



# Margam

## Ministry Area Magazine



March 2025



## YMCA PORTHCRAWL

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## Preparing for Easter

February may be the shortest month of the year, but it has certainly packed a punch – and that is reflected in this month’s magazine.

There’s an eclectic mix of content from across the Ministry Area, as well as much food-for-thought. I am sure you will be informed and uplifted as you read through these packed pages.

Thank you to all who contribute – and remember, we’re always open to new ideas, as well as your photo suggestions for the front cover. How lovely on this month’s cover to see the smiling happy faces of the Newton Nottage Bellringers – and if you fancy having a go, they’d love to see you.

Lent is a time of prayer, contemplation and thoughtfulness as we prepare for the coming of Easter. So I wish you a peaceful and restorative month. If you have a contribution or photos for the April (Easter) issue, please get it to me by 20th March, thank you.

Happy Reading!  
*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:** Newton Nottage Bellringers

**EDITORIAL DEADLINE:** The editorial deadline for every issue is close of business on the 20th of the month prior to the date of publication.

### Keep up with Ministry Area news and updates:

On the website: [www.margam.org.uk](http://www.margam.org.uk)

And on our Facebook pages too:

- Churches of Newton, Nottage & Porthcawl in the Margam Ministry Area
- Churches of Pyle & Kenfig - Margam Abbey Church
- St Theodore’s—St Colman in the Margam Ministry Area

### Margam Calling

[www.margamcalling.org.uk](http://www.margamcalling.org.uk) and [www.facebook.com/MargamCalling](https://www.facebook.com/MargamCalling)

Dear Friends,

*Fr. Jonathan*

By the time many of you will have received this edition of our Ministry Area Magazine we will be about to commence the special penitential season of Lent.

The word *Lent* is derived from the Old English *lencten* or *lengten*, which means *to lengthen*. Lent was assigned to the season of the year when the days were *lengthening*, the season more familiar to us today known as *Spring*. So, Lent and Spring have similar meanings.

It was as early as the Third Century that Christians would devote themselves to prepare for the great celebration of Easter. In these early generations, two days before Easter were dedicated to the Christian practice of fasting. From the end of the Liturgy on Good Friday to the celebration of the Resurrection of Christ on Easter, reflecting the time Jesus spent in the tomb, Christians would fast. It was the generations that followed who increased the period of fasting to six days, which was also the amount of time catechumens would spend in preparation for their Baptism.

History shows that the length of preparation for Easter increased from one week to three weeks to six weeks, usually excluding Sundays. In Jerusalem, as early as the Fourth Century, Christians fasted for forty days in preparation for Easter. The forty days consisted of five days a week for eight weeks. These forty days symbolized the forty days that Moses dwelled on Mount Sinai, the forty days that Elijah journeyed to Mount Horeb, and the forty days that Jesus fasted in the wilderness.

It was not until the Seventh Century that the western church arrived at a forty-day preparation period for Easter. They were fasting during six weeks for six days a week over a period of 36 days. Beginning in that century, they decided to include the four days that preceded the first Sunday of preparation. That first day of Lent, then became known as Ash Wednesday.

So, Ash Wednesday begins the season of Lent and concludes on Holy Saturday, the day before we celebrate Christ's triumphal resurrection. Because Sundays are mini-Easters, each Sunday in Lent is in Lent and not of Lent, especially the fourth Sunday of Lent, known

as *Laetare*. This is so called as it comes from the traditional Latin Introit for the Mass of the day. "*Laetare Jerusalem*" ("Rejoice, O Jerusalem") which is a Latin translation of Isaiah 66:10.

The season of Lent therefore serves as one opportunity for Christians to prepare for the coming celebration of Easter. It is my prayer that you take advantage of the various devotions and study groups which will be taking place over the next six weeks to prepare for the great celebration of Easter.

### **A modern parable.**

A person fell into a pit and they couldn't get out.

Buddha said: "Your pit is only a state of mind."

A Hindu said: "This pit is for purging you and making you more perfect."

Confucius said: "If you would have listened to me, you would never have fallen into that pit."

A new ager said: "Maybe you should network with some other pit dwellers."

A self-pitying person said: "You haven't seen anything until you've seen my pit."

A reporter said: "Could I have the exclusive story on your pit?"

A Tax Inspector said "Have you paid your taxes on that pit?"

A Civil Servant said: "Do you have a permit for that pit?"

A realist said: "That's a pit."

An idealist said: "The world shouldn't have pits."

An optimist said: "Things could be worse."

A pessimist said: "Things will get worse."

Jesus seeing the man took him by the hand and lifted him out of the pit, because a pit is an awful place to be - particularly the pit created by the power of sin and temptation. Jesus is one who has managed to avoid the pit and who seeks to help us out of the pit. Do not dwell in the pit - Do not accept the pit - Rather reach out your hand to the one who has stretched out his hands for you - and who still reaches out for you today. Reach out to Christ - and through

Dear Friends

*Rev Dr Duncan Walker*

As we embark upon the sacred season of Lent, we are invited into a time of reflection, repentance, and renewal. Lent is a profound journey that leads us to the heart of our faith, drawing us closer to the passion, death, and resurrection of our Lord Jesus Christ.

Lent, spanning forty days, mirrors the forty days Jesus spent in the wilderness, fasting and praying as He prepared for His ministry. It is a time for us to enter our own spiritual wilderness, a place where we strip away the distractions of life and focus intently on our relationship with God. Scripture beckons us to this period of self-examination: "Examine yourselves, to see whether you are in the faith. Test yourselves" (2 Corinthians 13:5).

Through prayer, fasting, and almsgiving, we echo the practices of our Saviour. Fasting from physical sustenance can awaken a deeper hunger for the Bread of Life. As we read in Matthew 4:4, "Man shall not live by bread alone, but by every word that comes from the mouth of God." This season invites us to partake more fully in the spiritual feast laid before us.

Lent is not solely a period of penance, but also one of renewal. It is a journey that culminates in the glorious celebration of Easter, where the resurrection of Christ brings new life to our souls. Just as spring breathes new life into the world around us, the resurrection breathes new life into our spirits. The prophet Isaiah reminds us, "They who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint" (Isaiah 40:31).

Let us embrace this Lenten journey with hearts wide open, ready to receive the transformative grace that God offers. In the words of the hymn, "Amazing Grace": "Through many dangers, toils and snares, I have already come; 'Tis grace that brought me safe thus far, and grace will lead me home."

Lent is also a communal journey, one that we undertake together as the body of Christ. It is a time to support and encourage one another in our spiritual disciplines and acts of charity. Hebrews 10:24-25 urges us, "And let us consider how to stir up one another to love and

good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

In our gatherings, let us lift our voices in prayer and song, finding solace and strength in our shared faith. Hymns such as "What Wondrous Love Is This" resonate deeply with the Lenten journey: "What wondrous love is this, O my soul, O my soul! What wondrous love is this, that caused the Lord of bliss To bear the dreadful curse for my soul, for my soul,"

The journey of Lent ultimately leads us to the foot of the cross, where we stand in awe of the depth of God's love for us. In John 15:13, Jesus declares, "Greater love has no one than this, that someone lay down his life for his friends." The cross is both a place of sorrow and victory, a reminder of the cost of our salvation and the triumph over sin and death.

As we meditate on the Passion of Christ, let us be moved to greater love and devotion. The hymn "When I Survey the Wondrous Cross" captures this sentiment beautifully: "Love so amazing, so divine, Demands my soul, my life, my all." Let us enter this Lenten season with reverent hearts, open to the transformative work of the Holy Spirit. May our journey through these forty days deepen our faith, renew our spirits, and prepare us to celebrate the joyous resurrection of our Lord. In the words of Philippians 3:10, "I want to know Christ, yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death."

As we draw near to God, may we find ourselves transformed by His grace, ready to emerge from the wilderness into the light of Easter morning, proclaiming with joy: "He is risen! He is risen indeed!"

*With Christian Greetings,  
Duncan*



Christ - reach out to others around you and let them know that there is a better life to be had - a life that is given freely to all who desire it.

***Father, into your hands I place my successes.***

***Into your hands I also place my failures, and I pray that, through your spirit, I may face the challenges of life with courage and determination.***

***Help me to think anew and see things more broadly than in terms of "success" and "failure".***

***Lead me always to trust and place myself confidently in your hands. Amen.***

May God grant you a Holy and Blessed Lententide.

*Love and Prayers,*

*Fr. Jonathan*

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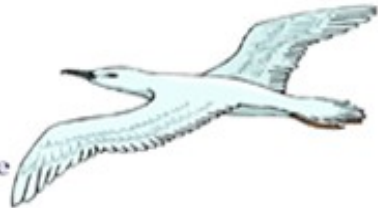
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Liberty lib'ar-ti, n.

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"





## World Day of Prayer 2025

### “I made you wonderful”

World Day of Prayer

*Carol Pearce*

Kia Orana!

Our sisters in The Cook Islands welcome us and lead us for the Day of Prayer 2025. This group of 15 islands in the South Pacific Ocean has a rich and colourful Māori heritage and a deep connection to nature. Join us as we pray together and reflect on the theme ‘I made you wonderful’.

World Day of Prayer is an international, ecumenical organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast, the service begins with the writing country and theme being chosen a number of years earlier. Once written it goes to the International Committee in New York for translation and dissemination to the National Committee in each participating country. The service is then discussed and edited before being presented nationally, regionally and then locally for branches to make their plans. Finally, at a church near you, on Friday 7 March 2025, people will gather to celebrate the service prepared by the women of The Cook Islands.

The Day of Prayer is celebrated in over 120 countries. It begins in Samoa and prayer in native languages travels throughout the world—through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later. A worldwide wave of prayer....

**In Porthcawl, our service will be held in Our Lady Star of the Sea Catholic Church at 2pm on Friday 7 March 2025.**

**All are welcome.**



## Making Friends

*John Berry BEM*

I had not been at Stoke-on-Trent YMCA very long when there was a meeting of the Board of Management. I was still investigating what had gone wrong beyond what the Officers had discovered and taken their action. I queried a document the solicitor produced and offered to rewrite it, which I did that night. The Night Porter asked would I be in my office very long, when I indicated I would be for several hours, he asked would I mind answering the front door should anybody arrive very late. The Night Porter was to climb to the top floor of the building; the lift was switched off overnight because of the noise upsetting residents. At about 1am, the bell rang and I went to open the door to a young Chinese student. I introduced myself and he told me he was Peter; he was working in a local Chinese Restaurant to help pay his way. There had been a party in the restaurant and, while clearing up, the staff had been finishing the bottles of wine – I had noted he was swaying slightly.

The YMCA had a very nice small coffee bar built into the foyer; unfortunately it was running at a loss, not offering very much service, only chocolate, sweets and crisps. We were paying someone £5 a night to operate it, but it rarely even took £5! I had tried an experiment with the cook one weekend in offering cooked fish or sausage and chips, which had been enthusiastically received. I left a note for Peter, asking him to see me when he returned from college.

I learned many years later that when he saw my note, Peter thought he was in trouble for coming in drunk! On the contrary, I saw a young man with potential needing to earn some money and with the willingness to work. I mentioned the coffee bar and he rolled his eyes. I outlined some of my own ideas and said I was looking for someone to run this and how much we would pay per hour. He would need help and, if he knew someone who might join him, to come back to me.

He was back the following day with another Chinese student. They took on the Coffee Bar, put in ideas of their own, listened to the residents, ignored the rude (probably racist) comments and built up a good business. Within three weeks they were taking over £100 a

## Pray for peace in Ukraine

24 February 2025 marks the third anniversary of Russia's attack on Ukraine.

According to a Church Times article, an estimated 3.6 million people have been internally displaced in Ukraine, while 6.5 million people have fled the country to find safety elsewhere: 90 per cent of the refugees are women and children.

Let us join together to pray for peace.

Most holy God and Father,  
hear our prayers for all who strive for peace  
and all who fight for justice.  
Help us, who today remember the cost of war,  
to work for a better tomorrow;  
and, as we commend to you  
lives lost in terror and conflict,  
bring us all, in the end,  
to the peace of your presence;  
through Christ our Lord.

Amen.



### **Making Friends continued**

night. When initially discussing the proposal with them, I didn't mention that as resident employees their hostel charges would be halved and, in addition, they had access to the kitchen with their good relations with the cook.

That was in 1978 and the friendship has continued with both to this day. Peter invited me to his wedding in Hong Kong where I played the organ. Some years later, Peter's two daughters came to the UK for their secondary and higher education; I was their guardian during that time and my house became their UK address.

## News from All Saints

*Pam Rossini*



I'm taking you back a few years when life was so very different. My memories of the war years were sparked by recently finding a note of the food allowance during the second World War. Listed below are the items per person per week:

- ½lb sugar
- 3 pints of milk
- 3oz lard
- 3oz butter
- 1 shillings-worth of fresh meat
- 1 egg
- 2 slices of corned beef
- 3oz margarine
- 2oz tea
- 2oz jam
- 4 slices of bacon

No-one came around for tea parties, there just wasn't enough to spare. I remember dried eggs – yuck! – dried milk and concentrated orange juice, cod liver oil and malt, sticks of arrowroot (a substitute for sweets), rag mats, American soldiers (“any gum, chum?”), tents of American troops billeted in the fields past Fairfax Crescent. The infant school headmaster, Mr Skinner, the teacher, Mr Llewellyn, who flicked chalk at you, the smackings with a ruler, the  $\frac{1}{3}$  of a pint of milk, frozen on top, to keep us healthy, gas lamps, boiled sheep's head to make brawn – another yuck!

After 6 years of fighting, VE Day gave us victory in Europe. I only remember going to the Seabank Hotel with a strapping American soldier holding my hand and having tinned peaches – glorious! The Americans were good to the children and we were given fruit to take home after the celebrations.

Later, life got easier and I recall my Mum telling me to go to the corner greengrocer and get bananas which had just come in. I didn't have a clue what they looked or tasted like. What a pleasure a banana was – I loved them and still do!

On 5 August 1945, VJ Day arrived – victory over Japan and the dropping of the atom bomb on Hiroshima and Nagasaki.



In Europe times were still tough, money was short and rationing on food and clothes continued. Clothing rationing ended in 1949 and food rationing didn't end until 1954.

I was lucky. My Mum would knit and sew and embroider pretty clothes for me and my Dad would make wooden toys for my brother. It was tough but mainly for the grown-ups who would often go without to give to the children.

What are your memories of this time? Is it the blackouts when no light could be seen at night-time because of the bombing? Or is it of gas masks which we all had to carry with us?

What different times! How we are indulged now!

In church we have so many concerts and events to enjoy. BBC's Any Questions was hosted here at All Saints with many coming from quite a distance to participate. Judith hosted the Rotary Young Musician competition – so much talent, so much pleasure for all. And All Saints once again, with Fr Jonathan, hosted the Churches Together lunch.

Coming up is Shrove Tuesday and Ash Wednesday followed by St David's Day – so much to celebrate and be thankful for.

Dear Doris Sadeghi is poorly with a chest infection. Doris, we all wish you back to health soon. You've been an inspiration with your sweet smile and love.

## **“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.



## Happy St David's Day

St David's Day is the feast day of St David, the patron saint of Wales, and falls on 1st March, the date of St David's death in 589 AD.

Saint David was born in south west Wales and is believed to be the son of a prince and a nun. David's fame as a teacher spread far and wide and he helped found around 1200 monasteries, the most important of all being at the spot where St David's Cathedral stands today.

David was canonised by Pope Callixtus II in 1120 and was declared the Patron Saint of Wales.

Very few hard facts are known about David, but as he lived 1500 years ago, in a time when people passed on their history by speaking it not writing it down, that is not very surprising! The story of St David has been added to over the centuries with details from many sources weaving in golden threads to create the rich tapestry of stories we have today.

His last words to his followers are repeated to this day;

“Be joyful, keep the faith, do the little things you have seen me do”.

### Ministry Area Magazine

Magazine subscriptions are now due. Annual subscription for 10 issues is £7.00. The price for a single issue is 80p. PLEASE NOTE: all profits go to **your own church**.

Please can you pay the person who delivers your magazine or the magazine rep in your church.

Alternatively you can pay by BACS to (CAF Bank) Sort Code - 40-52-40 : Account Number - 00007843. Please include reference YOURNAME-Mag25.



## News from St David's

*Pat Parry*



The rebuilding work of St David's Church was completed in its entirety by Friday 19<sup>th</sup> May 1995, so we are looking forward to celebrating our 30<sup>th</sup> anniversary this year, the 25<sup>th</sup> in 2020 having been overshadowed by the Covid pandemic lockdown. Bishop Roy, who consecrated the church stage of the development in November 1992, also lead a service on the completion of the project and there is a plaque in the hall to commemorate this. Peter Millis was the architect and his daughter Sara was married there soon after the completion. My son Gareth and Antonia were the second, a year later. Peter has just completed writing a book about his memoirs 'A Time for Telling' which has over 100 years of family stories. It is full of situational tales and a good dose of humour for all ages. Please contact Peter for further information.

I attended the South Wales heat of the Rotary Young Musicians competition in All Saints last week. It was a wonderful feast of music from instrumentalists and singers. We have some wonderful talent in Wales fostered by music teaching in schools. It would be devastating to lose this due to government cutbacks. A personal coincidence: I spoke to the gentleman in front of me who was photographing the competitors with a fancy camera. He said he wasn't an official photographer but had been asked to record it by his rotary club, the Cardiff Breakfast club. I told him of my interest as my grandchildren had competed locally previously. He was proud to tell me that his grandson, Rhys Stacey, 14 ,who goes to Porthcawl Comprehensive School and plays the trumpet, had been asked to sound The Last Post at the cenotaph at All Saints this year. I told him this was a great coincidence as my son Huw sounded the Last Post on the bugle for several years when he was in the same school 40 years ago!

On a more sombre note, a funeral service was held in St David's in February for Kathleen Powell who died in Murrison Hospital in January. She pre-deceased her son Mark whose funeral will be held on February 28<sup>th</sup> in All Saints. Our sympathy is extended to her family and friends.

# St Johns Summer Fayre 2025

*Jonathan and Karen Lewis*

We have fixed the date for the Summer Fayre for Saturday 5th July and are looking forward to seeing the crowds back on Newton Green.



If anyone has bric-a-brac or books, please leave them in Newton Schoolroom or call us on 07741 252869. We are also looking for volunteers to help on the day - again, please contact us if you would like to help.

A big thanks to all the committee members and friends of the Fayre for your efforts to date.

See you soon!

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## News from St John's

*Diane Jackson*

The past month has been a quiet one. The end of January we celebrated Fr Wayne's birthday - happy belated Birthday! February saw us reach the end of first year of his ministry with us.

The last month, although the days are getting longer, has at times been very cold. So cold that some days it has been warmer in church than outside! Work is apparently progressing on the boiler. It is now in place, but still needs to be connected to the electricity supply and need a chimney! It will be just our luck and as the weather is so unpredictable, that as the installation is completed we will hit a mini heat wave! Despite being without a boiler all through the winter months, we have managed to keep the same hardy faithful congregations at most services throughout this period.

Regarding the broken window, the first estimate for repair was too high at £6000. At the request of the Insurance Company a second estimate was obtained which came in at £5800 plus VAT! The good news is that the Insurance Company have now agreed to pay, so happily we will soon see the newly restored window. In the meantime, thanks to Gareth who has done a great job boarding up the damage and stopping even more cold air coming in.

Nicola Willis and Ted White have both been in hospital. Nicola is now home and doing well. Ted had a fall and is still in hospital. We hold then both in our prayers for a speedy recovery to good health.

Sadly, Judy Harvey has now passed way. Judy has been unwell for some time but she still struggled to get to church including doing her part as a member of the Flower Guild. She will be greatly missed. Our sincere condolences go to her family.

March will shortly be in and as well as celebrating St David's Day it also sees the start of Lent. A time for reflection and, if you are strong willed, a period of abstinence from maybe something you love.



**MARGAM**

Tyfu Ynghyd yng Nghrist - Growing Together in Christ

# THE MARGAM MINISTRY AREA

## 40 DAYS - 40 ITEMS LENT CHALLENGE

### LENT CHALLENGE

#### 40 Days 40 Items Challenge

Instead of giving up something for Lent this year, why not try the 40 days - 40 items challenge?

Each day of Lent remove an item from your house which you don't use or wear anymore and place it in a black bag. You could also do non-perishable food items.

At the end of Lent donate these items to a charity shop, homeless shelter or foodbank.

They will be shared with those who really need them!



**E. V. Eryone**  
**40 Days Challenge**  
**Margam Ministry Area**  
**South Wales**

**YOU'RE INVITED  
TO TAKE PART**



# this season

## Our Journey to Easter 2025

Margam Calling - Sunday, 2nd March:  
"Transformed by Grace"

Join us this Sunday at St Theodore's Church, Kenfig Hill, for an inspiring evening. Coffee and fellowship start at 5:30 PM, followed by a 6:00 PM service. Our theme, "Transformed by Grace," explores John 3:1-17 and the transformative power of God's grace.

We're honoured to welcome The Very Reverend Dr Jason Bray, Dean of Llandaff Cathedral, as our guest speaker. Dr Bray, originally from Merthyr Tydfil, has served the Church in Wales since 1997. He's known for his book, "Deliverance: Everyday Investigations into the Supernatural," and has appeared in the series "Welcome to Wrexham."

Don't miss this opportunity to hear Dr Bray's inspiring message. We look forward to welcoming you this Sunday.



**St Theodore's Church @ 5:30pm**

remember  
**you're  
invited!!**

[www.margamecalling.org.uk](http://www.margamecalling.org.uk)



## News from the Tower

*Rhian Mulligan*

The Newton Nottage Bell Tower has been a busy place during the last few months. On Christmas morning, at 7:30a.m., a resounding peal welcomed worshippers, bringing the community together for the festive service, and there has been little time to rest since!

A special highlight in the bell-ringing calendar is the 8-bell practice, where ringers from around the area gather to hone their skills and share their passion for the craft. This took place in the Newton Nottage Tower on 6<sup>th</sup> January when we were joined by other teams in the Llandaff-Monmouth Diocesan Association of Church Bell Ringers including Aberavon, Baglan, Cowbridge, Cadoxton, Neath and Llantwit. It was a wonderful event, and the visiting ringers generously shared their wealth of experience and expertise.

Another highlight in our ringing calendar last month marked the end of an era at the Newton Nottage Tower. Sadly for us, we called our last changes, rang our last rounds and chimed our last bells with Ruth, our previous Tower Captain. Having started at the age of 12, Ruth has rung bells for the last 40 years with a break from regular ringing only when serving in the armed forces. However, when home on leave, Ruth took every opportunity to ring again with the team. She is a beloved member of our group and led our final ring together on 13<sup>th</sup> January. Her enthusiasm for bellringing has inspired our team and it is testament to Ruth's leadership and empathy that our team continues to focus on improving our skills and expanding our group with an ethos of unity and inclusivity.

A natural and encouraging teacher, Ruth recently told me that during her time in the Tower, one of the many highlights has been teaching others to ring and seeing them grow in confidence. She also reflected on the introduction of the New Year's Eve Watch Service at St John's church, which she said had been wonderful to share with those attending the service and those, outside, singing on Newton village Green! Ruth has always enjoyed ringing for services at Christmas and Easter and ringing to mark Royal occasions has been another highlight of her time with the Newton Nottage bellringers.



It was a privilege for our team to ring for the blessing service following Ruth's marriage to her partner Ju in 2017 and although we will miss them both tremendously, we will hold these memories in our hearts as we wish them well and send them every happiness for their next chapter together, in pastures new.

*Good luck!*

Our regular Monday evening practices continue to be well-attended each week and we have been focusing on change ringing methods, including Grandsire. We revisit more familiar methods regularly, such as Cross and Queens and continue to focus on improving our treble bell hunting skills!

If you are interested in finding out more about ringing at Newton Nottage, please get in touch [newtonnottagebellringers@gmail.com](mailto:newtonnottagebellringers@gmail.com) or come along to our next practice on Monday evenings from 7:45pm to 9pm.

St John the Baptist Church, Church Street, Newton CF36 5PD

## Bones

It has been said that the membership of any organisation is made up of four sets of bones.

First there are Wishbones who spend all their time wishing someone else would do the work.

Then there are the Jawbones who do all the talking about the work and very little else.

Next come the Knucklebones who knock everything that everybody else tries to do.

And finally we have the most valuable of all, the Backbones who get under the load and actually do the work.

Which group do you belong to?

*Submitted by Carol Pearce, from the December 1999 issue of Newton Nottage, Porthcawl Parish magazine*



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## All in the month of March

200 years ago, on 10th March 1820, the Royal Astronomical Society was founded in Britain.

175 years ago, on 17th March 1845, one Henry Jones, a baker from Bristol, was granted a patent for his invention of self-raising flour.

170 years ago, on 31st March 1855, Charlotte Bronte, the reclusive Yorkshire novelist and author of Jane Eyre, died.

90 years ago, on 12th March 1930, Indian political spiritual leader Mahatma Gandhi led 78 activists and followers on a 23-day 'salt march' to protest against a British tax on salt and British rule in India. On 5th April he reached the sea and made salt, breaking British law. On 4th May he was arrested and imprisoned.

75 years ago, on 22nd March 1945, the Arab League was founded (as the League of Arab States).

70 years ago, on 8th March 1950, Volkswagen launched the Type 2/ Transporter van – also known as the Camper, Bus, microbus or Kombi. It became the best-selling van in history, and early versions remain much loved icons of the counterculture/hippie movement.

50 years ago, on 5th March 1970, the Treaty on the Non Proliferation of Nuclear Weapons came into effect.

40 years ago, on 21st March 1980, in the TV soap opera Dallas, the character J R Ewing was shot by an unseen assailant. This led to the famous catchphrase 'Who shot J.R.?' The answer (Kristin Shepard) was revealed that November.

30 years ago, on 31st March 1990, poll tax riots in London broke out. 200,000 protestors took to the streets and clashed with police.

15 years ago, on 26th March 2005, the science fiction TV series Doctor Who returned after a 16-year break

## Reflections on Life

If you your lips would keep from slips, five things observe with care:  
to whom you speak, of whom you speak, and how, and when, and  
where!

William E Norris

Many people will walk in and out of your life. But only true friends will  
leave footprints in your heart.

Eleanor Roosevelt

Parents who are afraid to put their foot down usually have children  
who tread on their toes.

Chinese Proverb

When we give cheerfully and accept gratefully, everyone is blessed.

Maya Angelou

Choose to be optimistic, it feels better.

Dalai Lama

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## News from Margam Abbey

*Wendy Greensmith*

After a busy Christmas and New Year the Abbey has had a relatively quiet February.

The new Abbey choir “premiered” on February 5<sup>th</sup> and had a very encouraging reception from the congregation. A few new members have joined but we are always on the lookout for extra enthusiastic new members. Choir practice is at 9.30 on Sunday mornings, all are welcome.

On February 15<sup>th</sup> we were delighted to experience a fabulous “Valentine’s” evening held in the drill hall with the Ed Jones quartet performing a beautiful selection of love themed songs, serenaded by Edward, with the added treat of Edward’s sister Lena performing some beautiful pieces.

The Abbey shop has been open on Saturdays and Sundays and it has been lovely to welcome many familiar faces as well as new.

We also had the privilege of hosting singing tutorials in the drill hall under the expert maestro Maurizio Colacicchi from Rome. This culminated in a concert with the maestro on Saturday February 22<sup>nd</sup>.

Our Mothers’ Union met on February 17<sup>th</sup>, where members read their favourite poems and shared their reasons for their choice of poem. A most enjoyable afternoon was had by all.

Looking forward into March, we have a quiz night with our very own quiz master Ralph David on March 6<sup>th</sup>.

Bev Gulley resumes her talks and tours with an extremely interesting talk on Miss Emily Charlotte Talbot on Saturday March 8<sup>th</sup>.

Our Lenten lunches will resume during Lent after the weekly “stations of the cross”.

Further information on any planned events can be found on the Margam Abbey Facebook page.

## Lent - did you know?

For many of us Lent is a time of prayer, as well as a time when we forego some of the luxuries we enjoy. I wonder how much we know about Lent - here are some interesting facts.

### Why is it called Lent?

Lent is a shortened form of the Old English word *lencten*, meaning "spring season".

### Why 40 days?

40 is a significant number in Christian scripture:

In Genesis, the flood which destroyed the earth was brought about by 40 days and nights of rain.

The Hebrews spent 40 years in the wilderness before reaching the land promised to them by God.

Moses fasted for 40 days before receiving the ten commandments on Mount Sinai.

Jesus spent 40 days fasting in the wilderness in preparation for his ministry.

**The colour purple** - purple is the symbolic colour used for vestments and altar frontals throughout Lent. Purple is used for two reasons: firstly because it is associated with mourning and so anticipates the pain and suffering of the crucifixion, and secondly because purple is the colour associated with royalty, and celebrates Christ's resurrection and sovereignty.

**East and West** - both the eastern and western churches observe Lent but they count the 40 days differently. The western church excludes Sundays (which is celebrated as the day of Christ's resurrection) whereas the eastern church includes them.

The churches also start Lent on different days. Western churches start Lent on the 7th Wednesday before Easter Day (called Ash Wednesday). Eastern churches start Lent on the Monday of the 7th week before Easter and end it on the Friday 9 days before Easter. Eastern churches call this period the 'Great Lent'.



# The Ten Commandments

*A reflection by Adrian Warner*

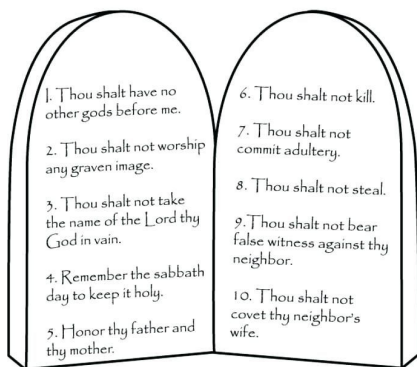
My life has been long, and there are many things to reflect upon. One outstanding item from the years of my indoctrination was the Ten Commandments. Formulated thousands of years BCE, they are still a great charter of love and interpersonal relationships. Perhaps some modernisation of the wording would clarify them. (Those who deny modernisation and evolutionary processes should stop using post industrialisation developments, modern technology and our current language.)

The Ten Commandments set out upholding the Good and forbidding the Evil sides of life. I admire specially the exhortation not to cite Good in vain, or make false or fake goodnesses.

Then they say to have regular rest and reflection, followed by the exhortation to respect predecessors and understand their wisdom.

Then come the forbidden : not to do any actions which will hurt others - not to kill, and not to lose self control or control of our urges : not to say incorrect things about others : not to envy or yearn for what we do not have and cannot get without our own labour. Being generous to others does not seem to feature.

Surely this is a code for everyone on the planet to aspire to.





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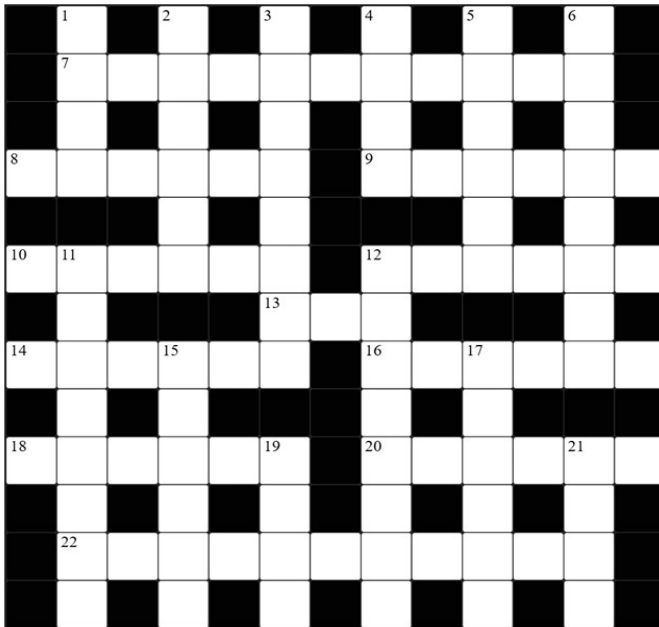
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# Quick Crossword



## Across

- 7 Definitely (7,4)
- 8 Set alight (6)
- 9 Powerful (6)
- 10 Hang loosely (6)
- 12 Spanish rice dish (6)
- 13 Melody (3)
- 14 Vocalist (6)
- 16 Trial (6)
- 18 Sloping script (6)
- 20 Need for food (6)
- 22 US state (5,6)

## Down

- 1 Small branch (4)
- 2 Twine (6)
- 3 Ancestor (8)
- 4 Stalk (4)
- 5 Bracelet (6)
- 6 Fleet of small ships (8)
- 11 Airmen (8)
- 12 Foretell the future (8)
- 15 Eight pints (6)
- 17 Concerning teeth (6)
- 19 Head-cook (4)
- 21 Whirlpool (4)

**Quick Crossword Answer** (page29)



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### ***ALL SAINTS, Porthcawl***

Sunday: Mass at 08.00 & 10.00  
Monday: Mass at 12.00  
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  
Family Mass 1st Sunday of the month  
**Margam Calling** - 5.30pm every other Sunday  
see [www.margamcalling.org.uk](http://www.margamcalling.org.uk) for details  
Wednesday: Mass at 10.00

*For details of all other services,  
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## Pause for Thought



### What to Give Up:

#### *A Lenten Reflection*

Give up complaining - focus on gratitude.

Give up pessimism - become an optimist.

Give up harsh judgements - think kindly thoughts.

Give up worry - trust Divine Providence.

Give up discouragement - be full of hope.

Give up bitterness - turn to forgiveness.

Give up hatred - return good for evil.

Give up negativism - be positive.

Give up anger - be more patient.

Give up pettiness - become more mature.

Give up gloom - enjoy the beauty that is all around you.

Give up jealousy - pray for trust.

Give up gossiping - control your tongue.

Give up sin - turn to virtue.

Give up giving up - hang in there!

## Margam Ministry Area

### Clergy:

Fr Jonathan Durley (*MA Leader*) 01656 670148 [jonathandurley@churchinwales.org.uk](mailto:jonathandurley@churchinwales.org.uk)  
Porthcawl Churches Office [PorthcawlChurches@gmail.com](mailto:PorthcawlChurches@gmail.com)  
Fr Wayne David 01656 858935 [WayneDavid@cinw.org.uk](mailto:WayneDavid@cinw.org.uk)  
The Rev'd Dr Duncan Walker 01656 740500 [revduncan.walker@hotmail.co.uk](mailto:revduncan.walker@hotmail.co.uk)  
The Rev'd Claire Stowell 07813 767956 [stowellclaire@gmail.com](mailto:stowellclaire@gmail.com)

### Reader:

Mrs Grace Wylde 07966 083196 [gwylde16@outlook.com](mailto:gwylde16@outlook.com)

### Chair of the Ministry Area Council:

Mrs Wendy Xerri 07752 487467 [wendy@xerri.wales](mailto:wendy@xerri.wales)

### Area Wardens:

Mr Gareth Baker 07791 367918 [gareth.baker@acuitylaw.com](mailto:gareth.baker@acuitylaw.com)  
Mr David-Lloyd Jones 07747 151205 [davidlloyd.jones@btinternet.com](mailto:davidlloyd.jones@btinternet.com)

### Treasurer:

Dr Paul Smart 01656 788086 [pmsmart@aol.com](mailto:pmsmart@aol.com)

### Safeguarding Officer:

Mr Dave Xerri 07850 129079 [dave@xerri.wales](mailto:dave@xerri.wales)

### Church subwardens:

<b>All Saints, Porthcawl</b>	Mrs Helen Owen	01656 785763
	Mrs Judith Shawe	01656 786446
<b>Saint John the Baptist, Newton</b>	Mrs Liz Singer	01656 785628
	Miss Denver Whale	01656 782573
<b>Saint David, Nottage</b>	Mr Clive Edwards	01656 784698
	Mrs Catherine Powell	07875 834740
<b>Saint Mary Magdalene, Maudlam</b>	Mr John Roberts	07851 122804
	Mrs Eileen Edwards	07530 989433
<b>Saint James, Pyle</b>	Mrs Vanessa Evans	07817 787544
	Mrs Dawn Edwards	07419 822913
<b>Saint Theodore, Kenfig Hill Margam Abbey</b>	Mrs Margaret Phillips	07748 678827
	Mrs Wendy Greensmith	01656 300691
	Mrs Bev Gulley	07530 421220

### Hall Bookings

<b>Parish Hall, Pyle</b>	Sue Roberts	01656 741030
<b>All Saints, Porthcawl</b>	<a href="mailto:porthcawllallsaintshall@gmail.com">porthcawllallsaintshall@gmail.com</a>	
<b>St David, Nottage</b>	Clive Edwards	01656784698
<b>St John the Baptist, Newton</b>	Amanda Church	07534 973557
<b>Margam Abbey Hall</b>	Bev Gulley	07530 421220
<b>St Theodore's, Kenfig Hill</b>	<a href="mailto:sttheodoreskh@hotmail.com">sttheodoreskh@hotmail.com</a>	



**A Visual Snapshot  
of the  
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