

St Grwst, Llanrwst. St Doged's Pilgrim Church, Llanddoged,  
St Ffraid's Church, Glan Conwy.  
**ABERCONWY MISSION AREA**

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**Cylchlythyr Eglwys /Church Newsletter**  
**07.05.21**

**Teresa of Avila (1515–1582)**  
***Christ Has No Body***

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours.

***Edwina Gateley***  
***Let Your God Love You***

Be silent.  
Be still.  
Alone.  
Empty  
Before your God.  
Say nothing.  
Ask nothing.  
Be silent. Be still.  
Let your God look upon you.  
That is all.  
God knows.  
God understands.  
God loves you  
With an enormous love,  
And only wants  
To look upon you  
With that love.  
Quiet.  
Still.  
Be.  
Let your God—  
Love you.

## Pause for thought...

In the city of Hull there is a new art installation. A glass pod has been sited on top of a very tall building in the city and will remain there for the next 365 days. For an hour every morning at sunrise and every evening at sunset some 700 people will be invited to spend time in the pod being able to gaze out over the city. On the news article this morning the point was made very strongly that people aren't being invited to spend time in the pod to enjoy the view.

The purpose of spending time in the pod is to think, reflect and ponder on the year that has passed. One lady being interviewed said that the overriding feeling she was left with after the year that has passed is fear. Two members of her family have critical illnesses and she had been terrified of anything happening to them. Spending time in the pod afforded her the opportunity to breathe.

We are entering into a time now in our country when restrictions are being lifted with more freedom to come - for many this is both warmly welcome but of concern, what if? In this time now as we move to a new place of a freedom perhaps this is the time to reflect, think and ponder over our own personal experiences of the past year.

If society can understand the need for us as human beings to take time to allow all that we've heard and seen to sink in I'm certain God would call us to a period of reflection.

A couple of weeks ago we celebrated Good Shepherd Sunday when we are reminded that God is indeed the One who lays down his life for us and takes it up again so that we may know that love of God that is stronger than death. There is a sentence in Psalm 23 that has really struck a chord with me after listening to the news article this morning...

*The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters;  
he restores my soul.*

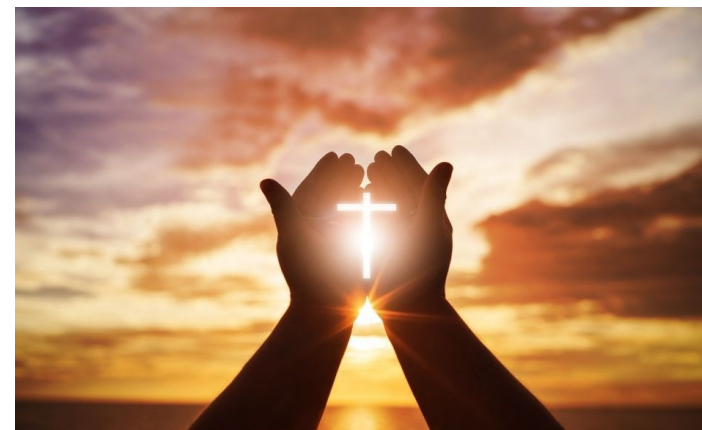
*We would know nothing of the resurrection of Jesus if his followers had not radically changed their lives - and risked their lives - to be sure that the message and the life of his resurrection gave was not lost. They lived with Easter within them, and gave their energies to aid the resurrection energies of God; it's a good model. I know of people who have come to faith because everywhere they went to help in society - in prison, with Amnesty International, with Refugee Aid - they found Christians there, working in the hard, painful places for resurrection to come.*

*Resurrection is at the heart of our faith: it is for every aspect of our lives today; it is worth our energy and our prayer; it is worth the challenge of our comfort, and the pain and wounds from staying with the hard and the difficult. Look for it, work for it, and may God Easter in you."*

## FOOD FOR THOUGHT AND PRAYER

*Where would you like to see resurrection in your life, in the world and in the church today?*

*Are you praying for it?*



An exert from a sermon entitled:  
**Scars Reveal Resurrection**  
by Chris Polhill

*“We are Easter people - Christianity would have withered away without Easter: a longing to see and recognise resurrection should be at the heart of our prayers for ourselves, the world and the Church.*

*But we doubt like Thomas; we doubt the reality of Jesus resurrection, and most particularly we doubt that the resurrection is for our lives today. We like countless Christians before us, push resurrection and all it means away until we die, and talk and sing about this life - this amazing gift of life - as hard, as a vale of tears, as only struggle and suffering, as though somehow this life we live is perpetually in Good Friday and never reaches Easter. But it is just there, in all those hard and painful places, that we should pray for and expect resurrection. We forget that when Martha confronts Jesus with his failure to turn up to heal Lazarus (John 11), Jesus tells her that to know him is to be part of his resurrection life in the here and now.*

*Maybe resurrection is too uncomfortable, too confusing and we would rather leave it until we face death. Having our ideas, our expectations, our whole way of life turned upside down is uncomfortable - change is disturbing. Perhaps that is why the wounded and the desperate are more willing to consider it. Change then can only be for the better.*

*Just stop and think, in these great days of Easter, where would you like to see resurrection: God's pattern on the wounds and scars of life that daunt you. Perhaps where you personally struggle with illness, disappointment, relationship issues - what would resurrection mean for you there, what needs to change? Or in the Church. where we struggle to communicate the Gospel to our culture today. Or in the world - where we see so much violence. I long to see resurrection in Iraq in Palestine/Israel, in the places where children are uneducated, hungry, without health care. And I only have to start naming these wounded and scarred places to underline that resurrection is no soft option, does not come with the wave of a wand, and will need our willingness for God to Easter within us. Easter people need to be tough, to be willing to stay with the Cross, with struggle and pain, for resurrection to come.*

My Taid used to be very good with his hands. He had a washhouse full of tools for any kind of job you could imagine. One of the things he loved to do was restore things when they were broken. It could be anything from a smashed mug to a significant piece of furniture - whatever it was he could restore it.

One of the promises of this prayer of David is that God restores us. None of us will have gone through this past year and come through it unscathed - we've all had our moments. And yes, before you think I'm being self-indulgent here we have perhaps had things better than many. We shouldn't minimise how things have affected us.

An hour a day at sunrise and sunset, to think and reflect...sounds lovely. We have that opportunity to in but instead of doing it in a glass pod on top of a building we can spend time with our God who restores us wherever we are.

Let us determine to be honest with God, not hiding away pretending that life is absolutely fine if it isn't. Let us, morning and evening, spend time with the Lord who loves us trusting that as we open our lives to him he can, in his love and mercy, restores our lives. The promise of Easter is that nothing can separate us from the life giving, life restoring love of God. Let us allow God's love to fill in the cracks of our lives and in our journey towards wholeness let us share this hope with others.

O Christ our tender Shepherd,  
you know how anxious we are  
and how easily we can get lost in the worries of life.  
Help us to hear your voice,  
above the noise of all others  
that we may learn who it is who  
can restore our souls  
and so rest in your loving presence. Amen.

Alleluia, Christ is Risen!

Pob Bendith / Every Blessing ~ Rev'd Sarah

## Church Services on Zoom

Our Zoom services take place in conjunction with our in person worship at St Grwst's at 9.45am every Sunday and it's lovely to welcome anyone who wants to join us.

If you would like a copy of the Order of Service please email  
Rev Sarah: revsarah3005@btinternet.com

To join us, either use the following link or enter the Meeting ID and password as follows:

### **Sunday service**

**9.45am** every Sunday until things get back to normal!!

### **Join Zoom Meeting**

[https://us02web.zoom.us/j/83139796281?  
pwd=NTNoMW05R290UitlcExZeXdIRlFLdz09](https://us02web.zoom.us/j/83139796281?pwd=NTNoMW05R290UitlcExZeXdIRlFLdz09)

**Meeting ID: 831 3979 6281**

**Password: 837996**

## **Panel @ St Grwst's! - coffee & chat**

To join us, either use the following link or enter the Meeting ID and password as follows:

**Every THURSDAY @ 11.00am**

### **Join Zoom Meeting**

[https://us02web.zoom.us/j/86951893623?  
pwd=cHhoZTRpYnRvb05HaTZlbnUvOUlCZz09](https://us02web.zoom.us/j/86951893623?pwd=cHhoZTRpYnRvb05HaTZlbnUvOUlCZz09)

**Meeting ID: 869 5189 3623**

**Password: 200630**

If you need help in setting up Zoom or need to test it's working, then please contact Rev Sarah on 01492 640032 who should be able to help you.

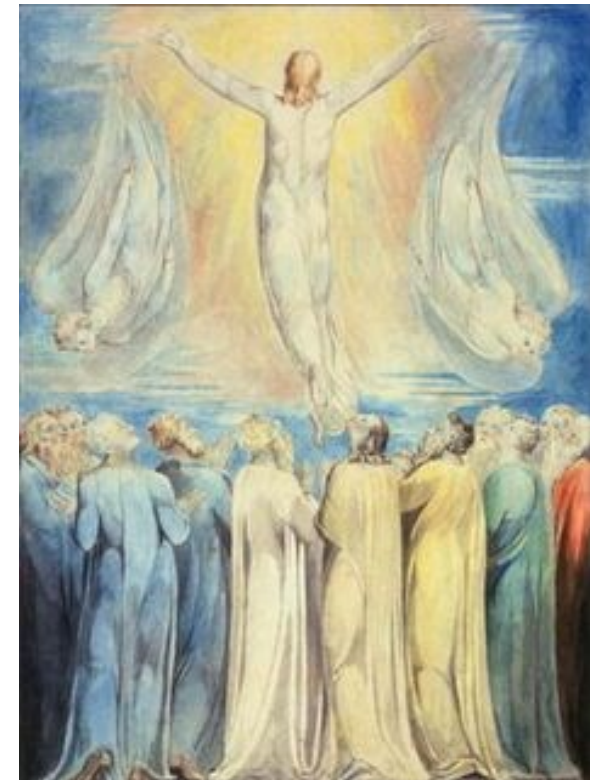
**PLEASE NOTE THE CHANGE OF DAY FOR OUR ZOOM  
COFFEE AND CHAT. FROM NEXT WEEK WE WILL BE  
MEETING ON THURSDAY'S AT 11AM - USING THE SAME  
ZOOM LINK - ALL WELCOME!**

**A Eucharist will be celebrated at St Grwst's for the**

**FEAST OF THE ASCENSION OF JESUS**

**on Thursday 13th May @ 7pm**

**All are welcome to come along and join us!**



**All the usual Covid restrictions will apply**