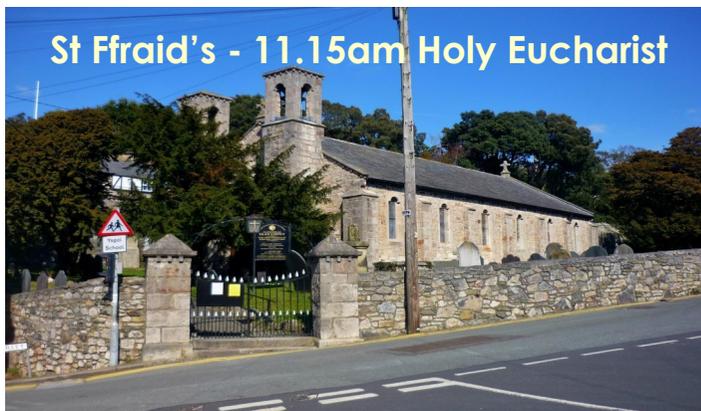


If you, or anyone you know, would like to come and join us in worship each week but aren't quite sure how you feel about it all please feel free to contact Rev'd Sarah or the Wardens and have a chat with them about how we are making sure our buildings are COVID safe.

Everyone is welcome / Croeso cynnes i bawb!



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

Rev'd Sarah Hildreth-Osborn - 01492 640032
revsarah3005@btinternet.com

Cylchlythyr Eglwys / Church Newsletter

A version of Psalm 77

As heaven's mercy falls like gentle rain,
I lift my face and let it wash me clean.
In all my times of trouble, darkness and pain,

I cry to him. I come to him and lean
Again into the comfort of his grace
And I remember all that he has been

To me in all my years of life. I trace
Once more the story of steadfast love;
He sought me even when I turned my face

Away from him, descended from above
and found me in my hiding place. His might
Broke up my clouds of darkness, and he strove

Against the waves of chaos, in the night
of my affliction, when he rescued me
And led me out of darkness into light.

*Malcolm Guite
David's Crown
Sounding the Psalms p77*

Pause for Thought...

What a glorious thing it has been to have travelled out of Wales to a place that neither Diane nor myself had any prior knowledge of and to discover new things!

We've revelled in the beauty of the countryside around north Yorkshire and County Durham. We've had our batteries recharged by the peace and tranquillity of the place where we stayed and the generosity and kindness of our hosts. We've discovered that in some places in County Durham where you can visit there is such a thing as FREE PARKING and no matter where we've gone the locals have been very friendly!

Last Saturday we visited Durham. What a lovely place! Full of the bustle of students and holiday-makers. What a joy it was to take some time out in the Cathedral and for me to attend the Eucharist as a communicant for a change. Durham Cathedral is an ancient place, full of stories and tales of old. The Cathedral itself is dedicated to 'Blessed Mary the Virgin and St Cuthbert'. Until going to the Cathedral last Saturday I really didn't know very much at all about Cuthbert and his life and what it was about him that made him saintly.

There are many things about Cuthbert's life that have struck me but chiefly it was his great belief in the power of prayer and his willingness to do always what God wanted him to do. Due to the nature of his prayerful relationship with God, legend says that miracles happened through Cuthbert. Also Cuthbert had a good sense and understanding of God's call on his life at various stages of his life. For example in his earlier years and due to necessity he knew he was called to be Prior of Lindisfarne Abbey, later he took up the calling to be a Bishop and eventually led a hermits life until his death.

So often we can think that prayer as only something for 'religious professionals' to engage in. That couldn't be further from the truth! Jesus' first Disciples asked him once to teach them how to pray. Jesus answered by giving them the Lords Prayer, THE prayer that has everything in it for our good and the coming of the Kingdom. Since Easter this year, I've been asking myself what prayer is and what it means to me. Put simply I think prayer is all about engaging with

They believed that what is deepest in us is the image of God. Sin has distorted but not erased it. However, the struggle against evil in the human and the spirit world is real. Memorising Scripture, praying daily following the natural rhythm of the sun and the seasons, and working with a soul friend to overcome destructive passions are a means to this.

The early Celtic churches were communities of work, prayer and hospitality at the heart of local life, and those with a Celtic vision seek to restore these features to church life today. The Celtic way of mission is to plant the experience of Christ within the natural patterns of the people, to be friendly towards all people of good will and respect other faiths.

Many people today see Celtic spirituality as a way to weave together again the separated strands of Christianity, and to heal a fragmented world.

Because the Celtic Church had not been infected with a dualistic outlook on creation, they did not see matter as evil, nor the spiritual world as divorced from the material. Thus, they looked on Creation around them as one great hymn of praise to its Creator, reflecting

His nature and character, whilst not actually being God itself. Because the Celtic believers lived in a rural world, life was lived in rhythm with creation and was made up of work, worship and rest, with everything cloaked in prayer. Thus, many Celtic prayers are associated with simple events such as rising in the morning, lying down at night, cleaning a hearth or baking bread. They saw the creatures around them as fellow servants of God. So, in this spirit

Cuthbert chided a young companion for not sharing a fish with an eagle who had just miraculously presented it to them for food. Creation is therefore seen as an outward expression of God's nature and character, sustained by His upholding Word, and declaring His visible glory. It is not seen as a decaying, disposable utility to be exploited by man, which came with the later dualistic thinking.

Cuthbert is known as one of the 'Celtic' Saints. Celtic Christianity existed in Britain before the influx of the Roman Catholic Church. Below is an article that helps us understand the nature of Celtic Christianity. I think this gives us food for thought.

Celtic Christianity

The term 'Celtic Church' is used to describe almost the earliest native form of Christianity in the islands of Britain and Ireland, it dates from around 400. The Celtic Church established itself as the most successful evangelistic movement Britain has ever seen with people like Ninian, the first known evangelist in Scotland, David, who had such an influence on Wales, Patrick, a Scot who evangelised Ireland, Columba, an Irishman who led many in Scotland to Christ.

In the Celtic tradition the Holy Spirit is represented as a bird, but not the peaceful and serene dove landing on Jesus at his baptism. For their symbol of the Holy Spirit, the Celtic church people chose the Wild Gose, (An Geadh-Glas) Why did the Wild Goose speak to those ancient Celtic Christians? To begin with, wild geese aren't controllable. You can't restrain a wild goose and bend it to your will. They're raucous and loud. Unlike the sweet and calming cooing of a dove, a goose's honk is strong, challenging, strident and unnerving – and just a bit scary. In much the same way the Spirit of God can be, demanding and unsettling. Think about the story of Pentecost, and the impression the disciples made on the crowd. People thought they were drunk and disorderly! Its one thing for a gentle dove to descend peacefully on Jesus – it's something all together different when the Spirit descends like a wild, noisy goose!

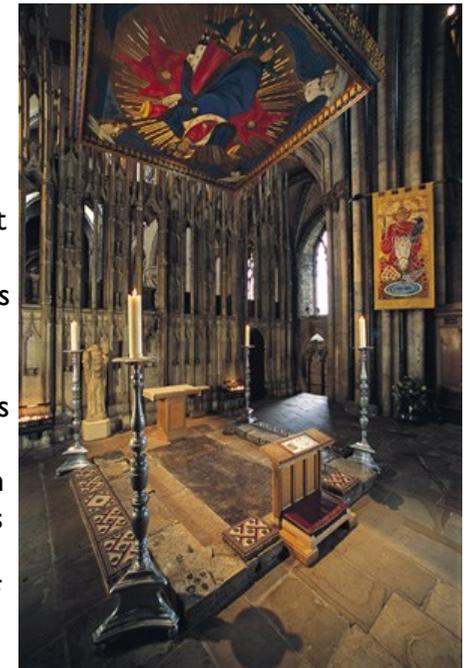
Early Christianity in Celtic lands had a more natural, less imperial feel than it did elsewhere and it's spirituality is reviving today. This has a strong sense of God's presence in creation and in everyday life, celebrates God through all the senses, releases creativity, respects both women's and men's gifts and values contemplation.

Celtic Christians saw life as a pilgrimage, using earthy yet poetic prayers, and have a vivid sense of saints, angels and the unseen world.

the One who already abides within us (John 15). It's recognising God's presence in our lives in the ordinary and everyday. I've also begun to think that prayer doesn't need to start with words but simply with an awareness of the presence of God and his love for us. It is from this place of awareness that God's calling perhaps becomes clear. The highest calling we have as Christians is to be like Jesus in our ordinary, everyday lives. To love as Jesus loves, to forgive as he forgives, to be a person who conveys the nearness of God's Kingdom. Within all of that however God can call each and every one of us to many and various things in the ordinary, everyday. If you've received the Mission Area Magazine for this month you will have had a chance to read Ben's article about his sense of God's calling on his life and where that has led him. Vocation, calling, however is not just about Ordination. God can call in many and various ways to many and various things.

Perhaps then as we journey through these ordinary days we can all seek to engage with the One who abides in us. The One who listens, not only to the many words we say to the many that get left unsaid. As we cultivate an awareness of God's presence let us seek to be open to the God who calls and keeps on calling. Let us open our hearts to the strength his extends to us to live the life of Jesus, certainly not an easy option in our world today, keeping our ears open to the ways in which God may be calling us, like Cuthbert of old, to share the love, joy and peace of his Kingdom today.

Pob Bendith /
Every Blessing ~
Rev'd Sarah



*St Cuthbert's Shrine,
Durham Cathedral
S, Cuthbert, Pray for us!*

Church Services on Zoom

With the opportunity to gather together Sunday by Sunday now a regular thing, Zoom services will no longer be available via Zoom. The only reason this will change is if we end up back in lockdown again - heaven forbid!

Paned @ 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?](https://us02web.zoom.us/j/86951893623?pwd=cHhoZTRpYnRvb05HaTZlbnkUvOUlCZz09)

[pwd=cHhoZTRpYnRvb05HaTZlbnkUvOUlCZz09](https://us02web.zoom.us/j/86951893623?pwd=cHhoZTRpYnRvb05HaTZlbnkUvOUlCZz09)

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.



St Grwst's annual Flower Festival will take place this year from Friday 2nd July - Sunday 4th July.

Displays of flowers will be set up in St Grwst's and you are very welcome to come along and enjoy them.

COVID restrictions will be in place.

Refreshments cannot be served this year but you are very welcome to bring your own refreshments and, weather permitting, enjoy them outside.

There is no fee but donations to St Grwst's will be gratefully received - Diolch yn fawr / Thank you!