to his 'usual self'.

Our annual outing was arranged so that members could attend the 140 years celebrations in Hereford Cathedral. The day was enjoyed by Parish members too, who helped fill the coach (making the trip viable) £148 was raised, and shared equally between the M.U. and the Parish.

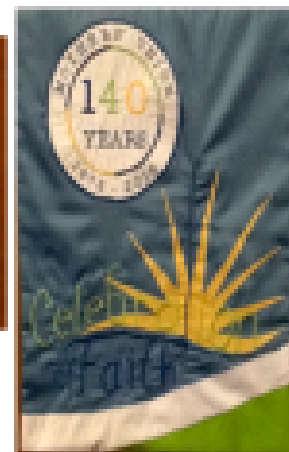


Porth Newydd

The Branch outing was to Worcester and started with lunch at the Cathedral followed by a guided tour and ended with Evensong in the cloisters. A good day was had by all

News From The Branches

Members at **Aberdare** produced some wonderful display material to celebrate the 140th Celebrations



The Vale of Glamorgan Deanery filled a coach to visit Abergavenny in July

Llansannor & Penllyn Mothers' Union Celebrate The Queen's Birthday

Monday, 13th June, was the date for our monthly MU meeting, and everyone full of the news of the celebrations for the 90th birthday of the Queen, patron of the Mothers' Union. Some local members celebrated their 90th anniversaries in the past months so why not our Patron's? A gathering of members and guests met for Afternoon Tea in the Community Hall, just the sort of birthday tea all members enjoy, Welsh Cakes, Coffee cake and Strawberries and Cream!

The meeting began as always with prayers and thoughts for members worldwide together with a blessing for members reaching this great and inspiring age; joining at the end with the Mothers Union prayer. Then something new for the day, a glass of wine and a toast of "The Queen"! There were also some royal scrapbooks compiled by families over the years from the 1937 Jubilee to copies of supplements of the present day, including one from a Scottish newspaper. Then the tea, which was enjoyed by all, and the opportunity to talk around the table about those things which concern us all, families, farming, absent friends unable to attend, firearms in USA (one guest being an American now living in Llansannor) and other serious matters such as how to survive the current rash of football World Cup fever!



Then, time to close the meeting and how could that happen without a final cup of tea to see us home from a very enjoyable and sociable meeting.

For those who know nothing about MU the best way to explain our aim is to read our prayer:

"Loving Lord, we thank you for your love so freely given to us all. We pray for families around the world. Bless the work of the Mothers' Union as we seek to share your love through the encouragement, strengthening and support of marriage and family life. Empowered by your Spirit, may we be united in prayer and worship, and in love and service reach out as your hands across the world. In Jesus' name. Amen."

News From The Branches



Flower Power at Llanfabon M U

Three of our long serving members enjoy a flower arranging evening organised by one of our members Wynne Pugh

Photograph:

Sadie Harrison 83 yrs (right) Audrey Carlick 95 yrs (centre) Margaret Matthews 91yrs (left)

They join in all of our activities with enthusiasms so you can see. They are amazing and fantastic role models for all our members.

On Tuesday 14th June, **Hopkinstown** branch of MU held a celebration afternoon tea to commemorate the 140th founding of the MU by Mary Sumner, the 90th Birthday of Queen Elizabeth 2nd and also the 90th birthday of Mrs. Doreen Lewis member of the local MU Branch. 48 members of Pontypridd MU and friends joined in a scrumptious feast of Tea Sandwiches and Cakes prepared and provided by members of St. David's Church.



Many thanks to all who attended and donated raffle prizes and helped. The event raised £222.00 towards Mothers' Union Charities,

St Theodore's Mothers Union **Port Talbot**

On the 9th of August St Theodore's Mothers Union held a very special event to celebrate the 140 years of the Mothers Union throughout the world and to give thanks for the wonderful work of the MU.

All started of course by that very special lady Mary Sumner and her family.

The event was well attended by Mothers Union members and non- members from the parish and was thoroughly enjoyed by all.

Jackie our leader opened with prayers and a few facts on the Mothers Union and for us all to give thanks for Mary Sumner her foresight, her judgment, which laid the foundation stone for all Mothers' Unions across the world. There was a display board of information and old photos from the past

Many of the guests were asked to dress up in fashion throughout the ages there was fashion from 1920's, 1930's, 1940's, 1950's, 1960's & 1970's on display, all guests were given a glass of wine on arrival and a fabulous cheese & wine buffet followed. On display also we had a war time jeep and one of our members even dressed up in uniform along with a self made gas mask box carrier & hat. A selection of music was played from each decade from 1897 to date.

The evening was very enjoyable and it was wonderful to celebrate such an inspirational lady- Mary Sumner who lived from 1828 to 1921

News From The Branches

Praise God Twice: Newcastle Bridgend We marked the 140th Anniversary of the M.U. with a Mass in May, focusing on the theme "A Celebration of Faith". We at St. Illtyd's, Bridgend also wanted to put that faith into practice and so held a sponsored event to celebrate the anniversary in a novel way and in doing so raise funds for the "Away From it All" caravan in Porthcawl.

The challenge took the form of a sponsored hymn sing with the following format. We chose to sing the first verses of 140 of our favourite hymns. Realising that an organist would never cope with the pace of changing styles and sheet music, our Vicar programmed our digital hymnal to play the hymns without pause save for a short intro to each piece. We had a short break for cold drinks after the first 70 hymn verses and then were straight back to the challenge which took over 2 hours to complete. As a joke, Fr David programmed the machine to play the Hallelujah Chorus from Handel's Messiah (thinking we'd all be worn out and be happy to stop). However we all stood and sang the piece with great gusto.



Mrs Frances McConville
flanked by Branch Secretary Mrs Beverley Lloyd on the left
and Branch Leader Mrs Hilary Markwell on the right.

As you can imagine the hymns were very varied and spanned the ages. We were pleased to have our Deanery President, Mrs Frances McConville, to support us in this challenge and send to her our heartfelt thanks for being so encouraging about the event. We also want to thank: our Vicar, Fr David (a huge task was carried out by him in producing a book of the hymns and for programming the hymnal); and of course all our sponsors for being so supportive on the night and for their generosity.

Everyone agreed that it was great fun and gave a warm feeling of fellowship and a sense of achievement was felt by all (one member suggested we do it monthly!) and in the process we raised over £550!

Singing really does praise God twice.



The members of **St. Illtyd's** with many friends and family supporters sharing in the fun.

Eglwysilan Mu Celebrating Our Centenary 1916-2016

It was on September 8th. 1916 that the first Mothers' Union meeting was held in the parish of **Eglwysilan**. Its venue was St. Peter's Church. St. Peter's itself had been in existence for 11 years. It had begun its life in the Leigh Hotel in Senghenydd (like Our Lord in an inn) and did not have a church building until 2 years later in 1897.

The Eglwysilan Mothers' Union began its life in an unimaginably difficult time just under 3 years after the Senghenydd disaster that left the village with more than 200 widows and 542 fatherless children. St. Peter's itself lost 49 of its congregation, including its People's Warden in just one day. As well as this, in September 1916 the Battle of the Somme was still raging. The vision to set up a Mothers' Union Branch in these circumstances shows the resilience of both the community and the church.

The present membership of our branch can be traced right back to its beginnings in 1916 as some of our members are the granddaughters of some of the original members. The family can recall their grandmother describing how the branch ran at this time.

Hospitality has also been a feature of the Mothers' Union and its role in the church. An important event for the churches in the Aber Valley for many years was the Whitsun parade and was always followed by a tea party which for St. Peter's Sunday School was provided by the Mother's Union: jelly blancmange, and home-made cakes and was much looked forward to by the children. Visiting bishops, so it is said, have been equally impressed.

The Mothers' Union is greatly concerned with social work. The largest Mother's Union branch in the world is in Bagdad with 3000 members and 500 active volunteers. Since the fall of Saddam Hussein, life has been very difficult for Christians in Iraq and so it is not so safe to be a Mothers' Union member. The church this branch belongs to has its own health clinic that treats 2,000 patients a month. It also provides food relief for hundreds of local families, a practice it started when women were too afraid to go to the market because of bombs. Its leader sees prayer life as essential ensuring them of God's protection.

The heart of our branch remains prayer and care and as we may merge with Caerphilly into a new benefice wide branch we know we can look forward with anticipation to a new chapter in our history.



Anniversaries

St Martin's Roath

Congratulations to Barbara and Douglas Taylor who celebrated their

Diamond Wedding anniversary in June with friends and family attending a Champagne Breakfast in their garden.

A glorious sunny day to enjoy all the happy memories shared that day.



Llanishen Branch

Congratulations to Margaret and Caradog Morgan who celebrated their 65th Wedding Anniversary on 11th May 2016

Baglan

We are happy to celebrate "Long Service" in terms of Wedding Anniversaries!

Margaret and Vivian Isaac, Pat and Dennis Ellis, Glenda and Graham Williams all celebrate their Diamond Wedding Anniversaries this year

Whilst Vivien and John Rees, Sheila and Dewi Lewis, and Mary and Glyn Waters all celebrate their Golden Wedding Anniversaries this year.

Pencoed

Diamond Wedding Anniversary of Jean & Norman Davies.

Llanfabon

Congratulations to Ken and Crissie Stock who celebrate their Golden Wedding Anniversary on August 20th 2016. They were married at St John's Church Nelson.



St Peter & St Paul Cimla

Golden Wedding Hazel and John Lovering

Porth Newydd

Wendy and Richie Gardiner Diamond Wedding- 60 years ago they were married at Saron Chapel Williamstown (see the black and white photo)

St Mary Magdalene Cwmbach - Cynon Valley

Ruby Wedding Anniversary of Christine & Malcolm Williams on May 29th 2016

Diamond Wedding Anniversary of Margaret & Ron Daniel on September 8th 2016

Gelligaer

Congratulations to Megan and Ken Roach on the occasion of their Golden Wedding Anniversary on 29th October. We wish them many more years together.

Whitchurch

We were delighted to celebrate the Diamond Wedding Anniversary of Louise and Leslie Clarke in June.

Pyle and Kenfig

Eileen and Glyn Edwards have celebrated their Golden Wedding Anniversary

Barry All Saints

David and Sue Adams will celebrate their Silver Wedding Anniversary in November

Our Linked Diocese of Masvingo, Zimbabwe Celebrates 140 years

This continues our coverage which began in the last issue of In Touch.

On Saturday the 2nd of April, in the afternoon, the Eucharist Service was celebrated by Bishop Godfrey in the presence of all the Diocesan Priests. The procession was very colourful with members of the Mothers' Union holding banners. During the gradual hymn there was another colourful procession with one of the members holding the Holy Bible that was going to be used for the Gospel reading by one of the Deacons. Those in the procession were in their regalia marking the 140th Anniversary-singing and dancing.



On Saturday 02 April, the Mothers' Union donated food-stuffs, clothes, school fees, and blankets.



The Mothers Union kept vigil on Saturday night till morning of Sunday 3rd April.

Worship, Prayer and Giving, seems a good model for us all. Ed.

Birthdays

Penarth and Llandough:

Pictured are Megan Martin with her daughter Judith celebrating Megan's 100th Birthday. Many congratulations!

Caerphilly Branch

Birthday Congratulations to Beryl Williams - 90 years of age.

Ystrad Mynach

Nancy Lewis 90

Llanfabon

Mary Williams has celebrated her 80th birthday

Dowlais and Pant

Mothers' Union at Christ Church Pant, Merthyr Tydfil

Betty Turner was 93 years old on 23 July 2016, Winnie Morgan 96 years old on 13 November 2016 & Connie Lewis 85 years old on 29 November 2016

St Fagan's

Joy Phillips 87 years Shirley Gardiner 81years, Josephine Marshall 82 years Lillian Jacques 81 years, Thelma Stauber 85 years, Gloria Yates 81 years, Gwyneth Thompson 87 years, Audrey Meek 82 years. We wish them all many Happy Returns.

Porth Newydd

Gwyneth Thomas 100 years old in October, she is mostly well and, still smiling (as you see in the photo)

Gelligaer

Several of our members have had special birthdays (all ending with a nought) this year and we end the year with two members celebrating their 80th birthdays; Zelda Evans on 22nd November and Nesta Williams on 13th December. We wish them very happy days.

St Theodore's Port Talbot

Happy Birthday celebrations for Beryl Jones who will be 90 on the 17th August. Also Marjorie Jones will be 80 on the 16th October

Coity with Nolton

Rita Williams 80

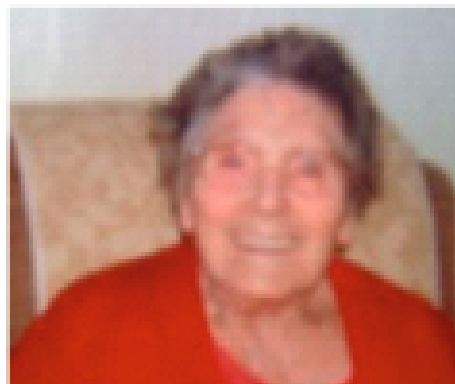
Maesteg

All these members have recently turned 80, Many congratulations to Mrs Lily Thomas, Mrs Madeline Hanford, Hilda Jane Jenkins and Mrs Ann Morris

St Martin's Caerphilly

Beryl Williams who is well known in Caerphilly and who is a regular communicant at St. Martins' and also a faithful member of the Mothers' Union, celebrated her 90th birthday in May.

The weekend before her birthday, Beryl enjoyed a surprise tea party with all her family at the Celtic Manor Resort. On her birthday she held an "at home" and received many visitors throughout the day, with the first arriving at 9:30am. Beryl said that she had a wonderful birthday and that all the celebrations exceeded her wildest dreams.



It has been said that 'the two greatest days of your life are the day you were born and the day you find out why'.

Birthdays (cont)

Whitchurch

In December, Elspeth Griffiths was 91, in April, Clarice Evans and Maureen Hewings were 92 and Gwyneth Vining was 92 in July.

At the June meeting of **Pyle and Kenfig branch**, members celebrated the 90th Birthday of Greta Richards. Greta has been a faithful servant to the branch for many years fulfilling the post of Branch Leader for two terms and secretary for many years.

St Bride's Minor Mothers Union

Mrs Beryl Parry will be 90 on August 23rd. She has been a faithful member of the Mothers Union for 63 years. We all send her our love and congratulations.

Obituaries

St Augustine's Penarth

Peggy Orpin. She was a member for over 50 years and Branch leader for 17 years from 1992 - 2009. Peggy has been a very committed and hard working member who will be greatly missed.

St Michael's Tongwynlais.

Mrs Eileen Jeremy. Indoor member died in May aged 103yrs. She was a long- standing and loyal member.

Llanishen Branch

Mrs Sheila Lockyer sadly passed away on 23rd June 2016 and will be greatly missed.

St Fagan's

Gwyneth Green sadly passed away

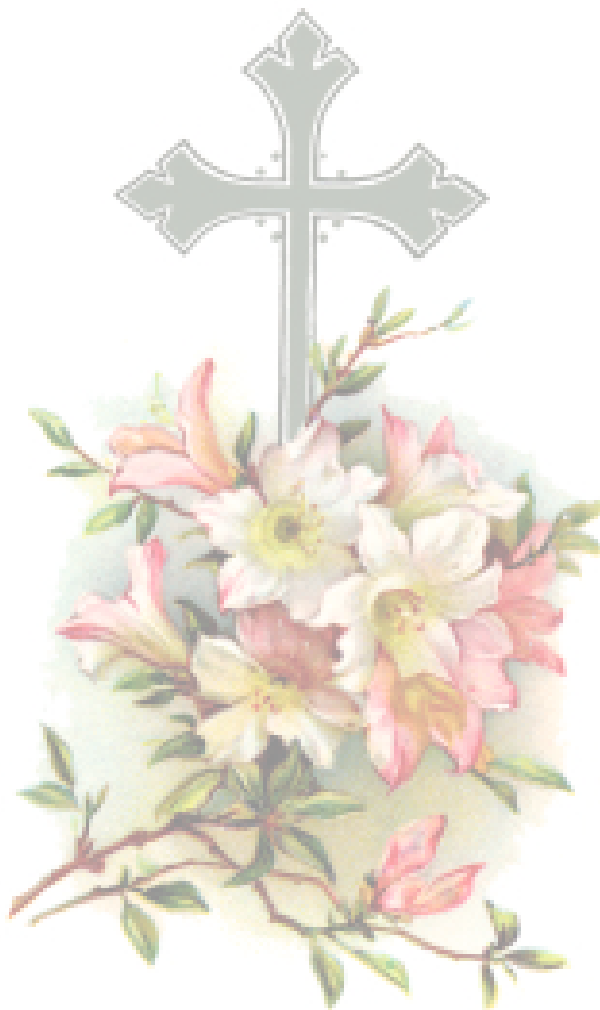
Pyle and Kenfig

Hilda Rees a member for over 60 years passed away soon after her 95th birthday

Sully

Sadly our gentleman member Robin Thomas Croydon died in July after several years of ill health. Robin was a true gentleman, husband and father to a loving family.

Robin had also been a terrific help in supporting Sully Mothers' Union even before he became a member. His wife Angela and her late mother have been long- term members of Mothers' Union Sully.



'God loves each one of us as if there was only one of us to love,' wrote St Augustine. If you were the only person who had ever lived, Jesus would have died for you. And if it is true of you, it is also true of me. God loves you and me.

Summer Retreat 2016 at Llangasty



After a welcome of tea and Welsh cakes, followed by Evening Prayer and our evening meal, our Leader The Reverend Moira Spence, began her first address with an introduction to Ignation Spirituality, the theme being 'Surrender'.

Reverend Moira encouraged us to adopt a meditative approach, feet on the floor [no crossed legs] and to be aware of where we were. She asked us to go to a place where we could be at peace; to be calm; to think of what we had left behind and what we are responsible for and to put all of that into the hands of God. It was a period of quiet and contemplative calm.

In her second address, the theme continuing with 'Celebration', where we are with God, Reverend Moira asked each of us to choose a postcard, to think about the picture and then meditate. What made each one of us choose the picture which spoke to us? Did it conjure up a memory and where did it take us? Where is God in the image chosen by each one of us? Reverend Moira read Psalm 23 aloud and asked us to take a word or sentence which particularly resonated with each of us, which takes us to that peace which we get only from God.

In her third address Reverend Moira reminded us that in the words of St. Paul, we should pray at all times. We put our trust in God. Julian of Norwich encapsulates it in her famous prayer which Reverend Moira read out, "Sin is necessary, but all shall be well, and all shall be well, and all manner of things shall be well", after which we were asked to meditate on what we had experienced that day.

In her fourth address Reverend Moira spoke of Recognition - where is Jesus? who is Jesus? We have to physically/mentally give in, in order to grow. Reverend Moira then asked us to speak to Jesus using terms in the bible: Friend, Father, Counsellor. Then to speak to him using other terms: Saviour, Lord. and then to speak to him using names he called himself: Resurrection, Life, Friend. She asked us what revelations has Jesus given to us? She asked us to think about the title of his creation and how Jesus regards the title of his own creation.

Copy for the next edition should reach the Editor by end of October 2016

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