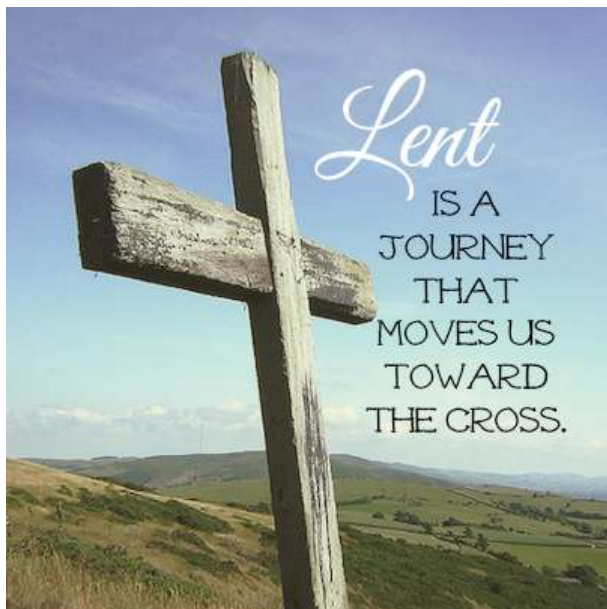


Parish NEWS



The Parish Magazine of
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with Aberaeron
and Llanddewi Aberarth
with Llanbadarn Trefeglwys
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Any news, articles, letters or other content will be gratefully received by the editor.

The deadline for the next edition is 25th March.

Ash Wednesday Service

To mark the beginning of Lent, there is a Communion service with the Imposition of Ashes, on Wednesday 6th March, at 7pm, at Holy Trinity Church.

Tuesdays in Lent

Each Tuesday in Lent, there are services at 7:30pm, at HT Church Hall. Dates: 12th, 19th and 26th March, and 2nd and 9th April. All are welcome!

National Marriage Week

To celebrate national marriage week we are holding a Marriage Supper in HT Church Hall on Friday 15th February at 7pm. The speakers will be Revd. Matthew Baynham and his wife, Jane. Tickets are £15 per couple and available from Lynn Lewis.

The bi-monthly Church magazine 'Parish News' is available for download from the Church website. If you are happy to read your copy online you can unsubscribe from home delivery by emailing your name and address with the words 'Unsubscribe Magazine delivery'. email: magazine@aberaeronparish.org.uk

If you prefer to continue with home delivered, that's OK.

the Vicar writes...

Do you love Lent? I do! It is a positive, strengthening, lovely spiritual experience, and if you want to grow in your love of God and your neighbour, then Lent is definitely for you! Here are four things to do this Lent which will give you a clearer vision of the Risen Jesus this Easter.

Keep your food portions small
Keep it small. Don't eat so much during Lent. Love your food. Have starters, mains and even puddings. But have smaller portions. Use a small plate or bowl and not necessarily because you have to **lose weight. Don't over** indulge yourself. Make sure you have your 5 portions of fruit and veg a day. Eat healthy and be happy.

Pray
I'd like to encourage you during the forty days of Lent to pray each day. **Start and end each day with the Lord's Prayer. If you're going to indulge in anything during Lent, make sure it's in** all the qualities of Christian prayer – adoration, confession and thanksgiving.

Bible
You can read the Bible daily via heartlight.org You can receive a daily email with a reading, reflection and prayer or you can check out their website each day. Or download the YouVersion Bible App onto your phone,

tablet or computer. During Lent make **sure God's word is with you wherever you go. Look at God's word regularly** because it will speak to you and to your life.

Sunday Morning
Worshipping together is a basic Christian duty. Doing so brings us understanding, strengthens our faith, gives us hope, fills us with encouragement, and gives us the first-hand experience of being loved by God – and that gives us the ability to love others more fully. Make a commitment not to miss one **single Sunday in God's House** this Lenten season.

Finally and most importantly, let your Lenten lapses and failures – whatever they may be serve only to increase your dependence upon God. The point is not to get an A* grade; the point is to increase your capacity to love God and your neighbour.

After all, Lent is a time to learn how to love – **God's way – once again. That's** the whole point of the season! Do these 4 things this Lent and you will get a clearer vision of the Risen Jesus this Easter.

Yours in Jesus,

John Lewis



Laughlines

These sentences (with all the Bloopers) actually appeared in church newsletters or were announced in church services:

- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- The church will host an evening of fine dining, super entertainment and gracious hostility.
- Potluck supper Sunday at 5pm - prayer and medication to follow.
- The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church.
- The Rev. Merriweather spoke briefly, much to the delight of the audience.

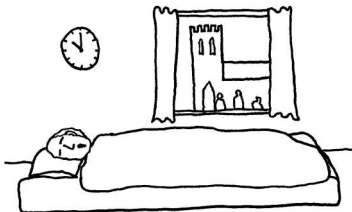
LENT



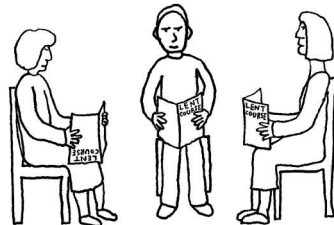
LENT IS A TIME FOR QUIET REFLECTION AND CONTEMPLATION



IT IS A SEASON OF ABSTINENCE AND FASTING



SOME CHRISTIANS GIVE SOMETHING UP DURING LENT



OTHERS CHOOSE TO CARRY OUT ACTS OF PENANCE

Lent

Imagine the scene; a dinner party, perhaps eight people, all friends of the host but not necessarily knowing each other, brought together through knowing the one person.

The starter was laid before them and the meal began with quiet introductions and restrained conversation and comments on how delicious the food was.

Plates cleared and the main course is laid on the table before the quests, their eyes observing, their noses taking in the aromas, their taste buds eager for the food. The conversation becomes a little more sincere, the quests expressing their particular likes for parts of the dish, stories of meals with similar ingredients, locations where they took place and the companions they were with are all shared. And then the main course consumed and for a short while there is a hush, before the conversation begins again with an ease and familiarity as the quests become friends united by the shared experience of eating together, the sharing the stories that naturally follow on from each other and then the laughter begins.

The table is straightened and dessert arrives; looking delicious, enticing and irresistible even to those on diets. All restrictions are set aside, much conversation follows again as the host asks, **“What would you like to begin with?”** and then passes filled dishes round, there is much jocularly.

Into this scene of a shared experience, a warmth amongst the quests and a

feeling of gratitude and expectation a late comer arrives.

He/she takes their place, the host pauses and brings the starter to the table, they eat but not as a participant of the meal with friends but as an onlooker, unable to follow the detail of the conversation because they missed out on the story, unable to share in the joyousness of the moment because of a lack of knowledge to everyone's beginnings.

The latecomer eats and savours the main course. Whilst remarks and comments are made as dessert is eaten, our latecomer has little to contribute. He is not at their point of celebration, he is not where the other guests are.

As the party ended and the guests departed the latecomer was to able to thank the host with sincerity for the meal, it was delicious and had been enjoyed, but there was an emptiness, a longing for the whole experience that the other quests had shared.

I urge you to think on this scenario BEFORE Lent, then on Ash Wednesday as **we remember Jesus's encounter with Satan**, use the Lent Study book to help us understand the sacrifice he made for us, come to the special services (held on Tuesdays each week in HT Church Hall, they are as intimate as that dinner party), be there through the events of Holy Week and arrive at the dessert course full, elated and joyous on Easter Day, glorifying in the power of our risen Lord.

Climate Change: What can Christians

In the previous *Parish News*, I wrote an article explaining why Christians should care about climate change and how it fits in with our faith. This article is the sequel: *what* can we do to help tackle climate change?

There are many, many changes you could make in your life to reduce your carbon footprint and thus help tackle climate change. Some of them are very small and some of them are very, very large. But, no matter how big or small, your change *will make a positive difference*. As Christians, we should surely be the most enthusiastic, and therefore the first to set an example and have faith.

Here are four easy things that you could do/change:

1 Reduce your plastic consumption

The amount of plastic waste generated every year in the UK is estimated to be **almost 5 million tonnes**. That's equivalent to 100,000 two-litre plastic bottles or 600,000 5p plastic carrier bags. Wow. So the first thing you can do to reduce your plastic consumption is to *stop buying 5p carrier bags*. Other things you could do include: investing in a reusable coffee cup and water bottle and even a metal or bamboo container for your packed lunch or leftovers (and use foil instead of cling-film!). Also, try and avoid fruit and

vegetables packaged in excessive amounts of plastic— maybe starting buying loose bananas instead of packaged bananas?

2 Drive less

Transport is a massive contributor to global greenhouse gas (GHG) emissions. In 2017, an estimated 34% of carbon dioxide emissions were from the transport sector... I understand that living in rural Wales inevitably requires a lot of driving, but perhaps you could car-share with a neighbour? Or, if your destination is within walking distance, why not walk there? Perhaps consider cycling? If you have access to public transport, why not use it every now and then?

3 Reduce your meat intake

There is a strong correlation between GHG emissions and meat consumption. Therefore, the less meat you eat the smaller your carbon footprint. Did you know that a **meat-eater's diet requires 10 times more energy than a vegetarian's diet? It also requires more water and land**. Try having one meat-free day a week, or perhaps introduce more fish into your diet. Perhaps you could purchase some of your meat



s do about it?

from your local butcher instead of at the supermarket? **By doing this, you're** not only supporting a local business, but you are reducing the food miles and packaging attached to your meat.

4 Improve your energy efficiency

We could all probably do something to increase the energy efficiency of our homes. The smallest, most doable changes may involve any/all of the following: switching the lights off when



you leave a room, turning the TV completely off, switching plug sockets off when **they're not used**, opening the curtains (and switching off

the lights!) as soon as there is enough natural light, and perhaps even turning the radiator down a little and putting on an extra blanket instead. These are generally well-known changes that will not only reduce your impact on the Earth, but will also decrease your energy bills, potentially bringing you significant economic benefits!

Remember, God created humankind to care for His Creation (Genesis 2:15). By implementing just one of the changes above, you are helping to do this! You are helping heal the Earth and tackle global climate change. Before long,

your initial small changes will become part of your way of life!

You will not, however, see *visible* results of your actions: those one million species at risk of extinction **won't suddenly be saved, the scarily high levels of atmospheric GHGs shan't drop overnight, and the imminent global refugee crisis won't disappear by next week... Nevertheless, "let us not grow weary of doing good, for in due season we will reap, if we do not give up" (Galatians 6:9). I have complete faith that if all of humanity takes action now, we will slow climate change and eventually reverse the damage we've done. We will restore Earth to its former wholeness and beauty! Jesus said to His disciples, "if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move" (Matthew 17:20). Climate change is a mountain but – together, with prayer, faith, and actions – we can make it move.**

I finish with words that Paul wrote to the Colossians (3:17) which is appropriate for every Christian caring for Creation and tackling climate change: **"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."**

Amy Lewis

Bible Book Club

At our Bible Book Club we share light refreshments and our thoughts about our book for that month. Here is some feedback from November and December.

The Gospel according to Saint Luke

The author: The author is believed to be Luke, a Gentile who had become a Jew. He was a doctor, a friend of Saint Paul and a travelling companion on his missionary journeys. Luke also wrote The Acts of The Apostles. He writes this gospel in order to strengthen the faith of all believers and to answer the attack of unbelievers. He wrote an orderly account of the life of Jesus following careful investigation of information handed down by eye witnesses.

The readers: Theophilus (meaning: a lover of God) is named as the recipient **of this gospel “so that you may know the certainty of the things you have been taught” (1:4).**

It is, however, a message relevant for all today including the poor, oppressed and outcasts.

Main messages:

- God meets with people and

changes their lives.

- God keeps his promises by sending John the Baptist and Jesus into the world to fulfil His prophesies.
- This good news is for all who will accept Jesus, including shepherds at their work.
- Jesus was the promised Messiah, as recognised by Simeon and Anna in the Temple. Even as a boy aged 12 Jesus knew he was on a special mission from **God. At his baptism God said “You are my Son whom I love; with you I am well pleased.”**
- The Holy Spirit helped Jesus to resist temptation by focusing on God and Scripture.
- Jesus proclaimed himself as The Messiah and preached good news, healed the sick, cleansed lepers and cast out evil spirits.
- Jesus challenged the hypocrisy and false teaching of the religious leaders.
- Jesus regularly prayed to his Father and taught his disciples about prayer, **giving us a pattern in the Lord’s Prayer.** He told them to be persistent in prayer.
- The religious leaders could not accept that Jesus ate with tax collectors, who were not socially **accepted, but Jesus answered “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance (5:31, 32).** We all need to acknowledge

that we cannot match up to God's perfection. We all need Jesus as our Saviour and ask for forgiveness.

- Jesus used parables to teach about the heavenly kingdom.
- Jesus rides on a donkey to Jerusalem as the people shout praises.
- Jesus is betrayed, deserted, arrested, mocked and flogged. Pilate finds him innocent.
- Within a few days the shouts of praises turn to "crucify him, crucify him."
- The crowd insist that Barabbas, a convicted murderer, be released instead of Jesus.
- As Jesus is crucified he prays for others and shows mercy to the penitent criminal.
- On the third day Jesus rose from the grave and appeared to the women, to the couple on the road to Emmaus and to his disciples. He continued to teach them.
- Whilst in Bethany Jesus blessed his friends and was taken up into heaven.

All are welcome to join our informal discussions in HT Church Hall at 6pm on the 24th of February and March date **TBC**. Our current book is **Saint John's Gospel** and in March we will be reading **The Book of Lamentations**.

Myra Bennett

Believing Him

Believing Him; if storm clouds gather darkly round,

And even if the heavens seem hushed, without a sound? He hears each prayer and even notes the **sparrow's fall**.

And praising Him; when sorrow, grief, and pain are near, And even when we lose the thing that seems most dear? Our loss is gain

Praise Him; in Him we have our All.

Our hand in His; e'en though the path seems long and drear

We scarcely see a step ahead, and almost fear?

He guides us right--this way and that, to keep us near.

And satisfied; when every path is blocked and bare, And worldly things are gone and dead which were so fair?

Believe and rest and trust in Him, He comes to stay

Taken from Streams in the Desert.

L R Cowman

Waiting

So much of life is about waiting, but God is never in a hurry—or so it seems. “God has His hour and delay,” suggests an old, reliable saying. Thus we wait.

Be still before the Lord and wait patiently for him. Psalm 37:7

Waiting is hard. We twiddle our thumbs, shuffle our feet, stifle our yawns, heave long sighs, and fret inwardly in frustration. Why must I live with this awkward person, this tedious job, this embarrassing behavior, this health issue that will not go away? Why doesn't God come through?

God's answer: “Wait awhile and see what I will do.”

Waiting is one of life's best teachers for in it we learn the virtue of . . . well, waiting—waiting while God works in us and for us. It's in waiting that we develop endurance, the ability to trust God's love and goodness, even when things aren't going our way (Psalm 70:5).

But waiting is not dreary, teeth-clenched resignation. We can “rejoice and be glad in [Him]” while we wait (v. 4). We wait in hope, knowing that God will deliver us in due time—in this world or in the next. God is never in a hurry, but He's always on time.

Dear Lord, thank You for Your loving presence. Help us to make the most of our waiting through trust in and service for You.

Derek Tidball

Word and Worship

Held at HT Church Hall, at 5:30pm on the third Sunday of the month. This



venture is an informal service of worship with a guest speaker. We begin in a very civilised fashion, with tea and cake (£1)!

Dates: Sunday 17th February, with Revd. Chris Frost speaking, and on Sunday 31st March, with Revd. Julian Smith.

Homegroups

If you'd like to join a Homegroup, please have a word with the Vicar.

Holy Communion

Every Thursday at 9:30am in Holy Trinity Church Hall (behind the church).



Bible Book Club...

...at HT Church Hall, at 6pm on the last Sunday of every month. Dates: February 24th, March—TBC.

Penrodyn Services on Tuesday, every fortnight, at 10am. Dates: February 12th and 26th and March 12th.

Also at Min-y-Môr at 11am (same dates).

Lenten poem by Ann Weems

Lent is a time to take time to let the power
of our faith story take hold of us,
a time to let the events get up
and walk around in us,
a time to intensify our living unto Christ,
a time to hover over the thoughts of our hearts,
a time to place our feet in the streets of
Jerusalem or to walk along the sea and
listen to his Word,
a time to touch his robe
and feel the healing surge through us,
a time to ponder and a time to wonder....

Lent is a time to allow
a fresh new taste of God!
Perhaps we're afraid to have time to think,
for thoughts come unbidden.
Perhaps we're afraid to face our future
knowing our past.
Give us courage, O God,
to hear your Word
and to read our living into it.
Give us the trust to know we're forgiven
and give us the faith
to take up our lives and walk.

Holy Week and Easter Services

Details of Holy Week and Easter services
will be in the April/May edition of the
Parish News.

Sunday Services for February and March

Holy Trinity

Sunday 3 February

- 8:45am Cymun Bendigaid
- 11am Holy Communion
- 4:30pm Monthly Prayer meeting
(in the Church Hall)

Sunday 10 February

- 8:45am Cymun Bendigaid
- 11am Morning Worship

Sunday 17 February

- 8:45am Cymun Bendigaid
- 11am Holy Communion
- 5:30pm Word & Worship
(in the Church Hall)

Sunday 24 February

- 8:45am Cymun Bendigaid
- 11am Family Service

Tea and coffee follow all our 11am services.

Sunday School on 3, 10 and 17 February and 3, 10, 17 and 31 March.

Sunday 3 March

- 8:45am Cymun Bendigaid
- 11am Holy Communion
- 4:30pm Monthly Prayer meeting
(in the Church Hall)

Sunday 10 March

- 8:45am Cymun Bendigaid
- 11am Morning Worship

Sunday 17 March

- 8:45am Cymun Bendigaid
- 11am Holy Communion

Sunday 24 March

- 8:45am Cymun Bendigaid
- 11am Family Service

Sunday 31 March

- 8:45am Cymun Bendigaid
- 11am Morning Worship
- 5:30pm Word & Worship
(in the Church Hall)

Henfynyw (9:45am)

- Sunday 3 February Holy Communion (B)
- Sunday 10 February Morning Prayer (B)
- Sunday 17 February Family Service (B)
- Sunday 24 February Morning Prayer (E)
- Sunday 3 March Holy Communion (B)
- Sunday 10 March Morning Prayer (B)
- Sunday 17 March Family Service (B)
- Sunday 24 March Morning Prayer (E)
- Sunday 31 March Morning Prayer (B)

Aberarth (2pm)

- Sunday 10 February Holy Communion (B)
- Sunday 24 February Evening Prayer (B)
- Sunday 10 March Holy Communion (B)
- Sunday 24 March Evening Prayer (B)
- Sunday 31 March Evening Prayer (B)

Pennant (2pm) (tea/coffee follow all our services)

- Sunday 3 February Holy Communion (B)
- Sunday 3 March Holy Communion (B)