

Dewi Sant Welsh United Church

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Gair gan y Gweinidog A word from the Minister

May I wish every reader of the Gadwyn every blessing in 2009. I know that the year is already almost a month old, but it is never too late to wish another person well.

I hope you all had a Christmas that was pleasant and stress free. We tend to celebrate times like Christmas with such fervour that there is a tendency to forget what all the celebrating is for. I hope this was not the case in your experience.

Many people contacted Myfanwy and I during the past month to state that they had enjoyed reading the December issue of the Gadwyn, that the content was interesting and informative. One reason for this is simply the fact that people sent in to Myfanwy interesting anecdotes and accounts for her to put in the Gadwyn. If you want something in a newsletter, or even in life you must also put something into it!!! It is astounding what one learns when dealing with children. We can teach them so much, but they can teach to us so much more. Each Sunday, as part of the morning service, I have a word with the children, a Christian message. The youngsters come to the front of the church and sit on the sanctuary steps to have a chat with me. On the first Sunday of January I had with me a visual aid – two objects. After talking with the children I asked them ‘who would like to take these down to the Sunday School?’ and every hand went up. I gave the objects to each of the two youngest girls, then they all departed for Sunday School, collecting their pennies for charity along the way. After the service I was told by Annette that I had disappointed seven of the nine children by giving the objects to the two girls. I had been selective, and so had made others feel left out. It was not my intention to do so, but I had done exactly what I should not have done. I was taught a lesson, that we should not give to some to the detriment of others, that all are equal in the sight of God and should be so in our sight, especially the vulnerable and easily hurt.

The following Sunday my messages were: the importance of apologizing; the importance of equal sharing; the importance of being fair to everyone. These are important messages, not only to youngsters but also to all of us.

Bendith Duw fyddo arnoch. Bless you all,

Deian Evans, Gweinidog

Celebrating Epiphany.

We would like to share with you some customs we traditionally celebrate on the feast of Epiphany, the arrival of the Three Kings in Bethlehem, to the delight of our visiting friends. These traditions come from Europe. Epiphany was traditionally celebrated on January 6, and is sometimes called Star Christmas, or Little Christmas. It is one of the oldest Christian feasts, and was originally considered as the day of Christ's birth; it is still celebrated that way by many Eastern Christians. Epiphany is a word that means 'manifestation,' showing forth, or making visible. It manifests the *divinity* of Christ, the showing forth of God. The event most commonly associated with the feast of Epiphany is that of Christ's being 'made visible' to the Magi, the Wise Men who followed a star to the cave at Bethlehem, to find there the newborn Christ and do him homage. The visit of the Magi is found in the second chapter of the Gospel by Matthew: "After Jesus had been born at Bethlehem in Judea during the reign of King Herod, suddenly some wise men came to Jerusalem from the East asking, 'Where is the infant king of the Jews? We saw his star as it rose and have come to do him homage.' When King Herod heard this he was perturbed, and so was the whole of Jerusalem. He called together all the chief priests and the scribes of the people, and enquired of them where the Christ was to be born. They told him, 'At Bethlehem...

The wise men set out, and suddenly the star they had seen rising went forward and halted over the place where the child was. The sight of the star filled them with delight, and going into the house they saw the child with his mother Mary, and falling to their knees they did him homage. Then, opening their treasures, they offered him gifts of gold and frankincense and myrrh..."Because of their three gifts for the Christ Child, tradition has it that the Wise Men were three in number, and of kingly origin. So they are often called the Three Kings. These are three Epiphany customs that are celebrated in Madonna House communities:

- the blessing of the lintels of the main doors;
- the Epiphany cake or bread with the three hidden coins;
- the distribution of spiritual 'gifts' to each family member and guest, usually done by someone dressed up in a costume that calls to mind the Three Kings.

The first custom, the blessing of the doorway, is usually done just before a meal, while all are gathered around, by the head of the family. A piece of chalk is first blessed with holy water, or simply with the sign of the cross. Then on the door frame above the main door, an inscription is made with the chalk to look something like this:

20 C + M + B 05

The year (here, 2005) is separated with the letters C, M, B, which are interspersed with small crosses. The letters stand for the Latin phrase *Christus Mansionem Benedicat*, "May Christ bless this home," though many people also interpret these letters as the initials of the names of the three Wise Men or Holy Kings, traditionally known as Caspar, Melchior and Balthazar.

God's blessing is then asked upon all who abide in this home and who pass through its doorways. The Holy Kings give a blessing each time a person passes through the door. The following prayer may be said:

O Blessed Trinity — God our Father, Jesus Christ his beloved Son, and the Holy Spirit — hear the intercessions of Blessed Caspar, Melchior and Balthazar, and of all the saints on our behalf. We come before **You** today to dedicate our home to **You**. Make it a dwelling place of your mercy and peace. Give to those who pass through the doorways of our home an awareness of your presence within their hearts. Bless their coming in, and their going out. Watch over

them, wherever they may journey. Amen. The second custom, the Epiphany coffee cake, is usually incorporated into breakfast that day. The cake or bread is round and may be decorated like a king's crown. Hidden inside the cake are three bright shiny coins (which have been washed and boiled in water for five minutes to sanitize them). The coins may be substituted by nuts or whatever one's ingenuity comes up with. As the cake is eaten, three family members or guests will eventually find one of the tokens. Then sometime during the day each of these privileged persons will pray some special prayer for the whole family, perhaps the rosary or simply the Lord's prayer. At Madonna House each of the three persons spends an hour in adoration before the Blessed Sacrament, since adoration is a keynote of the Epiphany feast: the Magi came to adore Christ.

They usually do the third custom at the evening meal. Just after desert has been served, someone (or three persons, if the group is larger) dressed in an imaginative kingly robe comes around the supper table with a tray of spiritual gifts. Ahead of time, a family member has cut colored paper or cardboard into the shape of crowns, stars, camels or whatever imagination suggests. On each card has been written a word or phrase, taken from a list which may include virtues or qualities of soul like the following: joy, peace, patience, cheerfulness, gratitude, perseverance, thoughtfulness, faith, simplicity, faithfulness, hope, generosity, confidence in God. The 'king' lets each person pick out a gift, from the many that are available, but without the person looking to see what is on the card; not trying to choose a particular 'word' for oneself. Throughout the remainder of the year, everyone tries to exercise his or her gift in daily life.

We might mention the symbolism of the gifts brought by the Magi. **Gold** signifies the kingship of Christ; **Frankincense** (meaning pure incense) signifies Christ's office of high priest. **Myrrh** signifies his burial (since it was used in embalming at the time of Christ).

Christ our king, as high priest offers his sacrificial death for our salvation.

(Adapted from: *Donkey Bells* by Catherine Doherty, (1896-1985), born in Russia, was foundress of Madonna House and a prolific writer and teacher. Her passionate zeal impelled her to pass on her faith in God. She is now being considered for sainthood by the Catholic Church).

Myfanwy

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U.C. W

Merched Y Capel

The UCW Advent service was very well attended, in fact far better than previous years. Thank you to Merched Dewi under the direction of Betty Cullingworth. Thanks to Dr Murray Black for playing the organ, Sheryl Clay and Meriel Simpson for solos and Reverend Deian Evans for serving Holy Communion. Also thanks to the ladies for a wonderful repast. It was a very fitting beginning to the Advent season.

We are proud that we were able to contribute a substantial sum of money to the Dewi Sant coffers at the end of 2008. All the hard work with bazaars etc does pay off and is put to good use..... Speaking of which!!! Ladies please start planning for the Sale that we hold in Spring. The date has not been set yet but we will be announcing it shortly. Diolch.

Joy Bailey and Myfanwy Bajaj.

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Children's Bible in a Nutshell.

(As a teacher I often wonder how children understand what we're trying to teach them. I recently received the following, and hope Y Gadwyn readers enjoy it as much as I did. Hefina Phillips)

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, The Lord, thy God, is **one**, but I think he must be a lot older than that. Anyway, God said, "Give me a light!" and someone did. Then God made the world. He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet.

Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden....Not sure what they were driven in, though, because they didn't have cars, Adam had a son, Cain, who hated his brother as long as he was Abel. Pretty soon all of the early people died off, except for Methuselah, who lived to be a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked other people to join him but they said they would have to take a rain check.

Another important Bible guy is Moses, whose real name is Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then He gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance or covet your neighbour's stuff.

Another important guy was David who got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore.

After the Old Testament came the New Testament. Jesus is the star of The New. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.") Jesus had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards. But all those bad guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyways, Jesus died for our sins then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution

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Ontario Welsh Festival, April 24-26, 2009

Are you tired of winter? Is shovelling all this snow getting to you? Don't worry, because we have Spring to look forward to, and that means the annual Ontario Welsh Festival and Gymanfa Ganu.

This year we return to Kingston, to the Holiday Inn on the waterfront in downtown. Once again we anticipate a hugely successful weekend. Some of the highlights include the Noson Lawen on Friday evening and Awr y Plant (Children's Hour) on Saturday morning. Children with Welsh connections in Kingston are already being prepared for the event, so please bring your children and grandchildren to swell the event. The more children, the better.

St. Paul's Anglican Church will host the Saturday evening concert and the two Gymanfa sessions. The ladies of the church will also serve an intersession lunch – but only if you reserve beforehand! Would you like to know who you are???? Come to the Gymanfa weekend and attend the seminar. We're delighted to report that this year's seminar will be given by the well known expert on Genealogy, Hugh Reekie. Make you sure of your seat by getting there before the starting time of 1 PM.

An integral part of the weekend is the glossy programme. Each year we invite people to place adverts in the programme. Is there someone you'd like to honour? Is someone important in your life celebrating a significant birthday? Could it be a special anniversary? Would you like to inform the readers of your business or interest group? We would be delighted if you could place an advert in the programme this year. A full page ad costs \$300, a half page costs \$150, a quarter page \$75 and a business card \$60. For more information contact Trish Stevenson (905-884-2603) or Hefina Phillips (905-847-5474). There is a time deadline of March 21

.In Memoriam: Unhappily, 2008 was a year when we lost many of our beloved regular attendees. Do you wish to make a Memorial Gift in someone's name to be included in the In Memoriam section of the programme? Please send all the information to Hefina Phillips (phone number above.)

Smile! April will soon be here!

Hefina Phillips

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Number One Idiot of 2008 I am a medical student currently doing a rotation in toxicology at the poison control centre. Today, this woman called in very upset because she caught her little daughter eating ants. I quickly reassured her that the ants are not harmful and there would be no need to bring her daughter into the hospital. She calmed down and at the end of the conversation happened to mention that she gave her daughter some ant poison to eat in order to kill the ants. I told her that she better bring her daughter in to the emergency room right away.

Number Two Idiot of 2008

Early this year, some Boeing employees on the airfield decided to steal a life raft from one of the 747s. They were successful in getting it out of the plane and home. Shortly after they took it for a float on the river, they noticed a Coast Guard helicopter coming toward them. It turned out that the chopper was homing in on the emergency locator beacon that activated when the raft was inflated. They are no longer employed at Boeing.

THIS POEM WAS WRITTEN BY A 15 yr OLD SCHOOL CHILD FROM ARIZONA:

New Pledge of Allegiance (TOTALLY AWESOME)!!

NEW School prayer:

**Now I sit me down in school
Where praying is against the rule
For this great nation under God
Finds mention of Him very odd**

**If Scripture now the class recites
It violates the Bill of Rights
And anytime my head I bow
Becomes a Federal matter now**

**Our hair can be purple, orange or green
That's no offense; it's freedom scene
The law is specific, the law is precise
Prayers spoken aloud are a serious vice
For praying in a public hall
Might offend someone with no faith at all
In silence alone we must meditate
God's name is prohibited by the state**

**We're allowed to cuss and dress like freaks
And pierce our noses, tongues and cheeks
They've outlawed guns, but FIRST the Bible
To quote the Good Book makes me liable
We can elect a pregnant Senior Queen
And the 'unwed daddy' our Senior King
It's 'inappropriate' to teach right from wrong
We're taught such 'judgments' do not belong**

**We can get our condoms and birth controls
Study witchcraft, vampires and totem poles
But the Ten Commandments are not allowed
No word of God must reach this crowd**

**It's scary here I must confess
When chaos reigns the school's a mess
So, Lord, this silent plea I make
Should I be shot; My soul please take!**

Amen

Clarice Terry... Dewi Sant Clerk of Session.

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Keep Playing

When the house lights dimmed and the concert was about to begin, a mother returned to her seat and discovered that her child was missing. Suddenly the curtains parted and spotlights focused on the impressive Steinway on the stage. To her horror, she saw her little boy sitting at the keyboard picking out, "Twinkle Twinkle Little Star." At that moment the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "don't quit, keep playing." Then leaning over, Paderewski reached down and began filling in a bass part. Soon his right arm reached around to the

other side of the child ,and headed a running obligato. Together, the old master and the young novice transformed what could have been a frightening situation into a wonderfully creative experience. The audience was so totally mesmerized that they couldn't recall what else the great master played that night, only the classic. "Twinkle Twinkle Little Star

Perhaps that's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't always graceful flowing music. However, with the hand of the Master, our life's work can be truly beautiful. The next time you set out to accomplish great feats, listen carefully .You may hear the voice of the Master whispering in your ear, "Don't quit...Keep playing."

May you feel his arms round you and know that His hands are there, helping you turn your feeble attempts into masterpieces.

Remember He does not call the equipped rather, he equips the "called ."Life is more accurately measured by the lives you touch than by the things that you aquire. So touch someone by sharing this message....."Don't quit, keep playing."

Myfanwy.

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Christmas was a time to connect and reconnect with friends old and new. Here are a few quotes to remind us of the value of true friendship : "Books and friends should be few but good." "A good friend is my nearest relation." "To have a friend, be a friend." "The death of a friend is equivalent to the loss of a limb." "A cheerful friend is like a sunny day spreading brightness all around. A friend is one who knows us, but loves us anyway. Remember, the greatest gift is not found in a store nor under a tree, but in the hearts of true friends. Who finds a faithful friend, finds a treasure. Your friend is the person who knows all about you, and still likes you." Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Just walk beside me and be my friend. Some people come into our lives and quickly go. Some stay for a while and leave footprints on our hearts. And we are never, ever the same. "Friends are the sunshine of life." "The best mirror is an old friend." "There are many types of ships, there are wooden ships ,plastic ships, and metal ships. but the best and most important types of ships are friendships." "True friendship is like sound health; the value of it is seldom known until it be lost." "A real friend is one who walks in when the rest of the world walks out."

"A friend is one who believes in you when you have ceased to believe in yourself."

"A hug is worth a thousand words. A friend is worth more." "Best Friends listen to what you don't say".

"People never know how special someone is until they leave, but maybe sometimes its important to leave, so they are given that chance to see how special that someone really is!" "Friendship is like a violin; the music may stop now and then, but the strings will last forever." "Friends are the siblings God forgot to give us." "You'll always be my best friend, you know too much!"

Annette Evans

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You Don't Have To Own A Cat To Appreciate This.....

We were dressed and ready to go out for the New Years Eve Party. We turned on a night light, turned the answering machine on, covered our pet parakeet and put the cat in the backyard. We phoned the local cab company and requested a taxi. The taxi arrived and we opened the front door to leave the house. The cat we had already put out in the yard, scoots back into the house. We didn't want the cat shut in the house because she always tries to eat the bird.

My wife goes out to the taxi, while I went inside to get the cat. The cat runs upstairs, with me in hot pursuit. Waiting in the cab, my wife doesn't want the driver to know that the house will be empty for the night. So, she explains to the taxi driver that I will be out soon, 'He's just going upstairs to say Goodbye to my mother.'A few minutes later, I get into the cab. 'Sorry I took so long,' I said, as we drove away.

'That stupid thing was hiding under the bed. I had to poke her with a coat hanger to get her to come out! She tried to take off, so I grabbed her by the neck. Then, I had to wrap her in a blanket to keep her from scratching me. But it worked! I hauled her fat bottom downstairs and threw her out into the back yard!'

The cab driver hit a parked car!!!!!!!

A Blessing

May you listen to your longing to be free.
May the frames of your belonging be large enough for the dreams of your soul.
May you arise each day with a voice of blessing whispering in your heart that something good is going to happen to you. May you find a harmony between your soul and your life.
May the mansion of your soul never become a haunted place.
May you know the eternal longing which lives at the heart of time.
May there be kindness in your gaze when you look within.
May you never place walls between the light and yourself.
May your angel free you from the prisons of guilt, [shame] fear, disappointment and despair.
May you allow the wild beauty of the invisible world to gather you, mind you, and embrace you in belonging. John O'Donohue, *Eternal Echoes: Exploring our Yearning to Belong*; p. 143

Sally and Vaughan Lewis.

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Dylan Thomas. (Died 55 years ago—and still lives on.)

October 20th 1953 Dylan arrived in New York. He was already ill and using an inhaler. He was met by his lover Liz Reitell who was also his producer for the upcoming two performances of Under Milk Wood. She ignored the fact that he had traveled for seventeen hours in an unfit state. She pushed him very hard during the following days of rehearsals etc. it took him to near collapsing. Dylan was eventually injected with a temporary stimulant which carried him through two performances of " Under Milk Wood."

By the end of the first week in New York he was in a dreadful state on the point of collapse. He was a respiratory casualty waiting to happen, a chain smoker with a history of chest complaints, spending most of his time in smoky Bars. On November 2nd. Air pollution in New York had risen to a level considered dangerous for those suffering with chest problems. Dylan got out of bed complaining that he could not breathe and was suffocating. Three times Dr. Feltenstein called on Dylan and failed to diagnose pneumonia and severe bronchitis. He wrongly diagnosed delirium tremens and injected morphine.

Now Dylan was in serious trouble. Just before midnight with Liz Reitell he fell into a coma. As Dylan lay in a coma Liz wasted precious time trying to contact the doctor. It took two hours to get Dylan to hospital. This botched emergency was one of the most critical incidents in the chain of neglect that led to his death. Dr. Feltenstein bullied the young interns on duty at the hospital, to conceal his mistakes and pronounced a diagnosis of acute alcoholic damage to the brain! He even passed on false information that Dylan had drunk eighteen double whiskies the previous night. The doctor threatened to ruin the careers of the two junior doctors if they did not go along with his diagnosis.

After the postmortem it was stated that he had died from pneumonia, an easily treated disease. Penicillin could have been easily obtained. This doctor helped rob Wales of one of its treasures. It was a loss that need not have happened when it did.

Notes taken from an article by David. N. Thomas called, "Fatal Neglect." Dylan's work remains very popular throughout many parts of the world.

Myfanwy.

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Cardiff flights to Toronto axed

January 8th. 2009 by David James, South Wales Echo

THERE will be no transatlantic flights from South Wales this year, Cardiff International Airport has confirmed. A spokeswoman for the Rhoose airfield spoke after the airport's only transatlantic operator scrapped its plan to offer a service to Canada during the summer.

Flyglobespan, a budget operator which stepped in to offer a Toronto route from South Wales after the collapse of Zoom last year, had been planning to offer weekly services across the Atlantic. Its decision will mean Cardiff International Airport is without a transatlantic route this year for the first time since 2004, when Zoom launched flights to several destinations in Canada. Passengers can still fly to airports

*****Toronto Welsh Male Voice Choir Comes to the Rescue.*****

Those of you who read Y Gadwyn regularly, and check the website of the Ontario Welsh Festival (OGGA) would know that the guest choir expected at this year's Cymanfa weekend was Ger Y Lli, of Aberystwyth – a youth choir consisting mainly of Sixth Form students and young teachers. In the recent past, teachers have been given permission to travel during term time because they were representing Wales abroad. Suddenly the rug has been pulled from under their feet due to the dire economic situation in the U.K., and all travelling during term time has been prohibited. Ger Y Lli choir is devastated by this news as they were looking forward very much to their first visit to Canada. Rev. Deian Evans, president of the Board, received this disappointing news in the middle of January. The best laid plans of mice and men.....

A call was immediately put through to Peter Williams, Chairman of the Toronto Welsh Male Voice Choir. Could they possibly help us out? The response from the choir was fantastic, and we're delighted to report that the TWMVC has indeed come to the rescue. We owe them a huge debt of gratitude.

The other good news that we have to report is that Margaret Daniel of Aberporth, Wales, will conduct the two Cymanfa sessions. Margaret is a well known choir director in Wales and her choirs regularly win at the National Eisteddfod. She is also sought after as a Cymanfa conductor. (She is also the sister of the current Archdruid, Dic Jones.)

One door closes, and two more open, and we are certain that you will be delighted with the TWMVC and with Margaret Daniel.

Book your rooms at the Holiday Inn, Kingston, as soon as possible for the weekend of April 24-26. Do not miss this great occasion.

Hefina Phillips

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Celebrate St. David's Day Weekend

The Toronto Welsh Male Voice Choir enhances the St. David's Day Celebrations with a live performance on Classical 96.3 FM including livestream on www.classical963fm.com on Wednesday, February 25th 5:20 to 5:40 pm.

The St. David's Society invites you to the annual Banquet on Friday, February 27th with Cocktails 6:30 pm and Dinner 7:30 pm at the Badminton and Racquet Club of Toronto, 25 St Clair Avenue West. The evening's entertainment will include the Guest Speaker, Jack Evans, from Wales, a mini Gymanfa Ganu and dancing to conclude the evening's festivities. Tickets: \$75.00, Visa accepted. info@twmvc.com or 416-410-2254

St. David's Day Concert ~ Cyngerdd Dydd Gwyl Dewi. **The Toronto Welsh Male Voice Choir** celebrates the rich culture and heritage of Wales, the "Land of Song", with a bounty of music. Their Guests are Christopher Thomas, M.C., Gwyndaf Jones, Welsh tenor, Merched Dewi, Clement Carelse, on Canada's largest organ and Gerald Martindale, carillon at the Metropolitan United Church, 56 Queen Street East, Toronto M5C 2Z3 on Saturday, February 28th, 2009, 7:30 pm. Tickets: \$25.00 Contact: 416-410-2254 or www.ticketweb.ca

The festivities continue on March 1st, St. David's Day, with the raising of the "Red Dragon" at Toronto City Hall, Nathan Phillips Square at 1:30 p.m. The oldest National flag still in use will fly proudly as children dressed in their Welsh costumes, celebrate the Patron Saint of Wales. Being a land rich in tradition, music will ring out as the community joins to sing "Hen Wlad Fy Nhadau"

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Quote of The Day

I remember when the only job a black man could get was cleaning up the mess that white folk made.....

I guess some things never change!!

The month after Christmas

T'was the month after Christmas,
and all through the house,
Nothing would fit me,
not even a blouse.
The cookies I'd nibbled, the chocolate I'd taste
At the holiday parties had gone to my waist.
When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber),
I'd remember the marvellous meals I'd prepared;
The gravies and sauces and beef nicely "rared,"
The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt [
And prepared once again to do battle with dirt...
I said to myself, as I only can,
"You can't spend a winter, disguised as a man!"
So, away with the last of the sour cream dip.
Get rid of the fruit cake, every cracker and chip.
Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie, not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore...
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all, and to all a good diet

Frances Silburn

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Change of email address

This is from Myfanwy Davies Ottawa. myfanwy57@sympatico.ca My backup address will continue to be myfanwysdavies@hotmail.com

Thank you for your contributions. It does make for a more interesting read. Please send me anything that you think will be appropriate. The next deadline will be February 15th. myfanwy@rogers.com

*Tel. 905 737 4399 **Myfanwy***

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THE LUNCH BUNCH

Since last September our Lunch Bunch family has experienced many happy hours of fun and fellowship and, of course, sharing our ups and downs over lunch each meeting. Sadly, our numbers decreased this year with the passing of two of our dear ones, Anne Boswell and Mary Taylor.

In September everyone scored playing "Bingo" listening to our caller, Rob Bruce.

In October we were entertained and educated by a delightful collector of "Teddy Bears" her love of them beginning with an early childhood 1930's Chiltern bear. She designs and makes bears from 24" down to 1 1/4

many of which she brought along for us to view. Several of our own members brought their favourite teddy along and shared fond memories about them. We sang along to "The Teddy Bears' Picnic" and each member went home cuddling their own 6" teddy.

November brought us a time to remember November 11th and our theme for the morning was "Let there be light". Audrey Evans and Jean Iona sang a duet, we enjoyed the opportunity to sing several favourite hymns pertaining to light and then each member came forward to the centre table and placed a candle in memory of someone dear to them. With the candles flickering we dimmed the lights and ended our programme with "Silent Night". Lunch followed as usual.

December Christmas Delights brought everyone out dressed in seasonal colours and after our usual devotional we settled in for our programme. Strings of Christmas lights ran around the hall and tumbled over the piano. The tables were decorated with white lace cloths, candlesticks, Christmas trees and garlands all in silver and a dainty glass angel awaited their new owner when they sat down to partake of a chicken dinner. Laughter and joy abounded...readings by Catherine Otley and Gaynor McConnell, our resident magician Mandrake Deian astounded the audience with his legerdemain and cries of : "more, more" rang from the crowd when he finished;; singalongs of favourite carols sounded so beautiful, and Vaughan Lewis (aka Stanley Holloway) gave us his basso rendition of "Albert and the Lion." This has now become a tradition. Eight or nine of our gentlemen led us with great fervour in "I Saw Three Ships" and we brought our programme to a close by circling the hall and singing our final carol. Our most generous members brought about 36 pairs of socks, several pairs of slippers, gloves and mittens, toiletries and 10 knitted or crocheted lap blankets for the children which were delivered (thanks to Catherine) to our charity of choice, "The Abused Womens' Shelter". A wonderful and rewarding way to end our season. Because of inconsistent weather making the driving quite hazardous, we all agreed to let Jan.Feb. and March do their worst and we look forward to greeting each other in APRIL when our guest speaker will lift our hearts with his presentation on "HUMOUR". Deep Peace to all of you in the year ahead.

Jean Iona Thompson

Church Calendar.

February Calendar for Dewi Sant.

Welsh classes Friday evenings 7-9 p.m. and Saturday mornings 9 a.m. - noon

Sportball classes Thursdays 3:30-5:15 p.m. and Friday afternoons 12:45-2:15 p.m. and Sat. 9-11 a.m.

Hope Korean Church Friday evenings 7:00 –9:00 p.m. and Saturdays 7:00 –8:00 a.m. and 3-5 p.m. and Sundays 2:00-05:30 p.m. In addition they have booked the Church on Thursday February 5th from 5:00-7:00 pm and Monday February 16th from 10:30 a.m. to 1:00 p.m.

Bible Study Class is held every Tuesday morning at the Church from 10:00 – 11:00 a.m.

TWMVC practices every Wednesday evening 7-10 p.m.

Merched Dewi practices every Thursday evening 7:00-9:00 p.m.

In February and March on the first Sunday, the Welsh services will be held at 9:30 a.m., followed by the English service at 11:00 a.m.

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