

Dewi Sant Welsh United Church

33 Melrose Avenue,
Toronto, Ontario. M5M 1Y6
Phone 416-485-7583 Fax 416-485-2978
Web www.dewisant.com
Email info@dewisant.com

Neges y Gweinidog A Message from Minister

Greetings to you all as we enter the period known as Lent. I would like to take the opportunity to present a short explanation of the background and meaning of Lent to you in this month's message. I decided that I would do this as the result of a conversation I had recently with a friend who believed that Lent was all about eating pancakes, hot cross buns and Easter eggs, something to do with ashes and giving up smoking for a few weeks and praying more than we usually do. I hope that you will be bored with this message, simply because you, unlike my friend, already DO know some if not all about Lent.

Historically the season of Lent has not been well observed in Protestant Churches, largely because it was associated with "high church" liturgical worship that some churches were eager to reject. However by today it has become more fashionable to observe the period in more and more churches. Christians observe Lent, the forty-day period before Easter beginning on Ash Wednesday, ending at Good Friday. Participants try to imitate Jesus, who spent forty days in the desert in prayer and fasting before beginning his public ministry. Observing Lent helps us to cultivate the spiritual discipline that Jesus showed whilst he was in the desert, and we do this by giving up something we value or habitually use for a short period of time. This act is a two-edged sword because it also makes us aware of the fact that there are so many people who have less than we do – and so we 'count our blessings' by voluntarily going without, and so act just like and feel like others who are forced to go without through necessity or circumstance.

Even more to the point, by going without things that take up our time and effort we make time to seek the REALLY important things in life, the things that give our lives true value. Time wasted watching television can be used to connect with family and friends, for example. Not such a bad idea, I would suggest. Yes, it is a time when we try to be more 'like Jesus'. And the surprising thing is that once we try, we tend to carry on doing those 'habitual good things' even when the 'trial' period is officially over and we are free to go back to our old ways.

I am sure that there is a message there somewhere!

Have a blessed Lent, my friends, and a fulfilling Easter as a result.

Bendithion, **Deian**

Pre-Lenten Festivals

Although originally of pagan content, the traditional carnival celebrations which precede Lent in many cultures have become associated with the season of fasting if only because they are a last opportunity for excess before Lent begins. The most famous of pre-Lenten carnivals in the West is Shrove Tuesday or Mardi Gras (literally "Fat Tuesday").

Fasting and abstinence. Fasting during Lent was more severe in ancient times than today. Socrates Scholasticus reports that in some places, all animal products were strictly forbidden, while others will permit fish, others permit fish and fowl, others prohibit fruit and eggs, and still others eat only bread. In some places, believers abstained from food for an entire day; others took only one meal each day, while others abstained from all food until 3 o'clock. In most places, however, the practice was to abstain from eating until the evening, when a small meal without meat or alcohol was eaten.

During the early Middle Ages, meat, eggs and dairy products were generally prescribed. Thomas Aquinas argued that "they afford greater pleasure as food [than fish], and greater nourishment to the human body, so that from their consumption there results a greater surplus available for seminal matter, which when abundant becomes a great incentive to lust."

However, dispensations for dairy products were given, frequently for a donation, from which several churches are popularly believed to have been built, including the "Butter Tower" of the Rouen Cathedral. In Spain, the bull of the Holy Crusade (renewed periodically after 1492) allowed the consumption of dairy products^[9] and eggs during Lent in exchange for a contribution to the conflict.

Giraldus Cambrensis in his *Itinerary of Archbishop Baldwin through Wales* reports that "in Germany and the arctic regions," "great and religious persons," classified the tail of beavers as "fish" because of its superficial resemblance to a fish and their relative abundance. In current Western societies the practice is considerably relaxed, though in the Eastern Orthodox, Oriental Orthodox and Eastern Catholic Churches abstinence from the above-mentioned food products is still commonly practiced, meaning only vegetarian meals are consumed during this time in many Eastern countries. Lenten practices (as well as various other liturgical practices) are more common in Protestant circles than they once were. In the Roman Catholic Church it is tradition to abstain from meat from Ungulates (meaning roughly "being hooved" or "hooved animal") every Friday for the duration of Lent, although dairy products are still permitted. On Ash Wednesday it is customary to fast for the day, with no meat, eating only one full meal, and if necessary, two small meals also. Current fasting practice in the Roman Catholic Church binds persons over the age of eighteen and younger than fifty-nine (Canon 1252). Pursuant to Canon 1253, days of fasting and abstinence are set by the national Episcopal conference. On days of fasting, one eats only one full meal, but may eat two smaller meals as necessary to keep up one's strength. The two small meals together must sum to less than the one full meal. Parallel to the fasting laws are the laws of abstinence. These bind those over the age of fourteen. On days of abstinence, the person must not eat meat or poultry. According to canon law, all Fridays of the year, Ash Wednesday and several other days are days of abstinence, though in most countries, the strict requirements of abstinence have been limited by the bishops (in accordance with Canon 1253) to the Fridays of Lent and Ash Wednesday. On other abstinence days, the faithful are invited to perform some other act of penance.

Many modern Protestants consider the observation of Lent to be a choice, rather than an obligation. They may decide to give up a favorite food or drink (e.g. chocolate, alcohol) or activity (e.g., going to the movies, playing video games, etc.) for Lent, or they may instead take on a Lenten discipline such as devotions, volunteering for charity work, and so on. Roman Catholics may also observe Lent in this way in addition to the dietary restrictions outlined above, though observation is no longer mandatory under the threat of mortal sin. Many Christians who choose not to follow the dietary restrictions cite 1 Timothy 4:1-5 which warns of doctrines that "forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth." **Liturgical year**

Holy Week and the season of Lent, depending on denomination and local custom, end with Easter Vigil at sundown on Holy Saturday or on the morning of Easter Sunday. It is custom for some churches to hold sunrise services which include open air celebrations in some places. In the Roman Catholic, Lutheran, and many Anglican churches, the altar linens and priest's vestments are violet during the season of Lent. On the fourth Sunday in Lent, rose-coloured vestments may be worn in lieu of violet. In some Anglican churches, a type of unbleached linen or muslin known as Lenten array is used during the first three weeks of Lent, and crimson during Passiontide. On holy days, the colour proper to the day is worn.

Myfanwy.

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U C W

Merched Y Capel.

Well here are the ladies all ready to go for the 2009 season.

First of all thanks to all the faithful ladies and gents who unfailingly provide tea and goodies after the worship services on Sundays. It is a fairly easy task and there are always people ready to help with good advice etc. You do need to provide **milk** and **cream**, and whatever you'd like to bring for a snack.—it does not have to be elaborate.

On Sundays when there is a Welsh language service in the morning **two ladies** will to make that tea. For the second set of tea we need **others**. They will find that the cups are out and the kettles simmering. That is of great help. Once a year should do it if everyone who is able, pitch in to help.

Thank you----**Myfanwy and Joy.**

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Spring Sale. May 23, 2009 10:30 a.m. – 2:00 p.m.

We have decided to change the format slightly. This Spring we are concentrating mainly on baked goods, jams , preserves etc.. Gaynor Mc Connell will once again coordinate this stall. We are asking for gently used china, figurines etc, knitted goods, Welsh goods including tapes etc. Tables are available for a small fee.

We do not want any clothes or electrical goods. There will **not** be a white elephant stall this time.

When you bring in your donations please put your names on the bags, boxes etc.

It is very labour intensive and frustrating to have to take car loads of damaged goods etc. to the dump

There will be a raffle, so if you have something to donate for that we would be thankful.

The Spring Sale coordinator will be **Nina Smith Morris Tel: 416-488-6445**

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**Wanted**

The knitters of Dewi Sant have run out of wool. As you know, we knit baby blankets for the Women's Abuse Centre and lap blankets for the Carefree Seniors' Home. We are desperately in need of four-ply wool. Could you please help us? If you have any wool available or if you would care to contribute to purchasing more wool, please contact me through the Church." Thank you **Catherine Otley.**

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**Good Friday**

The U C W ladies will be serving a **hot** home cooked dinner between the afternoon worship service and the Annual Gymanfa Ganu. We will be making all out effort to see that you get a good hot meal, and **plenty** of it. There will also be a delicious Sherry trifle afterwards!

We are charging \$12 for the meal, which you would not be able to get in the local restaurants at that price. We are encouraging you all to eat with us that afternoon. Know that you are also supporting Dewi Sant when you do so. Tickets are being sold in advance to help us cater realistically for you. Get your tickets from Maureen Davies, Myfanwy Bajaj and the church office. Please support us rather than the local restaurants.

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*One year, a husband decided to buy his mother-in-law a Cemetery plot as a Christmas gift. The next year, he didn't buy her a gift. When she asked him why, he replied, "Well, you still haven't used the gift I bought you last year!" And that's how the fight started.*









have created the banner and have set the standard for other counties to follow suit next year. The banner was officially launched at Oriel y Senedd today, with the support of regional AM Nerys Evans. Designers Audrey Walker and Erian Short were also on hand to talk about the design and construction of the banner. The project has been backed by Fishguard Arts Society from its inception. "This will be an exquisite work of art in the tradition of the last invasion tapestry," said society chairman Gaynor McMorrin. "There is so much expertise, commitment and determination for this work and this will make it a showcase piece for the rest of Wales."

M.

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In honour of Saint Davids day which is so near at hand.

Saint David's Cathedral.

Austerely beautiful it stands In green-bastioned glen,
The jewel of the fabled Western land
Beyond the haunts of men;
For here the Norman Leia dreamed and planned,
Building this massive nave,
Pier, arch and architrave,
With skilled unerring hand,
Of purple stone that knew the shock and roar
Of thundering seas upon the fortified shore;
And here the Western Wykeham, Gower, wrought
With sure, consummate art,
His chamber rood—screen, where, emeshed and caught,
In sparkling cusp and rocket here
About his princely bier
And all the visions of a poet's heart.
And like an Oriental dream
Above the high, triumphant nave it spread
Pole's rich, grey roof of fretted arch and beam,
Each gorgeous carven pendant overhead,
Like damask out of Araby,
While round about the thrusting lantern tower
Burn colour and red heraldry.

Without, stands Gower'palace in array
Of lordly halls and ageless, proud archades,
Built in the soaring splendour of his prime,
Transfigured by the crafty hands of time
To mellow richness of sublime decay.
So from this place of beauty never fades
The glory of the builders, those who made
With pious, artist hands and heart aglow
This jewel of the fabled Western land,
In, memory, long years ago,
Of one who lived and prayed
In this green—bastioned glen,
St. David, Cymric Prince of Christian men.
From "An Anthology of Pembrokeshire Poems"

A G Prys Jones.

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Indeed Llaregub of his remarkable, original, haunting, 'play for voices' was in large part Laugharne, the ancient little township which at one time was a flourishing port. This is one of the few towns in Wales where there is consistent architectural charm; nearly every house reflects the elegance of the eighteenth century. The tiny Town Hall, rebuilt in 1746 has great beauty....Dylan loved Laugharne, and it would seem almost inevitable that he left an indelible impression in and around The Boat House---for he spent happy times there. He also spent many hours of worry about money and gruelling work writing and rewriting, revising and revising, polishing and repolishing until he achieved what he called 'poetic truth as he himself told the author. Dylan was a brilliant little man whose head was stuffed with legend and myth and for whom applause meant more than anything---even sometimes, words! Strange happenings have been reported from time to time in the vicinity of the Boat House. There are those who have said that they have glimpsed the unmistakably, untidy figure of the poet in mid-afternoon at the corner of the Boat House, or beside the shack where he worked. Are these fleeting sightings no more than imagination personified? Who knows. His death was untimely and his soul, tormented as it was, surely lurks Under Milk Wood and his beloved Sir John Hill. *From the writings of Peter Underwood.* **M.**

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**May you all remember Saint David and Wales on March 1<sup>st</sup>.**

Gadwyn deadline will be on Sunday March 19<sup>th</sup>. I am making an appeal to all my readers. PLEASE send me some articles etc etc. It is getting very difficult to find things of interest for you. As I have stressed many times this Gadwyn is not to test my literary prowess or my imagination. **Please** help me make this an interesting document at least worth the work put into it the paper, and stamps etc. Please do not depend on the two or three who constantly make the effort. Thank you Myfanwy [myfanwy@rogers.com](mailto:myfanwy@rogers.com) 905 737 4399

**Church Calendar.**

**March 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 March 5<sup>th</sup> from 5:00-8:00 p.m.

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

**TWMC** practices every Wednesday evening 7-10 p.m.

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