



Margam

Ministry Area Magazine



July 2024



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Relax, re-charge and refresh!

Summer is here! For many of us that means the holidays are just around the corner. Whether we are going away or not, we're lucky to live where we do, so join me and explore and enjoy your local area with "holiday eyes".

Our fingers are tightly crossed that the weather is good for the various summer fairs, weddings and other celebrations - the sunshine really does make a big difference and helps to draw the crowds!

Once again, the magazine is packed with interesting articles and jolly chatter. There's our usual round up of Ministry Area news and we look back at recent events and look forward to what the summer brings.

There are also a couple of contributions to give you a little giggle, lots of food-for-thought and, as well as the crossword, a quiz to keep you entertained.

I hope you are able to take some time for yourself over the summer. Stop. Take a breath. Relax. You may choose to sit quietly somewhere or, do as I do, and indulge in some people-watching! However you do it, enjoy the world around you and I'll see you in the September issue.

All contributions for the September issue to me by 20th August, please.

Keep smiling and have a super summer!

Helen Murdoch

*Please send magazine or website contributions to me at:
helen@helenmurdochmarketing.com or call me on 01656 773645 or 07721 864493.
or by post to 7 Birch Walk, Porthcawl CF36 5AN*

Cover Image: A warm welcome for all at St John the Baptist church in Newton during Churches Unlocked 2024

Keep up with Ministry Area news and updates:

On the brand new website: www.margam.org.uk

And remember the Facebook pages too:

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Dear Friends,

Fr. Jonathan

The Late Archbishop Desmond Tutu once said; ‘When people say that the Bible and politics don’t mix, I ask them which Bible they are reading!’ As I am writing this, we are in the midst of the turmoil of political campaigns leading up to the General Election. Each day we seem to be bombarded with the various manifestos representing those political parties who are seeking election.

While this may seem overwhelming and leave us with a feeling of despair as to who to vote for, the General Election presents an opportunity for us as Christians to engage by following a journey which witnesses the transformative power of Jesus in the world. By loving our neighbours, praying fervently, and voting responsibly, then we are sowing seeds of hope, which can contribute to a society that better reflects our Christian values. So, if you are reading this before election day, then responding to the call to Love, Pray, and Vote guided by the values we find in Jesus’s teachings, then we can contribute to positive change in our world, which reflects God’s love and justice in every action we take.

Politics should aim to improve the structures and systems of our society, which is something that we should all benefit from and also that of our neighbour. Especially our neighbour who might be facing more complex or challenging circumstances than those we are personally facing. It is one of the ways we can demonstrate our love for our neighbours, while also exercising our democratic right to hold our political leaders to account.

The General Election is an opportunity for us to consider and reflect on those issues which matter to us most, while also prioritising those things that we think are important, which will help our country and our fellow citizens succeed in the things that matter. Because when we vote, we are not voting merely for ourselves, but also for the needs of others and the common good of all.

With love and prayers,

Fr Jonathan

Postscript

A thought for the holidays

Once Abba Anthony was conversing with some brethren, and a hunter who was after game in the wilderness came upon them. He saw Abba Anthony and the brothers enjoying themselves and disapproved. Abba Anthony said: 'Put an arrow in your bow and shoot it.' This he did. 'Now shoot another,' said the elder. 'And another, and another.' The hunter said: if I bend my bow all the time it will break.' Abba Anthony replied: 'So it is in the work of God. If we push ourselves beyond measure, the brethren will soon collapse. It is right, therefore, from time to time, to relax their efforts.

The Wisdom of the Desert



WANTED

Minute Secretary

for the Margam Ministry Area Council (MAC) Meetings

Just one evening a month on the first Wednesday of the month, except August and December. Meetings alternate between the different churches in the Ministry Area.

Can YOU help? Please contact

Fr Jonathan Durley, Ministry Area Leader at
JonathanDurley@churchinwales.org.uk

OR

Wendy Xerri, Ministry Area Lay Chair at wendyxerri@gmail.com

PLEASE HELP

Brothers and Sisters in Christ,

Fr Wayne

Happy summer to you all! Yes – it has finally arrived – the sun that is! And it is quite typical that I am just about to go on my post Easter break only to find out that the sun is finally arriving in South Wales and I won't be in the country to enjoy it. By the time you read this article, I will have been on my cruise around Turkey and surrounding islands.

It is good to get away from the normality of life and pressures of work every once in a while. Rest is important for us all, whether we go on day trips, relax in the garden, go on holidays or just simply visit friends and family who live somewhere different. Sometimes a change is as good as a rest and we all need that time to recharge batteries and reset our minds to focus on what is right. Ironically, the Gospel reading this Sunday (23rd June) is about calming the storm and boat trips which worries me ever so slightly as I am going on a cruise. OK – so the cruise ship is a lot larger than the boat Jesus and his disciples were on, but it still involves large areas of water. But whatever we do or wherever we go, we are always assured that Jesus has our back.

God's love for us is infinite like the water which ebbs in and out like the tide – it is always present, we are always loved by our benevolent Father. St Thomas Aquinas states that the difference between flowing water and stagnant water is that one is still in touch with its source, so flowing water is an image of the work of the Holy Spirit.

Unfortunately, for some people, they feel like they are caught up in a pool of stagnant water, feeling lonely, isolated, having thoughts of doubt, even perhaps losing their faith in God. This could even be more prevalent this summer. We live in a beautiful part of the world where we will expect more and more visitors into our Ministry Area. But for some, having more people visit our communities can make them feel even more cut off from the flowing waters. You can still be lonely when there is so much going on around you. With beautiful scenery, coastal areas, places of interest and the sea being part of our Ministry Area, we will expect a very busy few months – more than usual. People will be coming here on holiday, spending days, weekends, weeks and even months in our area. It will be lovely to see

visitors and hopefully they will also join us for worship whilst here, so let's make sure we make them welcome in our Churches.

However, more people mean traffic jams, problems with parking, loud music, more litter, queues at our local shops and other amenities and the like. We are so fortunate to live in such a beautiful place that it is only right that we share it with others. But we need to remember to show patience and understanding when these challenges arise.

For some the summer may also be an anxious time. Our young people will be leaving school for the summer break. Some will not be returning to school and will be awaiting their GCSE and A Level exam results. Some may be considering going to university and leaving their homes and families for the very first time. There will be parents who will be saying after even just a week of the school holidays, 'I can't wait for you to go back to school!' which always makes me chuckle but sympathise as well. There are some with money worries, those who are ill and those people who suffer privately which we know nothing about. Let's remember these people in our prayers at this time.

The verse of a well-known hymn comes to mind – Breathe through the heats of our desire Thy coolness and thy balm; Let sense be dumb, let flesh retire; Speak through the earthquake, wind and fire, O still small voice of calm! O still small voice of calm!

As we continue to work and worship together as a Ministry Area, I pray that our relationship with the Lord will continue to ebb and flow in his love through the tidal waters. Let us ensure that we continue to serve the Lord by serving others as well, supporting, guiding and encouraging others on their journeys of life and faith. Let us open out our arms of welcome in our places of worship so that we can continue to build God's kingdom here on earth as we are led by the Holy Spirit. Let us keep our eyes open to those who struggle and let us be generous with our time, our resources and our prayers.

Have a great summer everyone!

God bless you all.

Fr Wayne

Flourish Project – The Proton Foundation

Lydia Harris

The Proton Foundation was formed in 2006 by Ian and Judith Green with a focus on social action projects to transform communities. Its aim is to equip, encourage, resource and inspire people to achieve their full potential as individuals, families and community groups in the UK and beyond. In October 2016 a project called '**The Flourish Project**' was founded by the current CEO of Proton, Hannah Williams and launched under the umbrella of Proton Foundation. Since the project launched, its influence has grown nationally.

The Proton Foundation are passionate about enabling communities to impact thousands of young people to grow and thrive in a healthy way. They look to establish partnerships with schools, dioceses, youth organisations, churches and like-minded charities, by resourcing them to transform their communities.

Llandaff Diocese is one such partnership, partnering with the Proton Foundation to create a Flourish Hub. This partnership provides opportunity for training for our youth leaders, children's workers, staff, and volunteers to become Flourish Facilitators. It was through this opportunity and training, I find myself assisting in the delivery of 'Flourish', at Porthcawl Comprehensive school. What a privilege it has been to engage with the young people within our groups and watch them develop, dream 'big' and flourish as the course evolves.

So many young people are burdened with the challenges of our current social landscape, and the impact on their mental wellbeing can be significant and restricting. Flourish is a project purposefully aiming to help young people (10-16yrs) to develop a growth mindset, creating helpful thinking patterns and enabling the young person to start to understand their potential, realizing aspirations and setting goals for the future. Over a series of 8 sessions, held weekly, a different area is looked at including topics such as Beliefs, Mindset, Social media influences, Self-esteem, Aspirations and Goal setting. How these topics shape us is considered and how we can understand and manage these influences to effect positive change. Each week, the young people engage in a range of activities, watch videos and share

discussion around the topic. They are given tools or reminders to help them remember and implement what they have learned. The 'Toothbrush challenge' is a simple word taken from the theme of the week which they repeat to themselves whilst brushing their teeth, 'I am unique', 'I am talented', 'I am awesome' for example. A simple task but accumulatively the young person builds a vocabulary of positive words which can begin to form new and healthier beliefs about themselves. 'Cards of awesomeness' are exchanged at each session where each young person is gifted a card from another in the group expressing a positive or encouraging comments. By the end of the course, they accumulate a range of positive comments to keep from a selection of the other participants. This encourages a sense of value and worth both in themselves and others.

It has been a great privilege for me to be part of this project. Working together with Rev Steve Lock of Llandaff Diocese, Young Faith Matters team, we have enjoyed watching the young people on the various courses grow and develop. Of late we have also been joined by Nina Elmer, youth worker from our local Baptist church, who has also been a great encouragement.

Professor Jonathan Warren (previous CEO of Norfolk and Suffolk NHS Foundation Trust) writes on the Flourish website:

I believe The Flourish Project is one solution that can help young people start to form healthy habits and positive self-talk, in turn building resilience. The impact this project has in improving mental wellbeing & self-esteem is significant and their research over the last few years has demonstrated that this could be a game-changer'

Young people face many challenges as they journey to adulthood, Flourish does not pretend to have all the answers, nor does it assume the life issues young people face will just disappear. However, it can provide a seed of hope, build resilience and encourage healthier decision making. I believe these little changes can be instrumental in steering a happier long-term trajectory.

This course has now been delivered to four cohorts at Porthcawl Comprehensive School and we are extremely grateful to staff at 'Ty Enfys', the school's pastoral care team who support it.

55 years Since Man First Walked On The Moon

American astronauts Neil Armstrong and Edwin 'Buzz' Aldrin became the first humans to walk on the surface of the Moon 55 years ago, on 20 July 1969.

Both men were Christians. Aldrin, an elder at Webster Presbyterian Church, Texas, had special permission to take bread and wine with him into space and take Communion privately. He did this with Neil Armstrong watching in silence. Neil Armstrong wrote later: 'We had come to space in the name of all mankind – be they Christians, Jews, Muslims, animists, agnostics or atheists. But at the time I could think of no better way to acknowledge the Apollo 11 experience than by giving thanks to God.'

Neil Armstrong's first step onto the lunar surface was broadcast on live TV to a worldwide audience. He described it as 'one small step for a man – one giant leap for mankind'.

Spot the Bird Summer Quiz

Can you find the birds in these cryptic clues?

1. Monarch with a rod and line
2. Add 'n' to a very brave man
3. Done by a delighted dog
4. A beach musician
5. Cutlery invoice
6. Mess about
7. Gulp down
8. A dwelling with a boy's name
9. Sir Lancelot in high wind
10. Dark head covering
11. A coloured joiner's tool
12. Nothing in a summer game

Answers on Page 30



St John the Baptist opens its doors

Reflections of the Churches Unlocked Festival

1st - 8th June

Andrew Singer, member of working group

Twelve of us sat around a table in the tower of St John's on the 27th February for a meeting of the local church council which was to prove significant. It was the first anniversary of the group formed to provide support and assistance to the incumbent priest, the first meeting of that priest, Fr Wayne, and the decision to accept the diocese's invitation to be part of their Churches Unlocked Festival. We would be just one church out of eight in the diocese.

It wasn't an easy decision to make with just three months to organise a daily opening of the church, catering in the schoolroom, car parking, publicity, events and exhibitions. We decided it was too good an opportunity to miss. A five-man working party was appointed, Martyn Jones from the diocese was invited to attend the first meeting around the kitchen table and the work began.

Whether the initiative could be regarded as a success depends on the criteria in place at the outset. The diocese began the festival to encourage churches to open their doors to the public to allow them to appreciate what is on offer. We had 290 visitors and the remarks in the visitors book confirmed that they did, indeed, appreciate it.

*Well
Done*

For us the week meant much more than that. It brought together the church community in Porthcawl who provided the welcome, the refreshments, the history of the church, the concerts and the bells. It allowed us to invite over 100 children from the Brownies and primary schools to invade corners of the church looking for answers to the specially devised quiz. It allowed our organist, Liz Dewhurst, to organise a special concert which featured her son and daughter performing with her for the very first time. It allowed us to invite professional musician, Chris Shaw, to entertain us on his saxophone. Chris is a Porthcawl boy who attended St John's School with, among others, our Ben.

News from All Saints

Pam Rossini



Saturday 1st June started with a thunderous burst of orchestra and choir when the concert “The Armed Man” by Karl Jenkins was performed at All Saints. Roger Hudd, the musical director, brought this dramatic piece of music to us once again.

The orchestra and choir were outstanding with the soprano, Helen Lewis, the cellist, Helen Turberville, and the trumpet soloist, Paul Jones, giving mega performances. The performance finished to huge applause and we went home with a feeling of wonder and awe at such talent.

Our LCC meeting took place after church service and some items were agreed upon i.e. the card stall to be moved to the corner and the children’s corner extended and tidied up. The outside area should not be used as a car park for everyone and is not be taken advantage of. A clean-up for the grounds is planned (ask Helen Owen if you are keen to help). Fr Wayne has quickly set to, moved the card stall and generally tidied up.

I have to admit, reluctantly, that it looks a lot better, so a new broom CAN sweep the cobwebs away.

Saturday 8th June brought all together for a Memorial Service for the fallen of the wars. This is a sad day and we must not forget the sacrifice of these young men cut down in their youth. Will we ever learn the futility of war?



The afternoon of 8th June and to celebrate Open Churches a classical concert was performed by Liz, Ceri and Philip Dewhurst at Newton Church. The lovely old church looking beautiful with lilies and roses decorating it. Liz and her family are super-talented, with Ceri’s fingers flying over the piano keys and Philip making his trombone sing. The choir of Hope Church, Newton, also performed for us so we were truly spoilt with this delightful concert. A Christmas concert would be a lovely idea!?

A few of our parishioners have been unwell lately with Sue Coughlin, Pat Capron and Philip Angell all needing our special prayers.

Concert For The People Of Ukraine

Dominique Spearey

‘The Armed Man’ concert at All Saints Church, Porthcawl, presented by The Mid Glamorgan Savoyards under the baton of their Musical Director, Roger Hudd, BEM, drew a full audience.

Ticket monies and donations made well over £3,000 which will go directly towards buying an ambulance for a medical team on the front line and a 4x4 vehicle to enable them to evacuate the badly injured. Other specialist medical aid will be taken on this, the 8th trip to Ukraine from ‘Wales Aid For Ukraine’ which is based in Porthcawl, under the direction of Mike Hnyda and family.

It was a magnificent concert, involving 54 choristers in a well balanced choir and approximately 36 orchestral players, many taken from well-known local orchestras. They all gave their time freely and the combined sound, with the Church bell and the Last Post played by a trumpeter at the back of the church, was spine tingling. So close to the D Day Anniversary celebrations, it was even more poignant.

Thanks go to the many people who helped bring this concert about; it’s to be hoped there will be no need to repeat this 2 years on.

Thank you

News from All Saints continued



The Croeso Tea was Saturday last with the usual delicious cakes. Unfortunately, not so many in attendance but Porthcawl is super-busy with many other attractions. Next month we have more concerts and the Music and Flower Festival to look forward to.

There is certainly plenty going on in All Saints - Wednesday last, a celebration of Walter Coughlin’s 80th birthday, and the following Wednesday, a celebration of John Berry’s 86th birthday - copious amounts of cake and wine happily consumed. What a carry-on!

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“Be Still”

Contemplative Prayer

Be Still is a scriptural-led quiet time with God. Hosted by Valerie Fyans, it is on the third Tuesday every month at 8pm on Zoom. Each session is approximately 40 minutes.

For more information, contact Valerie on 07881 818760.



News from St David's

Pat Parry

We wish Fr. Mark well in his new ministry as Ministry Area Leader in Bridgend which started on 1st June. He had a wonderful farewell Evensong Service with a full church in All Saints at the end of May with some music from the Margam Calling group. There were a few short speeches and a traditional cake as well as a chance to speak to him and Jess to wish them well. He will be missed. He moved from Nottage at the end of May to the rectory in Bridgend at a time when the road was dug up immediately outside his house!

A service of thanksgiving for the life of Madge Wallis was held at St David's on 31st May. Madge was 101 when she died and lived in her own home nearly until the end. She and her sister Rose were regular members of St David's many years ago. The church was full for her funeral. She loved dressing well and used to be a dressmaker. There was a lovely photo of her in the church in a red outfit with a splendid hat. She knew a lot of people in Porthcawl and was involved with the WI and there were many reminiscences also about that and her time in Vida Nelson's Keep Fit group in the eighties. We offer our condolences to her family.

There was a funeral service in All Saints in June for Clara Williams, a faithful member of the 5pm service in St David's. We offer our sympathy to her husband and family.

On a happier note Ron Jones was presented with the prestigious Paul Harris Fellowship Award by the Porthcawl Rotary Society for his services to the community. It was presented in his own home surrounded by his wife Liz, family, friends and members of Rotary.

There are two concerts coming up in July:

Friday, 5th July in All Saints Church

Broadway Chorus presents A Summer Serenade

Tickets available at the door: Adults - £10 Children - £6

Saturday 13th July at Tabernacle Church, Derwen Road, Bridgend

Cor Bro Ogwr Summer Concert

Mozart's Vesperae Solennes de Confessore and Opera Chorus

Tickets £12 from 01656 653326 or at the door

News from St John's

Diane Jackson



The last month has seen us participate in the Churches Unlocked scheme. As part of that, my husband and I decided to visit some of the churches we had not been in before. It is safe to say, none had appeared to have gone to the length that St John's had. One church, on entering, we had to put on the lights, wander on our own and put out the lights before leaving and closing the door. There was not a single person to greet us or talk about the church. In respect of our church, there's an article on page 11. Both concerts were very well received and as well as other visitors, it was good to learn that as well as the Brownies coming to see the inside of the church, there were also 4 visits from local schools. Many of the children, and some of the adults accompanying them, had never been inside the church — all were pleasantly surprised. There is talk of more visits in the future. What I found very sad was that some children had never been in a church at all! Many thanks to all who contributed in making people welcome in the various ways as well as thanks to the Ladies of the Flower Guild for decorating the church. Some felt it a shame that the Art Society placed their pictures on the windows as it detracted from both the stained glass windows and flowers, but that aside it did add another element of interest for the visitors.

A new addition has been the installation of a card reader for donations. Initially, it was thought it was there for the week of the Unlocked Church. However, we have now discovered that is not the case. In readiness for the Unlocked Churches week, it had been bought for a cost £375 with an annual fee of £50. As the LCC committee had agreed its purchase and unless you had attended that meeting, the vast majority of us were totally unaware of it. Because there is no WiFi in church, they were limited in the choice of machine. Unfortunately, both because of its size and where it was positioned, many of us were horrified on being faced with it when entering the church. It looked totally out of place. We have made our feelings known to the committee by signing a protest petition which many hope will hasten its removal. We accept what is done is done, and it appears to have some benefit during the open week. Other than



During the Summer Fayre and the school holidays when it is planned to open the church for one day a week, and other times when the church may be open other than for regular services, we fail to see that it will be used very often. It'll be interesting to see how often it is used over the next 12 months and how much it actually generates. There is also concern that the Gift Aid scheme will suffer. Whether or not people will bother to fill in the envelopes provided for us to claim the tax we will have to wait and see. Just 2 people did during the Open Week. All Saints apparently has a card reader, but it cannot be found for lack of use! As a result of the lack of communication by the LCC, it has been agreed that from now on the minutes of their meetings will be made available on the Notice Board in the porch for all to read.

It is hoped to open the church each Wednesday from the end of July to the end of August from 2pm to 4pm. If you are able to give your time to act as marshal/greeter on one of the afternoons, please give your name to Liz Singer.

Over many years, Jean Flower has produced cards etc which have raised considerable funds for the parish (as it was). As we will no longer be selling such items in the church, Jean has decided to step down. We thank her most sincerely for all the time, effort and outlay she has made over the years which has not only benefited the church but has given pleasure and delight to the recipients of her generosity and thoughtfulness.

Thanks must also go to Gareth Lewis for refurbishing the serving counter in the Schoolroom. He has done a very good job and everyone who uses the Schoolroom on a regular basis has praised it.

The Annual Summer Fayre is very near. As always, donations for the bric-a-bac stall, cake stall, tea room etc are required. Please give generously as without your support there would not be a Summer Fayre. Let's pray we are again blessed with good weather and the crowds turn out in generous moods!

Fr Wayne will shortly be off for a weeks holiday - his first break since joining us. We wish him Bon Voyage and hope he comes back refreshed and fully charged for the Fayre and the Summer months.

200 Club

Janice and Linda

**200
CLUB**

1st June 2024 - Well, what a day! Strawberry Tea at the RMIB, Open church at Newton, tea and cake at St John's Schoolroom, a concert in St John's in the afternoon and a concert in All Saints in the evening. None of which we knew when we picked this date back in January.

We had our first of three draws and the winners were:

£100 - M Pengelly £50 - M Comley

£25 - J Baker £25 - C Llewellyn

Well done those of you who made it on the day! You were very generous in your support and we raised £103.15. Everyone seemed to enjoy their glass of "fizz", the scones and cream and the all-important fellowship.

Don't forget, you don't have to be a member to join us at gatherings. We are pleased to see one and all from all the churches.

Next event: 3rd August at St John's Schoolroom

Keep a look-out for the date of the Harvest Lunch at St John's.



St John's Summer Fayre - Saturday 6th July

Robbie Owen

Taking place on Newton Green with all our fabulous stalls and attractions. We have five superstar organists playing in St John's church throughout the afternoon—Father Graham, Liz Dewhurst, Matthew Warren, Judith Shawe and Father Wayne.

Outside on the Green, the bell-ringers start things off, followed by Rock choir, children's entertainment, the Performance House, Porthcawl Male Voice Choir, Elindia Dance Troupe, and taking a bow this year—the wonderful Arlington Road Singers. The raffle is drawn at 4pm and the tug-of-war at 4.30pm to end the afternoon.

Come and join in the fun - get some raffle tickets, buy a programme, and don't forget the delicious refreshments in the schoolroom. We're looking forward to seeing you there.



Newton Nottage Mothers' Union

Judith Shawe

Hello everyone!

We welcomed Norah Clarke to our last meeting. Norah spoke about her volunteering with Guide Dogs, RNLI and fundraising to build the lifeguard station at Rest Bay. We were impressed by the amount of work Norah has done over the years - amazing energy and drive! Next month's speaker is Faith O'Sullivan who will talk of her work with Guide Dogs and she'll be bringing her dog, Buddy, with her. Faith (and her dog) is no stranger to us in Porthcawl. She is a regular supporter of the monthly Croeso Tea at All Saints. Our next MU meeting is on Tuesday 2nd July at 2pm. Everyone is welcome.

The Thursday Group have been busy with the Croeso tea at All Saints. The last tea raised £150 for the 2Wish charity. Every other month's tea raises money for a charity. Come and see what it's all about. The next tea is on Saturday, 13 July from 2pm - 4pm. Come one, come all!

At our last Thursday Group meeting, we enjoyed a chat with Nicola Bennett, Communications Officer for the Diocese, about what she does and why she does it. It was all very interesting, with tea and cake to round the evening off!

Best wishes to Pat, who is unwell, and to Sue and Joan who will shortly be having surgery. May God bless you and keep you.

Next meeting : Tuesday July 2 at 2pm

Next tea : Saturday July 13, 2pm - 4pm

An Aerial Tour

Wouldn't it be interesting to see things from a different angle! Have a look at these two videos:

The first is of St John the Baptist church in Newton

[Droning On: St John's/Jolly Sailor/ Ancient Britain/Newton Green \[2 min 20 sec\] \(youtube.com\)](#)

The second is of All Saints church in Porthcawl

[Porthcawl Drone: All Saints Church \(1 min 40 sec\) \(youtube.com\)](#)

With thanks to Nik Pritchard for organising.

Some Health Myths Debunked

The best ways of staying fit and healthy may be different from what you thought. Here is some fitness advice which was originally based more on marketing than on science.

10,000 steps a day?

This goal has been popular for years, and has been adopted by the World Health Organisation. However, the number was chosen at random in a Japanese boardroom in the 1960s. Yamasa dreamt up the figure in its effort to promote the world's first step counter, ahead of the Tokyo 1964 Olympics.

Instead, recent studies at the University of Alabama have found that just 6,000 to 8,000 steps a day may be fine. Even if you take far less, then just adding an extra 500 steps a day will bring you significant health benefits. Research suggests that it is not a great idea to take less than 5,000 steps a day.

5-a-day?

Eating fruit and veg daily came from the UK government in the late 1980s, and is one of the best public health suggestions. However, recent studies suggest that 5-a-day is unlikely to be enough. Scientists at Imperial College London suggest it is more like 7-10 helpings a day, if you are to get all the nutrients and fibre you need. A scientist at the University of Leeds says we need to make dietary fibre the majority of our daily diet rather than processed foods.

Eight hours sleep a day?

This notion is from Victorian times. During the industrial revolution it was thought that the best daily regime was 8 hours labour, 8 hours recreation and 8 hours rest. In fact, modern studies have found that the amount of sleep you need is highly individualised. Some people get along fine on less than 6 hours, while others need 10 hours.

Breakfast is the best meal of the day?

This advice began in the 1920s when cereal companies were running marketing campaigns to get people to eat their products for breakfast. Nutrition experts point out that breakfast is only good for you if you eat the right kinds of food. Highly processed foods and a large sugar content is likely to do you more harm than good.

News from St James' and St Mary Magdalene

Vanessa Evans

The churches of St James' and St Mary Magdalene will be holding our ever popular Summer Fayre in Pyle church hall on Saturday 13th July at 2pm. Please come along and browse the many and varied stalls which will also extend onto our lovely patio area weather permitting! Tea and coffee as well as homemade cakes will be available.

St James' church will be celebrating the Patronal Festival of St James with Open Days on Friday 26th July and Saturday 27th July when the church registers and records will be on display. Our lovely Grade 1 listed 14th century church has a vast and interesting history and we welcome all visitors on our open days - you will be warmly greeted with a cup of tea or coffee and Welsh cakes.

On Saturday evening at 7pm on 27th July we have a concert at the church featuring Josef Gray and young members of LARS – Loud Applause Rising Stars. It is so good to have the opportunity to hear and encourage Wales' fine young soloists and we are grateful to Josef for arranging this very special concert for us at St James' church. Tickets are priced at £10 – please contact our sub-wardens if you would like to come along and join us.

The Family Breakfast in Pyle church hall on Saturday mornings continues to flourish while enabling us to help those who are struggling financially by providing a warm breakfast along with a well stocked pantry of food items which are available to assist them throughout the week. We also have a table with home-baked cakes and sandwiches for those who just wish to call in for a cuppa – there is no charge for anything we offer but where possible your contributions are gratefully received. Please call in and see us any Saturday morning between 9am and 11.30am. We would love to see you!

We wish everyone a very happy summer season and good wishes for all your summer fayres and events that are being held within our Ministry Area. It gives us all an opportunity to attend and support each other and so strengthen the Christian bond of friendship that continues to grow within our churches.

News from St Theodore's

Margaret Griffiths

As I write, we are in the middle of the Kenfig Hill and Pyle Community Festival week. The highlight of the week is the "Party on the Pitch", which takes place on Saturday 22nd June on Kenfig Hill Rugby Club field. Organised by Pyle Community Council this event has grown over the years and is now a very large event including a Classic Car show, Urban Market, children's fairground rides, bouncy castles as well as stalls from local organisations. It has got me thinking about the fetes that have taken place in the village of Kenfig Hill over the years.

We always used to have a summer fete in St Theodore's and the sun always seemed to shine!! July 4th is a significant date this year for another reason. However, one year the 4th July was the date chosen for St Theodore's fete, so it seemed obvious to have an American theme - I spent the afternoon dressed up as Yankee Doodle Dandy!

In 1989, we celebrated the centenary of St Theodore's with a Victorian themed fete. The ladies of the church (and gentlemen)



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dressed in Victorian costume. Mrs. Phyllis Thomas née Endicott was Queen Victoria. I think they must have hired some of the costumes because they were very good!

Can't remember but a guess the weight of ... or how many sweets in a jar often featured at St Theodore's summer fetes. One year my mother Mrs. Tilly Thomas of Pencastell Farm, introduced an innovation, when she brought a lamb from the farm, for "Guess the Weight of the Lamb". I think it must have been a pet lamb, because it behaved all afternoon!

St Theodore's wasn't the only organisation that used to organise a summer fete. As a parent governor of Mynydd Cynffig Junior school, I remember being involved in organizing a fete on the school playing field. The Brownies, Guides, Cubs and Scouts also used to hold an annual fete. It seems that now all these organisations come together under the banner of the Community Week as the number of people able to volunteer to put on events seems to have dwindled.

St Theodore's will be represented at the "Party on the Pitch" by our charity shop "Theo's" manned by our demon salesperson Heulwen! The Pyle Family Breakfast & Margam Calling will also be represented.

Fetes weren't the only staple of church life during the summer months. There was always the Sunday School outing. For St Theodore's they may have begun with my great grandfather providing a wagon and horses to transport the children to Sker. By the time I came along we had progressed to buses! I can only clearly remember one trip to Port Eynon. Now you really need the sun to shine on a visit there, as apart from the beach, there is not much else to do.

Unfortunately, on the day of the Sunday School trip it was rather over-cast and cold!

I am praying for fine weather on Saturday for the "Party on the Pitch" and I hope all our Ministry Area churches have fine weather for any outdoor events this summer.





News from Margam Abbey

Bev Gulley

What a lovely month we had, with a christening (Rosie) and the weddings of Sebastian and Rebecca, and Ceri and Jason. Whilst most of June was grey, the sun shone for our couples.

Congratulations to you all.

We have also been visited by several couples who married at the Abbey. We love seeing them and having a catch up. Visitors were also delighted to see Canon Hanford's organ playing shoes, worn (and now a bit worse for wear) for no less than 70 years!

Our thoughts and prayers are with Marlene Lean, who is currently in hospital and Fr Geoff Waggett who has been unwell.

The D-Day Remembrance Service was poignant and well attended, preceded for a fortnight by a D-Day Exhibition, appreciated by our many visitors, with beautiful contributions made by the pupils of Coed Hirwaun Primary School and The Gnoll Primary School Neath.

General visitors have been numerous and varied, with Abbey tours for: The Bosco Italian Group, Cardiff Archaeological Society, Pennard Men's Group, Cardiff Central Mother's Union, and the Llantrisant and District Local History Society. 'Trails and Tales' around the graveyard was as ever popular, as was the talk on 'The Life and Legacy of Theodore Mansel Talbot', a commemoration to coincide with the anniversary of his death in 1876.

Mother's Union Report: June's talk was on the Ty Hafan Hospice. July is the summer trip - A visit to Our Lady of Margam Catholic Church, followed by a meal in the Drill Hall, delivered by Tambini's Express Café, Margam.

Children's Area: Liz has been very busy, updating it weekly with various themes, including making a rainbow of love for Pride month. The area is very well used. Thank you Liz.

Imminent events:

The Theatrical History Players re-enact the visit to Margam Abbey in 1210 of King John.

Baglan Mother's Union and Cwm Brombil Ladies WI will have a tour of the Abbey, and the eagerly anticipated 2nd Margam Abbey Literary



Festival, takes place on the 28th of June.

Talks:

- 'The Life of Emily Charlotte Talbot' - Saturday 13th July 11am.
- 'The Monks of Margam' - Saturday 3rd August 11am.

Forthcoming Life Events: The wedding of Amy and Edward, baptism of Maya and the Margam Abbey Summer Fete, at 10am on Saturday the 24th of August.

Shop Report: We are very short on volunteers, and if anyone could give us a couple of hours of their time, especially over the busy summer period, we would be very grateful. Please contact Bev on 07530 421220. If the shop is open, the Abbey is open, and volunteering is very rewarding, as we get to meet such interesting visitors. There is never a dull day!

On the 27th of July, there is a Mass at the Abbey, to celebrate the Diamond Jubilee of Canon Richard Hanford's ordination to Priest. This is a magnificent achievement and one to which we are all looking forward. Congratulations Father.

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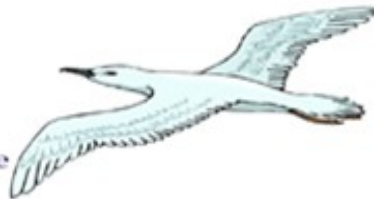
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Liberty lib'ar-ti, n.

freedom from constraint, captivity, slavery, or tyranny: freedom to do as one pleases:

the unrestrained enjoyment of natural rights: power of free choice : privileges:

permission free range: leisure: disposal: the bounds within which certain privileges are enjoyed .

"Chambers"

The Strength of Cardboard

Adrian Warner

There is so much cardboard thrown away. It will have already served its intended purpose but once that is over it is disposed of, by the ton. Packing and delivery cases, shoe boxes and pill boxes, protective sheets and so on. There is no need to throw it away – reuse it !

Polythene bags are readily re-used, this is obvious and easy, but cardboard : scrap it ! The difference is that you have to think adaptively and creatively. I remember a demonstration of how a sheet of paper can be made load bearing by making concertina folds. This is the basis for corrugated cardboard. Open up some and you will see. Try to tear up some and you will find out how tough it can be, it has a grain like wood : tears easily in one direction but harder at right angles. When it is wet it loses its strength, so applications need to be limited a little. Beware that it is also much more easily bent in one direction than in another. Use this if you are making a laminated board like 'ply' wood, lay and glue the layers at right angles.

By spreading some glue on the surface and rolling cardboard, a column can be made to rival any material; and if you go to the trouble to measure and then to crease it repeatedly, a square column can be made. Four can be used to make a table with the top made of four or five layers. Parcel or 'Gorilla' tape will make the edge look smart. One advantage is that items can be made to your size to fit your own space, and this beats searching through catalogues or on the web for items which are the 'right' size.

Commercial furniture uses cardboard. Internal doors are made with plywood faces held apart by cardboard, and 'solid' furniture may well be hollow to save timber and weight. Large cartons can make trays to use for jig-saws. This makes them move-able from room to room and store-able under furniture with legs or castors.

The efficient use of storage around the home can be significantly increased by putting open topped cardboard boxes in cupboards and on shelves. “They don't fit” I hear you cry. So change the size using two boxes and cutting them with an overlap which can then be glued. Clothes pegs, bag closure clips, masking/sellotape, rubber bands,

weighty tomes or tins of food can hold the joint together for the twenty minutes it takes for the glue to dry. Lids can be made for shallow boxes and this enables another box to be slid above.

I am lucky that I pass a large store on my way from the bus stop or train station to my flat. Every day 'scrap' boxes are put in tall mesh trolleys outside the store. Often some are left whole, and if it has not rained these are very suitable for re-use. When you move house if everything is in stackable boxes your task will be easier. There seem to be three sizes, large fruit trays, medium ones and narrower oblong ones. These latter fit very well on the cupboard tops in my kitchen, storing much and yet readily accessible.

Plastic boxes are sold for all these purposes but they lose a lot of volume because they are made with tapered sides for stacking for before they are sold. They also have broad (space wasting) top edges for strength and gripping. You can glue flat folding cardboard handles on the fruit trays and so use every cubic centimetre of volume under the bed!

Give yourself a pat on the back for helping to offset global warming!

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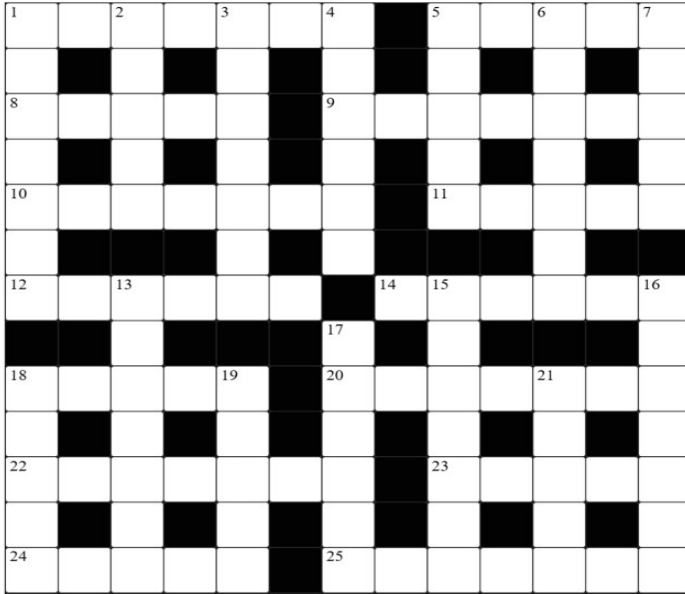
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Quick Crossword



Across

- 1 Snared (7)
- 5 Accommodation for prisoners (5)
- 8 Spacious (5)
- 9 Modest bet (7)
- 10 Novel by Sir Walter Scott (7)
- 11 Edible fish (5)
- 12 Portray (6)
- 14 One of the planets (6)
- 18 Wash vigorously (5)
- 20 As a group (2,5)
- 22 Jiffy (7)
- 23 Respond (5)
- 24 Red, in heraldry (5)
- 25 Cajole (7)

Down

- 1 Lingered (7)
- 2 Hawaiian greeting (5)
- 3 Clairvoyant (7)
- 4 Disagree (6)
- 5 Container for condiments (5)
- 6 Disappointed (3,4)
- 7 Swagger (5)
- 13 Sunshade (7)
- 15 Regret (7)
- 16 Emblem of royalty (7)
- 17 Confer, impart (6)
- 18 Item of playground equipment (5)
- 19 Alloy of copper and zinc (5)
- 21 Grassy area (5)

Quick Crossword Answer (page29)

1	T	R	2	A	P	3	P	E	4		5	C	E	6	L	7	S
	A		L		S		I		R		E		T				
8	R	O	O	M	Y		9	F	L	U	T	T	E	R			
	R		H		C		F		E		D		U				
10	I	V	A	N	H	O	E		11	T	R	O	U	T			
	E				I		R					W					
12	D	E	13	P	I	C	T		14	U	R	A	N	U	16	S	
			A						17	B		E					C
18	S	C	R	U	B		19		20	E	N	M	A	21	S	S	E
	W		A		R		S		O		W		P				
22	I	N	S	T	A	N	T		23	R	E	A	C	T			
	N		O		S		O		S		R		R				
24	G	U	L	E	S		25	W	H	E	E	D	L	E			

Spot the Bird Summer Quiz answers (page 10)

Did you find all these birds?

1. Monarch with a rod and line - Kingfisher
2. Add 'n' to a very brave man - Heron
3. Done by a delighted dog - Wagtail
4. A beach musician - Sandpiper
5. Cutlery invoice - Spoonbill
6. Mess about - Lark
7. Gulp down -Swallow
8. A dwelling with a boy's name - House martin
9. Sir Lancelot in high wind - Nightingale
10. Dark head covering - Blackcap
11. A coloured joiner's tool - Yellowhammer
12. Nothing in a summer game - Duck

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Wednesday: Mass at 11.00

MARGAM ABBEY, Margam

Sunday: Mass at 08.30 & 11.15

Wednesday: Mass at 10.00

ST DAVID'S, Nottage

Sunday: Mass at 09.30 & 17.00

Thursday: Mass at 10.30

ST JAMES, Pyle

Sunday: Mass at 11.15

Wednesday: Mass at 10.00

ST JOHN THE BAPTIST, Newton

Sunday: Mass at 08.30 & 11.15

Evensong at **18.00**

Tuesday & Friday: Mass at 10.30

ST MARY MAGDALENE, Maudlam

Sunday: Mass at 09.30

Wednesday: Mass at 11.00

ST THEODORE'S, Kenfig Hill

Sunday: Mass at 10.00

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Pause for Thought

Men of the Sea

Your first disciples, Lord, were men of the sea:
Hardy fishermen from the shores of Galilee.
They knew from experience the perils of the deep...
They also knew your presence with them in their darkest hours.
We pray for those who face like hazards today...
Lord of the sea, be near to guard them in every danger...
And let them hear Your voice above the tempest,
‘It is I, be not afraid’
So bring them to their haven in peace.

Amen

*For Sea Sunday, 14th July 2024
from a prayer by The Rev Canon Frank Colquhoun,
a much respected priest and popular author
in the Church of England*



Margam Ministry Area

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Porthcawl Churches Office PorthcawlChurches@gmail.com
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The Rev'd Dr Duncan Walker 01656 740500 revduncan.walker@hotmail.co.uk
The Rev'd Claire Stowell 07813 767956 stowellclaire@gmail.com

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Mr David-Lloyd Jones 07747 151205 davidlloyd.jones@btinternet.com

Treasurer:

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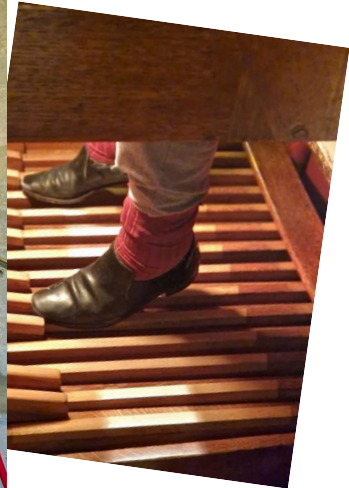
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	Mrs Judith Shawe	01656 786446
Saint John the Baptist, Newton	Mrs Liz Singer	01656 785628
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	Mrs Catherine Powell	01656 773979
Saint Mary Magdalene, Maudlam	Mr John Roberts	07851 122804
	Mrs Eileen Edwards	07530 989433
Saint James, Pyle	Mrs Vanessa Evans	07817 787544
	Mrs Dawn Edwards	07419 822913
Saint Theodore, Kenfig Hill	Mrs Margaret Phillips	07748 678827
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Margam Abbey	Mrs Wendy Greensmith	01656 300691
	Mrs Bev Gulley	07530 421220

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St David, Nottage	Clive Edwards	01656784698
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