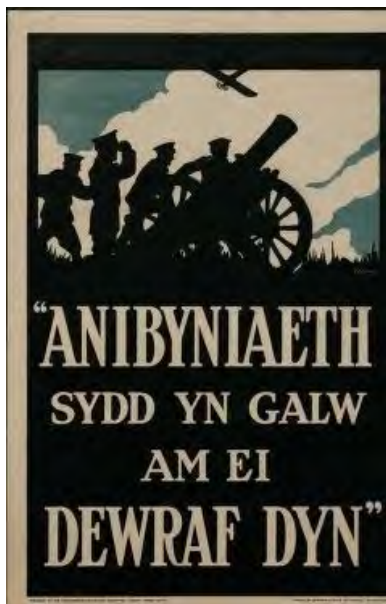


Aberystwyth at War 1914 -1919

by Kate Sullivan

Experience, Impact, Legacy



Aberystwyth at War 1914-1919: Experience, Impact, Legacy is a community project funded by the Heritage Lottery Fund and led by the Department of History and Welsh History, Aberystwyth University. It brings together the National Library of Wales, Ceredigion Archives, Ceredigion Museum, Aberyst-

wyth Arts Centre, and local community performance and heritage groups, to bring alive local stories and experiences of being at war 100 years ago.

The project aims to create a community legacy for future discovery and interpretation, and our volunteers are researching the local stories that make up the wartime history of the town and surrounding areas, with special access to Aberystwyth's amazing archive collections, and training in how to research records, letters, newspapers, photographs, war memorials and family memories. There is also a monthly drop-in session at the Ceredigion Museum café, where volunteers can come along, ask questions and share findings over a cup of coffee.

Our objective is to tell the story of Aberystwyth at war in performances, exhibitions and special events, and through an on-line archive and digital map. We marked Armistice weekend with a film showing of Journey's End (1930) at Ceredigion Museum, and have just launched an exhibition of First World War images and pictures in the Arts Centre café, which runs until 2 January 2019. A key exhibit is a wartime-era map of Aberystwyth that identifies the home



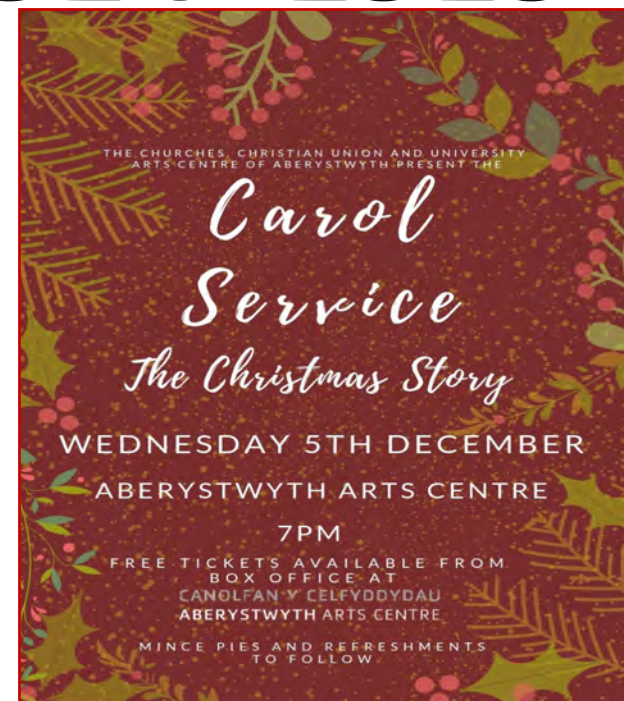
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addresses of 200 of the over 800 servicemen from the town who went to fight in the war. This is a preview of our ongoing digital map project, where we aim to pinpoint every house in the area from which



someone went to war, on a publically accessible website.

There are also plenty of other events planned for next year, including guided walks, presentations of findings to community groups, a concert reproducing the music of the Belgian refugees who found a home in Aberystwyth during the war, and a community theatre performance based on the wartime letters of Billy and Dot, a captain in the Cheshire Regiment and a student at the university, who met when the Cheshires were stationed in Aberystwyth in 1915. Billy was killed in 1917; Dot, who lived until she was 94, never married and kept his letters her whole life. Readings from their letters, performed by students from Penglais and Penweddig Schools, formed part of the recent service at St Michael's Church to mark the centenary of the Armistice.



The sound of Aberystwyth in Jerusalem By Mones Farah

There is something about spending eight days with a large group of people made up of all sorts of backgrounds, tastes and wants.

Recently, a group of 30 people, mainly from the parish of Aberystwyth, and a few others from other churches, spent nine days touring the land of the Bible. This was no ordinary trip as it also included singing in a choir in three different locations in Israel.

The group joined and led the worship in the Anglican Church in Haifa, then went on to sing in the Nazareth Hospital at Nazareth, before culminating by singing at St George's Cathedral in Jerusalem.

Our programme contained the best of Welsh and English hymns, including 'Jesus Lover of My Soul' to the tune 'Aberystwyth', Welsh folk music on the harp, whistle and violin, in addition to a few pieces played and sung with the harp. The programme was varied and wonderful.

Between the services and events that the group led, we toured

the Land of Milk and Honey, a land with very little rain, and yet, a luscious, fertile, fruitful, beautiful and green land.

It is fair to say that most, if not all, of the group, the choir and the front of house team members regarded the excursion as the trip of a lifetime. Our experience was so enhanced by meeting and spending time with local people – Israeli Arabs and Jews, Palestinian Christians and Muslims, secular hotel employees, and the volunteers, nuns and staff of a convent.

Even before we headed back to Wales, we were asked by so many, 'Are you coming again?', and a couple on the excursion also asked for another trip to be planned!



Taizé Worship

By Elisabeth Nicol

We are sitting round a small table, in a dimly-lit chapel. Apart from tea lights and candles on the table, there are no other ornaments. When all are assembled, and it might only be a small group of people, the leader brings us into the meditation with a reflective reading. This can be a prayer, a poem, a biblical text ... We listen, then remain silent and immersed in our own private prayers and reflections for a few minutes before being led into a sung chorus. This is a very simple refrain, "the basics of Christianity in just a

few words", repeated two or three times a capella, though sometimes we are fortunate enough to be accompanied by the harp.

Another opportunity for reflection, another chorus, silence, a reading or prayer ... at one point we may be invited to take the candle and pass it round, sharing our prayers out loud, if wished.

Silence, prayer, silence, chorus ... Peace and harmony. Time to take stock, to have time with God, privately but also bien entouré (in good company). It can also be a blessed interval after a busy day. Afterwards, there is a great opportunity for fellowship and community between different churches

For further information about the next Taizé worship service at St Paul's Methodist Church, please see ceredigionmethodists.org.uk



as we enjoy light refreshments together.

People from all denominations are welcome at this truly ecumenical worship. Taizé is actually a place in Burgundy, southern France, where a refuge centre was established by Brother Roger Schulz during the German occupation in World War 2, and which then developed into a monastic community. Since then it has attracted people of all ages and all denominations of the Christian faith. People come with open minds and leave their prejudices at home. "When the Church listens, heals, reconciles, it becomes what it is at its most luminous: the clear reflection of a love," claims Brother Roger.

Film Review: *I can only imagine*

By Alison Garrod

This is the story of the bestselling Christian single of all time. Written by Bart Millard of MercyMe, the song was inspired by God's transformation of his abusive father, from a monster into the man Bart aspired to be. Bart tells the story behind the song, starting with how his mother walked out of her violent marriage to his father, leaving the then ten-year-old Bart behind. Having always been told by his father that he was a dreamer, Bart tried to please him by playing football, only to have his career cut short by two broken ankles. Eventually, Bart goes on the road with a Christian band, looking for success, but a music manager tells

him that he will never succeed unless he writes from his personal experience of pain.

He goes home to discover that his dad, Arthur, has found God and wants Bart's forgiveness for the past. Bart doesn't think he can do that, until he discovers that Arthur is dying of cancer. This enables him to see that his dad has really changed, and their relationship is transformed.

After his dad's funeral,

Bart is inspired to write a song. This turns out to be 'I Can Only Imagine'. The words take him 10 minutes and the music another 10, but, as someone tells him, the song really took him his entire life to write.

This film has a message for everyone: God is capable of more, much more, than we could ever think possible. Nothing and no one is a lost cause as far as God is concerned. This film is a story of hope and one well worth seeing.



The Hatch

By Heather Cox

Five years ago, a group from St Michael's Church restarted the provision of a meal for homeless and vulnerable people in the Castle Rooms, at 1 p.m. on Sundays. The Bible shows Jesus loving those on the edge of society, and we wanted to do the same. We have volunteers leading, cooking the main meal and dessert, setting up and clearing, and praying behind the scenes. These volunteers come from different churches, and some have no church links at all.



On average, we have 12 guests each week, and around 8 regulars. Many are not homeless but in supported accommodation; some have mental health needs, addictions, or are struggling with isolation. When the genuinely homeless come along, they are comfortable in this environment. Recently, a guest told me how grateful he was to meet others in a safe and friendly place, and to have food cooked for him as he reintegrates back into everyday life (he's only been in Aberystwyth a short time).

We provide tea, coffee and a thought for

the day at the start, and then all volunteers and guests share a delicious main meal and dessert. It's been great to see some

guests helping with setting up, clearing away, and hoovering at the end. Funding comes from different churches and individuals, and through grants. Some food is donated, if available, from Aber Food Surplus, and, in the past, we have had donations from Jubilee Storehouse, The Co-operative and Tesco.

Why is it called The Hatch? The practical folk think it's because food is served from the kitchen via a hatch. The gastro-orientated folk think it's because food goes 'down the hatch!'. The very spiritual see The Hatch as a gateway through which angels are reaching out to those who want to receive. So, you can decide what it means to you!

We will be opening as usual on 23 and 30 December, but will be closed on Christmas Day this year. Most churches will have services on Christmas Day, and the Home Cafe on Pier Street will be open on Christmas Day to provide a free meal for homeless, vulnerable or lonely people who wish to go along.

For more information about The Hatch, please contact St Michael's Church Office on 01970 617184 or e-mail office@stmikes.net



Mr Dickens and His Carol

Written by Samantha Silva

Book Review by June Smith

What is the next best thing to reading *A Christmas Carol* by Charles Dickens? Why, it is to read a book about how he wrote it!

This engaging novel is a fantastical twist on the life of Charles Dickens at the height of his early fame in the 1840s. As the novel opens, we find Dickens reveling in the tremendous success of *Oliver Twist*, a wildly popular novel which brought him celebrity status and a big house in London for his wife and family. However, he has a problem! His follow-up, *Martin Chuzzlewit*, is a flop and he has numerous debts. In desperation, his publishers demand he writes a festive book in time for Christmas, which is fast approaching.

This is the story of how a man, who normally could not stop 'a goose feather pen flying across the page, spitting ink', overcomes his writer's block by finding inspiration in the person of a mysterious muse. The famous author restlessly strides through Victorian London, and you will be drawn into the pursuit as

you wonder if he will find the muse that he seeks. Dickens is exuberantly brought to life for comic effect, and we see how his impetuous character exasperates the people around him. For example, he is astonished when his wife orders a new-fangled Christmas tree, exclaiming, 'A tree? ... Inside the house?'. We meet a lively cast of characters, including his long-suffering wife, Catherine Dickens, his impecunious father, John, his best friend and publisher, Forster, and his literary rival, William Makepeace Thackeray.

This book is a fascinating re-creation of the 'inimitable' author of *A Christmas Carol*, and is an excellent companion to the most famous Christmas book ever written.



Christmas Recipes

By Karen Phillips

PRAWN COCKTAIL

Sauce: 2 tbsp mayonnaise, 1 tsp tomato ketchup, dash of Tabasco sauce (according to taste), dash of Worcester sauce, pinch of paprika, squeeze of lemon juice

Place baby lettuce and diced cucumber in a cocktail glass. Layer with medium prawns (shrimps and lobster, if extravagant!) and season with a little extra virgin oil, salt and a squeeze of lemon juice. Finally, top with a dollop of sauce. My favourite is freshly halved avocado on a bed of lettuce, drizzled with oil, salt and lemon juice, and topped with prawns, mayonnaise, a dust of paprika and a thin slice of lemon twist!



YORKSHIRE PUDDINGS

4 oz/100 g plain flour, pinch of salt, 1 egg, ½ pint/250 ml milk

Place the flour, salt and egg in a bowl, then add enough milk to make a creamy batter. Beat thoroughly, add rest of milk. Set aside for at least an hour.

Heat the oven to 240°C (fan 220°C, gas 9) in advance. Put a little beef suet/lard into the individual sections of a large patty tin. Place in oven until very hot. Remove and pour in

the batter. Put back in oven immediately. Bake for approximately 25 mins until well-risen and golden brown. Serve immediately.

ROAST POTATOES

Heat oven to 220°C (fan 200°C, gas 7). Peel and halve enough big King Edward potatoes. Bring to boil in salted water and simmer for 10 mins. Melt a thin layer of goose fat/lard in cooking tin in the oven. Drain the potatoes. Shake gently to roughen for roasting, place in hot tin and spoon fat to cover them. Sprinkle with salt. Place on top shelf of the oven and turn after 15 mins. If wished, add sprigs of thyme and garlic cloves.

Roast for a further 15 mins until golden brown. Share if you dare!



LEMON SOUFFLÉ (COLD)

2 eggs, 1 lemon (grated rind and juice), ¼ oz/7 g gelatine, 1 fl oz/25 ml hot water, 2 oz/50 g caster sugar, whipped cream to decorate

Separate the egg yolks. Whisk them in a bowl with grated lemon rind and sugar until creamy and light. Gradually beat in the lemon juice. Dissolve the gelatine in the water and add to the lemon mixture. Next, fold in the stiffly beaten egg whites. Pour into a prepared 4½" soufflé case or individual soufflé dishes. When set, remove the paper band and top with whipped cream.

Clean palette, clear conscience after this!

Aber events over Christmas

By Alison Garrod

Not a big turkey fan? Don't fancy anything on TV?

Why not follow the example of my newly-widowed friend, Elizabeth? She felt miserable thinking of Christmas Day on her own for the first time ever, and was not looking forward to cooking Christmas lunch for one. Although she was invited to join either of her children on Christmas Day and Boxing Day, she volunteered at the homeless shelter Christmas lunch, and put all those years of experience with the turkey and stuffing to good use by helping to cook for her town's homeless people. Of course, she still missed Ken, but she also enjoyed the time spent with other volunteers and chatting to everyone else over lunch.

Aberystwyth's Home Cafe will be cooking for homeless people and anyone who would otherwise be lonely this year, so if you fancy joining them, get in touch with Home Cafe so that they can have an idea of numbers. At the moment, they don't anticipate needing volunteers.

If you want to work up an appetite for all the chocolate, Aberystwyth parkrun will be held at 9 a.m. If you're unfamiliar with the concept, this is a 5 km walk or run (or a mixture of the two), starting at the green gates at the town end of Plascrug Avenue. It's normally held every Saturday morning, but Christmas morning is often an extra event. If you want to know how long your 5 km took you, you can register at www.parkrun.org.uk, print off your barcode and turn up with it, ready to start at 9 a.m. Don't worry about being slow – I still can't run an entire lap of the avenue, let alone run the entire 5 km.

If you're still feeling energetic on Boxing Day, you could head to Aber-porth, where there is a swim in the sea from the beach (postcode SA43 2DD). It's free of charge but there is a parking charge.

With all the fun around Christmas, let's enjoy making new traditions and sharing what we have with others.

Aberystwyth 2018 Christmas Services and Events

Churches, CU and University Carol Service

5th December @ 19:00 hours in the Arts Centre
Free tickets available at the Arts Center box office.

St Mair's Church, Gray's Inn Road

Sunday 16th Dec at 3.00pm: Carol Service for Welsh Learners
Sunday 23rd Dec at 3.00pm: Traditional Welsh Carol Service
Christmas Day at 9.00am: Christmas Family Communion (in Welsh)

Elim Aberystwyth, South Road

Sunday 9th Dec at 10.30am: Student Christmas Celebration
Sunday 16th Dec at 10.30am: Family Christmas Celebration
Sunday 23rd Dec at 6.00pm: Carols by Candlelight
Christmas Day at 10.00am: Christmas Morning Celebration

Holy Trinity Church, Y Buarth

Sunday 9th Dec at 11.00am: Advent Service with Children's Choir
Christmas Eve at 11.00pm: Midnight Communion
Christmas Day at 10.30am: Christmas Day Communion

Llanymarchion Church, Rhydyfelin

Sunday 9th Dec at 4.00pm: Candlelit Carols
Christmas Day at 9.30am: Christmas Morning Service

St Anne's Church, Penparcau

Sunday 23rd Dec at 9.45am: Carols with Christingle
Christmas Eve at 11.30pm: Midnight Communion

St Michael's Church, Laura Place

Saturday 1st Dec at 5.00pm: Lantern Parade starts at St Michael's
Friday 7th Dec at 4.00pm-5.30pm: Stable Trail

St Michael's Church, Laura Place cont'd

Saturday 8th Dec at 9.30am-12.00pm and 1.30pm-4.00pm: Stable Trail
Sunday 16th Dec at 5.00pm: Mega Nativity
Sunday 16th Dec at 7.00pm: Traditional Carols and Readings
Sunday 23rd Dec: Services as usual at 11.00am and 6.00pm
Christmas Eve at 11.30pm: Midnight Communion
Christmas Day at 10.30am: All Age Communion
Christmas Eve at 6.00pm: Christmas Bedtime Story with Hot Chocolate (for families)

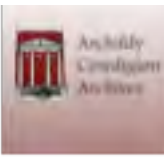
Aberystwyth at War 1914 -1919

by Kate Sullivan

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If you are interested in volunteering on the project, getting involved in our events and activities, or have family memories and stories of the war that you would like to share with us, please contact Dr Siân Nicholas, Project Lead, on shn@aber.ac.uk, or Kate Sullivan, Project Co-Ordinator, on kas99@aber.ac.uk.

Follow us on social media – blog :<https://aberystwyth-at-war.blogspot.com>; Facebook: <https://www.facebook.com/aberystwyth.atwar>; Twitter: <https://twitter.com/AtAberystwyth>. We would like to thank the players of the National Lottery for making this project possible. Images courtesy of the National Library of Wales.



Doing the talk and walking the walk

By Mones Farah

How about it then?

How do you feel about those who have hurt you and caused pain in your life? For many people, it's hard to be able to see the individual in the person who caused them pain, let alone to go on and feel any sort of positive feeling towards that person.

One of the most disturbing things that a certain friend of mine said always rings loud in my mind:

'Love your enemies, do good to those who hate you!'

No wonder he has been in trouble with most people. I know so many who want to shout, 'It's not human to do what you ask. I feel anger and anguish, I feel pain and grief, I feel hurt and let down'.

All the above are legitimate feelings and responses, yet they are the very feelings and responses

that will take hold of our hearts and slowly begin to poison them, almost taking over our responses altogether.

Every time this friend of mine challenges my responses with his unusual and powerful statements, I immediately look at his life and behaviour and check out whether he himself has done what he is asking me to do. Guess what? He did just that. When he was insulted, reviled, arrested, whipped and even led to die, he still loved.

You know, although I have been friends with him for 34 years this November, I have never caught him out doing the talk but not walking the walk. The funny thing is, the more time I spend with him, the more strength, capacity and energy I find to do what he says. Yes, including 'Love your enemies'! He is an amazing friend.

The History of Aberystwyth Castle

Part 3 By John Jackson

Aberystwyth Castle saw some use as a prison after the Glyndŵr revolt, first for defeated Welsh rebels and later for four Frenchmen captured at Agincourt. It otherwise functioned as a centre of administration, although this lessened after the 1536 Act of Union. Money was regularly spent on repairs due to the relentless battering of the weather.

In 1637, a Royal Mint was established there by Charles Bushell. This was used to mint coins from locally-mined silver, bearing the three feathers of the Prince of Wales and the Aberystwyth mark of an open book.

Much of Wales supported the Royalist cause in the Civil War, and Bushell was no exception. He raised a regiment from local miners and lent £40,000 for the war effort. According to one account, he claimed to have 'clothed the King's whole army'.

During the conflict, the mint itself was moved inland. Aberystwyth did not see any fighting until January 1644, when 50 Parliamentarians occupied Llanbadarn. 30 members of the castle garrison attempted a surprise dawn attack but were repulsed, with 13 of them being driven into a millpond, where they drowned.

The castle was besieged in earnest from November 1645. The Roundheads had no hope of storming the walls, but in April 1646 an orderly

surrender was negotiated. The garrison was permitted to march out, and six received safe passage to ride to the King. One man died during the siege and was buried in the stables, his bones undiscovered until 1988.

An order to 'slight' the castle – damaging the structure to make it indefensible – was eventually carried out in 1649. The complete flattening that resulted is highly unusual. It was long-believed that explosives from local mines were used for demolition, but, in fact, mining expertise was used in a less dramatic fashion. Tunnels were dug beneath the walls and the support beams set alight, causing the walls to topple when the tunnels collapsed. Only the north-west tower was deliberately spared, to prevent a naval landmark from disappearing overnight.

Next issue: The fate of The Ruins



Elim Sound Conference – a resounding success!

By Diana Gordon

On the 2nd and 3rd of November, Elim Sound opened its doors to delegates for the first Elim Sound Conference. With a group of seven from Elim Aberystwyth, we travelled to Birmingham to the conference venue, City Church Birmingham, a central and spacious location which could easily accommodate the scores of people travelling from afar. No doubt months of preparation and hard work had gone into this event, not to mention the practise and sound checks. On Friday evening, we had the opportunity to take part in a worship burn which included five hours of worship, prayer and encounter. Various bands from Elim all over the UK led the worship, and in their midst was our very own pastor, Joel Pridmore, who is one of the core members of Elim Sound. After an amazing night, we bunked down in our Premier Inn beds, ready for the next day. The second day started with a time of general worship and a keynote speech by Chris Cartwright. We then had the option to attend various workshops. The conference catered for a wide variety of people, including sound engineers, musicians, singers, songwriters, or those just interested in

worship. The choice was vast and difficult, but I am confident that we all found and attended the workshops that held our personal interest. It was a day of learning, bonding and enjoying. After another worship session, the conference ended at 5.00pm. I am sure there were teething problems for this first-time conference, but none were apparent to me. It was organised, professional, stimulating and spiritual. There was something for everyone, even if you're not in a worship band. God remained the centre of inspiration and dedication throughout. I'm ready to sign up for next year – hope you will be there too!



Picture Credit: Suzanne Hanna Music

The Choir for Israel - a personal experience

By Karen Phillips

I signed up for this exciting venture with no knowledge of the demands of the journey before me.

For someone who can neither read music nor speak Welsh, it seemed quite straightforward to be part of a serious choir singing unfamiliar music, some in Welsh. "No problem," I thought. Until the full reality of the undertaking 'struck a note'!

Over these past months, my vocal cords, chest and brain have been more active than I could have ever imagined. Hours of practising, both alone and twice weekly together. The how, what and when to do so many different things with precision often meant I was dazed and lost. Stamina, staying power and multitasking are not terms which I would have associated with singing! I could only be grateful that I had it relatively easier as a soprano.

I have not yet managed to fully negotiate the words, pitch, pronunciation and timing as they should be, despite the direction of my conductor – eye contact not being possible with my head in the folder, and diverting my gaze meant losing my place in the script. However, consolation was always to be found in the fact that I was not alone in my struggles.

Welsh choirs have inherent standards of excellence. For in Welsh there is an added dimension, none exceeded by that inherent in cerdd dant, with its staccato-like rapidity

of text and note. Mistakes all too obvious to the trained ear.

Nevertheless, we 'matured' into a well-mixed bag of 'allsorts'. Veritably the ultimate form of group therapy! Unending cooperation, consideration and companionship. Humour and harmony in every respect! Fellowship, to use Mones' favourite adjective, A-m-a-zing!

Delyth (she who must be obeyed) naturally wielded the ultimate weapon for order and submission. Carefully disguised in her hands in the form of a baton, its movements were designed to hypnotise the observer to accede to its demands. Silence the instant it froze in mid-air, her eyes steely, her lips pursed.

As we boarded the bus from Aber it was not, "Are we ready for Israel?" but "Was Israel ready for us?!!"



An abundant harvest of fallen leaves

By Gwenda Wallace



In the gutters, on the paths, blowing into the house, piles in corners, slippery and dirty ... Fallen leaves everywhere ... There's no end to them, even when autumn is past; with more and more storms as a result of global warming, the leaves continue to fall from somewhere until the spring ... The Beast from the East was certainly responsible for a deluge of leaves earlier this year.

So, what will you do with them? Burn them, bin them? Think again ...

Believe it or not, these fallen leaves are an incredibly rich and important harvest for the garden. By leaving them to rot for 18 months to two years, you will have an excellent crumbly, dark leaf mould to put on your garden to improve and lighten the texture of your soil.

It's full of micro-organisms, and you cannot use too much. It's a totally free treasure trove, and it means that you're recycling into the bargain!

This is the easiest way to make leaf mould:

1. Collect the fallen leaves and put them into an empty plastic compost sack (this is a good way of recycling the sack over and over again for years).
2. Press the leaves down with your foot so that they are as compacted as much as possible.
3. When you have filled the sack almost to the top, place it in a corner in the garden where you can leave it for almost two years. Pour water (rainwater is best) on top of the leaves – it's important to keep them moist so that they rot down.
4. Close the mouth of the sack by pulling the back piece over the front, and placing a couple of heavy stones on top.
5. With a pocketknife, make several slits all over the sack – this will enable the rain to soak into the leaves, keeping them moist.

Then, in 18 months to two years, you will have leaf mould, such as in the photograph, to put on your garden.



The House Sparrow

By Pedr ap Llwyd

As winter starts to bite, it's time to feed the birds. Don't forget the house sparrow because, as we see in Matthew 10:29 in the Bible, God has a special concern for this little creature.



What did our ancestors call the house sparrow before houses were built? The honest answer is that no one knows. However, Welsh local names for the bird might give us some clues. In some parts of Wales, *golfan* and *sbroc-syn* are used, and the people of Caernarfon town use the name *strew*. It's interesting to note that the old English name for the house sparrow was *sprewa*; so it's possible that the local name *strew* derives from *sprewa*, and that it came to Caernarfon in 1283, with the workers that built Caernarfon Castle, and has been kept by word of mouth since.

We do know that house sparrows were around in Wales when our ancestors lived in caves, round-houses and hill forts. Archaeological research has unearthed the remains of numerous primeval

animals in cave floors, such as the wolf, the cave lion, the rhino and the mammoth, animals which have long disappeared. And as analysis of bone fragments has proved, the humble house sparrow existed even then.

Of course, this little bird's nesting habits are not restricted to house roofs; it will nest in any convenient hole. I well remember once finding a house sparrow's nest in the foundations of a wood pigeon's nest.

Although we cannot know the name given to the house sparrow before houses were built, we can be certain that the little bird was as bold then as it is today, improvising nooks and crannies in caves and the roofs of early mud huts to raise its chicks.

The house sparrow is one of the most remarkable creatures of God's creation. Although it may appear insignificant, we should honour this little bird if only for the numerous references to it in the Bible. In the same way that our Lord cares for the house sparrow, let us too feed this little creature this winter, to ensure its survival.



Artichoke - a versatile vegetable

By Diana Gordon

Artichokes may not look like the average vegetable, but this beautiful flower is not only edible, it also has high nutritional value.

The plant seems to originate from Sicily and North Africa, and the first-century Romans attributed interesting medicinal properties to it, including a cure for baldness and promoting the conception of boys. The Romans pickled the leaves with honey and vinegar and seasoned them with cumin.

Nowadays, although the plant is mainly cultivated in Mediterranean countries, they can be grown right here in Wales. The vegetable contains folate, vitamins C and K, and anti-oxidants. They can help to lower blood

glucose levels and cholesterol levels. However, the only edible part is the heart of the petals – the rest of the plant should never be eaten.

Once cooked and peeled, they can be used in salads or on pizzas, or they can be stuffed with cheese, garlic, tomatoes or feta. The Internet provides an endless source of inspiration on how to cook the vegetable, and you can also decorate the table with the beautiful deep purple flower itself.

To cook artichoke: bring water to the boil in a stainless steel pan. Add the artichoke florets and boil for 30 minutes, until the petals can be easily removed. The inner, fleshy petals can then be eaten.



Wordsearch

CHRISTMAS

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| BETHLEHEM | MANGER |
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| CELEBRATE | NATIVITY |
| CHOCOLATE | PARTY |
| CHRISTMAS | PRESENTS |
| CRACKERS | SHEPHERDS |
| DECORATIONS | STAR |
| GLORY | TINSEL |
| JESUS | TREE |

To colour this picture, you will need to shade **VERY CAREFULLY** with coloured pencils. Please **DO NOT** use felt-tip pens as your picture won't be accepted for the competition.

Send your completed picture to:
AberJabber Team, St Michael's Church, Laura Place, Aberystwyth, SY23 2AU by no later than 14 DECEMBER 2018

Colour the picture

Prize for best colouring in: two tickets to the skating rink!



Spot the fourteen differences

Answers can be picked up from the website or from St. Michael's Office.

