

Plastic

I doubt any one can have failed to have heard and seen some of the reports of the damage plastic is doing to this planet; to the towns, countryside, mountains, polar regions, rivers, seas, ocean depths, animals. It is getting everywhere and is nigh indestructible. A paper towel takes 2 – 4 weeks to decompose Banana peel 3 - 4 weeks, Milk cartons 5 years, Foamed plastic cups 50 years to decompose, Plastic container 50 – 80 years, Plastic bottle 450 years, Plastic bags 200 – 1000 years to decompose.

And yet, they are being churned out by their billions and then thrown away. This is not sustainable. What we need to do is Reduce, Reuse, and Recycle. Reduce your use of plastic - use a reusable cotton shopping bag instead of plastic bags, buy milk in reusable glass bottles, buy items which are not wrapped in plastic. Write to politicians, business owners, telling them to reduce plastic packaging. It is only relatively recently that plastic was introduced, we managed without it before, we need to now. Join Greenpeace, Friends of The Earth, Extinction Rebellion. Reuse the plastic bags you have. Recycle plastic responsibly.

You may have heard the story of the young boy who was walking along the sea shore, picking up washed-up, stranded starfish and throwing them back into the sea. An old man came along and said to the boy, 'Why are you bothering throwing the starfish back into the sea, there are thousands of them, you cannot possibly get them all back to the sea. You can't possibly make a difference.' The boy continued to pick starfish up and return them to the sea saying, 'Well, I made a difference to that one'.

So, every action you take to reduce the use of plastic helps, all the small actions add up and eventually we will, we must, make this Earth a cleaner, healthier place, for us humans and all other animals and plants to live and for future generations.

A Native American proverb states, 'We do not inherit the land from our ancestors, we borrow it from our children'.

We need to give it back to future generations in a state at least as good as when we borrowed it.

Mary Jones, St John's Llandudno

Accessing our Circuit Churches

In addition to circuit services, you can also access the following: St David's Craig y Don Weekly worship is live-streamed, from 10am each Sunday via [this link](#).

Circuit website displays regular updates and information, found via this link:

<https://www.conwyprestatynmc.org.uk/>

Lego Exhibition at St John's Llandudno

It's coming up to time for the Lego Exhibition in Church. 25th July to 6th August. We will be needing lots of stewards. There is a rota at the back of Church so please, if you are able, put your name down to cover some of the duties. We require three people for each shift. It's enjoyable meeting and welcoming all the visitors who come into our lovely building.

Christine from Cytun, would like to remind You that you have until July 22nd to have your say on the Bay of Colwyn Place Plan.

Follow the link to fill out the online survey or add to the Place check map. Share this post to spread the word.

<https://www.colwynplaceplan.com/get-involved>

Conwy Food Bank Update

The total number of parcels issued by Conwy Food Bank in June was 150. 60 families with 112 children, 79 single people and 11 couples. With the relentless and ever increasing requests for parcels our shelves have been looking very

bare. We are very grateful for the response to our SOS, so we can continue to feeding those in crisis. You have all been so very kind when everyone is feeling the pressure, every little really does help. Please do look at our Facebook page for all the updated information. If anyone wishes to donate

online, you will find banking details there. Cash donations are a lifeline when we need to purchase emergency items. Also note that our address has changed, we are still in Rhiw Road but it is now known as the

Rainbow Hub not the Spycy Building. Once again our heartfelt thanks to you all

Here is an example list of what we need... tea, coffee, sugar, uht milk, tinned fruit, custard, rice pudding, jam, marmalade, jars of sauces, pot noodles, super noodles microwave rice, pasta in sauce, tinned tomatoes, hot dogs, tinned cold meats, tinned fish, tinned meat meals, cup a soup, packet mash potatoes, tinned vegetables, meatballs, tinned soup, baked beans, spaghetti, cereal, biscuits, crisps, juice, toilet rolls, toiletries

www.sanctuarytrust.org.uk

conwyfoodbank@gmail.com

Field Code Changed

Revd Dr Jennie Hurd

Congratulations to Revd Dr Jennie Hurd, Chair of Synod Cymru, on her appointment as honorary ecumenical Canon at St Asaph Cathedral. She is one of the first ever ecumenical Canons appointed to support the governance and mission of St Asaph Cathedral. We are very proud that she has been bestowed with this honour and wish her every blessing in this role.

Earthquake response in Afghanistan launched by Christian Aid

International development charity, Christian Aid, has launched an £100,000 emergency response to the devastating earthquake that hit Afghanistan's Paktika and Khost provinces on Wednesday, killing over a thousand people.

Working with their local partner, Organisation for the Co-ordination of Humanitarian Relief (OCHR), Christian Aid will be distributing \$100 to between 500 and 700 families in the Gayan and Barmal districts of Paktika.

Subrata De, Christian Aid's country manager for Afghanistan, said: "Our partner OCHR has good local reach within the communities that have been affected by the earthquake. They are currently carrying out assessments to identify the most vulnerable people who need our help immediately. Immediate needs are drinking water, food and shelter. The cash we distribute will allow families to choose what they prioritise." [Christian Aid](#)

Learning Network Cymru / Wales Forum

The Learning Network Cymru / Wales is looking for people that are passionate about Methodist Churches and circuits being places of development and learning. The Forum is a group that will help shape and progress the work of the Learning Network in Wales as the new Wales Synod Cymru comes into being in September. This would require attending three meetings a year but most importantly, inputting your experience, expertise and knowledge into the group.

For more information on this, please get in contact with [Delyth](#) or [Gareth](#) for an informal discussion.