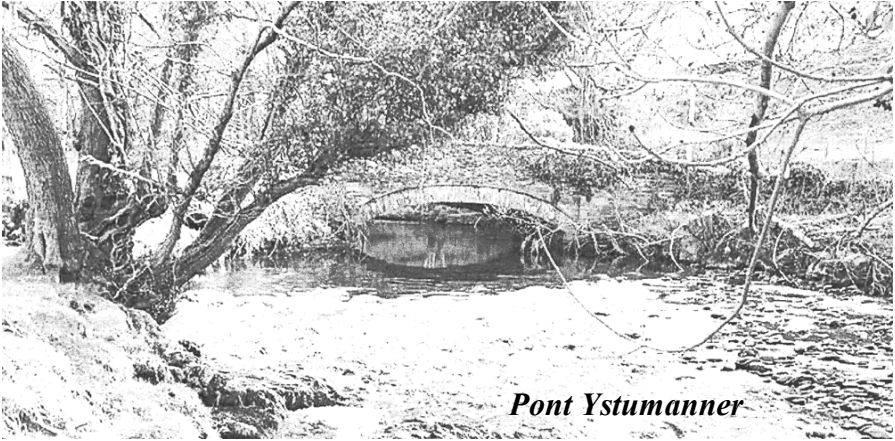




Pont Ystumanner

NEWYDDION BRO YSTUMANNER NEWS

November 2025

Volume 31, number 11

Annual subscription £6.00

Price 50p

Remembrance Rev Steve Rollins

As I write in the middle of October, after Homelessness Sunday and during Prisoners' Week, we are still in Ordinary Time and will be until Advent at the end of November, the month for which I'm writing these words. However, we're journeying through Michaelmastide, we're still in Harvesttide and are approaching Allhallowtide and the Kingdom season. Our main focus for the month will be Remembrance in all its aspects.

Appropriately, today we are asked to remember Esther John (born Qamar Zia, 14 October 1929, died 2 February 1960), a Pakistani nurse who was murdered in her bed at her home in Chichawatni for her efforts in

Christian evangelism. She was later recognised as a Christian martyr, and in 1998 she was honoured with a statue above the great west door of Westminster Abbey, founded by King Edward the Confessor (our saint for 13 October; d. 1066!). She took her place among nine other Christian martyrs of the twentieth century. And the subject of my seminar this evening on Global Christian Mission is Persecution, Suffering and the Growth of the Church.

These issues will be much on our minds and in our prayers at the beginning of November. Following All Saints' Day (1 Nov), we celebrate All Saints' Sunday as the International Day of Prayer for the Persecuted Church (IDOP) when together we pray for Christians who are persecuted for their faith. 'Today, more than 360 M Christians worldwide suffer high levels of persecution and discrimination for their faith,' (Lausanne Movement, 2024). On Monday 3 November we remember All Souls as we build up for Remembrance Sunday (9 November) and the Armistice Day with their Acts of Remembrance ('at the eleventh hour of the eleventh day of the eleventh month').

On perhaps a lighter note, as I write it's the feast day of Saint Tudur (not the famous organist in our town!). Tudur is thought to be the grandson of Seithenyn, a 6th-century prince of Cantref y Gwaelod, the legendary kingdom which is said to lie submerged beneath Cardigan Bay. According to legend, Seithenyn was tasked with keeping watch over the kingdom's sea defences and it was due to his neglect caused by drunkenness that led to it being overwhelmed by the sea.

To atone for his actions, Seithenyn's family turned to religion. Tudur is reputed to have founded a church at Darowen approximately 5 miles to the east of Machynlleth and was later buried there. A custom, now discontinued, developed on the Monday following Tudur's feast day called *Curo Tudor* (the beating of Tudur) during which a young man was chosen to represent Tudur and then carried through the village whilst being beaten on the back with sticks.

I witnessed a revival of this custom in St Tudur's church in Darowen during their Carolau Haf summer version of a Plygain with Spring and

Summer carols. Fortunately, I was not personally persecuted and beaten, but it could have been any one of us...

I pray that you will have a blessed time of Remembrance.

Ministry Area Eucharists

Advent Sunday

Advent Sunday, the start of the Church's Year, this year falls on November 30th, a "fifth Sunday" in Bro Ystumanner's standard service pattern.

There will be a Ministry Area Eucharist service in St Peter's Aberdovey, at 11.15 a.m.

Bishop Andy John will preside. This is an opportunity for us to thank him for his past support of the Ministry Area as our diocesan bishop, and to wish him well as he enters a new phase in his episcopal ministry.

Another Episcopal Visit

In the course of the Diocesan Conference in Bangor Cathedral on October 11th, I learnt that David, Bishop of Bardsey, is very keen to take a service in Bro Ystumanner as part of his support for us in Ruth's absence.

We hope to arrange this during December. Where this takes place will depend on when he is free in relation to our normal service pattern.

Roger Whitehouse

Open the Book

Last month we told you of the urgent need for new people to join the Open the Book team which takes Bible Stories to Pen y Bryn School on a weekly basis.

Sadly, so far no one has expressed any interest.

If we do not have at least two people definitely willing to commit themselves to this outreach work by the end of November, we will have to stop doing this important work.

If you are interested, please contact me (01654 710135) or Alison Sayes (0771 804 6343) urgently.

Meryl Gover

St Cadfan's Service of Light

On Monday 3rd December (All Souls' Day) at 7:30 pm we will hold the annual Service of Light in St Cadfan's Church. This intimate service is an opportunity to remember and acknowledge before God those who have died. There will be an opportunity to light a candle for anyone you particularly wish to remember. The service also includes a contemplative commemoration of the names of the departed that we have been asked to read out. If you would like someone's name to be included please let Paul Inman or Sue Whitehouse know before the service. *Paul Inman*

Pastor Sunday

Sunday, November 16th has been designated as Pastor Sunday, when we are asked to give thanks for all the Pastors who support their communities, caring, listening and helping anyone in need and without judgement.

This is even more poignant for the Bro Ystumanner Ministry Area, since we are currently developing School Pastors in Tywyn. We currently have 15 individuals going forward for training. This ecumenical initiative, established by the umbrella organisation, Ascension Trust, will support the school, the staff and the students at the end of the school day. The focus will be around the railway station.

So what do School Pastors actually do? Well. they will

- engage with the students in conversation,
- ensure that the students are safe.
- listen to any concerns and, if necessary, report back.
- diffuse any difficult situations should they arise.
- Support the vulnerable from any forms of abuse.
- support the staff, work with the police and the local Council.

There are many Pastor initiatives, such as Prayer Pastors, who are the backbone, for they pray whenever a patrol is out in the community. They will pray for any requests when contacted and respond to "arrow Prayers" and will endeavour to solve issues, such as making contact with any organ-

isations who can offer immediate support for individuals with mental health difficulties, accommodation for the night.

Rail Pastors (started in August 2014), also Street Pastors, work with the Samaritans and were requested by the British Transport Police to be a visible presence on the platforms and trains where there is a known high suicide rate. In 2022, it has been reported that the Rail Pastors prevented 52 people completing suicide. Working alongside them again, were the Prayer Pastors who provided the necessary support and contacted the appropriate organisations.

Street Pastors, although they are synonymous with the night time economy, are undertaking more and more daytime patrols. This is becoming more important, because, since Covid, there has been a “change” in society and with this change Street pastors have had to adapt. Mental health issues are a huge part of the work now and sourcing the necessary help is becoming central to the work of the Daytime Pastors.

Frequently, Street Pastors are invited to be a visible presence during national events, such as music festivals, food festivals, the Coronation of King Charles or the Royal Welsh Show - the latter does patrol during the night. The role of the Street Pastor is to care, to listen and to help: it is practical Christianity on the streets. It is where Jesus would be. After all, where did He do most of his ministry? He was out and about amongst the people.

Response Pastors (started in 2015 after the Shoreham air crash) are Street Pastors who have undertaken additional training to support the communities in times of national disaster. The last time Response Pastors were deployed was to Southport, to support the School Pastors there. Yes, whenever disasters involve predominantly children or schools, it is the School Pastors who are initially deployed. Unfortunately as knife crime appears to be on the increase, especially in the school situations, the work of the School pastors is becoming more and more important. In fact, Pastors are now recognised as the 4th emergency service.

There are so many interesting stories associated with Pastors, such as

arranging transport home for a rather inebriated chap who thought he was on a train to Manchester and he ended up in Newtown - quite a challenge for us all, including the Prayers Pastors, but we managed it! The joys of finding a golden handbag stuffed with money only to be told by the police that we couldn't keep it as it was part of a criminal investigation, to negotiating with an individual on the bridge over the River Severn in the pouring rain.

Nationwide there are over 240 initiatives but there are many towns and cities that have requested Pastor input, to keep their communities safe. Police have noted that areas are far more peaceful and the crime rate drops when Pastors are on patrol.

It is such a privilege to serve the communities and many areas have been served by Street Pastors since its outset in 2003.

Interesting Facts

- To date over 20,000 people are trained Pastors in UK alone
- Street Pastors are known globally
- Pastors are now recognised as the 4th emergency service.
- Between December 1st and December 24th 2013, the Street Pastors nationally are believed to have saved the NHS £13 million pounds, by providing basic first aid and contacting family/friends to collect those suffering from an overindulgence of alcohol.
- At the Isle of Wight Music Festival 2025, the Street Pastor's averaged 24,000 steps per day!

• We do meet REALLY interesting people too! (Fiona, Karan and Rosie, on the steps of St Paul's the day after the Coronation With the Archbishop of Canterbury Designate (then Bishop of London).



**Gwasanaeth Golau
Service of Light**



A service of love for all those who have
died whom we wish to remember and
acknowledge before God



Eglwys Cadfan Sant
Dydd LLun 3^{ydd} Tachwedd 7:30 yh

St Cadfan's Church
Monday 3rd November 7:30 pm

*St Peter ad Vincula
Pennal*
**COFFEE, CAKE,
& CHAT**

10.00 – 12.00
Saturday Nov 8th
Do join us, always a

Croeso Dydd Mercher
Welcome Wednesdays

2.00 – 4.00 p.m.
Eglwys Cadfan Sant
St Cadfan's Church
Tywyn



Join us at our mid-week meeting point.
Chat, free refreshments, friendship and support.
Board games, quizzes, crafting.
Or just come and enjoy the church.
Drop in and stay as long as you wish.

Contact: Paul Inman 07980 374770

Croeso cynnes i bawb!
A warm welcome for everyone!



**The Slipway
Tywyn**

GET TOGETHER

FRIDAY, 28th November 2025

12:30 PM FOR 1:00 PM

**SELECT FROM THE STANDARD MENU
AT THE PRICES LISTED**

CONTACT:

ANITA INMAN 07939 287172



CRAFTS FOR GIVING

Monday November 10th

2.00-4.00 pm

**Glass Room,
St Cadfan's Church, Tywyn**

Prayer Walk

Not quite as usual! A meeting of Licensed Lay Ministers in the frozen North (we hope not literally!!) on the usual date has made it necessary to reschedule the walk to Thursday 27 November, the fourth Thursday. We'll try the Abergynolwyn circuit this time - meet at 10am at the Canolfan car park and finish with lunch at an obvious location.

Please let me know if you're coming!

Sue Whitehouse 07789 442035.

Crafts for Giving

We meet as usual at 2pm in the Glass Room, St Cadfan's Church, on the second Monday of the month which this time is MONDAY 10 NOVEMBER. Knit, crochet, sew, embroider, what you will, but everything is for giving to individuals or charities and is accompanied by prayer.

Any questions or ideas - please contact Sue Whitehouse as above.

Eco Ystumanner.

I cannot offer much under this heading this month, except to remind you all that COP30 is taking place in Brazil this month. In the light of discouraging reports about the state of the world's coral reefs as ocean temperatures rise we must all pray that the leaders of the nations and those who make decisions in industry sit up and take real action to limit the emissions which are creating changes in our climate.

Max Birchenough.

NEWS FROM THE CHURCHES

St Peter's Church, Aberdyfi



The tail end of Storm Amy understandably kept many people at home at Harvest Festival weekend but we gave thanks to God for all his good gifts and prayed for those less fortunate than ourselves. All gifts of Food were gratefully accepted by Rose and Andrew at Advent shop in Tywyn to be distributed by the local Foodbank.

St Peter's joined with the English Chapel for our annual bring and share Harvest supper opened with prayers by Simon Morgan and Rev Steve. Thank you for the warm welcome and opportunity for fellowship. Community lunch also gives locals and visitors an opportunity to gather and enjoy fellowship over a three course meal prepared and served mainly by members of St Peters and the English Chapel . This much loved tradition has been part of the Aberdyfi calendar for decades now and we are grateful to all those who help in any way. They are held in the Neuadd Dyfi on on the second Friday of the Month from October through to March . We look forward to welcoming you.

Remembrance Sunday will see us come together as a village to honour those who gave their lives for our Country. A short time of prayer and reflection will take place in St Peter's at 10.30am prior to our Village service, parade and laying of wreaths at the Lych gate Memorial .

Alison Sayes

St David's Church, Abergynolwyn

Our Harvest Festival was a joyous Service led by Reverend Steve Rollins who kindly blessed our Harvest of goods destined for the Local Foodbank.



We were delighted to welcome Jane and Anthony Pearson on a quick visit to the area. It was wonderful to see them again.

We have 3 Services scheduled for November: 2nd November - Holy Eucharist; 9th November - Remembrance Sunday Service; 16th November - Morning Worship

Everyone is warmly welcome to all of our Services.

Sunday 30th November - Autumn Fair at the Ganolfan in Abergynolwyn. A few of us from the Church will be holding a stall selling marmalade, chutneys, savoury goods and books.

Please come along and support this event.

Janet Wright

St Catherine's Church, Arthog

The Songs of Praise service at St Catherine's in mid-September was a beautiful occasion. The people who had requested a hymn each shared with the congregation why it had been important to them and it was inspiring to hear of different people's journeys and hopes. Several visitors joined the regulars and the sanctuary felt full with eighteen of us in total. Very many thanks to Rev George and Rev Steve - and to Carole of course who expertly accompanied a wide range of hymns and songs. As usual we all enjoyed a paned and home made biscuits afterwards.



At time of writing we are preparing for the annual Harvest Thanksgiving on Sunday 19th October. Contributions will be donated to the South Gwynedd Foodbank.

Our thoughts turn frequently to Rev Ruth, Brendan and Krysty and we pray particularly for strength and recovery during this post-treatment season for Ruth.

Catherine Horton

St Cynon's Church, Fairbourne

I had only been in the sea a few times during the summer, but what a blessing it was to walk into the sea at the end of September. The reason for this was for a full immersion baptism of Sharon and Gary. We were lucky with the weather and it was a joyous occasion and thank you to all who came to support them.



Thank you to all who contributed at our Harvest Service, a box of much need supplies was taken to South Gwynedd Foodbank. The children from Ysgol Bro Idris (Safle Friog) also used the church for their harvest service.

At the time of writing our harvest supper is due to take place on Saturday 1st. (update in the next issue). Also our *Service of Light* is due to take place on Sunday the 2nd.

On Saturday 8th, at 6:30pm we will have our *Hour of Remembrance Reflections*.

We also remember, those in our community not only locally but also our wider church community who have asked for our prayers. As always if you know of anyone who would like our prayers or any pastoral support, please do get in touch.

While watching a re-run of Rumpole of the Bailey , Rumpole recites a poem by Thomas Hood, , here it is:-

No sun - no moon!

No morn - no noon -

No dawn - no dusk - no proper time of day.

No warmth, no cheerfulness, no healthful ease,

No comfortable feel in any member -
No shade, no shine, no butterflies, no bees,
No fruits, no flowers, no leaves, no birds! -
November!

Rev George Williams

St Peter ad Vincula, Pennal



The concert to celebrate the wonderful repairs to our East Wall and the return to full working order of our Village Clock was very much enjoyed by all in the full pews. We were all very grateful for the wonderful songs and cello and organ playing provided by our local musicians - with perhaps the loudest applause being given to 10 year old Jack Windsor-Lewis playing his first organ recital. Many then retired to the Glan r Afon where an excellent and large buffet was also very much enjoyed and appreciated by all. We now plan ahead for two more events - the annual Plygain on Sunday December 14th and the Dyfi Singers and Machynlleth Wind Band joint Christmas Concert on Monday December 29th.

Our monthly Coffee and Cake morning is on Saturday November 8th, the day before we celebrate Remembrance Sunday. And once again the School and the community will gather at our War Memorial on Tuesday November 11th at 10.45 am.

Harvest Thanksgiving was much enjoyed with Rev Kath Rogers ,with gifts brought for distribution to some in the village and to the Food Bank, with the School adding their contribution at their Thanksgiving Service.

Our visitors continue to write lovely comments welcoming the church being open (increasingly rare these days ?) and appreciating the beauty, history and the spiritual, peaceful atmosphere in the building. And our regular Sunday services continue to be an important part of our weekly lives.

Hugh Ramsbotham

Tywyn.

We are encouraged that numbers at both our Sunday and Wednesday services remain buoyant, and that out-of-season visitors keep coming back. One or two are even hinting at moving here to join us on a permanent basis. This is most welcome, as what we are most in need of are more people to share the work of keeping the worship and life of St. Cadfan's going. This is not to preserve a church for the sake of it, but to make sure that our ministry continues to help others and glorify God. Maintaining an ancient building has its snares and can easily become our main preoccupation, but we need to keep in mind what it is here for – to minister our congregation and visitors. As I said last month, the comments in our Visitors' Book show clearly that this is worth doing.

We need to work just as hard at maintaining our fellowship and the life of the church. On a practical note, now that the Vestry is coming back into commission, we must make the most of the opportunity to keep things as organized as possible, so that anything needed for a particular service is always ready to hand. We can start with a clean slate after all the work that has been done!

On another practical note, we have been informed that the previous arrangement we had for keeping the churchyard maintained cannot continue on a regular basis. We are looking into alternatives, but in the meantime, we need to attack the growth of grass and bushes ourselves. A workparty has been suggested for the morning of Saturday 22nd November, and we hope that as many as can come and help will do so!

Max Birchenough.

Do you ever wonder how many visitors we get in St Cadfan's?

The National Churches Trust (who were so helpful in supporting the Vestry Floor project) have given us a counter which is discreetly mounted in the entrance to the church.

The counter we installed early in July this year. It shows that in just over three months the total number of people coming into the church was

over 1600! This includes the regular attenders at Sunday and Wednesday services, which we estimate at about 500. The remaining 1100+ includes all the coffee morning visitors, as well as exploring tourists, locals dropping in to light a candle or for a quiet sit and, of course, pilgrims embarking on the Llwybr Cadfan. Many of them find something special in our church.

So the number of visitors over the Summer period this year was approximately 1100! What an opportunity to tell people about what goes on in St Cadfan's and why we are here and what we believe.

Food for thought on ways we might do this better in years to come.

Paul Inman

Family news of an ex-St Cadfan's congregant.

We are delighted to announce that our elder daughter, Revd Canon Liz Hassall, has been appointed Archdeacon of York. As a little girl, she was a member of St Cadfan's congregation.

Roger and Sue Whitehouse

Dem bones, dem bones ...

It has been said that the body of any organisation has four types of bones.

Wishbones -those who spend their time wishing someone else would do something about the current problem.

Jawbones-who spend their time talking about the problem.

Knucklebones-who spend their time knocking everything that everyone has already done or would like to do.

Finally there are the ***Backbones*** who quietly come along, get under the load, and carry it!

Which type of bones are we?

From Sandiway Parish Magazine

Services in November

Midweek Services

Wednesdays 10.30am Holy Communion St Cadfan's, Tywyn
(November 19th – Followed by Prayers for Healing and Wholeness)

Sunday 2nd November – All Saints' Sunday

9.30am	All Age Worship	St Celynnin's, Llwyngwrl
10am	Holy Communion	St David's, Abergynolwyn
10am	Holy Communion	St Peter ad Vincula, Pennal
11am	Service of Light	St Cynon's, Fairbourne
11.15am	All Age Worship	St Peter's, Aberdyfi
11.15am	Holy Communion	St Cadfan's, Tywyn

Monday 3rd November – All Souls' Day

7.30pm Service of Light St Cadfan's, Tywyn

Saturday 8th November

5pm Reflections for Remembrance St Cynon's, Fairbourne

Sunday 9th November – Remembrance Sunday

10am	Remembrance Service	St Peter ad Vincula, Pennal <i>followed by Act of Remembrance at War Memorial at 10.45am</i>
10am	Remembrance Service	St Celynnin's, Llwyngwrl <i>followed by Act of Remembrance at War Memorial at 11am</i>
10.30am	Remembrance Service	St David's, Abergynolwyn <i>and Laying of Wreaths at War Memorial</i>
10.30am	Short Service	St Peter's, Aberdyfi <i>followed by Village Remembrance Service at War Memorial at 11am</i>

Continued overleaf

10.45am	Remembrance Service	St Mary & St Egryn, Llanegryn
10.55am	Remembrance Service) (<i>Remembrance Parade from Leisure Centre at 11.15am</i>)	St Cadfan's, Tywyn
2pm	Remembrance Service	St Cynon's, Fairbourne
3pm	Act of Remembrance	Arthog War Memorial

Tuesday 11th November—Armistice Day

10.45am	Act of Remembrance with Ysgol Pennal	Pennal War Memorial
11am	Act of Remembrance	Bryn y Paderau, Tywyn

Sunday 16th November—Pastors & Safeguarding Sunday

9.30am	Holy Communion	St Celynnin's, Llwyngwrl
10am	Morning Worship	St David's, Abergynolwyn
10am	Morning Worship	St Peter ad Vincula, Pennal
11am	Holy Communion	St Cynon's, Fairbourne
11.15am	Morning Worship	St Peter's, Aberdyfi
11.15am	Holy Communion	St Cadfan's, Tywyn
3pm	Evening Prayer	St Catherine's, Arthog

Sunday 23rd November – Christ the King

9.30am	Morning Worship	St Celynnin's, Llwyngwrl
10am	Morning Worship	St Peter ad Vincula, Pennal
11.15am	Holy Communion	St Mary & St Egryn, Llanegryn
11.15am	Holy Communion	St Peter's, Aberdyfi
11.15am	All Age Worship	St Cadfan's, Tywyn

Sunday 30th November – Advent Sunday

11am	All Age Worship	St Cynon's, Fairbourne
11.15am	Holy Communion	
	Ministry Area Service	St Peter's, Aberdyfi

We look forward to welcoming you to our churches!

November Dates for your Diary

Fri Nov. 7	7.00 for 7.30 pm	Remembrance Concert	Neuadd Pendre, Tywyn
Sat Nov 8	10 am - 12 noon	Coffee Morning	St Peter ad Vincula Church, Pennal
Mon Nov 10	2.00 - 4.00 pm	Crafts for giving	Glass Room, St Cadfan's Church
Tues Nov 18	7.00 pm	Ministry Area Council	Glass Room, St Cadfan's Church
Sat Nov 22		Working Party	St Cadfan's Churchyard
Thurs 27 Nov	10 am	Prayer Walk	Abergynolwyn Canolfan Car Park
Sun Nov 30	11.15 am	Ministry Area Eucharist	St Peter's Church, Aberdyfi
Sun Nov 30		Autumn Fair	Y Ganolfan, Abergynolwyn

NEWSLETTER NOTES

As November is a five Sunday month you get a few extra days to prepare information for the Newsletter! I find getting information late on Friday makes it hard to have the file ready to send on Sunday night so...

LAST DATE for receipt of information

Thursday 20th November

No exceptions!

I very much appreciate anything which comes in early.

Many thanks.

Meryl Gover (mvgover@hotmail.com)

CONTACTS

Vicar and Ministry Area Team Leader	Rev Dr Ruth Hansford	Please contact Archdeacon Robert Townsend roberttownsend@cinw.org.uk 07789 940049
Self-Supporting Associate Vicars	Rev Christina ten Wolde Rev Dr Steve Rollins Rev George Williams (Distinctive Deacon)	01654 767047 01654 288538 /07594 976699 steverollins@cinw.org.uk 01341 250204
Retired Clergy	Revs.Celia & Nigel Adams	01654 711604
Readers	Sue Whitehouse Meryl Gover	07789 442035 01654 710135
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Pastoral Assistant & Worship Leader	Paul Inman	07980 374770
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Newsletter editor	vacant	
Administrator	Roger Whitehouse	01654 712275 roger-m-whitehouse @supanet.com

<i>Aberdyfi, St Peter</i>		
Churchwarden	Alison Sayes [w]	07718046343
Warden Emeritus	Eluned Fowles [w]	01654767570
Worship Leader	David Rynn	01654 767935
Organist	Fiona Covington-Mann	01654711892
<i>Abergynolwyn, St David</i>		
Churchwarden	Janet Wright [w]	01654782632
<i>Arthog, St Catherine</i>		
	Ven Robert Townsend	07789940049
<i>Fairbourne, St Cynon</i>		
Representative	Rev George Williams	01341250204
<i>Llanegryn, St Mary & St Egryn</i>		
Churchwarden	William Williams Wynne	
<i>Llanfihangel-y-Pennant, St Michael</i>		
Administrator	Roger Whitehouse	01654712275
<i>Llangelynnin Old Church, St Celynnin</i>		
Deputy Churchwarden	Pat Griffiths	01341250131
<i>Llwyngwrl, St Celynnin</i>		
Deputy Churchwarden	Pat Griffiths	01341250131
Worship Leader	Sandy Lovett	01341 250788
<i>Pennal, St Peter ad Vincula</i>		
Churchwardens	Hugh Ramsbotham [w]	01654702121
	Alan Fisher	01654791651

[w] also Worship Leader

<i>Tywyn & Brynecrug, St Cadfan</i>		
Churchwardens	Charles Benedetto	01654710640/ 07707 483612
	John Vaughan Jones	01654 712116
Warden Emeritus	Meryl Gover	01654710135
Sacristan	Linda Birchenough	01654288473
Organists	Max Birchenough	01654288473
	Carol Thomas	01654712652
Flowers	Margaret Evans Sarah Taylor	

[w] also Worship Leader

be silent
 still
 aware
 for there
 in your own heart
 the Spirit is at prayer
 listen and learn
 open and find
 heart-wisdom
 CHRIST

