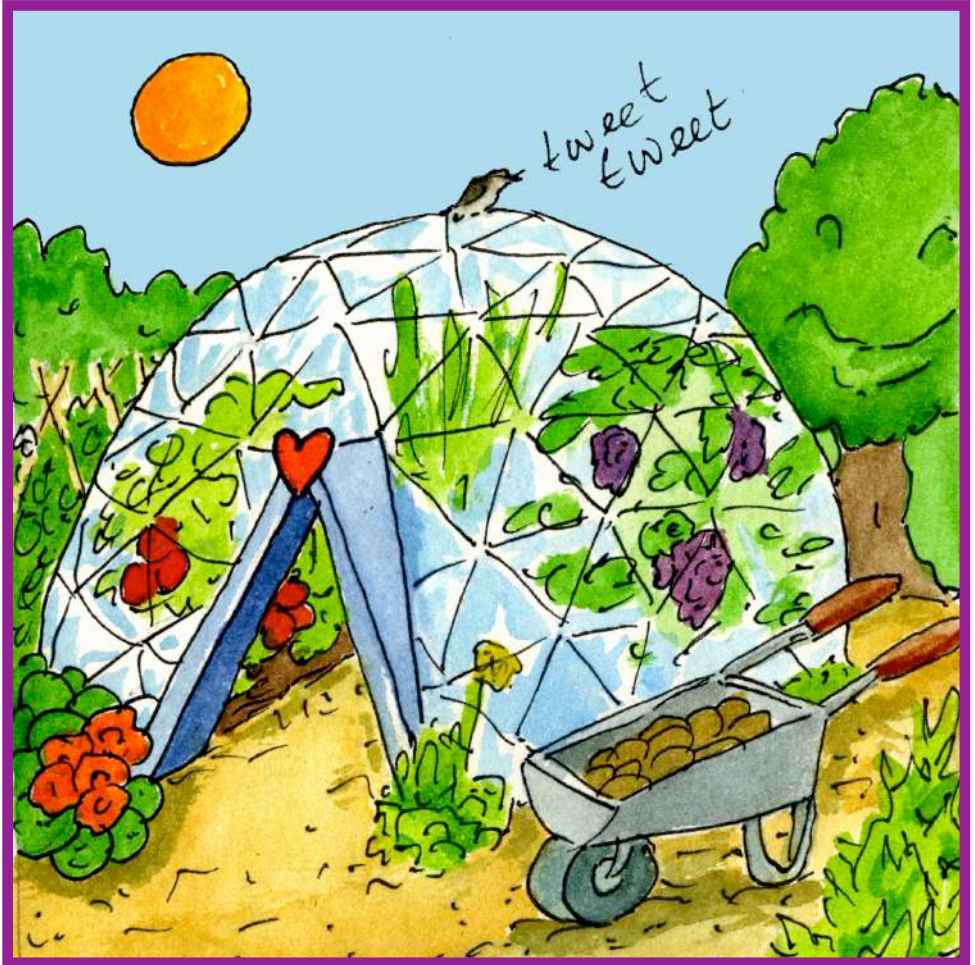


network news

a guide to inspiring events in north wales



climate change & consciousness ~ how to preserve arctic ice ~ earthwalking
virgo, the mother of the harvest ~ beyond the comfort zone ~ russophobia
exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
PWLLHELI
LL53 5DE

August 2018

www.network-news.org

Articles

07777 688440

(phone during office hours
or text anytime)

Earthwalking 4
Gillian Monks

info@network-news.org

Climate Change & Consciousness 6
Stephanie Mines

A Guide to Inspiring Events
in North Wales

Beyond The Comfort Zone 8
Adam May

Founded 1992

Subscriptions

£20 for 12 issues
£12 for 6 issues

How To Preserve Arctic Ice 29
Keith Beasley

Russophobia: Detente Bad, Cold War Good 30
Craig Murray

Advertisements

Eighth Page: £10

Quarter Page: £15

Half Page: £30

Full Page: £60

Back Cover: £100

Virgo, The Mother Of The Harvest 32
Adele Barger Wilson

Regular Features

Noticeboard 9

August Calendar 11

Payments

Cheques to:
"Network News cic"

Bank Transfers to:
Network News cic
Sort Code: 08-92-99
Account No: 65260034

By PayPal

Workshops In September & October 25

Exhibitions 28

Full Moon Meditation Network 33

Advertisers Index 34

www.facebook.com
North Wales Network News

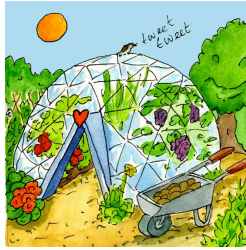
Network News Outlets Inside Back Cover

Network Of Goodwill Back Cover

Network News is a
Community Interest Company
(cic); Registered in England and
Wales, Company No: 06264367;
Registered Office:
20 Penlan Street
PWLLHELI, LL53 5DE

Front Cover Illustration by Femke van Gent
www.femkevangent.nl

Printed on 100% post consumer waste paper by
Network News cic, Pwllheli



Welcome to the August Network News. It felt a bit of a treat when North Wales became the hottest spot in the UK for a few days in July - we are usually newsworthy for the most rainfall! But then the cold reality dawned. Climate change is no longer a theory or a future threat - it is here and now. Locally, farmers report springs and boreholes dry for the first time in living memory. Further afield all-time heat records were broken all around the world, including the cities of Montreal, Glasgow, Belfast, Yerevan and Athens.

In hi-tech Japan hundreds drowned and some seven million were either ordered or advised to evacuate in unprecedented floods. Then the rains gave way to a lethal heatwave. Elsewhere, "cool" Sweden cried out for help from neighbouring countries to deal with massive forest fires, which extended far into the Arctic Circle.

The motley crew who own and run the world have completely failed to avert this disaster. Thankfully their time is nearly up and a new generation is slowly but surely breaking through. The "Zero Hour" gatherings around the world in July were just the visible fraction of a growing multi-talented and multicultural movement: *"Enough is enough. We cannot afford to wait any longer for adults to protect our right to a clean and safe environment, the natural resources we need to not just survive, but flourish."* Earth Guardians

In April next year, there will be a major international conference at the Findhorn Ecovillage in Scotland called "Climate Change & Consciousness" (CCC19). Representatives from indigenous communities and young activists will mix with well-known environmental pioneers for a full week grappling with the inner causes and outer effects of this planetary crisis. We will be there.

Blessings to all beings



Earthwalking

Applying authentic spiritual practice to everyday life
Gillian Monks

Many of us have read books and attended talks and workshops on a wide variety of fascinating topics. We come away feeling inspired and energised, determined to make amazing changes in our lives... and then the reality of everyday living kicks in and all our wonderful intentions get swept beneath the busyness, commitments and pressures of 21st Century existence.

To enjoy a life which is morally and ethically active and spiritually alive we must learn how to fully integrate our highest ideals and practices into our everyday life – even the most mundane tasks and actions. Authentic spirituality needs to be fully embraced, practiced, lived and experienced every moment of every day.

Participating in the seven weekends, offered with Earthwalking, throughout the cycle of one whole year, gently and gradually demonstrates how you can do this. More, it doesn't simply *show* you how you may achieve this; it engages you in active participation which over the months becomes a habit... a way of life. True, there are background notes to read to help basically explain some of the theory behind the activities, but what we participate in at each weekend gathering is of a strictly practical nature, allowing participants to experience and feel for themselves – to discover whole new ways of living, of becoming aware of other realms of existence, of other vital living energies, of ways in which we can befriend



and work with them to heal our planet and mutually enrich and nourish our lives.

This does not just apply to the novice either. It is good practice for even the most spiritually active and adept among us to occasionally return to the basics – the simplest is the most effective. Nor do we

need to become bogged down in all the pomp and theatricals of ritual and regalia to achieve what we seek – we already carry everything we need within us... the strong intention of achieving authentic living practice, the ability to be still and listen, the

desire to reach out with love, a modicum of empathy and compassion. The rest is up to you – how completely, how intensely, how successfully you 'walk your talk'.

It in no way means that you have to utterly change your life... move from where you live... leave your job... neglect your family... deprive yourself of the many blessings and joys of life in the twenty-first century. Just the reverse. Earthwalking is all about how to actively emblazon your spiritual ideals while you are doing the washing up, driving to work, taking a shower, cleaning the loo. From the basic mundane it can equally be applied at more intense levels... arbitrating in family, workplace or community disputes, shedding calm and positive energy on dark angry situations, mindfully making a difference to any world situation – you can, you know, simply by the power of your loving thoughts.

We are all amazing beings and have



great gifts at our disposal which can be utilised for the greatest benefit and good of all, anywhere, any time, simultaneously as we go about our daily tasks. Donning special robes and going to a designated place with

other like-minded people can be supportive, empowering and enjoyable... but it isn't necessary. We cannot all go into religious monasteries to live our spiritual lives. We need to be able to function spiritually as we go about every day in our home, the street, at work. Often all that is required is a few quiet moments to send some positive loving thoughts, or to smile at someone, or say a few kind words – even to a complete stranger. That is all. But the difference it makes can be monumental!

To achieve this all the clues lie around us in the natural world and the ancient Celtic beliefs which permeate the land we live in. To access it I take Earthwalkers back to the basics, gradually forming and deepening their relationship with the elements (Air, Fire, Water, Earth) and the elemental and divine energies/spirits which invests all things with life. You might find yourself lighting and warming yourself or cooking your food on your own log fire, paddling in flowing water, plunging your hands into fragrant clean soil or sitting befriending a plant, a tree or a stone.

We work seasonally too, learning why and how to honour the ever-changing seasons and how we can ideally embrace and meld not just with their energies, but with the expectations and constrictions they variously place upon us. Celebrate the coming darkness of Winter and the rebirth

of the Light at Christmas; revel in the birthing of springtime; rejoice in the growing Light and blossoming time as the exuberance of early summer rolls out across the landscape bringing fruitfulness and the bounty of the autumn harvests and thanksgiving. Step back to remember and heal your past and the past of your ancestors. Learn to pass between different layers and worlds of existence and how to work in them and *enjoy* them. Initiate the habit of listening within – both to your own very wise physical body and to the small still voice of divine wisdom which dwells within us all. Make a habit of envisioning a better world and bring it into existence.

Celtic spirituality is rooted in a deep love of life and, traditionally, the hearth has always been central and sacred to Celtic society. I invite you to my own hearthside and offer you the opportunity for deep inner spiritual work by participating in simple actions and changes of perspective within your ordinary everyday life. This inevitably brings deep wisdom, contentment, happiness and healing.

On Sunday, the 19th August, I am holding a free introductory day. Come and meet the land which will be guiding your thoughts and steps every bit as much as me. Join in with some simple activities and share a hot, home made lunch. Live.



Breath. Experience. Let go. Bring into being a new you... a new world.

My best wishes and love to you all.
Gillian Monks is a Quaker, Theosophist, follower of Celtic Druidry, intuitive psychometrist, shamanic journeyer and soul healer.

www.caenon.co.uk

Climate Change & Consciousness (CCC19)

International Conference at Findhorn Foundation, Scotland, April 20th -26th 2019

Stephanie Mines

Purpose & Intention:

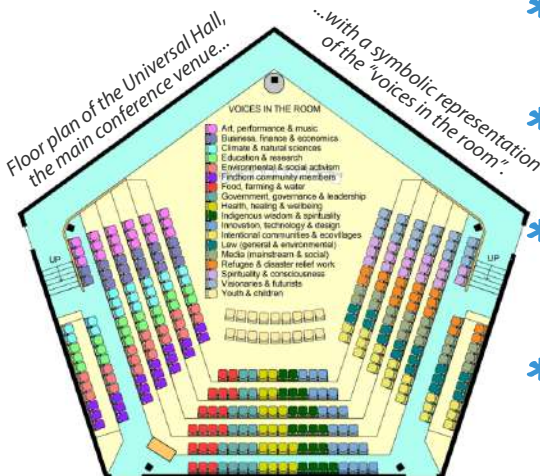
Climate Change & Consciousness: Our Legacy for the Earth, April 20-26 2019, will be a collaborative and participatory investigation into how we can steward a sustainable future on what has already become a radically changed planet Earth. We have travelled to this 'new' planet on a burst of carbon dioxide. A new planet requires new ways of living.

The conference will bring together eminent scientists, wisdom keepers, business people, activists, artists, entrepreneurs, young people and others, to envision and begin to inhabit our joint future. It will be an international, inter-generational and multi-disciplinary gathering. This is the principle of 'the big tent', borrowed from party politics, whereby diverse viewpoints, backgrounds and interests (the 'voices in the room') are brought together to engage and dialogue.

Through interactive, embodied and experiential means, participants will access intuitive, intelligent and innovative insights into how we will meet the demands of this new world. Each individual will be invited to invoke their 'Legacy for the Earth.' Our combined roles and commitment will represent a global mission of stewardship. Everyone will be part of this love story.

Participants will collaborate in exploring:

- ✿ The science and truth of climate change in language that we can all comprehend;
- ✿ Ways to embody our longing to connect with the Earth and hear Her voice;
- ✿ How we can build and rebuild communities as functional entities;
- ✿ Political, legal and social activism, and networking for social change;
- ✿ How do we nurture children and support youth to restore our environment;
- ✿ Soil restoration, organic food production and community-scale agriculture;



- ✿ Alternative energy sources and appropriate technologies;
- ✿ Biodiversity and the intrinsic preciousness of all species;
- ✿ Racism, misogyny and gender bias – how they deepen the environmental crisis;
- ✿ Contemporary and traditional resources to address the trauma of climate change;
- ✿ What can we learn from indigenous cultures, activists and wisdom keepers;
- ✿ Healthcare and the detoxification of environmental pollutants and toxins; and
- ✿ How to generate inspiration for a grassroots upsurge to reclaim our future.

Three Major Orientations:

- ✿ **AWAKE:** Facing the truths of climate change.
- ✿ **CELEBRATE:** Using the arts to express our love for the Earth and all life.
- ✿ **ACT:** Developing our response, locally and globally.

Ten Guiding Principles of CCC19:

These principles were received along with the guidance for the manifestation of CLIMATE CHANGE & CONSCIOUSNESS on November 8, 2016:

1. That the gathering be a grassroots representation of diverse global populations;
2. That the gathering be held at the Findhorn Foundation due to its origins and because it represents and embodies community and sustainability;
3. That indigenous environmental leaders be represented;
4. That youth play a significant role and that their voices be heard;
5. That all participants, both at the conference and online, be encouraged to connect, engage, contribute and network.
6. That everyone at the gathering have an opportunity to establish and cultivate a direct, intimate and personal relationship with Nature;
7. That the gathering be infused with art as one of the key celebrations of human creativity and resiliency;
8. That the outcome of the gathering be the creation of networks of innovation and communities of inspired action;
9. That these networks and community initiatives be seeded before the conference begins; and,
10. That they be effectively supported to grow and flourish after the conference ends, in order to accelerate the generation of sustainable, life-serving responses to climate change.

Why This Conference Is Unique:

While words like 'climate change' and 'sustainability' are in the popular parlance, the truth about the magnitude of our environmental predicament is not well understood. This is in part because the language used to deliver the science is frequently infused with acronyms that deter engagement. This conference will translate scientific jargon into language that is accessible to anyone. In addition, we intend a celebratory response to

climate change that emphasises human resilience and creativity, which is key to coping with the scientific reality. These two sides of the coin (environmental science and celebratory resilience) will be linked at every juncture of this gathering.

This conference will be led by some of the most knowledgeable and highly regarded voices of the climate change movement. The key contributors are recognised internationally for their expertise, their commanding presence, and their proven capacity to identify practical and optimistic strategies for sustainability action. Joining these voices with those of artists, healers, parents and youth has seldom been attempted in quite such a way.

Stephanie Mines PhD is a neuroscientist, psychologist and author of five books on the treatment of trauma and shock. She is the convener of CCC19.

www.ccc19.org

The **Findhorn Foundation** is a renowned ecovillage, spiritual community and learning centre. This conference comes at a time when



the art of community building is badly needed. Findhorn famously demonstrates the potential of community to develop low-impact settlements and lifestyles. Further, Findhorn's deep roots in the natural world and 50 years of 'co-creation with the intelligence of nature' makes it the perfect host for this event.

The central intention of Climate Change & Consciousness is to encourage the participants (including thousands watching by live-stream) to prioritise their love for the Earth, putting the environment first in order to steward for the children of the future. This epitomises the role that Findhorn has long played in raising consciousness for the good of the whole. This conference fulfils Findhorn's essential purpose as a lighthouse beaming forth messages from Mother Nature.

Beyond The Comfort Zone

Adam May

Recently, a colleague taught me some useful self-reflection questions, which can be applied to all areas of life, not just difficult moments in the practice of psychotherapy, so I thought I would share them with you...

- ✓ *Think of a recent occasion when you felt uncomfortable.*
- ✓ *What did you do to escape from your discomfort?*
- ✓ *What might you have become aware of if you had stayed with the discomfort, and what could your discomfort have taught you?*

I have a sign in my consulting room which reads "Life begins at the end of your comfort zone". More often than not, we recoil when we reach the edge of our comfort zone. We pull away so automatically that we don't even notice we are doing it, nor remember that we did it afterwards.

On customer service courses, participants are taught to welcome complaining customers. The things about a complaining customer is that they are willing to engage; their way of engaging makes them difficult to deal with but for every complaining customer, there are many others who will just take their business elsewhere.

A complaining customer is invaluable therefore: they are offering useful information on how you can improve your service. Uncomfortable feelings, like embarrassment, shame, and fear are the complaining customers of our psyche. They sit at the edge of our comfort zone, waiting to see if we dare approach. They make us feel a bit scared, and maybe a bit grumpy.

Most of the time, we'd much rather they just went away. They aren't sure they want to talk with us, and we



certainly don't want to talk with them. They are those parts of ourselves that we have disowned and detached from.

If we just sit with them a while, and give them enough space to tell their story, we will surely learn something useful and maybe extend our comfort zone out that bit further.

Adam is a CBT psychotherapist who lives and works in Llanddaniel, on Anglesey.

adamatclothhall@gmail.com



Trigonos
yn Eryri in Snowdonia

Making Your Mark ~ Sunday August 12

*A Day of Drawing to connect hand, eye & heart with artist **Maria Hayes**.*

Whether you are an experienced artist or an enthusiastic beginner this day of drawing will extend your mark making, enable your creativity and offer you methods to develop your practice.

Cost: £75 (£50 concessions)

Time: 9.30am arrival for 10am start

ReWilding The Mind ~ September 22-25

This 3 day retreat will take the form of guided mindfulness meditations, discussions and walks in the countryside and will be co-led by Claire Thompson and Jonathan Stacey.

Prices from £340 to include full board accommodation.

www.trigonos.org

01286 882 388

Trigonos is a not-for-profit social business located in the Nantlle Valley adjoining Llyn Nantlle.

In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

network news

a guide to inspiring events in north wales

TIMELESS WISDOM ~ SHORT STORY

WRITING COMPETITION This competition brings together writers aged 60 and over from around the world, with a focus on non-fiction short stories which share some of the wisdom that can only be acquired through age. Selected entries will be collated into up to four books according to selected themes, and published in the United States, Canada, the United Kingdom, Ireland, Australia and New Zealand by Exisle Publishing, an established mainstream publishing house with over 25 years of publishing experience. Entry is free of charge, and while writers aged 60 and over are preferred, younger writers are also welcome to participate. Closing date is 28th September 2018. Submission details and other information can be found here: exislepublishing.com/writing-challenge/

TRIGONOS NEW ARTS AND CRAFT SHOP Offering the opportunity to buy a range of products created by local people or those associated with Trigonos: prints, drawings and paintings, herbal remedies and soap, nature photography, bags, hangings and much more! Trigonos, Plas Baladeulyn, Nantlle LL54 6BW, 01286 882388, trigonos.org

PERMACULTURE DESIGN COURSE 3rd - 14th September. Taking place at the stunning Tyddyn Teg Community Farm, close to Snowdonia national park in North Wales, this course will place special emphasis on concepts of resilience, rootedness and global

community. Bringing together a dynamic and international team of teachers from Palestine, Kashmir, Wales and England, we offer a unique opportunity to explore these concepts in depth, giving both local and global context to the application of permaculture design. £650 early-bird discount (book before 01/08/2018) Alice Gray, tyddynteg.com

SNOWDONIA SOCIETY are offering people the chance to gain some relevant conservation experience over the summer. You must attend on 7th August and be free to attend at least 3 out of 7 days in August: 8th, 14th, 15th, 18th, 22nd, 23th or 28th; each day studies different topic. **Contact mary-kate@snowdonia-society.org.uk by 9am on Monday 31st July.**

GARDEN COMMUNITY PROJECT in Pwllheli - Canolfan Hamdden Dwyfor has won a Green Flag Award for quality and care for park space. Volunteers look after the space, find friendship, stay fit and keep Wales tidy. Contact 01758 613437, canolfanhamddendwyfor@gwynedd.llyw.cymru

AUGUST NOTICEBOARD

UKE-A-BAY 2018 Ukelele Festival in Colwyn Bay, 10th - 12th August, see *Calendar*.

TRADITIONAL SKILLS AT TY MAWR, BETWS Y COED Every Thursday in August. Step back in time and discover a 16th century farmhouse brought to life through a series of traditional skills workshops. Penmachno LL25 0HJ, 01766 510121.

EARTH OVERSHOOT DAY: August 1st. Solutions and steps to help improve sustainability of Earth's resources in the light of humanity overshooting nature's resource budget for the year. More from: overshootday.org

CHESTER VEGAN FESTIVAL 19th August. Films: Dominion, Speciesism, Cowspiracy. Talks: Secrets of Chinese Tea, the Vegan Approach, Chester Against the Badge Cull, How To Reduce Your Stress Naturally and Vegan Energy Boosters. Food, refreshments, cosmetics, natural products. 10am - 5pm. The Queen's Hotel and The Carriage Shed, City Rd, Chester CH1 3AH. Organised by Farplace Animal Rescue. Volunteers welcome to help on the day! Email festivals@farplace.org.uk if interested. Find out more at: chesterveganfestival.com



North Wales Cancer Care

Community Wellbeing Project Fundraising Event

Saturday 4th August

11am - 3pm



Laughter Workshop

Art ~ Pottery Workshops

Feng Shui

Walk and Talk

Managing Stress

Bring & Buy



Come and join in the fun!

Tŷ Newydd Caravan and Camping Site, Uwchmynydd, Aberdaron LL53 8BY



Contact Sheila Smith,

NWCC co-ordinator 07851 792014,

www.northwalescancer.org.uk



Mind, Body & Spirit Fair

*There will be
readers,
therapies, gift
ideas, crystals,
aura
photography ...
and more!*

*For details of
future events
visit:*

www.gigaicrystals.co.uk

Beaumaris Town Hall

Castle Street LL58 8AP

September 1st & 2nd

10am - 5pm

free admission

ALL WELCOME!

refreshments available

gina-gail@gigaicrystals.co.uk

Brooke Medicine-Eagle talk and workshops

Path of the Heart: a talk with Brooke Medicine-Eagle
Thursday 23rd August 7.30pm

Join wisdomkeeper Brooke for this evening event, open to both women and men. She will share wisdom and healing through her powerful teachings, songs, dance, and the medicine of her drum £15. Held in Llanfachraeth LL65 4YA.

Song of the Ancestors: workshops for women
Saturday 25th - Monday 27th August 10am-5pm

Work experientially to clear ancestral trauma, make deep connections of love with your feminine ancestors, and co-create ceremony £279. (SPECIAL DISCOUNT OF £50 for Network News readers with couponcode NIWBWRCH)

For info and bookings call Claire on 07970 409 724
or visit www.northwalesretreats.com



August Calendar

1st WEDNESDAY

Earth Overshoot Day Marking the date when we (all of humanity) have used more from nature than our planet can renew in the entire year. We are using 1.7 Earths. We use more ecological resources and services than nature can regenerate through overfishing, overharvesting the forests, and emitting more carbon dioxide into the atmosphere than ecosystems can absorb. Explore solutions and ideas for improving sustainability at: overshootday.org

Family Friendly Tree Walk Join us for a one mile easy-grade stroll through Coed Cymerau Isaf where Woodland Trust Officers Karen and Kylie will show you and your children how to identify trees and their leaves. Suitable for off-road sturdy prams. Dogs allowed on leads. 2 - 4pm, free, donations to Snowdonia Society. Caban, Brynrefail LL55 3NR. 01286 685498, caban-cyf.org

Wrexham Playday 2018 Playday is for people of all ages including babies and toddlers, older children, teenagers, parents, professionals and grandparents, all are invited to join in this free and playful event. Organisations involved in children's play and playwork from across Wrexham will be coming together to provide a wide range of playful opportunities, including favourites like the giant sandpit, mass water fight, junk play and rope swings. The aim of this event is to highlight children's right to play, encouraging people to recognise the value of playing to children, their families and their local communities. 12noon - 4pm. Wrexham Town Centre (Queen Square, Guild Hall field).

SAORI Weaving Taster Session 1st Weds/month. Half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

GiveBackWorks Wrexham Networking sessions at tables to chat about your business; plus 20 min development session on business coaching. 5.30 - 7.30pm, free. Maesgwyn Hall, Mold Rd, Wrexham LL11 2AF. Info: eventbrite.co.uk

Wild Wednesday - Buzzy Bees, Beautiful Butterflies We'll be getting hands on with bee and butterfly activities. Aimed at ages 5 to 8 years. Booking essential. 2 - 3.30pm, £4 members, £6 non-members, £2 non-member child. RSPB Nature Reserve, Conwy LL31 9XZ. 01492 584091.

Spinning, Knitting and Weaving Group All welcome, including beginners. Monthly meet, 1 - 4pm. Ty Mawr, Wrexham. Contact June McLaughlin on 01978 711941 or email for further details - junemclaughlin@btinternet.com.

McQueen (15) A documentary exploring the rags-to-riches life and radical world of fashion designer, Alexander McQueen. 7pm, £6. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

The Snowdon Horseshoe Join us for a full day of mountain walking and grade 1 scrambling as we

cross the infamous Crib Goch ridge and on to the summit of Snowdon. All day, £59, Pen-y-Pass, LL55 4NU. Bookings: summitssavour.co.uk

Balsam Bashing Himalayan balsam is an aggressive, non-native plant. Dense strands suffocate other plants, pushing out native plant communities, and when it dies back in winter it leaves bare river banks which are more vulnerable to erosion. Himalayan balsam also produces copious amounts of nectar which attracts pollinators away from native plants. 10am, booking essential: Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Creativi-tree Tree-dressing, cultural art and poe-a-tree in the Plas Newydd woods. This creative session involves writing poetry, looking at the tradition of dressing a tree and learning how different cultures use this art, and creating a woodland story wand. Dogs on leads welcome. 11am - 4pm, free but normal admission charges. Plas Newydd House and Gardens, Llanfairpwll, Anglesey LL61 6DQ. 01248 714795.

1st WEDNESDAY - 3rd FRIDAY

Young Photographers Book a place on our practical photography sessions where you will learn essential techniques to enable you to capture great artistic images. 10am - 4pm daily, ages 11 - 16 yrs; max 12, £60. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

NWWT: Dry Stone Walling Workshop Come and help us to reinststate a dry stone wall boundary between woodland and field. No experience necessary. Booking essential. 10am - 4pm. Bookings: Amy Green 07961 698437, amygreen@wildlifetrustswales.org.uk

1st WEDNESDAY - 12th SUNDAY

National Marine Week Dive into the action and join in one of our sea themed events that are taking place up and down the country. This is your chance to explore the seashore, discover dunes and wallow with whelks. wildlifetrusts.org

1st WEDNESDAY - 31st FRIDAY

Grosvenor Park Open Air Theatre Come along to watch performances of Swallows and Amazons, Much Ado About Nothing and The Tempest throughout August. There are picnic areas, open picnic terraces and covered picnic terraces (and toilets). BYO food, refreshments and snacks available, or you can order picnic: Regular or Veggie/vegan £12. Check website for various times, dates and prices: grosvenorparkopenairtheatre.co.uk Held at Grosvenor Park, Vicars Lane, Chester, CH1 1QQ.

2nd THURSDAY

Tai Chi For Adults Every Thursday til 30th August. Suitable for beginners and will focus on various Tai Chi bird forms. You just need to come along enthusiastic in comfortable clothing and wearing flat shoes. Henry Shallcross will be leading the workshop, he is a registered Tai Chi instructor with the Tai Chi Union for Great Britain. 10 - 11am, £5, drop-in. RSPB Nature Reserve, Conwy. Info: Henry 07563 085945.

Weaving for Health & Wellbeing Evening 1st Thur/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, guidance given. 6.30 - 8.30pm, £25 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor LL57 1DQ (by traffic lights below the train station). 01248 345325, www.saorimor.co.uk

NW Arthritis and Chronic Pain Support Group 1st Thurs/month. Helping people living with pain. 6.30 - 8.30pm. Mold Community Hospital, Ash Grove, Mold CH7 1XG. Angela 0844 887 2618, nwcpsg@gmail.com

Waymark Making Get hands on as we team up with the Woodland Trust and Kehoe Countryside to build waymarkers and split timber gates. The venue is Llenyrch Farm a fabulous Welsh upland farm situated in a landscape containing precious Celtic Woodland that has a place in Welsh legend. 10am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Tai Chi in the Walled Garden This gentle exercise is suitable for all ages and aids relaxation and keeps the mind calm and focused. Suitable for all. 2 - 3pm, a National Trust Event. Hare Hill, nr Chester. Mandy Winchworth 01625 827534. *Every Thursday in August.*

Dru Meditation 1st Thurs/month, 8.30-9pm, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda. Contact Christiane 01248 602900, christiane@druworldwide.com

McQueen See 1st

Gwynedd Astronomy Society 1st Thurs/month, 7.30pm. Arts and Drama Rehearsal Room, Bangor University. Parking is available directly outside the main entrance. Davyth Fear 01286 672882.

Llangollen Friends of the Earth 1st Thurs/month; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

2nd THURSDAY - 5th SUNDAY

Fruit of Inner Awareness Llammas - a time of first fruits, when the summer has peaked, and solar energy begins to be embodied in the fruits of the earth. We move towards the holding of energy within, through the autumn and winter cycle, to emerge anew in the spring. This is both a seasonal rhythm - still recognisable even in times of climate change - and a metaphor for a journey into a deeper awareness of ourselves, our relationships and inter-being in the world. Contact: iona@processworkuk.org or call/text on 07590 567350. Held at Cae Mabon, Fachwen, Llanberis LL55 3HB, caemabon.co.uk.

3rd FRIDAY

Soup & Circus 1st Fri/month, 5 - 7pm in Rhiwlas Village Hall. Circus skills, music and soup to share - come and join. Donations welcome. Lucy 07900 637333.

The Mercy (12A) Film. The true story of Donald Crowhurst and his disastrous solo attempt to circumnavigate the globe. 7.30pm, £7, U18s £4, bar open. Theatr y Draig, Barmouth 01341 281697, dragontheatre.co.uk

3rd FRIDAY - 5th SUNDAY

Drop Spindle Spinning for Beginners £219 - £238, more details from Plas Tan Y Bwlch Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

NW Blues and Soul Festival An incredible line up of the best in blues and soul music. Various prices/ tickets for children/adults. Indoor facilities if it rains! Kendrick's Field, Ruthin Rd., Mold CH7 1QQ. Contact 01492 531731, nwbluesandsoul.co.uk

4th SATURDAY

NW Cancer Care Community Wellbeing Fundraising Event Laughter workshop, Art, Pottery, Feng Shui, Walk and Talk, Bring and Buy Stall. 11am - 3pm, everyone welcome to come and find out about the work of NWCC and the garden project here. Tŷ Newydd Caravan and Camping Site, Uwchmynydd, nr Aberdaron LL53 8BY. More info from Sheila Smith 07851 792014, northwalescancer.org See advert on page 9.

Introduction to Solar P.V. You'll learn how PV works, electricity, how to combine modules, inverters, cable sizes, calculate load demands, issues and considerations of on-grid systems. 9.30am - 5pm, £60 course only. CAT, Machynlleth, 01654 705959, cat.org.uk

Gorge Walking Great activity for all the family, whatever the weather. Snowdonia area. 2pm, £35. Bookings: summitstaviour.co.uk

Menai Food Festival An array of artisan foods from sumptuous chocolate brownies to Mediterranean delicacies. 9.30am - 6.30pm, £3, children free. Menai Bridge, Anglesey LL59 5DF.

Footpath Maintenance The work we do goes a long way to maintaining the footpaths in this popular area. There will be a heavy focus on hill walking during most of the day as we work our way along the footpath. 9am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Open Evening at Bangor Islamic Mosque 1st Sat/month. All are welcome to visit the Mosque and have some food. Bangor Islamic Centre, 57 & 61 High St., Bangor LL57 1NR. Enquiries: Hajar 07501 948855, bic@nwis.org.uk

Summer Classics A concert to refresh the Soul with music by Mozart, Pachelbel, Purcell and Albinoni. 7.30pm, retiring collection. St. Mary's & All Saints Church, Rose Hill St., Conwy LL32 8LD. Chris Roberts 01492 592166, chrisrobz@aol.com

4th SATURDAY & 5th SUNDAY

Bushcraft Advance A two day course teaching more advanced bushcraft, for those who feel confident with the knife and saw. Develop your bushcraft skills with a weekend in the woods looking in more depth at key skills and introducing some more complex skills and techniques. £140; £70 deposit. Woodland Skills Centre Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

Snowdon Night Trek for Hearing Dogs for Deaf People We meet in Llanberis in the evening for event registration and briefing. Walking straight to the start we use the Llanberis Path and our ascent should take approximately 5-7 hours. We'll be using our head torches to light our way and the tranquility of experiencing this mountain at night. £25 registration per person then raise minimum sponsorship of £300 or self fund for £150. 10.30pm - 9am. Snowdonia, contact 07769 901297.

Big Wild Sleep Out at RSPB Conwy Grab this opportunity to spend a night on a nature reserve! We'll bring the wildlife and lots of amazing adventures, you just need your tent and a bit of food! 6pm - 11am following day. Booking essential. RSPB members: adult £23, child £12.50. Non-members: adult £30, child £16. RSPB Conwy Nature Reserve, LL31 9XZ, 01492 584091.

Advanced Navigation Course This 2 day course aims to teach you all of the skills required for accurate wilderness navigation in even the most challenging conditions. From basic map and compass work to nighttime navigation techniques this course is designed to be a fully comprehensive navigation workshop. £99. Beddgelert, Caernarfon LL55. Bookings: summittosavour.co.uk

4th SATURDAY - 11th SATURDAY

Discovering the Heart of Buddhism This week of retreat gives an opportunity for meditation, reflection and study alongside the rich teachings. Including talks, meditation and discussion. Bookings: Hermitage of the Awakened Heart, Ynys Grainiog, Criccieth LL52 0NT, 01766 530839, ahs.org.uk *You can also participate via online*

5th SUNDAY

Tempera Painting and Gilding The technique evolves from ancient times offering a container through which the participant can embark on an inner journey - from the creation of the image to the application of the many painted layers which bring the work to its completion. 10am - 1pm and 2 - 5pm. Booking essential. Chester. Lynette Howells-Moore 07742 365 623, lynettehowellsmore.co.uk

Green Woodworking Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, www.eternalforest.org

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

Women's Gathering A monthly gathering where women can come together and spend time with each other, we plan to meet the 1st Sunday of each month, in the cafe between 12-4pm. All languages welcome! Come along and just spend time with other women, if you want to talk about anything specific, ask and see who would like to join in, if you'd like to craft, bring it and get stuck in ... also space for informal Menopause Cafe. We have this regular open space which will flow around us as our needs and wishes develop, it's your group come and help it evolve. Pay As You Feel Cafe, High St., Bethesda LL57. (opp. public loos!) Facebook: Womens Gathering August

Solar P.V. Off-Grid Systems We strongly recommend that you take the introduction course the day before. Today's course : theory and comparison to grid-linked systems, tour of off-grid systems, demo systems, IV curves, data sources and useful software. 9.30am - 4pm, £60, course only. CAT, Machynlleth, 01654 705959, cat.org.uk

Street Circle Training Meditation outdoors, bearing witness to the life of the city around us. Open to all, free of charge, 2 - 4.30pm. Bring simple food to share. Children (and dogs!) are very welcome too as long as parents stay responsible for them at all times. Chris 07906 040159, greatheartchester@gmail.com

Sacred Circle Dance 1st Sun/month, 2 - 4pm, £7. Rhosmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk



Clybod Acoustic Club Meets 1st

Sun/month. 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

André Rieu - My Tribute to Love Screening of his Maastricht Concert, with Johann Strauss Orchestra and guests. 3pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Summer Classics Concerts to Refresh the Soul; 7.45pm, music by Mozart, Pachelbel, Purcell and Albinoni. £5. Gloddaeth Church Chapel St., Llandudno LL30 2SY. Rev Neil Kirkham 01492 878056.

5th SUNDAY & 6th MONDAY

Summer Classics Concerts to Refresh the Soul with music by Mozart, Pachelbel, Purcell and Albinoni. Evening Concert on 5th - 7.45pm, £5. Lunchtime Concert on 6th - 1pm. Gloddaeth Church, Chapel St., Llandudno LL30 2SY. Rev Neil Kirkham 01492 878056.

5th SUNDAY - 11th SATURDAY

Heritage Railways The opportunity to spend a week travelling and exploring the preserved railways of North and Mid Wales. £601 - £658. Plas Tan Y Bwlch Maentwrog LL41 3YU, 01766 772600, eryrnpa.gov.uk

6th MONDAY

Hiroshima and Nagasaki Flower Memorial To remember all those who died and suffered as a result of the atomic bombs dropped in 1945, and in the firm belief that it must never happen again. All are welcome to meet at the Bandstand for readings, a period of silent reflection and the dropping of flowers on the river. Bring white flowers if you wish. Organised by Chester CND. 8pm, The Groves, Chester.

Wildlife Gardening Whether you are new to gardening or have years of experience, can spare a single day or a day each week, we need you! Wildlife gardening takes place on most Mondays. Please get in touch the week before to confirm the workday is running and to register by contacting Dan: Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

NW Arthritis and Chronic Pain Support Group 1st Mon/month. Helping people living with pain. 12.30 - 2.30pm. Seminar Room, Holywell Community Hospital, Halkyn Rd., Holywell CH8 7TZ. Arthritis Care 020 7380 6522, nwacpsg@gmail.com

Snwdling Led by award-winning local artist, sketching the underwater world whilst snorkelling and then enhancing your artwork on shore. Expert tuition on hand throughout! 10am - 3pm. Suitable for 10yrs +; must be able to swim 2 lengths. £25. Llyn Peninsula; exact location tbc. Nia Jones 01248 351541, northwaleswildlifetrust.org.uk

6th MONDAY - 12th SUNDAY

Hebrew in a Week For those who know a little Hebrew and wish to revise and improve their knowledge or those who have no prior knowledge at all. All we ask is that you familiarise yourself with the Hebrew alphabet before you arrive! £600, non-res £440. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

7th TUESDAY

Conwy County Peace Group Meets 1st Tues/month, 7.30pm, St. John's Church hall (between the two M & S stores on Mostyn St., Llandudno). Contact Don Saunders 07748 927643, donsandersopt@aol.com

Cygnus Cafe in Chester An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Cafe, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

Fencing Since taking over the farm in 2016 the Pencychnant Conservation Centre have had a variety of new and exciting challenges to undertake. One of these challenges has been the maintenance of the field boundaries. Conservation grazing and designating areas for grazing purposes is important to the team, which is why sturdy fences are needed. Come and join us for the day and learn how to build a fence. 10am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Mostyn Hall Site Visit A chance to look round the house and gardens and to raise funds for the charity Pledge150 - an initiative to combat youth homelessness in the UK. £10, 1 - 3.30pm. Mostyn Hall, Holywell CH8 9HN. Bookings: eventbrite.co.uk

Meditation Practice Group Three meditations, including a body scan and mindfulness of breathing, led by an accredited mindfulness teacher. 7.30 - 9pm, £6. All Saints Church Hall, 21 Poyser Street, Wrexham LL13 7RP. Enquiries Alan Butterworth 07816 988124, newmindfulness.net alanbutterworth14@gmail.com

Meditation at Hillside Retreat is a mixture of guided meditation, silence and some sharing, finishing with a cup of tea. No charge, just donations towards refreshments. It is not necessary to have done any meditation before - everyone welcome. It is helpful if you can email me to let me know you are intending to come. 7.30 - 9pm. 1st Tues/month. Hillside Retreat, Rhosesmor, nr Mold CH7 6PP. Contact helen@soul-life.co.uk, www.soul-life.co.uk

Summer Classics Concerts to Refresh the Soul with music by Mozart, Pachelbel, Purcell and Albinoni. 7.30pm, retiring collection. Castle Square Presbyterian Church, Castle Square, Caernarfon LL55 2NA. Alun J H Jones 01248 670995

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

8th WEDNESDAY

Friends of the Earth Conwy meet 2nd Weds/month in the rear room of the Albion Ale House, Upper gate St., Conwy LL32 8RF. The meeting above replaces our usual monthly meeting. We would love to have some new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. Contact Kay 07918 663640, kaypitt40@gmail.com

One Day Retreat Yoga & Nutrition Naomi will be talking about gut health and leading a hands-on workshop making Kefir & Kombucha (fermented drinks). This retreat will be suitable as a follow on from the initial 1 day Yoga & Nutrition retreats or as a first time experience. A day to switch off from the stresses of daily life and switch on to caring for yourself in a peaceful surrounding. The day will be filled with yoga, meditation, educational talks, hands on workshops and nourishing food. 9.30am - 6pm, £90. Llangafro, Anglesey. Bookings: wildwalesretreats@gmail.com, wildwalesretreats.com

Balsam Bashing As 1st, except in Bala - free transport from Bangor and Caernarfon

Llandudno and District Writers Group This month: Club outing to Gwyrch Castle, 2pm - home time! £5. Contact: llandudno.writers@aol.co.uk

Snowdon Ranger Path Climb to Wales' highest summit via the lesser walked Ranger Path from Betws Garmon. 10am start, £49. Snowdon Ranger Path, Caernarfon LL54 7YS. Book: summittosavour.co.uk

The Harvesters & Somerville Gentlemen A great evening of folk music. 7.30pm, St. Hywyn's Church, Aberdaron. harvestermusic.com

Circle Dance 2nd Weds/month. A relaxing afternoon with a welcoming group. No experience or partner needed. 2 - 4pm, Old Colwyn Methodist Church Hall. Janice 01492 545587 / Susan 01352 219464.

The Hound of the Baskervilles with Illyira Theatre. £15, £12 14yrs and under. Plas Glyn y Weddw, Llanbedrog 01758 740763, oriel.org.uk

Summer Classics Concerts to Refresh the Soul with Music by Mozart, Pachelbel, Purcell and Albinoni. 7pm, £8, complimentary drink/juice at interval. Prestatyn Parish Church, High St., Prestatyn LL19 9AF. Val 01745 855958, office@prestatynchurch.com

Ruthin Reading Group 2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

8th WEDNESDAY - 12th SUNDAY

Meeting The Wild This workshop addresses the lack of rites in our culture by providing a powerful opportunity to revisit the important transitions in your life, in particular your 'leaving home story'. Caroline Carey and Ben Cole will lead you on a powerful journey of self-discovery, an adventure into the mystery, to reclaim and integrate the parts of yourself that have been lost along the way. £495. Held at Cae Mabon, Fachwen, Llanberis LL55 3HB, 01286 871542 ~ caemabon.co.uk For more information contact: kirstyjackson@gmail.com; middleearthmedicine.com

9th THURSDAY

Children's Natural Art Workshop An afternoon session of natural art and sculpture in the woods with environmental artist Tim Pugh. A magical experience for all the family. 2 - 4pm, free, donations welcome to Snowdonia Society. Tŷ Hyll/Ugly House, Betws y Coed LL24 0DS, 01286 685498, snowdonia-society.org

Tai Chi For Adults See *2nd*

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice. 6.30 - 7.30pm, £3; Gorwelion, Bala. FB page Mindfulness Bala or email rowenna73@hotmail.com

Drum Journey Meditation Circle Gathering around each New Moon and Full Moon. This Circle intends to support intention setting, relaxation, Community connection and connection to the Higher Self, Guides, Teachers and Ancestors. Simply arrive (with your mat, blanket, cushion, eye-mask etc) and gather together in Circle. Set your intention, lie down, ensuring you are warm and comfortable. Open your heart, empty your mind, breathe and relax... 7pm, £10. Mochdre Village Hall, Colwyn Bay. Claire Freeman, Source Healing 07426 894640, sourcehealing@gmail.com *Also 23rd*

The Year of The Sea Celebrate Wales's Year of the Sea by discovering the marine wonders visible at low tide on Criccieth beach. 1.30 - 3.30pm. Criccieth Promenade LL52 0HU. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

10th FRIDAY

Colwyn Bay Theosophical Society Study time. Theosophy teaches that the Cosmos is created with Spirit and Intelligence and is guided from within. Human beings are both earthly and divine, have a vast potential still to be unfolded throughout many lifetimes in which to grow to spiritual maturity. You are welcome to join us. 2pm, admission £5; TS members £3. Meetings are held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. Enquiries Pauline 0161 980 4942, theosophywales@yahoo.co.uk

Dinner at the Farm with Lee Watson Come and join us for a fabulous vegan feast at beautiful Tyddyn Teg! Chef Lee Watson, author of Peace and Parsnips, will be inspiring us with his epic cooking skills, showing how to make the most of the fabulous vegetables we grow on the farm! All funds raised will be donated to our Bigger Stronger Bridges project, aimed at supporting permaculture communities and networks in the Middle East and Kashmir. Alice Gray, Tyddyn Teg co-op member and grower, will give a short talk after dinner about her trip to Kashmir last winter and ongoing plans to strengthen connections with projects around the world. 7 - 10pm, £15. Tyddyn Teg Cooperative, Caernarfon LL55 3PS. Tickets: eventbrite.co.uk Facebook: of same name

Porthor Beach Fun Day (National Trust) Join us on the beach for a day of fun filled activities. We'll have either kayaking or paddleboard taster sessions (a £5 charge applies), beach football, a sandcastle competition, rock-pooling and much more. Aberdaron, Porthor Beach, Pen Llŷn.

10th FRIDAY - 12th SUNDAY

Welsh 3000s - 3 day challenge The ultimate Snowdonia challenge. From Foel Fras to Snowdon we take you on a journey across the major mountain ranges of Snowdonia as we summit all the 3000ft peaks. This long weekend will showcase the very best of Snowdonia and test you physically and mentally. £150. Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk

Uke-a-Bay A weekend of music from visiting bands playing ukulele. Performances will take place in Colwyn Bay town centre and are all free. Includes George Formby Film Show, various busking, Open Mic, Harmonica Workshop, strumming techniques workshops. Please apply for tickets to evening shows as seating is limited. 01492 532397, uke-a-bay.co.uk

10th FRIDAY - 19th SUNDAY

Renew and Deepen: Everyday Liberations If your meditation practice seems to have got stuck somewhere, or not to be quite what it was, the Vajraloka team can offer inspiration and very practical advice to help you free yourself from those constraints. If your practice is going well, but you feel it could be going further or deeper, we can offer ways to cut through unconscious views and assumptions that may be holding you back. £360, £324. Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

11th SATURDAY

New Moon in Leo 10:57am

Chester Pride Parade starts at 12noon from Castle Square, Chester. Glitterlounge, Music Stage, After Parties, Marketplace, Chillout Zone, Children's Zone, Older People's Space, Youth Zone. chesterpride.co.uk

Clean Up Cymru - Conservation Walk Every other Saturday throughout the year we will be hosting a 1-2 hour litter collection walk. The locations for these walks will vary from beaches, to forestry and from village footpaths to lowland hill terrain. Please support us in our attempts to spread the word about environmental conservation and remove as much rubbish from the landscape as possible. All rubbish collected will be processed safely and correctly by Gwynedd County Council. Equipment will be provided on the day. No minimum participants. 3pm, free. Info/bookings: Bookings: summittosavour.co.uk

Everest Base Camp Training Weekend This weekend is designed to get you ready for your expedition to Everest Base Camp. Our two days together will include: Discussions about what to expect on your expedition; Altitude; The kit you need; Fitness preparation; Walks in the mountains and talks; Summit of Snowdon; Questions and answer session; Hints and tips. £120. Accommodation extra. Bookings for course: bookwhen.com Contact: Jason Rawles, Llanberis 07414 673822, jasonrawles.com

Young Makers Craft Fayre Produce and Crafts made and sold by children running their own businesses for the day. Artisan goods, handmade jewellery, homemade cakes, biscuits, gifts and tombola; refreshments available. 12noon - 3pm, free admission. United Reformed Church, Colwyn Ave, Rhos-on-Sea LL28 4RA.

Dragonfly ID Day What are the differences between Dragonflies and Damselflies? Come and learn all about Dragonflies and their fascinating lives, with experts on hand to guide you through the day. 10am, booking essential, £10, Pencychnant Centre, Conwy. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

Athena Concert Sioned Terry, Gwawr Edwards, Ellen Williams & Guests. £12. Plas Glyn y Weddwr, Llanbedrog 01758 740763, oriel.org.uk

Jonathan Richards - Classical Guitarist 7.30pm, St. Julitta's Chapel, Capel Curig. Info: 01865 750067.

A Wrinkle in Time (PG) Film. Science fantasy animated adventure. 7.30pm, £7, U18s £4. Theatr y Draig, Barmouth 01341 281697, dragontheatre.co.uk

Film Night: Best Friend From Heaven Tara is about to get married when her dog dies. 7.30 - 9.30pm, Benlech Community Hall, Anglesey LL74 8SN. Contact: benlechcommunity.wordpress.com

11th SATURDAY & 12th SUNDAY

The Legendary Llangollen Faery Festival Free workshops: circus skills, storytelling, live music, faery wings and wand making. Vintage funfair, clothing, crystals, carved wood furniture, meet the author, steampunk curios, candles, jewellery and much more! Over 12s £6, (£12 weekend) U12s £3, weekend (£4); 2 years & under free. Grand Faery Ball at 7pm, over 16s only £12. Llangollen Pavilion LL20 8SW. northwalesfaeryfestival.com

Red Squirrel Weekend Enjoy Red Squirrel activities and trails for children and discover what is happening with Red Squirrels in North Wales. RSPB Conwy Nature Reserve LL31 9XZ, 01492 584091.

12th SUNDAY

Making Your Mark A day of drawing to connect eye, hand and heart, led by Maria Hayes. Learn to use your senses intentionally to explore your relationship to the natural environment and to express yourself. Develop your technique through exercises in tone, line and colour.



Whether you are an experienced artist or an enthusiastic beginner this day of drawing will extend your mark making, enable your creativity and offer you methods to develop your

practice. Places are limited, 9.30am start, 3 sessions 10am - 1pm, 2.30 - 6pm; 7.45 - 9pm. £75, £50 concs., light lunch £8, evening meal £20 or bring your own picnic. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org. See ad page 8

The Bangor Forest Garden An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from bangorforestgarden@gmail.com, www.thebfg.org.uk Or have a look on Facebook bangorforestgarden

Rock Climbing Taster Try your hand at rock climbing with the help of one of our qualified instructors. 10am start, £35. Tremadog, nr Porthmadog LL49 9RB. Bookings: summittosavour.co.uk

The Movable Feast Come one, come all and join the greatest celebration of North Wales food and drink ever seen. Fun for all the family – eat, drink, be entertained and enjoy a veritable feast of a day. It's new, it's exciting and it's all about the local producers of North Wales; food, drink, crafts, artists, entertainers and much much more. 11am - 5pm, £3.83, £2.74 concs., U12s free. Bodnant Welsh Food Centre, Tal y Cafn, Colwyn Bay, LL28 5RP. themovablefeast.org

Spiritual Healing and the Celtic Chakra System How to become sensitive to blockages, damage and intrusions in our energy fields (aura), the physical illness which can result and what you can do about it. One day workshop near Nefyn. £45 including all notes, materials and vegetarian lunch. Details: Gillian Monks 01286 881786, gillian@acorntherapies.com

13th MONDAY

Yoga on the Beach at Porth Trecastell/Cable Bay Join yoga teacher Claire Mace on the beach for a one-off summer yoga class on the beach. Bring your own yoga mat or towel. Please note the class will not run if it is raining. Just turn up before 7pm and join us for some fun flow and elemental connection! 7-8pm, £5. Claire, 07970 409 724, inspiratrix.co.uk

Disability of Arts Wales Writing Group Do you write non-fiction, poetry, drama, or novels.....in the Welsh language? Do you self-identify as a disabled person and/or have a long-term physical mental health condition? Come and participate in a monthly group. 4.30 - 6.30pm, free. Caernarfon Library LL55 1AS. Contact post@dacymru.com / 029 2055 1040.

Wildlife Gardening Whether you are completely new to gardening or have years of experience, whether you can spare one day each month or one day every week, we need you! 10am, Snowdonia Society 01286 685498, tyhyll@snowdonia-society.org.uk

Seriously Books Want somewhere to discuss literary classics: past, present and future? Here you'll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Meets 2nd Mon/month. Books selected by vote and alternate between contemporary and classic fiction. Gladstone's Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other's work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

13th MONDAY - 17th FRIDAY

Cross Stitch Workshop The course is aimed at those keen to learn how to create, develop and implement their own ideas and/or to make adaptations to commercial designs. The simplest of subjects, can be placed on a grid and transformed into squares for cross-stitch embroidery. £396 - £434. Plas Tan Y Bwlch Maentwrog LL41 3YU, 01766 772600, eryri-
npa.gov.uk

13th MONDAY - 18th SATURDAY

Crime Fiction: A Twist in the Tale Whether you're writing your first novel, are switching from another genre, or have only dreamed of being a published author, we hope you'll enjoy this down-to-earth, fun, and practical course. In workshops and one-to-one mentoring sessions, we will be sharing our tried and tested methods of creating character, plot and tension, while helping you to avoid some common pitfalls. £495 - £625. Ty Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW . 01766 522811, tynewydd.wales

13th MONDAY - 19th SUNDAY

Welsh in A Week No prior knowledge of Welsh is assumed or required - come and learn the rudiments of conversation and pronunciation through study, dialogue and roleplay! £600, £440 non-res. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

14th TUESDAY

Woodland Management We are teaming up with the National Trust to help manage and improve vitally important oak woodlands around Gannllwyd. We will be working to help the rare species found here by assisting the rangers in clearing scrub. Our work will improve the woodland habitat and help these species thrive. 10am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Gone Cuckoo Storytelling in The Roundhouse. The compelling tale of a bird's journey, its song, its myths and its decline. Told by Malcolm Green with Joshua Green (musician). 7.30 - 9.30pm, £5, £3. Felin Uchaf Centre, Rhoshirwaun, nr. Aberdaron LL53 8HS. 01758 780280, felinwales.org

Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle 2nd Tues/month. All styles of acoustic guitarists - from non players to professional (non vocal). 7.45pm, £1 per person. Anglesey Arms Hotel, Menai Bridge. Jane and Dave Sinnett 01407 831480, jane.sinnett@btinternet.com ~ Facebook: northwalesguitarcircle

Glyndebourne: Vanessa (12A) Screening of Samuel Barber's Prize-winning opera broadcast live. The opera is full of psychological twists, in the Hitchcock genre. 6.30pm, £10, £12. Pontio, Bangor 01248 382828, pontio.co.uk

Swimming with Men (12A) Film. The unlikely brotherhood activity of synchronised swimming for men. 7.30pm, Galerí, Caernarfon 01286 685222, galericaernarfon.com

15th WEDNESDAY

Chester and District Friends of the Earth 3rd Weds/month, 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

Storytelling Club 3rd Weds/month. Special guest wordsmith every month. All welcome. No charge! 7.30pm. The Blue Bell Inn, 19 Castle Street, Conwy LL32 8AT. Suzi & Simon on 01490 460563 or 07984 637068.

Balsam Bashing As 8th

Swimming with Men As 14th, except at 2pm.

Write Now Meets 3rd Weds/month at 7.30pm. All types of writing welcome, we read our work aloud and share tips and news. Meet in Gales Wine Bar, 18 Bridge St., Llangollen. Rachel 07706 101349.

Colours and Camouflage Find out how nature uses patterns and colours to help it survive. Opportunity to test your camouflage skills. 10.30am - 12noon. £6 / £2. Aimed at children aged 5 to 8 years. Booking essential. RSPB Conwy Nature Reserve LL31 9XZ, 01492 584091.

Snowdon from Rhyd Ddu Climb Snowdon from the village of Rhyd Ddu with experienced qualified guide; all day, £49. Rhyd-Ddu, Caernarfon LL54 6TP. Bookings: summittosavour.co.uk

Mindful Meditation 3rd Weds/month. A monthly meditation group, open to all and suitable for beginners. If you have not meditated before, this can help you get started. Also, experienced meditators welcome to come and practise in a group setting. 7.30 - 9pm. Kit'n'Heels, 3 Penrhyn Ave, LL28 4PS Rhôs-on-Sea. Facebook: Wings of Change

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

Mary Shelley (12A) Film. Mary Wollstonecraft Godwin's love affair with poet Percy Shelley, which led her to write Frankenstein. 7.30pm, £5.50, U15s £4.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

The Merchant of Venice with Illyria Theatre. Outside performance £15, £12. Plas Glyn y Weddow, Llanbedrog 01758 740763, oriel.org.uk

15th WEDNESDAY & 16th THURSDAY

First Reformed (15) Film. The life of a pastor in a small church in upstate NYC spirals out of control after a soul-shaking encounter. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

16th THURSDAY

Chester CND Our monthly meeting, all welcome, free. 7.30 - 9pm. Quaker Meeting House, Frodsham St., Chester chestercnd@gmail.com

Quiet Day Do consider the Quiet Day if you would like a day with other spiritually minded and friendly people. Time for sharing as well as reflection and quiet. These 'Quiet Days' give you the opportunity to take time out from your usual routine to enjoy the peace of Hillside Retreat in the company of others and tune into Spirit. 10am - 4pm. Hillside Retreat, Rhosesmor, nr Mold. Helen 01352 780281, helen@soul-life.co.uk

Tai Chi For Adults See 2nd

16th THURSDAY - 18th SATURDAY

Deathtrap Performance with Ucheldre Rep. A playwright's work flops and he is desperate to come up with a winning script. 7.30pm, £6, £5 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

17th FRIDAY

Caffi Stori Llangollen Storytelling Café 3rd Fri/month. Join us for stories, songs, music and poetry ~ come to tell or just to listen. 7.30pm ~ only £2, in the Courtyard Coffee Shop, Cwrty-Castell, Castle Street, Llangollen LL20 8NY. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bawb! A warm welcome to all! Suzi 01490 460563.

17th FRIDAY - 19th SUNDAY

Meditation Retreat in Snowdonia This retreat will introduce you to key Dru Meditation techniques for developing a calm, clear mind. You'll learn the Dru Yoga postures which prepare the body best for sitting, as well as enjoying progressive guided meditation sessions with our expert teachers. £375 shared, £445 single. Dru Yoga, Snowdonia Mountain Lodge, Bethesda, 01248 602900, druyoga.com

U Know 2018 Jam packed music festival with talent from all over North Wales and the UK; spread across four stages, with a mixture of live bands, Reggae, World, Soul, Funk, Jungle, DnB, Swing, Garage, Hip-Hop and Breakbeats. A very family friendly not for profit music festival; our theme this year is "Animals & Insects", with Saturday being fancy dress day... so let your imaginations run WILD and get your costumes ready. Plus circus skills, adult and children's workshops; local produce indoor market with clothing and jewellery; Magic Garden; sorry no dogs allowed. Bring plenty supplies - water, food, etc. Held on the moors at the border of Conwy and Denbighshire. Enquiries: Sportsman Arms Inn, Denbigh, 01745 550214. Facebook: U Know 2018

Rustic Chair We will cut some coppice hazel and silver birch from our woods and then select the pieces we want to use for the back legs, the front legs and the rails. We will cut them to length and turn tenons on the rails, drill the mortises in the legs and assemble the chairs. £150; £75 deposit. Woodland Skills Centre Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

17th FRIDAY - 26th SUNDAY

Ayurveda Certificate Course A simple, clear and common sense course providing an in-depth working knowledge of Ayurveda which you can easily apply to your life to stay healthy, calm and balanced in this 21st century world. £1,740 residential, £1,180 non-residential. Dru Yoga, Snowdonia Mountain Lodge, Bethesda. Enquiries 01248 602900, druyoga.com

17th FRIDAY - 30th THURSDAY

Christopher Robin (PG) An adult Christopher Robin, suddenly meets his old friend Winnie the Pooh, and returns to his forgotten childhood past to help Pooh return to the Hundred Acre Wood and find his lost friends. Various times and prices. Pontio, Bangor 01248 382828, pontio.co.uk

18th SATURDAY

Race the Train ~ Tywyn The event consisting of 4 separate races of different distances run along the Tal y Llyn Railway route. The major race is approximately 14 miles long run over very mixed terrain against the train. The runners who compete come from across the UK and other countries around the world. racethetrain.com

SAORI Weaving for Health & Wellbeing Day 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

Botanical Painting Classes Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost if you just want to give it a try and not have to buy expensive materials at the start. 12.30pm - 3.30pm; followed by tea/coffee. £15, students £10. Treborth Gardens, nr Bangor. Booking not required - but please let Doreen know by e-mail the previous week and then just turn up; doreensbotanicals@gmail.com

Climb Snowdon Join a guided walk to the summit of Snowdon as part of a small group. You will be led by a fully qualified and experienced Mountain Leader who has a wealth of experience climbing in Snowdonia. 9.2 m/7hrs approx. £35. Snowdon Walks, 01768 838015, snowdon-walks.co.uk

NW Postcard Fair See photos of your area as it developed over the past 120 years. British and foreign views available, plus a huge range of subjects, from Astronomy to Zebras. 10am - 4pm, £2. Craig-y-Don Community Centre, Queen's Road, Craig-y-Don Llandudno LL30 1TE. 01492 440763.

Jonathan Richards - Classical Guitarist 8pm, The Telford Centre, Menai Bridge. Info: 07554 518792.

André Rieu Maastricht Concert The concert pays tribute to the renowned violinist's love for music and his family. 7pm, £15, £13 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

18th SATURDAY & 19th SUNDAY

Reiki 1 Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com

Water Vole Survey and Training The North Wales Mammal Group are holding a water vole surveying workshop. Beginning with a presentation on fieldwork introducing skills for finding and identifying signs of their presence in the morning, followed by fieldwork out on the Migneint in the afternoon. 10am, free transport from Bangor and Caernarfon; booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

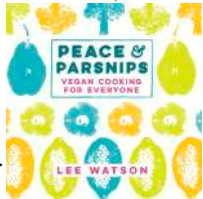
Snowdon Scrambling Weekend Join us on this fantastic experience as we climb Snowdon at dusk, enjoy the sunset on the summit then descend in the dark! 4pm, £35. Snowdon Walks, 01768 838015, snowdon-walks.co.uk

Advanced Navigation Course This 2 day course aims to teach you all of the skills required for accurate wilderness navigation in even the most challenging conditions. From basic map and compass work to nighttime navigation techniques this course is designed to be a fully comprehensive navigation workshop. 10am start, £99, Beddgelert LL55. Bookings: summittosavour.co.uk

19th SUNDAY

Food for the Soul Yoga and vegan day retreat.

Nourish your mind and body with a one-day retreat in beautiful Mynydd Llandegai, where you will not only enjoy delicious vegan dishes from chef Lee Watson but get a masterclass in how to create them yourself, alongside relaxing yoga and meditation sessions with Claire Mace. £85. Held at: Mynydd Llandegai Neuadd Goffa (Memorial Hall) near Bangor, LL57 4LQ. Bookings: Claire 07970 409724, northwalesretreats.com *See ad page 24.*



Chester Vegan Festival Films, Talks, Stalls and lots of Food. 10am - 5pm. Queen's Hotel and Carriage Shed, City Rd, Chester. chesterveganfestival.com *See Noticeboard.*

Yoga & Mudra for the Chakras Discover how mudras (hand gestures) can add potency to your yoga practice and bring balance to your life. Learn movement, mudra, breathing techniques and affirmations to balance the chakras in order to create optimum health, wellbeing and success in your life! 11am - 4pm. Special offer of £30! Booking essential: offer code - northwales50. Dru Yoga, Anglesey 01248 602900, hello@druworldwide.com

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led alternately by the inspirational dancers and choreographers - Cai Tomos and Angharad Price Jones. 1.30 - 3.30pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Introductory Day to Earthwalking Find out about the cycle of workshop weekends. Chat, explore, join in some activities, enjoy a home made lunch. Donations appreciated. Full details: Gillian Monks 01286 881786, gillian@acorntherapies.com *See Gillian's article on page 4.*

Discover the Carneddau The Carneddau range is the largest contiguous area of high ground in Wales and England, and home to seven of the highest peaks in the country. Join a guided group visiting the summits of Pen yr Ole Wen, Carnedd Dafydd, Carnedd Llwllyn and Pen yr Helgi Du (Yr Ellen if time permits). £40. Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk

Tour de Môn Taking you around the iconic locations of Anglesey. There are three ride distances: 107 miles, 77 miles and 46 miles. Various prices for each ride/child/adult. Holyhead, Anglesey LL65 1BG. 01248 723553.

Quaker Meeting 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, northwalesquakers.org

St Asaph Country Fayre This traditional family event brings together the community for a day of fun and interesting activities and events, whilst raising funds for local charities. Come to the interactive circus skills area where you can try juggling and learn to ride a unicycle. 10am - 4pm, £5, children free. Llannerch Park, Trefnant, St Asaph, Denbighshire LL17 0UY. Tony Dean 07766 130583.

20th MONDAY

Chester Amnesty International We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, this month in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Contact Alan 01244 679185/ Facebook for more details, amnesty.org

Seriously Sentences - Writer's Group Meets 3rd/ Monday each month to review each other's submissions, share competition, market and publishing news and welcome all levels of expertise - prolific or wannabe! Gladstone's Library, Hawarden. Contact Hazel: seriouslysentences@gmail.com

Bangor Cellar Writing Group Meetings allow writers of prose and poetry to share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and able to meet with others who share their interest. 7 - 9.15pm, 1815 Cafe, Bangor. Mary Ward - merielward75@gmail.com

Jazz Club Meets monthly on Mondays. Non-members welcome, 8pm, free. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

20th MONDAY - 24th FRIDAY

Scrap Metal Workshops Scrap Metal Workshops with Graham Jenkinson. 20th-22nd: 10am-4pm: *Workshops for Adults*, and teenagers age 15+, to make scrap sculptures using grinder and welding equipment outside. Please bring as much ferrous metal as you can. £15, £10 concs and students, £6 teenagers. 23rd & 24th: *Children's Workshops*. Learn how to turn an odd assortment of scrap into a sculpture. Bring along any interesting pieces of ferrous metal you, or your parents, might not want. 10am - 12 noon (5-7 year olds) & 1 - 3pm (7+ years). £3 per child per session, booking advisable. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Cae Mabon Open Week This is an opportunity for those who would love to stay at Cae Mabon but can't or don't want to do a workshop or retreat. It's suitable for families, couples, groups of friends or individuals. During the week Eric and others will entertain you with mythic tales, amusing anecdotes and inspiring songs. Available extras include massage and Tarot readings! And there are bound to be surprises we can't plan. £50 per person per night. Children between 5-15 are half price. This includes accommodation and three meals each day. Packed lunches are also an option. Children under five are free. Preference is given to those who can stay for the full four days. To book please email Jodie on jodiemellor@hotmail.com Held at Cae Mabon, Fachwen, Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

Family Week in the Woods Main activities for adults: advanced green woodworking, make a stool using traditional craft skills; for children: exploring the woodland, learn about the trees, plants and wildlife, building fires and shelters. Mid-day meal provided. £50 deposit. £150 per adult; £50 per child 8-16; U8s free. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

Building for Straw Bales This hands-on, practical course on a real life house build will give you the experience, knowledge and confidence to embark on your own project. Practical sessions will be supported by straw bale theory presentations and plenty of discussion. £600, £500 low waged, concs. CAT, Machynlleth, 01654 705959, cat.org.uk

20th MONDAY - 26th SUNDAY

Latin in a Week This successful approach to learning Latin aims to take complete beginners to the point where they can read short extracts of poetry and prose. It can also be enjoyed by those who know some Latin and wish to revise and improve their ability. No previous knowledge is assumed. £600, £440 non-res. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

20th MONDAY - 22nd OCTOBER, MONDAY

Mindfulness Distance Learning 8 week home-based learning course. You will have nine weekly sessions of 45 minutes on the phone or Skype with a mindfulness teacher who will guide you through the learning of the eight-week programme. Practice CD's and a workbook will be sent to your home. Home practice forms a large part of the programme. You will need to commit yourself to spending up to an hour each day. £555, £520 concs. Contact Frances Hooton 01248 382498, f.hooton@bangor.ac.uk

21st TUESDAY

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

Living Seas Roadshow Join us to experience the wildlife of our seas in spectacular fashion in the first of our summer roadshows round North Wales. Meet on the green on the seafront. 11am - 4pm. Aberdyfi LL35 0EB. Eve Grayson 01248 351541, evegrayson@wildlifetrustswales.org

Chester Humanists 3rd Tues/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7.30pm, Custom House, Watergate St., Chester. Stuart 07954 166 567, Richard 07530 225268, chester.humanist.org.uk

21st TUESDAY - 23rd THURSDAY

Swimming with Men (12A) Film. The unlikely brotherhood activity of synchronised swimming for men. 7.30pm, £5.50, U15s £4.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

22nd WEDNESDAY

Royal Wedding (U) A dance duo (Fred Astaire) are asked to perform in England at the time of Princess Elizabeth's wedding. 1pm, £4. This is a Dementia Friendly screening; lights are low, audience welcome to move around the space, talk and sing-a-long to the musicals in the film. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

Snowdon Watking Path Join us as we take on the steeper side of Snowdon from the picturesque village of Nantgwynant. 10am start, £49. Nant Gwynant LL55. Bookings: summittosavour.co.uk

Snowdon Footpath Maintenance Come and help us maintain some of the most popular footpaths in the country. The footpaths of Snowdon are in constant need of maintenance as they are walked on by 500,000 people a year. If you love mountain hiking and use these footpaths yourself, then this is the volunteer day for you. 10am, booking essential, Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

The Adventures of Dr Dolittle with Illyria Theatre. £15, £12. Plas Glyn y Weddw, Llanbedrog 01758 740763, oriel.org.uk

22nd WEDNESDAY & 23rd THURSDAY

Mary Shelley (12A) Film. Mary Wollstonecraft Godwin's love affair with poet Percy Shelley, which led her to write Frankenstein. 7pm, £6. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

23rd THURSDAY

Living Seas Roadshow As 21st, except at Copper Kingdom, Amlwch LL68 9DB. Eve Grayson 01248 351541, evegrayson@wildlifetrustswales.org.uk

Tai Chi For Adults See 2nd

Path of the Heart: a talk with Brooke Medicine-Eagle Join wisdom-keeper Brooke for this evening event, open to both women and men. Brooke will share wisdom and healing through her powerful teachings, songs, dance and the medicine of her drum. 7.30pm, £15. Held at The Old Rectory, Llanfachraeth LL65 4YA. Advanced bookings only via: Claire 07970 409 724, northwalesretreats.com See ad on page 10.

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or Facebook: Mindfulness Bala

Drum Journey Meditation See 9th

24th FRIDAY

Karma: Colwyn Bay Theosophical Society Presents a talk on the Law of Karma with an exploration of the effects of Family Karma. The talk will be given by Olivia Stefanino author of the book 'Be Your Own Guru.' 2pm, admission £5; TS members £3. Meetings are held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. Enquiries Pauline 0161 980 4942, theosophywales@yahoo.co.uk

Summit to Sea Litter Pick 3: Sea The last in our Summit to Sea litter clean series tracing the journey of litter from the top of Snowdon to the coast. The day will include a litter sweep of the shoreline at Morfa Dyffryn and will incorporate with an optional recycled craft session to see what can be made out of found plastic. Family friendly, booking essential. 10am - 3pm, Morfa Dyffryn beach, near Harlech. Booking essential, Snowdonia Society, 01286 685498, claire@snowdonia-society.org.uk

Living Seas Roadshow As 21st, except at Porthdinllaen, Pwllheli, LL53 6BY. Meet at National Trust car park at Morfa Nefyn. Eve Grayson 01248 351541, evegrayson@wildlifetrustswales.org.uk

The Movable Feast Come one come all and join the greatest celebration of North Wales food and drink ever seen. Fun for all the family – eat, drink, be entertained and enjoy a veritable feast of a day. It's new, it's exciting and it's all about the local producers of North Wales; food, drink, crafts, artists, entertainers and much much more. 11am - 5pm, £3.83, £2.74 concs., U12s free. Cemaes Bay, Anglesey. themovablefeast.org

24th FRIDAY - 26th SUNDAY

A Glimpse at the Slate Industry £229 - £248, more info from Plas Tan Y Bwlch Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Pinders Circus Two daily circus shows. Bastion Fields, Prestatyn, 07578 083755, pinderscircus.co.uk

24th FRIDAY - 27th MONDAY

Circle of The Black Madonna Have you ever allowed yourself to wonder deep within your psyche....curious as to what is happening in the moment? When time and space becomes irrelevant and all that is is the unfolding, emotions, breath, release, noticing, witnessing. We will be using our bodies and experiences and stories to uncover how deep feminine

principles - that have been repressed in these goal-orientated, "doing", "busy-ness" times - affect and move and touch us. Now we are breaking open the new dawn and the re-turning of the painfully ignored Black Madonna values. Led by Alexandra Wilson and Samina Ali. £450 - £350; £330 early bird payment by 1st August. Held at Cae Mabon, Fachwen, Llanberis. Contact Samina: saminaali78@btinternet.com Facebook: same name



24th FRIDAY - 31st FRIDAY

Wake Up - Just Sit On this retreat we'll be exploring some direct and very effective ways to let the proliferation die down so that wakeful, spacious awareness opens up. This fresh wakefulness is what just sitting and receptivity is really about. £280, £252. Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

25th SATURDAY

Craft Fair Range of quality handmade crafts. 9am - 2pm, light refreshments available. Y Canolfan, High St., Portmadog LL49 9LU. paulinedurham@live.co.uk

Rock Climbing Taster Try your hand at rock climbing with the help of one of our qualified instructors. 10am start, £35, Tremadog, Porthmadog LL49 9RB. Bookings: summittosavour.co.uk

Clean Up Cymru - Conservation Walk See 11th

A Fish Called Wanda Film screening; 7.30pm, free but donations welcome. Benllech Community Centre. Enquiries: benllechcommunity.yolasite.com

25th SATURDAY - 27th MONDAY

Song of the Ancestors: women's workshops with Brooke Medicine-Eagle Through meditation and ceremony, honour and connect to the power of your female ancestry with legendary wisdom keeper and teacher Brooke. Spend three-days exploring how ancestral healing and connection can be a powerful tool for change. 10am - 5pm, £279 special discount of £50 for Network News readers with coupon code: NIWBWRCH. Held at: Mynydd Llandegai Neuadd Goffa (Memorial Hall) near Bangor, LL57 4LQ. Bookings: Claire 07970 409 724, northwalesretreats.com See ad on page 10.

25th SATURDAY - 31st FRIDAY

Waking Up in Every Moment An opportunity to deepen your personal meditation practice. We will focus on the possibility of waking up to our lives as they are in every moment, through meeting the suffering and joy that naturally arises in our own body, mind and heart with open and compassionate awareness. Suitable for experienced practitioners of mindfulness meditation. This retreat is expected to fill up quickly, so we recommend booking early to avoid disappointment. Led by Melissa Blacker and David Rynick. Bookings and more info: mindfulness-secular-retreats.org.uk/Calendar/ Held at Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

26th SUNDAY

Full Moon in Virgo 12:56pm

B.E.A.T.S Fest This is a community event - planned and organised by a team of volunteers who are known as Buckley Events & Attractions Society. An all day live music event and fun day showcasing local bands and musicians. 2 - 11pm, £7, U12s £3.50, U2s free. Tivoli, Brunswick Rd, Buckley, Flintshire, CH7 2EF. Contact 07412 514797.

Living Seas Roadshow As 21st, except at Maritime Museum, Holyhead, LL65 1AF. 12noon - 4pm. Eve Grayson evegrayson@wildlifetrustswales.org.uk 01248 351541.

The Covent Garden Consort Opera Gala An accomplished group of singers from the Royal Opera House, Covent Garden. Music by Verdi, Mozart, Strauss, Bizet, Gershwin, Sullivan and Edith Piaf. 7.30pm, £12, £10 concs, £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Bushcraft Family Day This is a day for families who want to spend some quality time together without the distractions of modern life. Working together to create and maintain a campfire, cook some unforgettable food over the fire and explore the woodland through traditional craft activities and tracking games will bring your family together and create unique and lasting memories. £70 adult + child; £90 adult and 2 children; £40 deposit. Woodland Skills Centre Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

Gwynedd Social Meet Last Sun/month. Drop-in meetings, for an informal chat, a cup of tea and a chance to socialize for gay men, lesbians and bisexual people. Non religious, all welcome. 2 - 4pm, St. John & St. George, Caernarfon. Enquiries 01286 881970, graham@tyddyn.co.uk

Gorge Walking See 5th

Rock Climbing Taster See 12th

Stitched Interventions: the needle as paint brush

Francesca Colussi will introduce you to different stitches, threads and needles, explaining some of the more common embroidery stitches and the difference of working on fabric and paper. From deep within your imagination you'll create a new story for the original image, layering stitches over found postcards and creating a new textural dimension, pushing the boundaries between illustration, fine art and craft. 10.30am - 4pm. All materials provided but bring source material and inspiration if you like, suitable for beginners. £45. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

27th MONDAY

Holyhead Writers Group 2nd & 4th Mon/month.

PenFriends is a creative writing group who offer support and feedback on each other's work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

Memory Cafe Last Monday/month. For those living with dementia, their families, friends and carers.

Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150.

Go Wild @ West Shore An action-packed fun day for all - activities will include beachcombing, art and craft, games, treasure hunt, quizzes and 'Sea Wales' 7D virtual reality experience. 11am - 4pm. West Shore Promenade, Llandudno, Conwy. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

Climb Snowdon - Open Walk Join a guided walk on Snowdon with local and experienced Mountain Leaders. This is your chance to summit Wales' highest mountain and learn about its history. 8.45am - 5pm, £35. Caban Cyf, Brynrefail, LL55 3NR, 01286 685472, caban-cyf.org

27th MONDAY - 31st FRIDAY

Painting in Snowdonia A course of painting and drawing out doors in the varied Snowdonia landscape, with the accent on its weather - from sunny calm to cloud-filled drama. A chance for you to find an artistic response to nature's changing moods in the hills, on the coast, along the estuary and river banks. £396 - £434, with Jeremy Yates RCA. Plas Tan Y Bwlch Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

27th MONDAY - 1st SEPTEMBER, SATURDAY

Life Writing: Travel and Memoir Through discussions, workshops and tutorials this course encourages us to set aside the smartphone and mouse and pick up a notebook and pen as we explore the process of transforming of our own journeys and encounters from lived experience into abiding story. £495. Ty Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

28th TUESDAY

Random Readers Last Tues/month. A friendly and relaxed reading group enjoying a good chat about their chosen books. 6-8pm, Rhyl Library, Museum and Art Centre 01745 353814.

Woodland Workday Interested in gaining some practical skills in woodland management? The upkeep and maintenance of our spectacular woodland depends on the generosity of our fantastic team of dedicated volunteers. Whether you'd like to help out with our bird survey or you fancy something a bit more physically challenging like footpath maintenance, join us to tackle this month's woodland tasks! 10am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Collaboration for Artists A participatory workshop for artists who are developing collaborations or thinking about doing so. 9.30am - 4pm, £12.45 - £24.30. Corris SY20 9SP. Info: helfagelf.co.uk, bookings: eventbrite.co.uk

Wildflower ID We will be joined by our resident wild flower and wild garden expert Anna Williams to help us find all sorts on our reserve. 10am - 4pm, park on Mount Street or Hill Street and walk up to the site. Anglesey LL59 5QL. Andy O'Callaghan 01248 351541, andy.ocallaghan@northwaleswildlifetrust.org.uk

29th WEDNESDAY

Snowdonia Slate Trail Survey An 85 mile circular trail which enables walkers to explore the industrial heritage of the slate villages scattered around the mountains of Snowdonia. The maintenance work is just as important as the initial set up was last year. Come and experience this great trail. 10am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Red Tent August A women's gathering combined with some yoga; a sacred and social space. Warm, welcoming and open to all; just come as you are. 2 - 7pm, free, South Stack, Holyhead. Facebook: Red Tent August with Yoga

Living Seas Roadshow As 21st, except at 10am - 2pm, Rhyl Promenade, 34 E Parade, Rhyl, LL18 3AN. Eve Grayson 01248 351541, evegrayson@wildlifetrustswales.org.uk

Create Your Own Wild Garden Come and join us at Tyfu Mon to see what we have been up to and learn more about how you can encourage wildlife and wild flowers into your own garden! Free tea and coffee throughout the event, and hopefully the sun will be out and shining! 10am - 4pm, Caeau Pen y Clip, located on the outskirts of the town at the end of Pen Lon, Menai Bridge, Isle of Anglesey, LL59 5QL. Andy O'Callaghan 01248 351541, andy.ocallaghan@northwaleswildlifetrust.org.uk

29th WEDNESDAY - 31st FRIDAY

Holiday Club Learn about the trees, plants and wildlife of the woodland, build fires and shelters, basic bushcraft, games and activities. Drinks, snacks and mid day meal provided. Aimed at 6 - 13 years old. £20 per day; £35 for 2 days, 2 children from same family - £35 per day. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

30th THURSDAY

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Tai Chi For Adults See 2nd

Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 1 pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. If you are interested to come along please email helen@soul-life.co.uk



Gorse Clearance for Archaeology We need your help to protect this archaeological site from being engulfed in gorse! Come join us as we tackle the troublesome gorse and come to learn more about the archaeology and ecology of this site. 10am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Chester Poets Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

Open Doors A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

The Mysteries of Cynghanedd Take part in an English speaking workshop facilitated by Arwyn Groe Davies to understand this unique form of Welsh meter. Cynghanedd (literally, "chiming") developed in fourteenth-century Wales and grew out of a combination of the French troubadour measures and a Celtic love of intricate ornament for its own sake. W.H. Auden used to recommend that young poets compose Welsh stanzas, like the three-line englyn, for technical practice. Compared with free verse, the Welsh meters are an extreme sport. Refreshments provided. 7pm, all are welcome at Beaumaris Town Hall, Anglesey. Janet 07795 567689, janetsmithjanet@gmail.com

31st FRIDAY

Walk: Discover Llyn Trawsfynydd Trawsfynydd lake is a man-made reservoir with a surprising wealth of wildlife and spectacular views of the Moelwyn mountains. Join us for this circular summertime walk with a lunch stop in Cafe Prysor along the way. Bring your binoculars, you might spot an osprey! 11am - 3pm, advance booking essential. Free. Trawsfynydd LL41 4DT, 01286 685498.

31st FRIDAY - 2nd SEPTEMBER, SUNDAY

Ring O' Fire A coastal ultra marathon which takes runners on an extraordinary 135 mile journey around the Isle of Anglesey. The epic foot race is staged over three consecutive days and follows the rugged and spectacular Anglesey Coastal Path, starting and finishing at Holyhead. Starts 1pm on Friday; £195; 01654 702653.

31st FRIDAY - 3rd SEPTEMBER, MONDAY

Yoga & Wild Swimming Experience and enjoy clear waters, yoga sessions, expert guidance to some of North Wales' wild swimming locations; healthy food, relaxing times, detoxing, meditative sessions. £490 - £635. Plas Cadnant, Cadnant Rd, Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

Creating Quick Powerful Paintings and Drawing Make wonderful drawings and paintings using small rollers and scrapers, etc. Discover an ideal way to express ideas quickly and loosely. £313 - £342. Plas Tan Y Bwlch Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Copydate for September Issue:

August 18th

info@network-news.org

07777 688440



Solution Focused Hypnotherapy combines positive psychotherapy and relaxing hypnosis. It can help with a range of common conditions - helping to put you back in control.

- Help with:
- Low mood
 - Anxiety
 - Sleep problems
 - Confidence
 - Weight issues
 - Birthing
 - Irrational fears
 - Addictions
 - ...and more



Train with us in 2018 to become a qualified Hypnotherapist with the Clifton Practice in Conwy

☎ 01244 940 900 📞 07838 469174

www.northwaleshypnotherapy.co.uk

*Book appointments online for a 10% discount.

Initial consultation*

£25

Yoga and Vegan Day Retreats

Join top chef Lee Watson and yoga teacher Claire Mace for some delicious yoga, lunch and a plant based cookery lesson.

Food for the Soul Revitalise yourself through breathing techniques - and vegan comfort food in Mynydd Llandegai near Bangor
Sunday 19th August 10-5pm

Abundant Autumn Feast on seasonal produce and explore the cycles of nature in Newborough, Anglesey
Saturday 20th October 10-5pm

For more info call Claire on 07970 409 724
www.northwalesretreats.com



House Dowser

Geopathic Stress Affects Everyone!

Could your home be responsible for your illness?
 Is your relationship being stressed by your house?
 Is the earth giving off rays that are affecting you?



Does your house need healing?

You could be being affected by the earth's magnetic field. Fault lines and water veins deep under the ground concentrate this field, and they could very possibly be coming up through your house.



The Problem

The effect of Geopathic Stress is to depress the body's immune system, particularly when you are sleeping over a negative place, causing illness, depression and stress.

The Solution

- Your house is dowsed for all negative influences.
- A report is drawn up.
- The house is cleansed and all stress removed.
- House Dowsing brings back harmony, health and peace of mind.

Could this be the answer you've been looking for?

Chris Quartermaine

01244 509933 or 07921 783184

chris@wisdom.me.uk www.house-dowser.co.uk

Healing For Wellbeing

2nd Wed/month 6 - 9.30pm

Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more.

Healing is used in the NHS. No fee, donations welcome, could travel.

Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlaryea2003@yahoo.co.uk

Are you feeling stuck in your life?

Can't make or sustain positive change? Want to change but don't know how?

Whether emotional, physical or life style issues, **Josephine Airns** facilitates powerful personal and spiritual growth processes.

Resonance Repatterning®
01691 773806

Llangollen Natural Health Clinic
www.resonancerepatterninguk.net

Workshops in September & October

SEPTEMBER

- 1 **Voice Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 3 - 14 **Permaculture Design Course** Tyddyn Teg Cooperative, Caernarfon LL55 3PS. Alice Gray tyddynteg.com (£650 early bird booked by 1/8/18) *See Noticeboard page 9.*
- 3/8 - 29/10 **Mindfulness MBSR Course** Penmaenmawr. Contact gwyneddmindfulness.co.uk
- 8 **Meditation & Teaching Day** Criccieth LL52 0NT, 01766 530839, ahs.org.uk
- 8 & 9 **Earthwalking** Gillian Monks 01286 881786, gillian@acorntherapies.com *See Gillian's article on page 4.*
- 8 & 9 **Hillwalking for Beginners - Snowdonia** Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 15 **Slate Mirror** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 15 **Past Lives and Soul Healing** nr. Nefyn, Pen Llŷn. Gillian Monks 01286 881786, gillian@acorntherapies.com
- 15 & 16 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 15 & 16 **Hillwalking for Beginners - Snowdonia** Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 15 & 16 **Snowdon Scrambling Weekend** Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 16 **Discover the Carneddau** Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 20/8-8/11 **Mindfulness MBSR Course** Llanwnda. Contact gwyneddmindfulness.co.uk
- 21 - 23 **Autumn Equinox Massage Retreat** Caernarfon. Bookings: Claire 07426 894640, sourcehealing.co.uk
- 21 - 23 **Dive into Yoga: Yoga & Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 22 **Ajna/Sahasrana/Vishudi Chakra Workshop** Menai Bridge LL59 5NH. Bookings: 07989 512859, thezestlife.co.uk
- 22 **Textured Set of Bangles** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 22 & 23 **Map & Navigation Skills Weekend** Llanberis; bookings - Jason Rawles: bookwhen.com
- 28 - 30 **Hedgerow Harvest ~ Yoga & Foraging Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 28 - 30 **Yoga, Nutrition & Detox Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 29 **Textured Silver Bangle** Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

OCTOBER

- 1 - 5 **Staying Mindful: 5 Day Retreat Held at** Trigonos, Nantlle LL54 6BW. Bookings: mindfulness-secular-retreats.org.uk/Calendar/
- 5 - 7 **Yoga & Mudra Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 6 **Forged Silver Bangle** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 12 - 14 **Yoga & Dance Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 13 **Porcelain Christmas Decorations** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 19 - 21 **Autumn Recharge: Yoga and Wellness Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 20 **Silver Stacking Rings** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 20 **Abundant Autumn - Yoga & Vegan Day Retreat** Anglesey. Claire 07970 409724, northwalesretreats.com *See advert page 24.*
- 20 & 21 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 21 **Bullrush Basket Weaving** Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org
- 26 - 28 **Holy Mountain Yoga Retreat** South Stack Coastal Retreats, Holyhead LL65 1YH. Bookings: northwalesretreats.com
- 26/10-2/11 **Embodying Love** Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org
- 27 **Embroidery Masterclass** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Centres in North Wales: Workshops in September & October

Cae Mabon Eco Retreat Centre

Fachwen, Llanberis LL55 3HB
01286 871542 ~ caemabon.co.uk

SEPTEMBER

- 7 - 9 **Yoga with Gabriela Byrne**
14 - 16 **Yoga with Mary Freeman**
20 - 23 **Re-Ignite Change in Nature**
27/9 - 1/10 **Sisters of the Wild** *Contact Jayne:
love@sistersofthewild.com*

OCTOBER

- 3 - 7 **Dadeni - Rebirth** *The 1st of 6
retreats*
12 - 14 **Pixi Camp for local (ish) families**

Centre for Mindfulness, Research & Practice (CMRP)

Bangor University LL57 2DG
01248 382498,
mindfulness@bangor.ac.uk
bangor.ac.uk

SEPTEMBER

- 8 - 15 **Teacher Training Retreat Level 2**
Held at Trigonos, Nantlle

OCTOBER

- 29/10 - 5/11 **Teacher Training Retreat Level 2**
Held at Trigonos, Nantlle

Gladstone's Library

Hawarden, nr Chester CH5 3DF,
01244 532350
gladstoneslibrary.org

SEPTEMBER

- 7 - 9 **GladFest Literary Festival**
17 - 21 **Latin Second Steps**
22 & 23 **Understanding Islam**

OCTOBER

- 12 - 14 **Film as Religion Revisited**
26 & 27 **Brexit, Trump and the Common
Good**

Centre for Alternative Technology

Machynlleth SY20 9AZ
01654 705959, cat.org.uk

SEPTEMBER

- 9 - 15 **Intro to Sustainable Energy**
15 & 16 **Botany for Gardening**
24 - 28 **Timber Frame Self-Build**
24 - 29 **Practising the Art of Living**
25 - 28 **Leading Sustainable Ventures**
28 - 30 **Field Survey Techniques**
28 - 30 **Identifying Mosses, Liverworts and
Lichens**
29 **DIY Furniture - Upcycling Pallets**

OCTOBER

- 8 - 13 **Low Energy Buildings (pt A)**
12 - 14 **Intro to Permaculture; Plant
Diversity**
19 - 21 **Wildlife of Nature Reserves**
20 **Willow Basket Making**
20 & 21 **Self-Build Project Management**
23 - 26 **Social Forestry OCN**

Trigonos Environment Centre

Plas Baladeulyn, Nantlle
LL54 6BW
01286 882388
trigonos.org

SEPTEMBER

- 2 - 7 **Saori Weaving & Spinning Retreat**
22 - 25 **Red Tent End of Life Doulas: Grief
Gathering Retreat**
22 - 25 **ReWilding the Mind**

OCTOBER

- 18 - 21 **Weaving Colours**

Plas Tan Y Bwlch

Maentwrog LL41 3YU,

01766 772600 ~ eryri-npa.gov.uk

SEPTEMBER

- 16 - 21 **Society of Botanical Artists**
21 - 23 **About Welsh: A Gateway into the Welsh Language**
21 - 23 **A Closer Look at Trees**
28 - 30 **Early Railways 2**
28 - 30 **Friends Weekend**

OCTOBER

- 5 - 8 **Exploring with Mixed Media and Collage**
12 - 14 **Mixed Media Weekend**
15 - 19 **Drovers & Drovers Roads**
19 - 21 **Creative Landscape Photography**
19 - 21 **Textile Basketry - Woven Forms**
26 - 28 **Chamber Music**
29/10-2/11 **Autumn in the Gardens of Snowdonia and North Wales; Woods and Water**

Tŷ Newydd Writing Centre

Llanystumdwy, Criccieth LL52 0LW

01766 522811, tynewydd.wales

SEPTEMBER

- 3 - 7 **Playwriting**
10 - 15 **Invisible Zoos: Poetry and Nature**
24 - 28 **Writing A Novel**
29 & 30 **Scriptwriting & Editing: Welsh Language Course**

OCTOBER

- 1 - 6 **Writing for Children**
6 **Cynganeddu**
12 - 14 **Poetry and Songwriting**

WANT TO DONATE ITEMS TO HELP REFUGEES?

POBL I BOBL

supporting refugees

cefnogi ffoaduriaid

The best thing is to "think camping"! We accept good, clean but practical, casual clothes for adults (but nothing bigger than Large size), children and babies - tops, pyjamas, trousers, shorts, skirts, dresses, jumpers and fleeces, raincoats and casual shoes, trainers, sandals, flip-flops and crocs. Please donate summer clothes from February-August and winter clothes from September-January. We also collect toys, pushchairs, travel cots, bicycles, scooters, sleeping bags, fleece blankets, tents (must be complete). Must be clean and in good working order.

WHERE TO DROP-OFF AID?

BANGOR: Dr Zigs Bubble Shop, Vaynol Estate (via Parc Menai), LL57 4BP Monday-Friday 10-4

CWM Y GLO: Y Fricsan. Anytime but please contact 07738 859585 to confirm

LLANRWST: Menter Iaitn Conwy, The Square, Llanrwst. LL26 OLG 9.30-5 Monday-Friday

Facebook: Pobl i Bobl

Woodland Skills Centre

Bodfari, Denbigh LL16 4DT

01745 710626,

woodlandskillscentre.co.uk

SEPTEMBER

- 1 & 2 **Family Weekend**
8 & 9 **Social Forestry OCN 1**
15 & 16 **Growing and Using Medicinal Herbs 2; Make A Traditional Long Bow**
22 & 23 **Social Forestry OCN 2; Green Woodwork**
29 **Bushcraft Tracking**
29 & 30 **Home Chainsaw**
30 **Apple Day**

OCTOBER

- 6 **Round Rush Baskets; Apple Day**
6 & 7 **Make a Bushcraft Knife**
7 **Rustic Stool; Introduction to Willow Work**
13 **Gypsy Crafts 1**
13 & 14 **Bowl Turning on a Pole Lathe**
14 **Gypsy Crafts 2**
20 **Square Rush Basket**
20 & 21 **Make a Pole Lathe**
27 **Bird Feeders**
27 & 28 **Spoon Carving**
28 **Nest Boxes**
31 **Holiday Club**

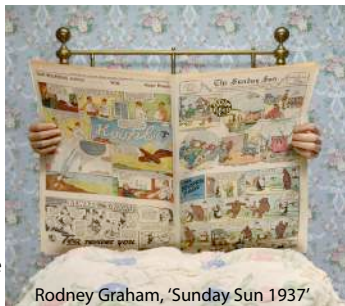
SUBSCRIBE TO NETWORK NEWS

£20 for 12 MONTHS
£12 for 6 / p&p FREE

Join online:
network-news.org
07777 688440

Exhibitions

She Sees The Shadows Until 4th November. We are pleased to present the first off-site collaboration by DRAF (David Roberts Art Foundation). "She Sees The Shadows" is a group exhibition of works from the David Roberts Collection that resonate with the ideas found in Space and Sight. Each artist has re-conceived day-to-day objects and materials in unexpected ways – a bench, plug socket, grate, section of railing or broom – inviting viewers to see alternative qualities and narratives therein. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org



Rodney Graham, 'Sunday Sun 1937'

Art For All Until 4th September. A wide range of work exhibited in Ucheldre's 27th annual Art for All Competition. Many paintings are for sale. A variety of mixed media work. Free entry, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Lasting Impressions Until 23rd September. A closer look at what craftspeople make and the processes they use to produce a lasting object. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Huw Gareth Jones: Ar yr Ymylon~On the Edge 11th August - 23rd September. Open daily 10am – 5pm, free. Oriel Môn, Rhosmeirch, Llangefni, Ynys Môn LL77 7TQ, 01248 724444 oriel@ynysmon.gov.uk

Michael Sandle: Monumental Rage Until 7th October. In direct response to the horrors of our age, his work presents a passionate critique of the abuse of power in global conflict, politics and culture, and the accompanying cynicism and hypocrisy. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

Jocelyn Roberts ~ Sea Changes 28th August - 15th September. An entire year of daily paintings of the North Wales Coast exploring the ever changing sea and sky. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com



Jocelyn Roberts

Chloe Holt ~ Paintings Until 15th August. These new works by Chloe cluster around ideas of emergence, of things becoming visible after being concealed, of things being brought into the light. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

Poor Taff - Golwg Llundain ar y Cymry / A London View of the Welsh People Until 4th November. This exhibition will show how the Welsh people were portrayed in the popular press in the 17th & 18th centuries. Some Welsh people adopted the images as acceptable representations of national identity. The exhibition explores how stereotypes of Welshness and Welsh identity evolved over time. Oriel Môn, Llangefni 01248 724444, orielynysmon.gov.uk

Audrey Walker ~ Observations: A Retrospective Until 23rd September. Audrey Walker is celebrated as she reaches the age of ninety. Momentary glances, encounters, inward smiles, the simple pleasures of life have long fascinated the artist, as has the ability of centuries old images to make powerful connections with today. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

James Green ~ Entering Donkey World Until 30th September. I felt compelled to celebrate donkeys (who I don't consider are represented very well in the history of art, or sometimes appreciated generally) and create these compositions showing them having adventures in a mysterious world, free from any human control or servitude. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

NW Potters Gallery ~ August Makers of the month are Alan and Lyn Newton. 1 High St., Conwy LL32 8DB. 01492 593590, pottersgallery.co.uk

Tunncliffe's Measured Drawings Until 2nd September. The artist's personal visual reference library, which he used for commercial illustrations and finished paintings. Oriel Ynys Môn, Llangefni 01248 724444, kyffinwilliams.info

Pensychnant Wildlife Art Until 30th September. Originals, prints and photographs in various styles and media. 11am - 5pm, £2.50. Pensychnant, Conwy LL32. 01492 592595, pensychnant.co.uk (Contact us if you want to exhibit)

NW Open Until 24th August. This large annual art exhibition features the diversity of artistic talent in North Wales, and includes painting, drawing, printmaking, photography and mixed media works. It is open to submissions from artists living in Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham with £1750 in prize money. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Stephen Paul ~ Photography 18th & 19th August. Exhibition and Sale. Come and enjoy this photography display by Stephen Paul Photography, with prints of local North Wales scenes, and some from further afield. 10am - 4pm. RSPB Conwy Nature Reserve LL31 9XZ, 01492 584091.

Summer Mixed Exhibition 22nd July - 15th August. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net



NW Potters Gallery

How To Preserve Arctic Ice

Keith Beasley

We know that the polar ice caps are shrinking – fast. And that this is affecting the lives of indigenous people, polar bears and other wildlife and, through global climate change, all of us. What can we in North Wales do about it . . . other than reduce our personal carbon footprints and plastic usage?

The Siku Project, based in and around Bangor and working closely with a number of departments at Bangor University, is developing machines that will tackle, in a small but significant way, the thinning Arctic ice (and permafrost) directly. The Siku machines, recently demonstrated at a Fun Day at Anglesey Sea Zoo, spray water on top of ice before it reaches its critical thickness, so allowing new ice to form on top and create a thick enough layer to survive the following summer.

The project is working with local, indigenous people with the intent that they would operate these machines, moving them along the routes to their fishing grounds, for example, so maintaining their traditional land and livelihood. Whilst the basic idea has been

proven, much work is now needed to develop the detailed design, locations and

operation so that the potential of this simple, natural, idea (the machines will be wind powered, for example) can be fully fulfilled. To find out more or volunteer, please email me or visit the website below.

Keith Beasley is based in Bangor where he offers a range of workshops and consultations to help bring out our inherent Emotionally Intelligent, creative, psychic and spiritual natures.

To support the Siku project visit:

<https://startsomegood.com/preserve-arctic-ice>

To volunteer or find out more contact:

keith@keithbeasley.co.uk



We have 50 acres of woodland with permanent Forest School sites, heated meeting rooms, covered workshops, wildflower meadow, apiary, heritage orchard, tree nursery, allotments and vineyard in the heart of the Clwydian Range AONB near to the village of Bodfari.

We run a wide range of courses in traditional crafts including coppice and greenwood crafts, basket making, timber frame building, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw and hedge laying. We run bushcraft courses and hold family days, weekends and weeks in the woods. We do special events such as birthday parties. We run level 3 courses in Social Forestry and Mindfulness. People on courses can have free camping with access to w.c and shower.

01745 710626
enquiries@woodlandskillscentre.co.uk
www.woodlandskillscentre.uk

Russophobia: Detente Bad, Cold War Good

Craig Murray

The entire “liberal” media and political establishment of the Western world reveals its militarist, authoritarian soul today with the screaming and hysterical attacks on the very prospect of detente with Russia. Peace apparently is a terrible thing; a renewed arms race, with quite literally trillions of dollars pumped into the military industrial complex and hundreds of thousands dying in proxy wars, is apparently the “liberal” stance.

Political memories are short, but just 15 years after Iraq was destroyed and the chain reaction sent most of the Arab world back to the dark ages, it is now “treason” to question the word of the Western intelligence agencies, which deliberately and knowingly produced a fabric of lies on Iraqi WMD to justify that destruction.

It would be more rational for it to be treason for leaders to blindly accept the word of the intelligence services.

This is especially true on “Russia hacking the election” when, after three years of crazed accusations and millions of man hours by lawyers and CIA and FBI investigators, they are yet to produce any substantive evidence of accusations which are plainly nuts in the first place. This ridiculous circus has found a few facebook ads and indicted one Russian for every 100,000 man hours worked, for unspecified or minor actions which had no possible bearing on the election result.

There are in fact genuine acts of election

rigging to investigate. In particular, the multiple actions of the DNC and Democratic Party establishment to rig the Primary against Bernie Sanders do have some very real documentary evidence to substantiate them, and that evidence is even public. Yet those real acts of election rigging are ignored and instead the huge investigation is focused on catching those who revealed Hillary’s election rigging.

This gets even more absurd – the investigation then

quite deliberately does not focus on catching whoever leaked Hillary’s election rigging, but instead seeks to prove that the Russians hacked Hillary’s election-rigging, which I can assure you they did not. Meanwhile, those of us who might help them with the truth if they were actually interested, are not questioned at all.

The Russophobic witch hunt has its first real life victim in 29 year old Maria Butina, whose life is to be destroyed for chatting up members of the NRA in order to increase Russian influence. With over 20 years of diplomatic experience, I can tell you that every country, including the UK and US, has bit part players of its own nationals who self-start in a country to make their way, and if they gain any traction are tapped by their national security service as potential “agents of influence”. I could name quite literally scores of such people, but have no desire to get anyone in trouble. The elevation of



Butina into a huge threat and part of a gigantic plot, is to ignore the way the United States and the United Kingdom and indeed all major governments' Embassies behave around the globe.

The war-hawks who were devastated by the loss of champion killer Hillary now see the prospect of their very worst fear coming true. Their very worst fear is the outbreak of peace and international treaties of arms control. Hence the media and political establishment today has reached peaks of hysteria never before seen. Pursuing peace is "treason" and the faux left now stand starkly exposed.

Craig Murray is an author, broadcaster and human rights activist. He was British Ambassador to Uzbekistan from August 2002 to October 2004 and Rector of the University of Dundee from 2007 to 2010.

www.craigmurray.org.uk

Helena Hawley

Intuitive Vocal Sound Healer,
Channel, Speaker & Authoress



"Helena gives talks on Sound Healing with demonstrations, and audience participation, as well as covering the other kingdoms, such as the animals, angels, trees, fairies etc. illustrated by stories from her own life and experiences."

Published works include *The Other Kingdoms Speak, My Inner Life, My Spiritual Journal, Maria Callas and I (& sequel), Helena's Book of Healing, Fairies & Sasquatch*. Contact:

info@helenahawley.co.uk

www.helenahawley.co.uk



Roundhouse Storytelling present...

"Gone Cuckoo"

The compelling tale of a bird's journey, its song, its myths and its decline.

Told by **Malcolm Green**
with **Joshua Green** (music)

It's shortly after dawn at RAF Fylingdales and a cuckoo is having a transmitter strapped to his back. A few weeks later he will have flown thousands of miles across Europe and over the Sahara Desert to equatorial Africa. For millennia, the cuckoo's call has inspired songs, stories and poems. Does he bring the spring? Tell our fortunes? Was he the shapeshifter that became a hawk? He certainly fools the reed warblers who feed him as a changeling baby. Now the voice of the cuckoo is fading – where has it gone?

Wednesday August 14th, 7:30 ~ 9:30pm, £5 / £3

at FELIN UCHAF Centre

Rhoshirwaun (nr Aberdaron), Pwllheli, LL53 8HS

01758 780 280 ~ felinwales.org

Virgo, The Mother Of The Harvest

Adele Barger Wilson

Each year in the northern hemisphere during the solar month of Virgo, grains, fruits, and vegetables are harvested to be preserved and stored to sustain life throughout the winter. It seemed quite appropriate, therefore, when I once heard a planetarium director refer to Virgo as the “Mother of the Harvest.”

In esoteric astrology, Virgo is the mother of another type of harvest: the harvest of the perfected Soul from the womb of form. It is one of the lessons of Virgo that the very purpose of form life is to enhouse the life of the Soul, while facilitating the personality’s experiences, growth, and education. The body is indeed the “Temple of the Soul.” And the personality, which unfolds and reaches a high degree of development in the sign of Leo, becomes the “mother of the Christ principle” in Virgo. This is a symbolic way of saying that in this sign, the personality assumes the role of nurturer and shielder of the inner Christ Self which lies latent until the personality is prepared to give It birth.

In Virgo, one begins to make one’s personality useful to the indwelling Christ which one is learning to recognize. One purifies one’s motives and redirects one’s talents and mind toward service – the service which results in a higher level of consciousness which stimulates the inner Christ Light.

The Soul and the body, which are distinct and separate in Gemini, begin to be blended in Virgo.

In Virgo, the Word of God/dess begins to

take form through the infant Soul which is, as yet, hidden. It is said that this Hidden Spiritual Reality, this indwelling Christ, is eventually and finally manifested in the sign of Pisces.

There is a reason why the form must be gradually prepared, adjusted, and aligned before the consciousness, or inner Soul, can be awakened. If higher spiritual energies are registered by an unprepared form, the form becomes shattered and destroyed. This is why the nervous system, the glandular system, and the brain must be developed and brought to certain degrees of perfection before they can safely receive the highly refined energies from spiritual realms.



www.sharonrussellart.com

In orthodox astrology Virgo represents the processes of assimilation and digestion, the taking in of food whose nutrients are stored for future use. (This meaning is contrasted with that of Cancer, which, in orthodox astrology, represents the process of ingesting food for instant gratification.)

By analogy, in esoteric astrology, Virgo rules the assimilation and digestion of *life experiences*, those life experiences which contribute to the growth and eventual perfection of the personality.

Virgo is related to the concept of the “womb of time”. Just as the harvest must be stored and hidden away for a period of time, Virgo represents the gestation period of the Soul, a time during which the Soul is hidden.

Sheltered in this womb of time, Virgo has many opportunities to distill practical,

everyday wisdom from the variety of experiences she encounters in adjusting to life in an earthbound environment, while learning to give loving service in this environment.

Virgo, the “Virgin Mother”, represents the mothering of the unborn Christ through the purification of her physical, astral, and mental bodies. In this sign, the nurturing mother hides and protects the indwelling Christ within her own substance. She simultaneously nourishes two lives: that of the form and that of the Christ hidden within this form. Her esoteric ruler is the Moon, the mother of all earthly forms. The Moon absorbs and receives the energies of the Sun and other planets in order to transmit nurturing energies to physical life on Earth. In the same way, the life of the personality form in Virgo absorbs, receives, and subordinates itself to the inner spiritual Will to transmit nurturing energies to the hidden Christ Self.

To put it another way, Virgo represents the process whereby matter and form life are purified so that they can eventually reveal Divinity. This is the true reason for the continual striving toward perfection that is so characteristic of this sign. It is necessary for Virgo to constantly adjust, analyze, and discriminate in order to produce the type of form that will be able to nurture, and eventually bring forth, the Christ within.

We can now see Virgo’s seemingly obsessive attention to detail, her incessant discriminatory observations, and her often misunderstood particularities in a new light.

By devotedly nurturing her physical body, her personality, and the physical environment in which she lives, Virgo is also nurturing her Soul, for her Soul, though hidden at this stage, is, in turn,

being sheltered and nourished by her body, personality, and environment.

By nurturing and refining the physical environment, she is not only nurturing her own Soul, but also the Soul of Humanity, producing the conditions that will pave the way for the collective Christ consciousness to be born on this planet.

The analogy between Virgo’s traditional and esoteric meanings now becomes clear. Just as the small intestine, which Virgo traditionally rules, assimilates food and prepares it for use by the physical body, esoteric Virgo assimilates the experiences of life and distills their inherent wisdom in order to feed and refine her personality. In this way she is preparing her personality to receive the full impact of her Soul’s energy.

When this full impact is finally achieved, her Soul blossoms, her personality becomes its devoted instrument, and the indwelling Christ Self is fully born.

Adele Barger Wilson is a wildlife photographer and esoteric astrologer. Her beautiful book “Bonding With Barn Swallows” was published in 2013.

www.esotericastrologer.org

Full Moon Meditation Network

Virgo: August 23rd ~ September 22nd
Full Moon: August 26th at 12:56pm

The Great Invocation

From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

www.lucistrust.org



“And We Do Not Fear” by Nicholas Roerich

Advertisers Index

Workshops at Trigonos	01286 882 388	8
NWCC Fundraising Event	07851 792 014	9
Brooke Medicine-Eagle Talk & Workshops	07970 409 724	10
Mind Body Spirit Fair in Beaumaris	0151 648 8277	10
Solution Focused Hypnotherapy	07838 469 174	23
Yoga & Vegan Day Retreats	07970 409 724	24
House Dowser ~ Chris Quartermaine	01244 509 933	24
Healing For Wellbeing	07831 389 904	24
Resonance Repatterning	01691 773 806	24
Woodland Skills Centre	01745 710 477	29
Gone Cuckoo ~ Storytelling at Felin Uchaf	01758 780 280	31
Sound Healer ~ Helena Hawley	01244 683 775	31

Subscriptions

£20 for 12 issues

£12 for 6 issues

Advertisements

Eighth Page: £10
 Quarter Page: £15
 Half Page: £30
 Full Page: £60
 Back Cover: £100

Payments

Cheques to: "Network News cic"
 Bank Transfers to:
 Network News cic
 Sort Code: 08-92-99
 Account No: 65260034
 By PayPal



Network News cic, 27 Penlan Street, PWLLHELI, LL53 5DE

07777 688440

info@network-news.org ~ www.network-news.org



Where to find Network News

Zingiber Wholefoods

15 Bridge Street
LLANGOLLEN LL20 8PF
01978 862676

Zingiber
WHOLEFOODS

Dimensions Health Store

15 Holyhead Road
BANGOR
LL57 2EG
01248
351562



Follow Your Bliss

47 High Street,
BANGOR
LL57 1NR
01248 361700
*"A free from
Café, and so
much more....."*



Harvest Moon

4a Newry Street
HOLYHEAD, LL65 1HP
01407 763670

the Harvest Moon
Dress Agency
tel. 01407 763670

Health & Food

8 Denbigh
Street
LLANRWST
LL26 0LL
01492
641669



RainbowBiz Hippy Shop

Unit 8, Daniel Owen Precinct
MOLD CH7 1AP
07759 753473



Rainforest

51 Watergate Row
South
CHESTER, CH1 2LE
01244 340200



Gift Shop / Holistic
Health Service

Ruthin Wholefoods

58-60 Well Street
RUTHIN
LL15 1AW
01824 702778



Siop Dewi

14 Stryd Fawr,
Penrhyndeudraeth
GWYNEDD
LL48 6BN
01766 770266

THE CARRIAGEWORKS

The
Carriageworks
Love Lane,
DENBIGH
LL16 3LU
01745 797647



The Natural Choice

14 Colwyn
Avenue
RHOS ON SEA
LL28 4RB
01492 549520
*"Your Quality,
Local Health Food Shop"*



The Potter's Gallery

1 High St, CONWY,
LL32 8DB
01492 593590

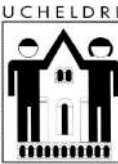


North Wales Potters

This and That
11 High Street
Blaenau Ffestiniog
07925 189263



• UCHELDRE •
• CANOLFAN •
• CENTRE •
• UCHELDRE •



Ucheldre Centre

Millbank
HOLYHEAD
LL65 1TE
01407
763361

VEGONIA WHOLEFOODS



Vegonia Wholefoods

49 High Street
PORTHMADOG
LL49 9LR
01766 515195

Would you like to distribute Network News?
info@network-news.org ~ 07777 688440

A Network of Goodwill

In every neighbourhood we can find kindred spirits who share a vision of a beautiful and humane world, and who share a commitment to making it a reality.

They might be found planting organically - food, herbs, flowers, forests; or simplifying their lives, using less fossil fuels, recycling and repairing, going by bus and by bicycle, pouring less poison down the sink and less waste into the landfill. They might be working to restore the soul in science; or creating artefacts that are sustainable and beautiful; or sharing their craft in sound, colour or form.

Others are reaching out to those that society has abandoned; or reminding big organisations to respect life at human scale; or challenging "expert" opinions. They may be choosing a more compassionate diet, moving their money to a more ethical bank or credit union, raising their children without force or fear. They may be pioneering new ways to exchange ideas, skills and resources; experimenting with different kinds of household or community; or simply remembering how to play, sing and dance together without dependence on drugs or alcohol.

Some are learning to heal - bringing together wisdom and skills from different ages, cultures and dimensions. Then there are those who are advocates for the voiceless kingdoms - animal, vegetable and mineral - that depend on human beings for their welfare and survival.

Others are struggling to uproot violence - in the nation, the community, the home and the heart - learning to think, to speak and to act without cruelty.

Most are politically engaged, but each with their own unique mix of causes and ideals. Many prefer to "follow the money" rather than a party line - aware that every donation and purchase they make every day is a powerful vote for good or ill.

Most are spiritually active, but without a conventional creed. They may practice meditation or mindfulness, and use the insights and strength from their inner work to inform their service in the world.

Some are reclaiming the great seasonal rituals, aligning themselves with the cycles of Earth, Sun, Moon and Stars; or reinventing those essential rites of passage: the initiations of birth, coming of age, marriage, death and spiritual unfoldment.

Many sense that the world will need a vast outpouring of goodwill if it is to make it through the next few decades intact. Some found their deeper purpose through personal crisis - perhaps global crisis is humanity's great opportunity?

Do you recognise yourself here? Are you a member of this extraordinary group? Are you one of those resisting the great tide of materialism that would engulf our civilisation? Are you among those building little altars and centres and refuges of hope for a more compassionate world? If so, *you need support!* **Network News** exists to reach, encourage and support all members of this "network of goodwill". A space where members can meet, share their gifts and celebrate their unity and their diversity. A place to vision, to collaborate, and to affirm that, truly, **"another world is possible"**.