

Glamorgan Heritage Coast Ministry Area Magazine



January 2023

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Parish Magazine

The Glamorgan Heritage Coast Ministry Area comprises the Parishes of: St Bridget's, St Brides; St Michael and All Angels, Ewenny; St Giles, Gileston; St Cattwg's, Llanmaes; St Michael and All Angels, Llanmihangel; St Illtud's, Llantwit Major; Holy Trinity, Marcross; St Mary's, Monkash; St Donat's, St Donats; St Tathan, St Athan; All Saints, Southerndown; St James, Wick.

This magazine serves them all.

Contributions to be in by 22nd of the month please

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This Month's Cover (Reubens)

Epiphany is the Feast Day that celebrates, mainly, the visit of the Magi to the Christ Child, and thus Jesus Christ's physical manifestation to the Gentiles. It is sometimes called Three Kings' Day, and in some traditions celebrated as Little Christmas. The traditional date for the feast is 6th January, and the eve of the feast is celebrated as Twelfth Night when many Christians remove their Christmas decorations. The Monday after Epiphany is known as 'Plough Monday. Popular Epiphany customs include Epiphany singing, chalking the door, having one's house blessed, consuming Three Kings Cake, winter swimming, as well as attending church services.

Clawr y Mis hwn (Reubens)

Ystwyll yw'r Gŵyl sy'n dathlu, yn bennaf, ymweliad y Magi â Phlentyn Crist, ac felly amlygiad corfforol Iesu Grist i'r Cenhedloedd. Fe'i gelwir weithiau yn Ddiwrnod y Tri Brenin, ac mewn rhai traddodiadau fe'i dathlir fel Nadolig Bach. Y dyddiad traddodiadol ar gyfer y wledd yw 6ed Ionawr, a dethlir noson cyn y wledd fel deuddegfed Nos pan fydd llawer o Gristnogion yn tynnu eu haddurniadau Nadolig. Gelwir y dydd Llun ar ôl yr Ystwyll yn 'Dydd Llun y Plough. Mae arferion poblogaidd yr Ystwyll yn cynnwys canu'r Ystwyll, sialcio'r drws, cael bendithio'ch tŷ, bwyta Teisen y Tri Brenhin, nofio yn y gaeaf, yn ogystal â mynychu gwasanaethau eglwys.

Siân Tesni

To love and win is the best thing. To love and lose is the next best.

Diary

Regular Events

Each Monday	Morning Prayer	9.00 am	via Zoom
First Tuesday	Mothers' Union	2.00 pm	St Illtud's
Each Tuesday	Chair Yoga	10.00 am	St Illtud's
	Prayers for the Parish	11.00 am	via Zoom
Each Thursday	Morning Prayer	8.30 am	Zoom. St James
	Clothes Bank	9.00 am	St Athan
	Seasons	2.00 pm	St Illtud's
	Celtic Contemplation	6.30 pm	St Illtud's (from 10 th)
	Bell ringers Practice	7.30 pm	St Illtud's
First Friday	Open Mic	7.30 pm	St Illtud's

January

Tues	3 rd	2.00 pm	MU Deanery Service	St Illtud's
Fri	6 th	7.30 pm	Open Mic Night	St Illtud's
Tues	10 th	10.00 am	Chair Yoga restarts.	St Illtud's
Thurs	12 th	6.30 pm	Celtic Contemplation Restarts	Via Zoom
Tue	24 th	7.30 pm	St Bridget's & All Saints LCC	St Brides
Wed	25 th	2.00 pm	St Cattwg's LCC	
Thurs	26 th	9.00 am	Clothes Bank Restarts	St Tathan
Fri	27 th	10.30 am	M U Corporate Communion	All Saints Southerndown
Mon	30 th	7.00 pm	Healing Service	St Illtud's

The connection code for Zoom Streamings will be found in the weekly newsletter.

If you have organised an event and want publicity, please make sure that the Office knows all about it so that details can appear in the weekly newsletter and here in the magazine.

It isn't that they can't see the solution, it is that they can't see the problem.

From the Editor

Dear Friends

So, for most people, Christmas has come and gone for another year; how was it for you? Too much to eat? Too much to drink? Too many presents, coming or going? The lingering turkey carcass? All these aspects more or less sum up the secular 'Holiday Season' which the woke advocates insist that have to call it, presumably because to call it Christmas would cause offence to some over-touchy person somewhere but completely overlooking the fact that to call it anything other than Christmas causes offence to Christians. So, what are we to do?

It seems to me that all that we can do is to continue to celebrate this wonderful Twelve Days of Christmas in our own Christian way and not bow to the materialistic pressures which assail us in so many directions. We went to a Nine Lessons and Carols Service, to Midnight Mass and Christmas Day Eucharist as did so many of our friends and acquaintances. Perhaps some people went to more services but that is an individual preference and who would presume to criticise. We also detected several examples of people showing some originality in what they did to share their joy at this time of year. Some examples come to mind.

There was the wonderful Advent Window innovation started last year in Llanmaes as reported in the December magazine. This combined an excellent outward demonstration of faith with a pleasing desire to give prominence to already strong community spirit in the village. While this might be rather more difficult to emulate in a larger community, it is not impossible for enterprising folk to devise a kind of neighbourhood effort.

Thinking in terms of the ubiquitous proliferation of coloured lights which decorate our houses in the winter months, there was a delightful touch to be seen in West Llantwit. There is a small stable on the corner of High Street and Castle Street which has had a garland of these LED's placed round the open door. When I first spotted the lights, it just so happened that the horses were in the stable and looking out! It made a delightful picture and reminiscent of a certain other stable.

The other happening which I want to mention, in this connection is reported on page 16, the performance of Mediaeval music by the Fountain Singers in St Illtud's Church. This gave us the opportunity of submerging ourselves in music appropriate to the season. Wonderful! We must continue to bear witness.

Yours sincerely, *Eric Sparks*

If you see someone without a smile, give them one of yours.

From Father Edwin

Dear Friends,

Christmas 2022 will live in my mind for a long time. It was the first time for three years that we had churches bulging at the seams, as congregations returned to public worship without the threat of the pandemic hanging over us all. People seemed to sing a bit louder and pause just a moment longer at the Crib, perhaps remembering friends and loved ones in a candlelit moment. Yet the joy and celebration of the familiar Christmas narrative also speaks to us at a time of national and international challenge, with many families feeling the weight of financial pressure and the dreadful conflict in Ukraine casting its shadow across Europe.

As a result, our hopes and expectations for 2023 might seem as uncertain as at any time in recent years. The new year makes many people stop and take stock of things, perhaps making a few resolutions to improve our lives in various ways. I always reckon resolutions for a new year fall into two categories. First, there are the things that we know in our hearts that we can change, either by willpower, determination, or priority, which is where those good intentions for diet and exercise really come into their own. Second, there are a great number of things that we would like to change but know we don't really have the capability to do so ourselves. A desire for world peace is probably top of such a list, along with the many things that we might wish for in vain, yet those hopes seem as forlorn as an invitation to blow out the candles on a birthday cake, and 'make a wish' in the process.

In 2023, perhaps I can suggest a different approach. Why not move away from 'wishing' and instead, start praying? When we pray for something, we ask for God's help, recognising that on our own, we're just not powerful enough. Admittedly, prayers for jackpot wins on the lottery usually fall on heavenly deaf ears, as do prayers that ask "Lord, reveal unto me the winner of the 2.30 at Chepstow." But those sorts of prayers misunderstand both prayer and God. Prayer unites us with God, allowing us to bring our deepest needs and our greatest concerns into the presence of the Lord, and inviting the light of God's love to shine on a person or a situation. Think of prayer as taking the most precious things that we hold in our hearts and laying them in love before God.

Prayer turns our focus to the people and situations that are most important to us, as we hold them in our hearts. While the answer and response may not be instantaneous, prayer moulds and shapes our hearts and minds, aligning us with God's will and purpose. Above all, prayer is our invitation to allow the immense love of God to flow through our hearts and lives this year, as a starting point rather than a last resort.

So I'd like to wish you a very happy New Year; but instead, I'll pray for God's blessing upon you all in 2023, that you may know the love of God in its fullness. *Edwin*

Never look back unless you're planning to go that way.

An interview with Canon J.D. Llewellyn Jones, Vicar of Llantwit Major 1961-1978, conducted by Jeff Robinson. Part 2

Canon Ll. Jones had a great interest in the history of St Illtud's church, particularly in its Celtic roots and links with Brittany, and recounted his visits to France. This is available from the Local History archive. He also since the 19th century by successive incumbents. He mentions the efforts of Curate Scott to raise money to restore the West Church around 1890 by running whist drives, and dances. From that they were able to remove the partition between the West and East churches, pave the West church and bring in the ancient monuments. The roof was treated with creosote to protect it from death watch beetle. Much of this information was related to him by Miss Powell, 1, Anchor Cottage, Colhugh Street. Her amazing story of serving several of the Vale gentry families is told in Vol. 13. Llantwit Major, Aspects of its History. More renovations took place under the Rev. Morris who had the floor lowered, the tower re-enforced, and the church was re-roofed at a cost of £7,000. The choir stalls were also put in at this time. Canon Ll. Jones felt that these were in the wrong place and should be at foot of steps, outside the chancel. The church was re-dedicated in 1910.

Under the next vicar, Canon R. David, moves for the restoration of the murals were made. Canon Ll. Jones pointed out that only tallow whitewash will work on the walls; not anything containing a rubberised solution.

The next vicar, Rev. W.E.C. Thomas, oversaw the installation of the wooden crucifixion scene, placed over the chancel arch as a war memorial, in the position where the ancient rood screen would have been. Canon Ll. Jones regarded passing under this as an act of redemption before leading up to the altar for communion. Rev. Thomas also had the 18th century box pews replaced by the present seating, as the box pews were beginning to rot and wanted the Galilee to be made into a Vestry, but the plans would have cost £12,000.

Under Canon Ll. Jones there was refurbishment of the organ, originally from mid-Wales before being installed at The Ham, and passed on to the church, heating was improved, and better lighting installed. Canon Ll. Jones suffered several shocks from the antiquated lighting. He thought that probably the lamps in the chancel were originally oil lamps, converted to gas and later to electricity. He found two high stands in the loft, which might mean the parvis room over the south porch, and converted one into a flower stand and one into candle stick. These were probably also originally oil lamps to light the church. He then told the story of the altar cloth which was beginning to fall apart and thought it was the red one. It seems it was given to St Illtud's Church in the early 20th century by Miss Wyndham Lewis who lived in Boverton, and had worked the altar cloth herself.

A wonderful start, being able to recognise what makes you happy.

She was the daughter of Ann Wyndham Lewis of Green Meadow, near Whitchurch, Cardiff, who was the second wife of Disraeli. This was confirmed by Miss Powell. so a group of ladies led by Mrs. Llewellyn, Boverton Road, met in the Vicarage over a period of months, to restore the altar cloth by giving it a new backing.

During his time he found the pinnacles on the reredos, which were put into place in the early 20th century restoration, were very wobbly and needed fixing. One fell off and was replaced. He was also approached by the Roman Catholic Archbishop of Wales, who was very impressed with the stone carving of Mary, now in a window alcove in the south aisle of the church. He would have liked it for the Roman Catholic Cathedral in Cardiff, but his request was refused. Another offer that was turned down was made by a scrap dealer offering 'ten bob' for the Curfew Bell (dated 1320). The bell is now safe in the Town Hall. The story of the other bells is touched upon, but this has been told in detail by Bill Price in Vol. 4 of Llantwit Major, Aspects of its History.

Another improvement Canon Ll. Jones pondered was using the West Church for a church hall. At the time the church used the Town Hall (or 'Church Loft'), hired on a lease for gatherings but for other organisations and clubs like MU, Youth Club and Young Wives they used the Gatehouse which they did up by installing water and re-wiring.

Over his time in Llantwit Major, Canon Llewellyn Jones became much respected as a kind, wise, Christian gentleman. His ministry was cut short by two years due to his failing eyesight. He not only showed care for his parishioners, but also showed care and interest in the heritage of the town, becoming the first President of the Local History Society, and showed care for St Illtud's church, for which he wrote a handbook and guide. .

Chris Young

Seasons

2023 will be the fifth year of our friendly mid-week gathering which is called Seasons. We extend a warm welcome to anyone who would like to share a chat over a cup of tea or coffee and home make cake, between 1.30 and 3.30pm on Thursday afternoons. Please come and find us in the West Church, Galilee Chapel or Kitchen according to what is on in the Church and what the weather is doing. We are always here and for indoor members connect to Zoom for a chat.

With all good wishes for the New Year from the regulars of Seasons.

Di Gullett

I've always taken the Wizard of Oz very seriously, you know. I believe in the idea of the rainbow, and I've spent my entire life trying to get over it.

Jackdaws

In our villages and towns in the Glamorgan Heritage Coast Ministry Area we live in the company of jackdaws. They are much associated with church towers and after all we have twelve towers to choose from. The 18th-century poet William Cowper wrote: - 'A great frequenter of the church, where bishop-like, he finds a perch and dormitory too. 'For this habit, the bird was apparently deemed sacred in parts of Wales.

Jackdaws are entertaining to watch. Solemnly and methodically, they parade across the lawn, unhurried in their search patterns, neat and tidy and dignified in their bearing. Unlike the larger and clamorous cousins with which they often flock, their calls are clipped, their conversations brief. They pair for life, share food and, when the male barks his arrival at the nest, the female responds with a softer, longer reply.

They like manmade structures. Formerly a nuisance as they favoured chimneys for their twiggy bundles, they're less troublesome in the era of central heating and chimneys with cowls on them. Their liking for church steeples has long been indulged. Jackdaws love people, and probably because they love eye contact. People and jackdaws get on – there's a certain empathy between them. Many are the stories told by individuals who scooped up stranded fledglings in need and were rewarded with a bemusing trust and friendship.



Jackdaws recognise human faces and studies by Cambridge zoologist Auguste von Bayern concluded that they respond to human expressions. These corvids communicate via their eyes, just as human eye contact plays a major role, and a bird confident with its mentor can 'read' that person's eye motions and will follow them to find hidden food. This interplay has encouraged and enabled research.

A jackdaw even became a saint – at least in a story. The best-known literary jackdaw is found in *the Inaoldsbv Legends of R H Barham, the Jackdaw of Rheims* which stole the cardinal's ring, but returned it and became a local saint.

Penny Snowdon

'He long liv'd the pride of that country side,
And at last in the odour of sanctity died;
When, as words were too faint his merits to paint,
The Conclave determin'd to make him a Saint:
And on newly-made Saints and Popes, as you know,
It 's the custom, at Rome, new names to bestow,
So they canonised him by the name of Jem Crow'

If you do not tell the truth about yourself, you cannot tell it about other people.

Humour

When you enter this church, it is possible that you might hear 'The Call of God'. However, it is unlikely that He will call you on His mobile. Thank you for turning off your 'phones. If you want to talk to God, please just find a quiet place and talk to Him. If you want to see God, try texting while you drive.

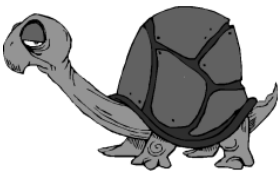
Sign in St Clement's Church , Rhayder.

George noticed that the light was still on in his shed. He went down, opened the door and saw there were people in the shed in the process of stealing things. He immediately dialled 999 and explained the situation. The response was that all patrols were busy, and it would be at least an hour before anyone would be there. George said, "Okay," hung up, counted to 30, and dialled 999 again. "Hello, I called you a few seconds ago to say that there were people in my shed. Well, you don't have to worry about them now because I've just shot them all!" Then he hung up. Within minutes three cars, an Armed Response unit, and an ambulance arrived, and the police caught the burglars red-handed. One of the policemen said to George, "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"

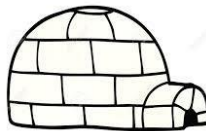
A woman answered the door to find a man standing on her porch. The man said, "I'm terribly sorry. I just ran over your cat. I feel dreadful about it and I would like to replace it for you." The woman replied, "Well that's all right with me, but how are you at catching mice?"

An Indian mystic often walked barefoot which produced an impressive set of sores on his feet. He also ate very little, making him rather frail and with his odd diet he often suffered from bad breath. This made him a super calloused fragile mystic hexed with halitosis.

If the right side of the brain controls the left side of the body, then are left-handed people the only ones in their right mind?



Did you hear about the kidnapping at school? .
He woke up.



What heating bill?



No! I don't want to come out carolling.

One cannot think well, love well, sleep well, if one has not dined well.

Puzzle Page

Crossword No 122

1		2		3				4		5		6
7				8		9						
10		11			12						13	
				14								
		15										
16												17
18									19			
								20				
21		22									23	
24								25				

Across

- 1 Measure
- 4 Sinned
- 7 Anger
- 8 Supplier
- 10 Snug
- 12 Transport
- 15 Musicians
- 18 Deduced
- 19 Peel
- 21 Inserted
- 23 Chopper
- 24 United
- 25 Calculate.

Down

- 1 Fruit
- 2 Consumed
- 3 Exam
- 4 Apparent
- 5 Score
- 6 Dashes
- 9 Surprise
- 11 Yell
- 13 Game
- 14 Award
- 16 Attest
- 17 Imprison
- 20 Tool
- 22 Equal

Answers

Across: 1 Quart, 4 Erred, 7 Ire, 8 Stationer, 10 Cosy, 12 Waterbus, 15 Orchestra, 18 Fathomed, 19 Skin, 21 Implanted, 23 Axe, 24 Merged, 25 Reckon.

Down: 1 Quince, 2 Ate, 3 Test, 4 Evident, 5 Run, 6 Darts, 9 Surprise, 11 Shout, 13 Blackjack, 14 Accolade, 16 Affirm, 17 Intern, 20 Adze, 22 Par.

Miniquiz

- 1 The bite of which insect transmits 'Sleeping Sickness'?
- 2 The 'Sinclair Executive' was the world's first 'slimline' what?
- 3 China is the traditional gift for which wedding anniversary?
- 4 Which fruit was commonly known as 'The Chinese Gooseberry'?
- 5 Which atomic particle carries a negative charge?

Answers

1 Tsetse Fly, 2 Pocket calculator, 3 20th, 4 Kiwi Fruit, 5 Electron.

Word Ladder

Go from one word to the next by changing only one letter.

COAST	SHORE
TOAST	COOK
	BRAG
	ANIMAL
	BANQUET
	MINIMUM
	RESTRAINT
	LETTING
	DEPART
	STRAIN
WEAVE	INTERLACE

Coast, Toast, Boast, Feast, Least, Least, Least, Leave, Heave, Weave

Faith is what someone knows to be true, whether they believe it or not.

A Year of Grace

As the Vicar, the Revd. J. D. Llewelyn Jones had written this in the middle of December, 1974, like the rest of us, he had no idea what the new year would bring. Noting that it was the last quarter of the 20th century, he wrote: *It was one which has seen some of man's most spectacular, but not necessarily his finest, achievements, but also some of his most idiotic follies. If we feel a bit fearful as we enter 1975, we should remember that it is Anno Domini, the Year of Our Lord, and that his grace is available now as ever.*

Thinking of all the problems of the year ending, he added: Our society has been largely driven by the impulses of greed and envy, and we really must find some better motives for living by taking a greater pride in what we put into the community than in what we take out of it.

Writing about the ministry of Bishop John Poole-Hughes starting on New Year's Day, he said: People have asked me how one addresses a bishop who is also the curate. Why not simply 'Father' or 'Bishop'? He then included a self-portrait of the Bishop in which he described his birth and upbringing in Llandoverly, where his father was the Warden of the College. He was ordained after serving in the Royal Artillery during the War, with a curacy at Aberystwyth until he went to Zanzibar with the Universities Mission to Central Africa and taught in theological colleges out there. Returning to Britain in 1957, he taught at St Michael's College, Llandaff until becoming Bishop of Southwest Tanganyika, staying until 1974.

The Vicar, in writing about inviting names of those wishing to be Confirmed, added: *This year will mark an unique occasion when our own curate in his office as Bishop will perform the rite of the 'Laying on of Hands.'*

With the January Week of Prayer for Christian Unity in mind, the Vicar wrote about the proposed Scheme of Covenanting for Unity, adding, we propose to hold a meeting at Ebenezer United Reformed Church.. at which all the Churches in the town we hope will be represented...to decide what we can do together here in this town to bring home the Christian message, not to waste our energies doing separately those things we could better do together.

Looking back over the appeal by the Bishops of the Church in Wales for Christian Aid before Christmas, he wrote: *The result was £65 of which £31 was from the Carol Services, and £25 from envelopes, and £9 from those who signed the beautiful Christmas card made by Mrs. Gwenda Mills, to whom we are most grateful for inspiring the appeal locally.*

Among the marriages recorded was that of Michael Clarke at Plymouth, now in the Royal Navy, but previously a faithful bellringer and server in St. Illtyd's.

At St. Donat's a Requiem was held on the 18th December for Kurt Hahn, who was one of the inspirers of the Atlantic College, and one of the great pioneers in education.

David G Brunning

I think and think for months and years, 99 times the conclusion is false. The 100th time, I am right.

From the Registers

Baptisms

27th Nov. Lucy Nicole Gamble

27th Nov. Florence Karen Olivia Clari

Marriages

19th Nov. Mathew Joseph Cope and Fiona George

10th Dec. Christopher Schultz and Nicole Denise Coo

Burials

29th Nov. Myrna Joan Brown, aged 86 years, St. Athan

2nd Dec. Hubert Charles Griffiths, aged 89 years, Llantwit Major

7th Dec. Bessie Tarlton, aged 92 years, Llantwit Major

9th Dec. Phyllis Challenger, aged 97 years, Llantwit Major



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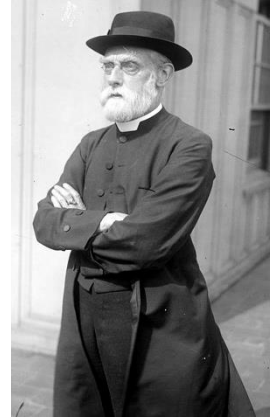
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Saint of the Month

17 January: Charles Gore, Bishop (1835-1932)

It is now over fifty years ago that I began my training for ordination. This was at the College of the Resurrection, Mirfield, Yorkshire; previously as a student at the University of Leeds, I lived in the Hostel of the Resurrection, a hall of residence for the University. Both were run by the Community of the Resurrection, which had a Priory in Roath, Cardiff and also in London, South Africa and Zimbabwe. The Community of the Resurrection (is a monastic community of men, founded by our 'saint of the month' Charles Gore in 1892 with the aim of living 'the baptismal vocation through a commitment to community life, sustained by common worship, and issuing in works that are primarily of a public character'.



Charles Gore was an Oxford don, becoming vice-principal of Cuddleston Theological College near Oxford, then principal of Pusey House in the city. He wrote many scholarly works and was also concerned that the Church became involved in social problems. Gore later became a canon of Westminster Abbey, and successively bishop of Worcester, Birmingham, and Oxford.

The Community of the Resurrection that Gore founded while at Oxford undertook pastoral, evangelistic, literary and educational work in the city and beyond. In 1898 the community moved to Mirfield in West Yorkshire in the heart of the woollen industry. In 1902 the College of the Resurrection was opened, and still trains men and women for ordination to the priesthood. Gore remained Superior of the Community until he was appointed bishop of Worcester in 1902. He died on 17 January 1932.

The Community of the Resurrection has had a tremendous influence within the Anglican Church. A former bishop of Llandaff, Timothy Rees, was a member of the community, and the Mirfield fathers at St Teilo's Priory, Cardiff were involved in the life of parishes in the diocese. The Community of the Resurrection, under Fr Trevor Huddleston, led the fight against apartheid in South Africa. Although The Community of the Resurrection now only has the house and college at Mirfield its work is significant in Christian education and outreach, undergirded by a life of prayer and worship.

Philip Morris

You know you're getting old when the candles cost more than the cake.

Another 'first' for St Illtud's?

The icy cold of Sunday 11th December, did not prevent a large and appreciative audience coming to St Illtud's Church for *A Medieval Nativity*. The Fountain Singers, led by Anna Cristoni-Apel, performed Christmas devotional music from the 11th to the 15th century, in Latin, Old English and Welsh. They sang unaccompanied, some of the music based on Gregorian chant, other music using ancient forms of harmony. The choir's performance was enhanced by the explanation Anna gave of the historical background and musical form of each piece, all of which made for a delightful evening in mid-Advent and an appropriate preparation for the celebration of Christmas.

As I said when giving the thanks at the end of the concert, this was a 'first' for St Illtud's, at least in the last thirty years, as I can't remember a performance of solely medieval music being given in the church. However, was any of this music sung in St Illtud's from the 11th to the 15th century?

Certainly, it would have been sung in Tewkesbury Abbey, and of course St Illtud's was a daughter church of the abbey, with probably a 'college' of priests attached, though actually there is no record in the Annals of Tewkesbury of this. So we are a little in the realms of speculation, but if there was a college with 'vicars choral' it is most likely the early Christmas music as performed by the Fountain Singers would have been sung in St Illtud's in medieval times to enhance the Christmas Mass.

However, there is another 'first' for St Illtud's.

Talking with Anna a few weeks before the concert about the origins of music in Wales led me to try to discover the earliest recorded description of music – sacred or secular – in the country. And I think I have found it.

In his *De Excidio et Conquestu Britanniae* (On the Ruin and Conquest of Britain), written between 525 and 540, St Gildas writes briefly of the *tuneful voices of Christ's servants, sweetly modulated, singing the praises of God and of the strains of ecclesiastical melody*. This is in contrast to the songs *rung out after the fashion of the giddy rout of Bacchus*. What has this to do with St Illtud's? Well, Gildas was a pupil at Llanilltud where he was trained 'in the school of divine scripture and of the liberal arts.' He wrote his comments about music either while he was being trained as a priest here or soon after he left Llanilltud.



So is Gildas' reference to 'the strains of ecclesiastical melody' that of the singing monks at Llanilltud Fawr? If this is the case then the earliest written record of music in Wales is to the 'tuneful voices...sweetly modulated' of St Illtud's monastic school at Llanilltud Fawr!

Llanilltud Fawr followed the round of worship based on the Daily Offices and the Eucharist of which the chanting of psalms played a major part. However there is no record of what melodies the early communities in Wales used for their chants, nor whether they were accompanied by any instrument. What we know as Gregorian chant or plainchant came centuries later, and probably to St Illtud's from Tewkesbury Abbey.

So, some further research is needed in order to recreate the earliest music sung here at Llanilltud Fawr in the 6th century. However, from St Gildas' comments we can imagine that the singing could have been as glorious as that of the Fountain Singers in the 21st century.

Philip Morris+

Warning

I had an episode recently which set me thinking. I was at a function where I got cold, not just my hands which are always susceptible, but my whole body. I was shivering as I was 'core cold.' On reaching home, things went on as usual and I thought that I was nicely warm again, but then came the funny turn. I can't really describe it and I am not touting for sympathy, suffice it to say, I went to bed and while I was a lot better the following morning, I was not completely recovered, indeed, it took me several days to recover. The reason I am telling you this tale is because it occurs to me that others of a corresponding age group might get into the same predicament. I believe that what happened to me was the condition known as 'Hypothermia' which can be a killer. The point being that, like so many things about which we did not need take much care when we were decades younger, hypothermia and the risk of it needs to be taken very seriously when we get beyond the 'three score years and ten' mark. So be warned. It is not soft to wrap up warm especially as we seem to be getting extremes of cold weather this winter, probably to be followed by extremes of hot weather in the summer. When it comes to that, we need to be aware of the risk of the other one – 'Hyperthermia', so don't go without a hat or sit too long in the sun!

I also want to thank the good neighbour who came round to help after the plea for help from my wife. Many thanks Colin.

Hunger makes a thief of any man.

Benefice Directory

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Contributions to be received by 22nd of the month.

January 2023 Final	Sunday 1 st NO SERVICES	Sunday 8 th	Sunday 15 th	Sunday 22 nd	Sunday 29 th
St Illtud 8.00am		Eucharist	Eucharist	Eucharist	Eucharist
Wick 8.15am		Online	Online	Online	Online
St Tathan 9.00am		Eucharist	Eucharist	Eucharist	Morning Prayer
St Illtud 9.30am		Online & in person	Online & in person	Online & in person	Online & in person
Ewenny 9.30am		Eucharist	Eucharist	Eucharist	Eucharist
Gileston 9.30am			Morning Prayer		
Llanmihangel 9.30am			Morning Prayer		
Llanmaes 11.00am		Morning Prayer	Eucharist	Morning Prayer	Eucharist
St Brides 11.00am		Eucharist	Eucharist	Eucharist	Eucharist
Wick 11.00am		Eucharist	Eucharist	Eucharist	Eucharist
St Donat 11.15am		Prayer & Praise	Eucharist	Meet, Greet & Eat	Prayer & Praise
Marcross		Epiphany Service 6.00pm			
Monknash			Friday 21 st 9.30am Friday Fellowship		
Wick 8.30am	Thurs 5 th Morning Prayer on Zoom	Thurs 12 th Morning Prayer on Zoom	Thurs 19 th Morning Prayer on Zoom	Thurs 26 th Morning Prayer on Zoom	
St Illtud 10am	Wed 4 th Eucharist	Wed 11 th Eucharist	Wed 18 th Eucharist	Wed 25 th Morning Prayer	
St Illtud 12.15pm	Fri 6 th Eucharist & soup lunch	Fri 13 th Eucharist & soup lunch EC	Fri 20 th Eucharist & soup lunch	Fri 27 th Eucharist & soup lunch	
St Tathan 11am	Wed 4 th Eucharist	Wed 11 th Eucharist	Wed 18 th Eucharist	Wed 25 th Morning Prayer	
Southerndown 3pm	Wed 4 th Eucharist	Wed 11 th Eucharist	Wed 18 th Eucharist	Wed 25 th Evening Prayer	Sun 29 th Family Service @ 3.00pm
St Illtud 7.00pm					Mon 30 th Healing Service



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Jane Hutt

Member of the Senedd for the Vale of Glamorgan
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Please do not hesitate to get in touch if you have any
 concerns or need help.

Peidiwch ag oedi cyn cysylltu â mi os oes gennych unrhyw
 bryderon neu os oes angen help arnoch.

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