

St Johns Church Newsletter



March 2024

Editorial

The close off date is 22nd March 2024 for the April Newsletter. Please send photos and write ups to Shirleybdraper@gmail.com or put in box at the back of the church. Thank you.

Did you know?

The average human walks 900 miles per year and drinks 22 gallons of coffee. This means that the average human gets 41 miles per gallon!

Welsh are everywhere!

The role of the Welsh in the creation of USA has long been overlooked by historians, but arrivals from Wales – particularly those from Pembrokeshire, Carmarthenshire and Ceredigion played a significant role! There are 16 signatories on the Declaration of Independence that were either Welsh or of immediate Welsh descent, and five of the first six USA Presidents considered themselves of Welsh stock. Daniel Boone was born of Welsh parents. The first Governor of Kentucky was born in Tregaron, and the parents of the second Governor of North Carolina were from Tenby!

Pancake Day – St John's Way

Was celebrated at St Johns with John Hayton and Ian Bonser continuously making pancakes between 3 and 5 pm on Friday 16th February for anyone who came to the Church Hall. There was a mix of old friends and new including a family from Ukraine and another family dropping by.

Shrove Tuesday

Is when pancake racing takes place in most small towns and villages. (Tenby's was cancelled this year because of rain – good job we had John and Ian's pancakes!) but in a lot of places is similar to the Mardi Gras or Fat Tuesday traditions and is the day before the

start of Lent. Did you give up something for Lent? A Church in NZ asked their members to waste less!

News of members

Mrs Suzanne Tolley has been missed at the Sunday services, and members send her "Get well wishes" and their prayers.



Faith

Doesn't always take you out of the problem.
Faith doesn't always take away the pain,
Faith gives you the ability to handle the pain
Faith doesn't take you out of the storm
Faith calms you in the midst of the storm.

Always pray to have eyes that see the best in people. A heart that forgives the worst. A mind that forgets the bad and a soul that NEVER loses faith in God.

Judith Keller says

Travel as much as you can, as far as you can, as long as you can – Life's not meant to be lived in one place.

Important phone numbers for self-referral.

If you live in Pembrokeshire and have trouble with wax in your ears, you can avail yourself of a free Ear Wax Microsuction at South Pembs Hospital by calling 0300 3038 322. They ask for an email address and send you a form to fill in (or they will post you the form). After you have sent it back to them you will get an appointment probably for 3 or so weeks' time. There is also a self-referral service for Care Physiotherapy. To access this please visit

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<https://hduhb.nhs.wales> and type

“Musculoskeletal Physiotherapy” into the search bar on the webpage. From here you can select the “Physiotherapy Services – Outpatient” or Musculoskeletal “MSK” page and link on “Accessing Physiotherapy in Pembrokeshire”.

Alternatively call 01437 772462 and the admin team will help.

Silversurfer says:

My face in the mirror isn't wrinkled or drawn; my house isn't dirty, the cobwebs have gone: My garden looks lovely, and so do my lawns; I think I might never put my glasses back on!

An old saying about villages near Tenby?

Why did Templeton Kilgetty? Because he stood on Saundersfoot!

Why did he step on Saundersfoot? Because he didn't Stepside!

Jason

On Sunday 25th February Revd Jason Askew took the 11am service. He used the projector for words of the well-known hymns which helped some of our members as well as pictures. Jason is the synod's training and development officer and has been involved with our elders' training programme.



Laughter

Always laugh when you can – it is cheap medicine. *Lord Byron*

Joy

Joy does not simply happen to us. We have to choose joy and keep choosing it every day.

Henri J.M. Nouwen

God's way

Morning is God's way of saying one more time, go make a difference, touch and hear, encourage a mind, inspire a soul, and enjoy the day.

Eleanor Roosevelt said

To handle yourself use your head. -

To handle others, use your heart.

Snow in Pembrokeshire

Did you know the recent snow in Pembrokeshire was caused by the Pembrokeshire Dangler - a local meteorological phenomenon that occurs when cold, unstable air blows from the north over the relatively mild Irish Sea. As it blows, it picks up the moisture from the sea that rises and falls as snow showers. It is unique to Pembrokeshire whilst other parts of Wales will remain dry. It is because the north facing coast has a long run of wind over the Irish sea.

St David's Festival Week in Tenby

On Thursday 29th February Quaynotes, St Mary's Church, and Serendipity Choirs perform at St John's Church.

On Friday 1st March, a talk by Rev Nigel Griffiths about “St David”, at the Tenby Arts Society at St John's Church Hall.

On Sat 2nd, at St Mary's Church House a Noson Lawen Variety Show is being held.

On Sunday 3rd, at St Mary's Church House is a Concert by Jess Ward, Harpist.

On Monday 4th at St Mary's Church House will be “For as long as forever is” Life and works of Dylan Thomas written by Mark Lewis.



On Tuesday 5th March at De Valence Pavilion the film screening of "The Englishman who went up a Hill but came down a Mountain"
On Wednesday 6th at St Mary's Church House, a Ukelele Concert by the "Slipway Ukes"

Tenby Friendship Club

Has arranged to visit St Johns Church on Wednesday, 13th March to learn about its history, etc. They have already visited the Mayor's Parlour, St Mary's Church, and the Community Chapel, and are arranging next term to visit the Salvation Army Chapel. This gives the 30-40 members a chance to learn about the different historic buildings.

Craft Group

This group has grown in numbers recently. Some are involved with Caroline making a teddy bear from scratch. Others concentrate on knitting, and some are putting tiny beads on pictures.

On 26th photos of members as babies or teenagers were on display for guessing who was in the photo. Mary, Magaret, and Carol were recognised, but a tiny baby photo is hard to guess as an adult!! Good Fun for members.



Lenten Reflection

Ash Wednesday (the day after Pancake Tuesday) marks the beginning of Lent. Lent is the time when Christians mark the forty days that Jesus spent in the wilderness grappling with searching questions about his call, and who he was, and resisting the temptations of

the ways of the world at the beginning of his ministry. Sometimes Christians mark this period by giving up luxuries or take on new things to help them reflect on their own spiritual journey. Some churches arrange things like simple lunches and raise money for Christian Aid, Tear Fund and Cafod.

The Lenten study group is a good opportunity to reflect on Lent and meets at 11.00 am every Monday in March at St Johns. The reflection is based on the film Mary Poppins Returns and uses it to help us ask questions about our own Lenten journey. The first session reminded us of the different approaches that churches take.

In my experience non-conformist churches like the United Reformed Church, Baptists, and independent churches, don't do Lent very well, if at all; Methodists do it a little better by having Ash Wednesday services and a Lenten liturgy at the beginning of each Sunday service, whilst the Roman Catholics and the Church in Wales are another ball game altogether. It represents a whole spectrum of approaches.

These different approaches are reflected in our spiritual journeys. Some people like to emphasize the resurrection, almost forgetting the cost and skating over the pain, rushing from the miracle of Christmas to the miracle of Easter day, and joyfully celebrating every day on their spiritual journey. There is a part in each of us that wants our own Mary Poppins to come and make everything right.

Others can tend to the other extreme, pondering on the daily struggles and teaching of Christ, and can't see beyond their own struggles, can't see beyond Good Friday and can get lost in cycles of depression. Depression is not just a case of feeling sad and down, it also knocks your motivation for six.

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As someone once put it, my get up and go has, well, just gone. Lack of motivation is a key part of depression that is often overlooked. As a church we can fall into this trap as we struggle to do what we can with limited numbers and don't see beyond Lent and Good Friday.

It is good to recall the struggles of Jesus, but not to get lost in them. It is good to rejoice in the resurrection, but not to forget the cost. There is no resurrection without death, no Easter Day without Good Friday.

Lord, help us as we ponder the mysteries of Lent and reflect on them for our spiritual journeys.

As we journey to the cross through the despair of good Friday to the surprise of Easter Day, help us bear our own crosses for your sake. Amen

And we pray for forty days of a cease fire in Gaza that, as I write, is in the offing after long painful negotiations and hard work by the diplomats.

May it come to fruition, giving relief to the many people in Gaza and freedom for the hostages and lead to a longer lasting peace. Amen.

And finally it is not too late to sponsor Stella and John. They are both running the 10k (6 miles and one furlong) at the St David's Day Race in Cardiff's Bute Park, at 10am on Sunday 3rd March (that's one of things they get up on their holidays). They are raising money for Parkinson's Disease UK. Stella's father and John's brother both suffered from it in their latter days. It is a horrible disabling disease. You can either give money directly to John or Stella or via their Just Giving page. If you would like a link just email John at John1.hayton@gmail.com. Many Thanks.

March Worship Leaders

3rd Rev Adrian Davies
10th Mrs Kate Wolsey
17th Deacon Jon Miller
24th Mr Norman Gilbert
28th Maundy Thursday, Agape Meal, Kate, Tabernacle, Pembroke, 6pm
29th Good Friday, Lynn and Kate, Tabernacle front gardens, Pembroke 2pm
31st Easter Sunrise service at Tenby bandstand time 7.00am (to be confirmed)
31st Easter Sunrise service, 7am, at Tabernacle Gardens, Pembroke, followed by breakfast, Easter egg hunt and Easter Celebration
31st Easter Day - Rev Stella Hayton

Diary dates

29th February, 7-9pm, St David's Day Community Singing Festival, St Johns, proceeds to PATCH.
1st March, 12-noon, Cawl and Musical entertainment, tickets £10.
1st March, 2:30pm, St Mary's, Tenby, World day of Prayer, worship inspired by the women of Palestine.
1st March, 2:30pm, Tabernacle, Pembroke, World day of Prayer, worship inspired by the women of Palestine.
Saturday 9th March 10.30 to 12.30 Spring Coffee morning at Templeton
Saturday 23rd March 10am to 12.00 Easter Coffee Morning at St Johns

Every Monday in March, Lenten Reflection, 11-12 noon. Bring your lunch if you want to stay on.

Every Monday, 2-4pm, Craft Club
Every Wednesday, 10—12, Coffee morning with Welsh cakes and a time to chat.
Friday Evenings Arts club meets, ask Carol Brinton-Thomas for details.