

network news

a guide to inspiring events in north wales



world soil ~ the development of mindfulness teacher training in bangor
friendship ~ paris december 2015 ~ turning the tide ~ christmas spirits
exhibitions ~ workshops ~ festivals ~ groups

Network News

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A Guide to Inspiring Events
in North Wales

Founded 1992

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

www.facebook.com
North Wales Network News

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

December 2018

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Network News Outlets Inside Back Cover

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 December Network News. Fem's cover picture celebrates the free movement of birds across borders. In the human kingdom, natural freedom of movement is hampered by *fear* and it was, of course, fear of migration (and losing an election) that provoked the ill-starred referendum on June 23rd 2016.

Coincidentally, on the very same day, a group of pioneering thinkers were gathering in Vienna for a 3-day conference to share new principles and practices for decision-making at a local or global level. Their subject has various names: deep democracy, dynamic governance, calling a circle, the way of council, and in this case: "sociocracy". The focus is to find practical, non-utopian ways to make agreements in which all voices are genuinely heard.

The UK Referendum became the unexpected focus for much of their conference, and on the last day the participants drafted an "Open Letter" to all decision makers in the EU. A brief quote:

*Deciding based on a majority vote and framing the consultation as a bi-polar question on such a complex and important issue, is very problematic. It leads to a win / lose competition, a polarised debate, where there is no room for truly sharing and evaluating all relevant perspectives and arguments. Majority votes lead to a (significant) minority that "loses" and does not feel heard and represented. **It does not have to be that way.** Sociocracy provides an alternative way of cooperating and decision taking based on equivalence. One of the key principles is that decisions are taken based on **informed consent**. This can turn a Yes or No competition into a constructive dialogue, where all perspectives and arguments are heard and taken into account in the decision. Tension from differences in opinion fuel creativity to come to a shared decision..." **sociocratie.nl***

A Yes/No "peoples' vote" would simply repeat the same error. And in a party system, even a General Election can do little to help. Let us hope this sorry mess leads us to evaluate and adopt the mature decision-making approaches our planet now so desperately needs.

Blessings to all beings



The Development Of Mindfulness Teacher Training In Bangor

A personal reflection on 20 years of the Centre for Mindfulness Research & Practice (CMRP)

Trish Bartley

'You will find as you look back that the moments when you really lived are the moments when you have done things in the spirit of love'

Henry Drummond 1851-1897

This is a story of transitions – some of them happening through choice, most imposed by circumstance. Transitions are often painful. However, looking back over this time, I feel fortunate to have been associated with the work of the CMRP.

Early Days - Dependence (1999 -2003)

'By seeking and blundering, we learn.'

Johann Wolfgang von Goethe (1749-1832)

I was one of those on the first UK mindfulness retreat in 1999 on Bardsey Island. The Mindfulness-based Cognitive Therapy (MBCT) for depression trial was due to be published the following year. The research results were ground breaking. I remember a group musing that mindfulness-based approaches might prove as significant to mental health as Freud had been to psychology. I was impressed.

In 2000, Jon Kabat-Zinn came to Bangor and taught over 100 people in a grand university room that was almost Harry Potter-esque. These were heady days! Clearly something significant was happening.

A Mindfulness-based Stress Reduction (MBSR) teacher training process followed, held at lovely Trigonos. We were being fast tracked as mindfulness teachers – not how we do things now.

Mark Williams departed for Oxford in 2002, leaving us to develop mindfulness-based teacher training in the UK. This practice community enabled us to develop sound ways of working.

Remarkably, a first postgraduate programme started in autumn 2003 at

Bangor University was the first of its kind in the world.

Developing our own way: Independence #1 (2004 – 2008)

'There is a river flowing now ... so great and swift that there are those who will be afraid Know the river has its destination.... we must let go, keep our eyes open and our heads above water.... See who is there with you and celebrate'.

Attributed to an unnamed Hopi elder

What followed was a period of rapid growth. The world was hungry for mindfulness and we had waiting lists for all our trainings. People travelled far and wide to be trained by CMRP.

We needed to expand our pool of teachers as we were stretched quite thin. We recruited team members from outside North Wales. This opened our eyes to fresh horizons.

Extraordinarily, over the years, CMRP has trained more than half the mindfulness-based teachers in the UK. Our trainings found their own character and integrity.

Consolidating structures: Independence #2 (2008 – 2012)

'All improvement begins with the identification of a problem.' Mazaaki Imai (b. 1930)

While the team was growing, Mark Williams in Oxford was launching his research trial that was to be known as SWAD (Staying Well after Depression). Our two most experienced teachers, and several others, formed his Bangor team. At a stroke, our team composition changed and a major transition was underway.

However, it proved to be an important opportunity. A part-time director was appointed and CMRP moved into the School of Psychology. Some key appointments were made. We moved into a stage of consolidating, which was much needed after such rapid growth.

Widening the Context: Interdependence (2012 – 2017)

'In the long history of humankind, those who learned to collaborate and improve most effectively have prevailed.'

Charles Darwin (1809 - 1882)

When our SWAD colleagues returned, it was natural for us to move into even closer collaboration with Oxford and Exeter mindfulness teams. A gathering of UK mindfulness-based teachers and trainers produced Good Practice Guidelines for Mindfulness-Based Teachers. Several versions later, it influences good practice in many parts of the world.

A UK listing of approved mindfulness-based teachers was established.

Our graduates and trainees started their own training organisations moving us into grandparenting. A good place to be, admiring of their achievements, but not responsible for all the hard work involved. Several books and many articles have been written by team members.

New training programmes were spawned. A Teacher Training Pathway (TTP) bringing together all our training, for those wishing to be accredited outside university programmes.

It is extraordinary to realise that mindfulness is now 'mainstream'. Yet our reach into diverse and marginalised populations is poor. We need to find ways to support and train teachers from these communities. This is important, reflected in the next International Conference on Mindfulness (ICM) to be held in Denmark in 2020: **"Diversity & Oneness ~ for the sake of all beings"**.

Joined-Up Complexity: Endings and Beginnings (2018 and beyond)

'The main thing is to keep the main thing, the main thing'

Stephen Covey (1932 – 2012)

Who are we? Are we CMRP or Bangor?

When our valued alumni association was formed, they took on the name of Friends of Bangor (FoB).

This is very relevant now. An overhaul of university finances required us to find a

new home for much of our training. A few people working behind the scenes, have made possible Bangor's Teacher Training Pathway to be housed within **The Mindfulness Network (MN)** charity, retaining the experience of



Early CMRP Team meeting at Trigonos

our trainers and the quality of our training, yet still validated by Bangor University.

We have a new young team working hard to bring this transition together. CMRP lives on in the Bangor Master's in Mindfulness programme within the University's School of Psychology and in the Teacher Training Pathway within The Mindfulness Network charity. CMRP spans the two, as a University in partnership with The Mindfulness Network charity.

So what of the future? I am left with: *It is not so much what or how much we do that matters - but how we do it - keeping the main thing (mindfulness), the main thing.*

So, whatever the future brings for CMRP – may we continue to do this work in the service of all who might benefit.

Trish Bartley is an MBCT teacher / trainer specialising in work with people with cancer.

teach-mindfulness.org
trishbartley.co.uk

World Soil

Second of three articles on "Our Ethical Footprint"
Michael Chown



The Planet

One third of the planet is devoted to agricultural production. One third of the world's population derives its livelihood from agriculture. The land area on Earth is 14.9 billion hectares; of which one third is ice and desert, and one third is forest and wilderness. One third we can't use, one third we shouldn't use, perhaps, and one third we use very intensively. That is about 5 billion hectares of each.

The Internet, the World Bank, the State of the World Atlas - and many other sources - have given us some curious and complex subdivisions. The World Bank completely confuses the issue by leaving out the 1.8 billion hectares of ice. So beware if you try to check these figures! All we need to know for now is that there are 5 billion hectares of agriculture of which one third is crop land and two-thirds pasture for livestock.

Land Pressure

The UN is very clear that the acreage of agriculture will remain the same. It will not increase. We have tried to fell rain forest for cattle, and tried to irrigate desert. The former, we should never have started and the latter is right up against growing water shortage. Yet in both cases the issue boils down to soil or the lack of it. Unfortunately however this is the problem even where we think the land is good. We lose worldwide on average 3½ tonnes of soil for every tonne of food we produce. That is pretty much the same as saying that we lose 3½ tonnes of soil every year for every person on Earth.

What Now?

So the question is:

As population rises through this century from 7.7 billion now to 11.2 billion...

a) Do we have the land? and

b) Do we have the soil?

The answer? With current practice, on both accounts, it is a categoric **NO**,

Yet - with a few changes - an easy and resounding **YES**

The Good News

Let's look at the solution first so that you don't get too depressed to read to the end!

In 1920 a man named Alan Chadwick left Britain for California where he set up home on the edge of the desert. He decided to grow his own food and set about making soil because basically, he had none. He borrowed ideas from French Intensive - the technique that fed Paris a century earlier - and he borrowed from BioDynamics.



This combination is very soil friendly. Close planting stops erosion and evaporation. Both soil and water stay in place. Companion planting aids productivity and pest control. Yet the greatest success was in growing extra crops to make compost.

Living Soil

Soil is only, well largely, vegetable matter decomposing. By adding layers on top and never digging, three things happen:

First, the soil does not break up. Second, the life in it grows. Third, carbon is retained. Digging and ploughing destroy all three. To understand this we have to look through a microscope. There is more microbial life in a handful of good humus than there are people on Earth. They are alive and kicking in the 'top soil' of 2 to 6 inches, literally billions of them all working to 'farm' plants for us. The rye plant for instance may have 6000 miles of root hairs which are in constant conversation with the microbes. Fungi have special symbiotic plant relationships and their root system may be 2 miles across. Plants grow because of living soil. Soil grows because we leave it alone and feed it from the top.

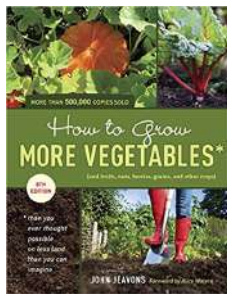
Bio Intensive Mini Farming

John Jeavons took over from Alan



Chadwick, collecting data and writing the book *How To Grow More*

Vegetables. They consistently grew 1" of soil every 8½ years. Nature takes 500 years in good locations and would have taken 1000 in the area Jeavons was living. For every bed of vegetables they grew two beds of compost: one bed to effectively replace the crop they had removed, and the other to grow the soil. And they also produced all the food for one person for one year in 4000 square feet - using their method. That is to say 1300 ft² of food and 2600 ft² of compost. Farmer and planet living in constant harmony at less than ¼ of an acre per person.



Ecological Footprint

Let us return to current practice and see where the world is going. We have been looking at agriculture which uses 1/3 of the land yet 2/3 of the planet contains biomass. To do an ecological footprint we include the forest area that we fell and the land area used as carbon sink to offset our cars and heating. The EF for the western world is about 5 hectares per person. That is the annual use of biomass per person. 5 hectares or 12½ acres, and in Wales 4.41 hectares or just under 11 acres each.

Ethical Footprint

And how much are we entitled to? For this we take the 10 billion hectares of 'Habitable Land' as the World Bank, UN and others call it - that is, everything that grows, rain forests included - and divide it by the population. Currently $10 \div 7.7 = 1.3$ hectares or 3.21 acres per person. Or if we just look at farming: $5 \div 7.7 = .65$ hectares or 1.6 acres.



In 2050 with a population of 9.8 billion this is 2.52 acres, and 1.26 acres. In 2100 with 11.2 bn people this would be 2.2 acres and 1.1 acres.

So, we are heading towards having 1 or 2 acres each and how you view this depends on whether you wish to live in a world that pushes to the brink and "uses" the whole Earth... or whether you feel we should start curbing our excesses and reign-in to the land we know has been productive.

Put another way: Do you have what it takes to start living on 1/10 of what you have been used to or are you going to settle for 1/3 and keep your fingers crossed? Either way, right now we are living on between 4 and 8 times of the land we are each entitled to.

Continued over

What Needs To Change?

Jeavons and others find their food sustainably on 4000 ft², and obviously they can do it on less once soil is restored. They are already down to 1/10 of an acre with a strong healthy biodynamic vegetarian diet.

The average American vegetarian diet requires 2 acres per person but a meat diet will take 4 or more acres. Cattle produce 1 gram of protein for 1 square metre of land. That is 10 times the area consumed by any other form of food: pigs, chickens, maize, rice etc.

Livestock use 80% of all agricultural land because crop land also produces animal fodder. Yet only 20% of our calories come from meat. Rethinking how much meat we eat will have the greatest single impact on area consumed. Individually we cannot presume to have 'acres' of meat when we only have one acre each - for everything.

Stop Soil Loss

The average 3½ tonnes of soil lost per person per year seems just unbelievable. That is 24 billion tonnes of erosion each year. This happens

more on crop lands where soil is exposed. It has nothing to do with depletion due to



growing. The combined effect appears to be that soil is lost 18 times faster than it is replaced. Regardless of how much land can be saved by switching away from beef, we also need to set aside half our farmed area for growing compost.

The UN says that 24% of the world's soils are 'degraded' which means 'showing signs of reduced ability to crop'. Possibly the biggest single cause of soil destruction is mechanisation, both ploughing and the use of petro-chemical fertilisers and pesticides.

A Sense of Humus

Biointensive farming would easily feed a world of 11 billion people. It would restore soil at the same time. It would reduce water consumption by 80%. It would sequester carbon. Good soil holds 4000 billion tonnes of carbon, that is 4 times the atmosphere and all the trees combined. But most significantly it would bring our rampant Western land consumption back down to levels acceptable to all whilst providing us with a better diet than we have now.

The Age Of Equity

Let us live in a world that does not threaten the rain forests, does not create more desert, nor blindly consume land beyond our fair share. Nor may we choose to live 'right on the edge' when it is clear that we have pushed soil beyond its capacity and the world's poor beyond theirs. 72% of the world's farms are less than 1 Hectare!

Let's get our ridiculous consumption down from as much as ten acres to something nearer 1/10 acre because there are people out there who have shown us how to do it.

Let's find the moral gumption to follow suit and both farm and eat less extravagantly.

Michael Chown is an Archiculturalist and co-founder of Permaculture UK

07976 155 857



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THE YEAR OF THE SEA LECTURE SERIES



Continues with 2 talks this month: Exploring and Learning about Coral Reefs, (6th) and Art, Aesthetics, Architecture and Algae (13th).

Mostyn, Llandudno, *see Calendar*

CONWY COUNTY PEACE GROUP Present "End Injustice in Palestine!" Held in Llandudno, *see 8th December, Calendar and ad on page 15.*

SATURDAY FAMILY FILM CLUB Every Saturday in December - films for a family audience with a Christmas spirit, £3 ticket. Theatr Clywd, Mold 01352 701521, theatrclywd.com *See Calendar*

BRIT ROCK FILM TOUR

14th December. Big compelling stories about climbing from the vertical world. Bethesda. Tickets: neuaddogwen.com, *see Calendar*



STORIES FROM A

WILD EUROPE 19th December. A talk with Snowdonia Society about 'Why National Parks Matter'. *See Calendar.*

CHRISTMAS CRAFT FAIR Until 31st December, 10am - 5pm, Oriol Mon, Llangefni, Anglesey LL77 7TQ. 01248 724444, oriel@ynysmon.gov.uk

THEOSOPHICAL SOCIETY There are no meetings for the Colwyn Bay Lodge in December. However, there is a meeting in Chester on 12th December.

SLATES GENERAL FOOD STORE - MENAI BRIDGE

is now open as the first shop on Anglesey to not have plastic packaging/usage. Come with your own food containers and bottles and fill up on a variety of food, herbs & spices, and cleaning materials. Bridge St., Menai Bridge, 01248 712625.

THE LANDWORKERS' ALLIANCE

AGM & SHINDIG Political Training, Solidarity, Movement Building, Skill Shares 30th November - 3rd December. Held at Rhyd-y-Creiau, The Drapers Field Centre, Betws-y-Coed LL24 0HB.

See Page 10

DECEMBER NOTICEBOARD

This issue is dedicated to our friend **Genny Bove** who died in November. Genny was a tireless peace and justice campaigner, activist, disability rights campaigner, artist and anarchist, who befriended Chelsea Manning's family and worked hard to secure her release. Genny's energy, commitment and love for people will be greatly missed. x



TOGETHER FIRST

A Global System that Works For All

Shared problems

From climate change to nuclear weapons, cybercrime to terrorism, the risks we face cross national borders. Our solutions must be global. How do we build a global system that works for us all? And how can we ensure that everyone is part of that conversation?

Shared solutions

Together First will launch a multi-stakeholder agenda for dealing with the risks that humanity faces.

Countdown to 2020 – our opportunity to act.

The UN's 75th anniversary in 2020 must be the

starting point of a global governance transformation.

Together First is campaigning for a multi-stakeholder summit to mark this occasion – to discuss, adopt and initiate the reforms we urgently need, and to unite around a shared vision for the future.

Find out more about workable ways to address global risks :
together1st.org



THE LANDWORKERS' ALLIANCE

Annual General Meeting and Winter Shindig 2018

Friday 30th November - Monday 3rd December



Rhyd-y-creuau, The Drapers Field Centre,
Betws-y-coed, Conwy, LL24 0HB, Cymru / Wales

Tickets £50 all inclusive

Book at : www.landworkersalliance.org.uk

- Farmer-to-farmer - Political training - Solidarity - Movement building - Party! -

December Calendar

NOVEMBER 30th FRIDAY - 3rd MONDAY

The Landworkers Alliance AGM & Winter Shindig

For us our AGM is one of the most important events for members every year as it's a way to bring people together from across the UK, collectively set our work agenda for the following year, develop our political strategy, organise skill shares and farmer-to-farmer trainings, elect our national coordinating group, build and strengthen our movement and of course have a party! Film screening, yoga, building our movement session, Agroecology, Farm Hack, training, local food economy, grassroots resistance. AGM and tour of the farm. You can come for the whole time, daily or for a session - see website for full programme of events. £50 full weekend residential, includes all food and entertainment; USs free, Non-residential £40, daily tickets £20. Held at Drapers Field Centre, Betws-y-coed, LL24 0HB. Web: landworkersalliance.org.uk. Tickets available from eventbrite.co. See opposite ad.



1st SATURDAY

The Spirit of the Four Quartets: Workshop with Rhwng

Led by Graham Harthill. This day workshop will involve writing, discussion and contemplation, based around T.S. Eliot's masterpiece, 'Four Quartets'. 10am - 4pm, £15, £10 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Noddfa - GLC (Legends Set) Live HipHop and Bands Goldie Looking Chain, Big Love and the Fuzz, Piwb & Penny; food served from Voltaire vegan restaurant - burgers and burritos; 7pm - 1am, £15. Hendre Hall, Aber Rd., Bangor. Tickets from Voltaire, Bangor. All proceeds to Ysgol Pendalar Art Dept.

Christmas Decoration Workshop and Pop-Up Shop

Make your own Christmas decorations from natural, foraged and recycled materials for just £5! Come along for a free glass of homemade mulled wine or hot spiced apple juice and mince pies PLUS don't miss Phia's pop-up shop featuring individually designed and handcrafted clothing, crafts and gifts. 12 - 4pm. Canolfan Glasinfryn, Bangor LL57 4UP. Facebook: of same name

Christmas Crafts There will be 2 of our craftspeople ready to show you a range of crafts - card making, tree decorations, table decorations, wreaths, candle holders, Gypsy baskets. You can choose to come in the morning or the afternoon and will be able to try 2 different crafts and take away what you make. All materials and refreshments are provided. 10am - 12pm or 1 - 3pm, £20 adult, £15 accompanied child, booking essential. Woodland Skills Centre, Bodfari LL16 4DT, 01745 710626, woodlandskillscentre.uk

Create a Sterling Silver Bauble Led by Miranda Meilleur. Come and join us for an adult masterclass in sparkling silver. Make a small sterling silver bauble to keep or to give as a special Christmas gift. 12 - 4pm, £30 includes refreshments. Suitable for beginners. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

The Greatest Showman Sing-A-Long (PG) Based on the story of PT Barnum. 11am, £3. Theatr Clywd, Mold 01352 701521, theatrclwyd.com

Crystal Discovery Workshop Whether you already have a collection of crystals or are just starting out, this workshop will introduce you to their amazing healing energies. Crystals help us connect with ourselves, heal ourselves and follow the call of our soul; 10.30am - 4.30pm, £35, booking essential, Chester Health Store, 59 Bridge St Row, Chester CH1 1NW. Bookings: cariadcrystals@yahoo.com

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Tickets: Steph Healy 07534 118899, puresound.org.uk

A Child's Christmas, Poems and Tiger Eggs A new ballet by Welsh dance company Ballet Cymru, narrated by Cerys Matthews. An interpretation of Dylan Thomas' classic *A Child's Christmas*. 7pm, £13, £11 concs. Pontio, Bangor 01248 382828, pontio.co.uk

The Humours of Bandon Theatre performance. Exploring the trials and triumphs of competitive Irish Dancing, this is a coming of age story for anyone who had a childhood passion that threatened to overwhelm their life. Written and performed by Margaret McAuliffe. 7.45pm, £10, age 14+. Theatr Clywd, Mold 01352 701521, theatrclwyd.com

Author Appearance - P J Roscoe Support local author Paula and have your new book signed! 11am - 4pm, Castell Gwyrch, Abergele LL22. Facebook: of same name See article on page 30.

Tom Blackwell New songs and new electrified sound. 7pm for gig at 8pm, £10 tickets available from Café. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

A Christmas Pantomime Murder Mystery Hosted by Women's Festival of Music and Arts Llangollen. Snow White with a twist; veggie and non-veggie food available. Teams book table, from 6pm. Contact St. Collen's Community Centre, Llangollen. womensfestivalofmusicandarts.weebly.com

The Ucheldre Rep: Entertaining Angels Sharp witted comedy - can God be trusted to do anything right at all? 7.30pm, £6, £5 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

1st SATURDAY & 2nd SUNDAY

Louise Schrempft ~ Ceramist Open studio event, 11am - 4pm, North Wales Potters, 1 High St., Conwy Contact northwalespotters.wales

1st SATURDAY - 6th THURSDAY

Suspiria (18) Film; a horror classic remake as a young dancer arrives at Berlin Dance Academy. £7.50, £6.50 60+, £6 student. Pontio, Bangor 01248 382828, pontio.co.uk

Ralph Breaks the Internet (PG) Animated film; Ralph needs to fix his broken game. Various times, £7.50 - £5.50. Galerï, Caernarfon 01286 685222, galericarnarfon.com

1st SATURDAY - 8th SATURDAY

7 Day Movement Retreat This training is designed as an opportunity to deepen your mindfulness practice through a balance of movement and sitting practices. It is suitable for people new to mindfulness retreats and those whose bodies will welcome more movement practice in the mix! We will share a wide range of gentle movement practices with you during the retreat alongside sitting practice. Led by Sarah Silverton. Held at Trigonos, Nantlle. Info: s.silverton@bangor.ac.uk

1st SATURDAY - 12th WEDNESDAY

Bohemian Rhapsody (12) Film of the career of Freddie Mercury with band Queen, up till Live Aid 1985. Various times, £6 - £3. Theatr Clywd, Mold 01352 701521, theatrlwyd.com

2nd SUNDAY

Sacred Circle Dance 1st Sun/month, 2 - 4pm, £7, Rhosmor Village Hall CH7 6WF. 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

Women's Gathering An informal monthly gathering where women can come together and spend time with each other, we'll meet between 12 - 4pm. Bring your crafty projects, your books to read - and yourself, and let's see what happens. Come for part of, or all of, the time. Bring some snacks to share and refreshments. The Old Barracks, Rosemary Lane, Beaumaris LL58 8ED. Facebook: of same name

Mind, Body & Spirit Festival Over 50 stalls exhibiting with workshops taking place throughout the day. Food available. 11am - 4pm, Theatr Clwyd, Mold. rainbwbiz.org.uk

Guided Walk Around the beautiful village of Betws y Coed, then back into town for fireworks and Xmas festivities. 10am - 4pm, £25; accompanied U16 free. Meet Cae Llan Car Park, Station Approach, Betws y Coed LL24 0AE. 07958 365122.

Bohemian Rhapsody (12A) Film of the career of Freddie Mercury with band Queen, up till Live Aid 1985. 3.30pm, £3, £2 children. Ucheldre Cnet, Holyhead 01407 763361, ucheldre.org

Advent Procession A service from Darkness to Light for Hope. A time to reflect on the power of Advent. 6.30pm. Chester Cathedral CH1 2HU, 01244 324756, chestercathedral.com

Anglesey Artisans Fayre A group of like minded individuals specialising in unique crafts, arts, health, beauty products and other bespoke items. 11am - 3pm. Trearddur Bay Hotel, Cem maes, Anglesey LL65 2UW. Contact 07776 144870, angleseyartisans.com Facebook: of same name.

Follow up Session for 8 week Mindfulness Course Graduates. 6.30 - 8pm, Rowen Memorial Hall. Contact Rebecca Crane: r.crane@bangor.ac.uk

Bangor University Symphony Orchestra & Chorus Music by Beethoven, Brahms, Mared Emlyn and Reinecke. 7.30pm, £12, £10 concs, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

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

Cofio Iola A celebration of the life and career of actress Iola Gregory; drama, film, music and discussion in the company of other artistes. Followed by film at 3pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Stormydd Awst (PG) As part of a special day to remember actress Iola Gregory, we are showing film in which she starred, exactly 30 years since it was broadcast on S4C. It's 1957 and television comes to Aberheli. 3pm, £3, includes mince pie & panad. Galeri, Caernarfon 01286 685222, galericaernarfon.com

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

Singing Bowl Workshop The harmonious sounds emitted from a singing bowl have been used for hundreds of years to invoke a state of meditation and deep relaxation, to relieve stress, tension and soothe away any negative energy. 10am - 12.30pm, £25, includes light refreshments. Neuadd Goffa, Mynydd Llandegai, Bangor LL57 4 LQ. Tickets: Steph Healy 07534 118899, puresound.org.uk

Elias String Quartet Play music by Beethoven, Haydn and Purcell. 7.30pm, £10 - £22. Theatr Clwyd, Mold 01352 701521, theatrlwyd.com

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 7pm, £13. Rhoscolyn Village Hall, Holyhead LL65 2NQ. Tickets: Steph Healy 07534 118899, puresound.org.uk

Bolshoi Ballet: Don Quixote The classic Cervantes story, ballet in three acts. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

3rd MONDAY

'Deep' Get Together with Dementia Go Are you living with Dementia or supporting someone who is? Deep is the UK Network of Dementia Voices and this friendly, informal event provides an opportunity to get together with others. 11am - 2pm, lunch and refreshments provided. Dragon Theatre, Barmouth LL42 1EF, 01341 281697, dragontheatre.co.uk

Meditation Monday Wrexham A collective of meditations that vary each week that are guided, this is suitable for all ages and experiences of meditation, beginner, medium and advanced. We practice in a small group. 6 - 7pm, £5 donation or more. Creywnni Complementary Healthcare, Wrexham LL11. Katie 07472 266952, creywnni@outlook.co.uk

United Nations Day of Access for Disabled People

Raising awareness of disability, access provide info, networking, celebrating; with Wheelchair Basketball and Taekwondo (in Brailsford Sports Centre, Bangor). Music and Poetry, Art Exhibition and Stalls and Information (in Neuadd Powis Hall, Main Arts, Bangor University). 1 - 8pm. Contact: Disabilityartscymru.co.uk, gwawrdawn@gmail.com, adriansharratt@gmail.com

NW Moth Group Informal meeting, 8pm, donations appreciated. Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Tickets: Steph Healy 07534 118899, puresound.org.uk

ROH Live Ballet: The Nutcracker Music by Tchaikovsky. 7.15pm, £13, £11, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Beicio Bangor Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Basement Fat Café, High Street, Bangor. Details: beiciobangor.org.uk

3rd MONDAY - 5th WEDNESDAY

Branwen The most well-known tale from the Mabinogi. 12.45pm daily; plus 10am 4th & 5th. £10, £8 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

First Man (12A) Film. Biopic on the life of the legendary American astronaut Neil Armstrong from 1961-1969. 3rd 10.30am, 4th 8.15pm, 5th 7.30pm. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

The Nutcracker and the Four Realms 3rd 7.30pm; 4th 5.30pm; 5th 4.30pm. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

3rd MONDAY - 6th THURSDAY

Peterloo (12A) Film. In 1819, a crowd of almost 100,000 people from Manchester and surrounding towns gathered in St Peter's Fields to demand Parliamentary reform and an extension of voting rights. 3rd & 4th 1.45pm; 5th & 6th 8.30pm. Galeri, Caernarfon 01286 685222, galericarnarfon.com

3rd MONDAY - 8th SATURDAY

Christmas Retreat A cosy house, mince pies, mulled wine, relaxation, woodland walks, sea views in Cardigan Bay, homemade local meals. £400 - £495. Tŷ Newydd, Llanystumdwy, LL52 0LW, 01766 522811, tynewydd.wales

4th TUESDAY

Wild Winter Elixirs Workshop Join Jules Cooper in this fun and informative practical workshop making wild winter elixirs to help with the winter blues, that are rich in vitamins and support the immune system. Jules will be using wild winter roots and preserved goodies from her autumnal store. 6.30 - 8.30pm. Follow Your Bliss Café, High St., Bangor. Bookings: FYB Café, Bangor 01248 345495, Facebook: Wild Winter Elixirs

Saber Planting 10am. We'll be planting at Dyffryn Mylmyr, which was previously owned and farmed by Esme Kirby, the founder of the Snowdonia Society. Come and join us on the hills and enjoy the excellent wintery scenes of this valley. Mince pies included! Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Tickets: Steph Healy 07534 118899, puresound.org.uk

Llangollen Friends of the Earth 1st Tues/month; 7.15 for 7.30pm, all welcome, venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

The Killing of a Sacred Deer (15) Film. Based on the story of Iphigenia by Euripedes; a surgeon's life begins to fall apart. 7.30pm, St. Mary's Creative Space, Chester. Contact: chesterfilmfans.co.uk

Conwy County Peace Group Meets 1st Tues/month at 7pm in Centre for Cultural Engagement, 10 Greenfield Rd., Colwyn Bay LL29 8EL. Contact Secretary Efa Wulle conwypeace@gmail.com or donsandersopt@aol.com (chair)

Cygnus Café 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 Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

Tuesday Chanting: Meditative Songs from Around the World Bring a cushion if you want to sit on the floor, bring percussion, your beautiful voices (whether you believe it or not!), and we'll have a good old sing together. 7.45 for 8pm prompt start, £5. Quaker Meeting House, Dean St., Bangor. Led by Laura Knott, see Facebook: of same name

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

NT Live: The Madness of King George III (12A) Film screening of theatre production of George III's deterioration. 7pm, £20. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

5th WEDNESDAY

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

Drum Journey Meditation Circle An opportunity to join together in circle, set intention, relax with guided meditation and access inner guidance with Shamanic Drum journey. 8pm - 9.30pm, £10. Source Yoga, 294 Conway Rd, Mochdre, Colwyn Bay, LL28 5DS. Claire 07426 894640, sourcehealing.co.uk. - claire.sourcehealing@gmail.com Facebook: Drum Journey Meditation Circle *Also 19th*

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspier@hotmail.com

NWWT Christmas Party Join us for some seasonal cheer as we open our doors to all members, volunteers, supporters and friends! 5 - 7pm. Bangor Office, Llys Garth, Garth Rd., Bangor LL57 2RT. 01248 351541, northwaleswildlifetrust.org.uk

NW Geology Association Various short talks by members of this group. 7.30pm, Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

Free Vintage Matinees Film These afternoons provide a welcome opportunity for social interaction for our predominantly mature audience – as well as the chance to see fondly remembered films. Doors open 1pm, film starts 1.30pm. Denbigh Film Club, Theatr Twm o'r Nant, Station Rd., LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

Bohemian Rhapsody See 2nd; except at 5.30 & 8pm.

6th THURSDAY

Ancestral Voices: Understanding our Roots and Echoes of Trauma A series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Rev Alexandra Wilson is an interfaith minister, end of life doula and griefkeeper, honorary lecturer in Spiritual Care at Bangor University and a specialist in griefwork and ritual including ancestral healing. 7 - 8.30pm, £5, Follow Your Bliss Café, High St., Bangor. Facebook: of same name

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, saorimor.co.uk

Tai Chi for Adults Suitable for beginners. You will need to come along enthusiastic in comfortable clothing and wearing flat shoes. Henry Shallcross will be leading the workshop. 10 - 11am, £5. RSPB Conwy Nature Reserve, LL31 9XZ. Contact 07563 085945, conwy@rspb.org.uk

Pop Up Vinyl Record/CD Shop 1st Thurs/month. 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. 3 - 8pm, Ty Glyndwr, Caernarfon. Facebook: of same name

NT Live: Anthony & Cleopatra Live broadcast; amidst the wars, Cleo and Mark fall in love. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

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

Nordic Walking for Adults Suitable for beginners. Nordic Walking uses special poles that are designed to maximize the benefits of walking as you are using the back of your arms to push the poles along. This push helps you walk faster, burn more calories and take some weight from the knees making it easier to walk for longer. 10 - 11am, £4. RSPB Conwy Nature Reserve, LL31 9XZ. Tony 07891 658830, antony.wbertola@btinternet.com

White Christmas (U) Dementia friendly screening of festive film. Open also to the general public; people are free to come and go as they please, sing-a-long and with lights down low. 2pm, £4.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Helpa Gelf Event: Approaches to Curation Ceri Jones and Laura Thomas will share their experiences as independent Curators and Artists, through images, practical activities and a tour around the new exhibitions at Ruthin Craft Centre. This workshop is for Artists and creatives interested in learning about curatorial decisions for fine art, craft and design, and how to curate your own show. Please bring along a single domestic object of your choice and any unwanted magazines. 10am - 3.30pm, £5 HG members, £10 non-members, plus booking fee. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Exploring and Learning from the most remote coral reefs on Earth A talk by Gareth Williams. Tropical coral reefs represent some of the most human-impacted ecosystems on our planet. Understanding exactly how humans have transformed coral reefs is challenging given the ubiquity and complexity of human impacts across our planet. This lecture will discuss how remote coral reefs, far removed from local human pressures such as fishing and coastal development, have informed us and advanced our understanding of the natural functioning of these diverse ecosystems. 7pm, Part of The Year of The Sea Lecture Series. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

NWWT: Young Conservationists on Anglesey Andy O'Callaghan, Youth Project Officer, explains how young people on Anglesey have been engaged in environmental activity and conservation projects over the past year as part of the Wildlife Trust's 'Our Wild Coast' project. No dogs. 2 - 4.30pm, £2, to include refreshments. St Cyngar's Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

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.

NT Live: Anthony & Cleopatra (12A) Broadcast live from the National Theatre; a story of great power politics and passion. 7pm, £12, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk **Also:** Theatr Clywd, Mold 01352 701521, theatrclywd.com **Also:** Galeri, Caernarfon 01286 685222, galericarnarfon.com **Also:** Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

6th THURSDAY - 9th SUNDAY

Space To Be These retreats are open to anyone looking for some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos. Resources include, art materials, library, CDs, local walks, yoga mats, blocks and cushions. Facilitated by Ros Tennyson. Costs depend on length of stay and programme charges. Held at Trigonos, Nantlle, 01286 882388, trigonos.org

7th FRIDAY

New Moon in Sagittarius 7:20am

Gadael Tir with Owen Shiers and Gwilym Morus. A show that tells the story of land rights and protest in Wales. £10, Cellb, Blaenau Ffestiniog LL41 3AD. 01766 832001, cellb.org

Llangollen Reading Group 1st Fri/month, 7pm, Castle St, 01978 869600.

Share Shop ~ Pop-Up Shop Buy an entire outfit for under £5, learn how to repair and update your clothes in the Patch Challenge. Find out the benefits of purchasing second-hand and ethical clothing. The University of Chester's Seaborne Library Green Impact Team will be hosting a pop-up clothing sale to benefit Share Aid. There will also be a cake sale. 10am - 2pm. Small Hall, University of Chester, Parkgate Road. Caitlyn.c.hallmanlewis@chester.ac.uk

Llanbedr Woodlands Kylie Jones Mattock leads a walk into these spectacular Celtic rainforests. Bring a picnic! No dogs. 11am - 3pm. £2 appreciated. Llanbedr LL45 2LD. Janet Baker 07812 659593, jemmole@hotmail.com

Trinidad & Tobago Following a quick AGM, members of the 2017 Cambrian Ornithological Society trip to Trinidad and Tobago will show slides and share experiences of this bird-watcher's paradise - lots of hummingbirds and other tropical species. 7.30pm, £1. Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

Bohemian Rhapsody See 2nd; except at 8pm.

NT Live: The Madness of King George III (12A) Film screening of the theatre production telling the story of George III's deterioration. 4pm, Theatr Clywd, Mold 01352 701521, theatrclwyd.com

121 Psychic Readings Christmas Event This evening we will have readers offering mediumship, psychic, tarot, angel card, future and life readings, no need to book just pop in and see us. 5 - 8pm, £10, £20 depending on readers. John Bride Psychic Medium, The Angel Office, High St., Ruabon LL14 6AA. John 01978 810300.

The Man Who Invented Christmas (PG) Film. In 1843, Charles Dickens is at a low point in his career with three flops behind him and his family expenses piling up at home. 7.30pm, Denbigh Film Club, Theatr Twm o'r Nant, Station Rd., LL16 3DA. Lillian Jones 01745 813426, denbighfilmclub.co.uk

NWWT: The Good, The Bad and The Ugly A journey through the highs and lows of an amateur wildlife photographer, Richard Walliker. 7 - 9pm, £2 appreciated. Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark Hughes 07800 771570, mjdhughes1108@gmail.com

7th FRIDAY - 9th SUNDAY

Artist & Dreamer ~ Jeff Cummins Artist meet and greet, exhibition and print sale. 12noon - 5pm, £15 - £50. Stamford Gate Hotel, Halkyn Rd, Holywell, Flintshire, CH8 7SJ. 07900 323143.

8th SATURDAY

End Injustice in Palestine! A special gathering to address Ending the Occupation, Apartheid, the Siege of Gaza, Settlements, media blackout and diversions, bringing the right of return for all Palestinians. There are speakers who have worked in Gaza and Palestine and supporters of the Palestinian cause. 12 - 4pm, Craig-y-Don Community Centre, Llandudno LL30 1TE. Palestinian Food will be served at the Llandudno Junction Mosque. Contact conwypeace@gmail.com. See advert on right >

END INJUSTICE IN PALESTINE!



SATURDAY 8th DECEMBER
12 - 4pm

SPEAKERS:

Dr Ben Aloff Worked in Beirut and Palestine

Dr Madjdi Aqeel Palestinian Scientist from Gaza

Marc Wadsworth Labour and alleged "anti-Semitism"

Hanna Larn Ecumenical Accompanier, recently returned from the West Bank

Craig-y-Don Community Centre,
Queen's Rd, Llandudno LL30 1TE

Palestinian Food will be served
Conwy County Peace Group, Llandudno
Junction Mosque, Bangor People's Assembly

Contact: conwypeace@gmail.com

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 Iaitth Conwy, The Square, Llanrwst. LL26 OLG 9.30-5 Monday-Friday.

Facebook: Pobl i Bobl

FFair Nadolig Various craft stalls, poetry, wood-turning, pyrography, paintings, china, books, cards, tea and cakes. 10am - 5pm, Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

Kids Christmas Activity Day We will entertain your children with Christmas craft activities, games and outdoor play. Children need to come dressed in warm and waterproof outdoor clothing and suitable footwear as we will spend time outdoors. The session will be run by experienced and qualified Forest School leaders. Limited places, 6 - 12yr, Drop-off 10am, collect 3pm, £20 per child, £35 2 children from same family; lunch, snacks and drinks included. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Prezzie Wrapping and Yule Celebrations Bring paper, newspapers, brown paper, fabrics, scarves, anything you fancy to wrap those Christmas /Yule presents individually and beautifully, think ribbons, sticks, twine, buttons. Bring stamps and ink to make your own paper and cards, let your creative side take over. We're planning a lovely festive day, so bring something festive to eat to share; 10am - 4pm. Room cost is £30 so we ask for donations of £5 part /£10 full day, or whatever you can afford, please don't let cost put you off. The Vestry, Snowdon St, Porthmadog LL49 9PG. Facebook: of same name

Book Signing - P J Roscoe Meet local author PJ amongst the paranormal, historical, supernatural and the faeries of Firefly Shiny Shop. 10.30am - 1pm. 18 Central Arcade, Wrexham LL11 1AG, 07850 584251, fireflyshinyshop@yahoo.com See [article on page 30](#)

Christmas Wreath Workshop Get in the festive spirit and make a Christmas wreath from local, naturally sourced materials. 9.30am - 12.30pm or 1 - 4pm, refreshments included. £12 for FTBG members, £15 non-members. Treborth Botanical Gardens, Bangor. Bookings: treborth@bangor.ac.uk

The Polar Express (U) Animated film; a young boy on a magical adventure to the North Pole. 11am, Theatr Clywd, Mold 01352 701521, theatrclywd.com

Fire/LED Jam1 Come and join us spin fire and listen to some reggae tunes. 7 - 10pm, bring warm blankets, donations for paraffin, food, drinks and friends. Be Safe and Tidy. Meet at the Lagoons in Llanberis. Awesome photographers get free marshmallows! Facebook: of same name

Sacred Song A morning of singing songs from various faith traditions and none in 4 part harmony, all taught by ear. Including songs from Taize, Iona, Findhorn, Harmonic Temple. Songs of life, death and everything in between. 10am - 1pm, £15, £10, £5. Wesley Church Centre, St John St, Chester. Contact Ella 07922 620503, ellaspairs@hotmail.com

Willow Christmas Decorations and Wreaths While getting into the festive mood you will learn the principles of willow weaving and skills and will be able to develop your own projects thereafter. With Pippa Jones. 10am - 4pm, £65 includes lunch. CAT, Machynlleth 01654 705959, cat.org.uk

Conwy's Winterfest Street entertainers, musicians, choirs, sword fighting on Lancaster Square, hot chestnuts and much more. Torch lit procession with Armoured Knights and their Ladies at 5.45pm. 4 - 7pm, free. Conwy Town LL32 8AY. 01492 577566.

8th SATURDAY & 9th 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. Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com

9th SUNDAY

Yoga Workshop Yoga sessions are suitable for beginners and more experienced alike. There will be an energizing morning yoga to kick start the day and a restorative Yin class in the late afternoon. £28, includes refreshments. Portmeirion Village, Minffordd LL48 6ER. Bookings: Tracey Jocelyn 07809 485323, traceyyogamassage.co.uk

Christmas Open Day: Dru Centre Experience, energetic yoga, deep relaxation and Dru meditation. 2 - 6pm, £18 adv, £25 door. Snowdonia Mountain Lodge, Bethesda. Dru Yoga 01248 602900, hello@druworldwide.com

Gweithdy Creu Torch Nadolig Amgen/ Alternative Christmas Wreath Workshop Come and join us for a festive craft afternoon in our new workshop space 'Safle CREU'. Lora Morgan from Siop Sifafins will lead the session and help you create a unique alternative Christmas wreath using fabric, felt and yarn and one or two pom-poms! Equipment and materials available. 14+ 1pm, £25. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Waymark Installation 10am. Over the past few months we have joined with The Woodland Trust and Kehoe countryside to produce waymarkers to mark the passage through Coed Felinrhyd, a Celtic Rainforest steeped in Welsh legend. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Anglesey Artisans A group of like minded individuals specialising in unique crafts, arts, health, beauty products and other bespoke items. 11am - 3pm. The Valley, Anglesey, B4545, LL65 3DU. 07776 144870, angleseyartisans.com Facebook: of same name.

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led by two inspirational dancers/choreographers - Cai Tomos and Angharad Price Jones. You don't need any previous experience or dance skills - only the desire to stay fit and healthy. 1.30 - 3.30pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Craft and Holistic Wellbeing Fayre Crystals, tarot and psychic medium readers, healing, upcycled goods, hand made jewelry, crafts, artists, Herbalists, runes, holistic treatments, salt lamps, aromatherapy, and much more. 10am - 4pm, 50p entry. Refreshments available, vegan and veggie options. Glasdir Business and Conference Centre, Llanrwst LL26 0DF. Sammy 07983 985886.

The Ensemble of St Luke's Playing highlights of the quartets repertoire; Mozart, Beethoven, Dvořák and The Beatles, plus some festive surprises. 3pm, £12, £10, £5 students and U18s. Pontio, Bangor 01248 382828, pontio.co.uk

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, thebfg.org.uk Or have a look on Facebook bangorforestgarden

Bohemian Rhapsody See 2nd; except at 3.30pm.

10th MONDAY

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

Native Daffodil Habitat Management 10am. This hidden site is home to native Daffodils which produce a fantastic carpet of yellow in the spring. Our aim is to help maintain this site for its natural qualities and preserve this great display. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Seriously Books 2nd Mon/month. A warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Books selected by vote and alternate between contemporary and classic fiction. Gladstone's Library, Hawarden. Louisa Yates - louisa.yates@gladlib.org

Prestatyn Reading Group 2nd Mon/month, 6pm, Prestatyn Library, King's Ave 01745 854841.

11th TUESDAY

Yule Floristry Workshop / Rustic Creations Led by Nancy Bloom. Wreath making, natural decorations, Garlands using floristry and colour. 6.30 - 8.30pm, £15, includes all materials. Follow Your Bliss Café, High St., Bangor LL57 1UL. Bookings: FYBC 01248 345495, Facebook: Yule Floristry Workshop

Sound Healing One hour of blissful gongs. Give yourself a time and space to switch off. The perfect journey to help your mind, body and soul, relax and rejuvenate. This ancient practice utilizes wave forms and frequencies. Bring something to lie on, cushion, water. 6.30 - 8pm, £8, £5 concs., Ty Pawb, Market St., Wrexham LL13 8BB. Facebook: of same name

Work Party A work outdoor day - clearing the encroaching wilderness. Wear work clothes and tough gloves. 10am onwards. Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

Rhododendron Removal 10am. Our clearance work will greatly help get this beautiful valley back to its natural state. To celebrate the holiday period we'll have plenty mince pies to go around. 10am. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

The Healing Well Hands on Healing, two sessions, donations welcome, 7 - 9pm. Canolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

Tuesday Chanting: Meditative Songs from Around the World Last one this year! See 4th

Ross Noble - El Hablador Comedian, 8pm, £25. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

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

A Christmas Carol (PG) Film screening of a one-man theatrical extravaganza of festive storytelling that is both heart-warming and deeply moving. 7.30pm, £12 - £8. Galeri, Caernarfon 01286 685222, galericaernarfon.com **Also:** Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

12th WEDNESDAY

NWWT: Greening the Wrexham Industrial Estate An update on the Wrexham Industrial Estate Living Landscape Project, with project officer Jonny Hulson. 7.30 - 9.30pm, Gresford Memorial Hall, High Street, Gresford, LL12 8PS. Dan Rose 07976 962251, nwwtwrexham@gmail.com

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Tickets: Steph Healy 07534 118899, puresound.org.uk

The Christmas Tree, Science Myths and Dreams Come Together Under the Christmas Tree A talk by Brian Gill, Transpersonal Psychologist. Refreshments served at 7pm to 7.30pm - time to chat with friends old and new. Introduction, Meditation and Talk starts at 7.30pm prompt. Followed by questions at 9pm to 9.15pm. Refreshments included, £5.50, £3.50 concs. Quaker Meeting House, Frodsham St, Chester, CH1 3LF. Enquiries: 01244 377170, chestertheosophy.org

Healing for Wellbeing 2nd Weds/month Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, stress and much more. 6 - 9.30pm. Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. Info 07831 389904, mamahlaryea2003@yahoo.co.uk

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspairs@hotmail.com

Willow Clearing 10am. Join us at Greenacres dune system to help control the spread of willow. Situated between Criccieth and Porthmadog. Booking essential, Snowdonia Society, Owain 01286 685498, Owain@snowdonia-society.org.uk

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

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

Gadael Tir A history of land-rights and protest in Wales. The show tells the story of the common folk of Wales battling for a better life; told through old ballads. 10+ yrs, 7.30pm, £8, £6. Galeri, Caernarfon 01286 685222, galericaernarfon.com

12th continues on Page 20...



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VACANCIES

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Trigonos is looking for a creative and very organised person to fill this new post leading the work on resources management (financial management, buildings and land) and for the development and oversight of major projects.

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www.trigonos.org

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



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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

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New Year Yoga Days with Claire

Feeling sluggish and stagnant this Winter? Get your circulation going at these yoga days in **Holyhead**. Taught in a heated environment you can expect to sweat and get your blood moving. Perfect for setting your intentions in a good way at the start of 2019.

January Yoga Day: Find Your Inner Fire

Yoga workshops for beginners and improvers. Focus on lifting your energy and feeling great.

Saturday 19th January 10am-12.30 & 1.30-4pm
£25 for one workshop, £45 for both

Mini-retreat: Self-Care Saturday

Nurture yourself with yoga in the morning, healthy lunch and lots of self-care inspiration.

Saturday 9th February 10am-5pm
£70 (£60 earlybird before 1st Jan)

To book call Claire on **07970 409 724**
or visit **www.inspiratrix.co.uk**



Reiki Get Together and Share with Vivien Candlish Sunday 6th January 2019

* All previous students welcome



Lunch to share at 1pm
Reiki sharing 2 -5pm

NB: The healing centre is now at

**8 Fron Ogwen, Tregarth,
LL57 4NP**

**01248 601388
07771 280824**

WOODLAND SKILLS CENTRE

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

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

Sweet Country with Occasional Cinema. Aussie period Western set in 1929 in the Northern Territory. Start approx 7.30pm. Mill Bistro, Seiont, Caernarfon 01286 676549, occasionalcinema.org

NWWT Christmas Party An informal evening, quizzes and food. 7.30 - 9.30pm. Brambell Building, Deiniol Rd, Bangor, LL57 2UW. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

13th THURSDAY

Ceremony of Light at Hillside Retreat A beautiful way to connect with Spirit at this dark time of year, allowing the light of love, joy and peace to shine through us. The theme is PEACE and on this 100th anniversary of the end of WW1, we will take time to honour any family member of yours who lost their life. You are welcome to read a sacred passage or poem on peace. We will sing chants on the theme of peace, meditate and welcome in the light by lighting candles in the darkness. Followed by mulled wine, mince pies & carol singing around the log fire. Please let me know you are coming. Arrive 6.45 for ceremony at 7pm. Hillside Retreat, Rhosesmor, Flintshire. Contact Helen: helen@soul-life.co.uk

Midwinter of the Soul: healing and transformation through embracing grief A series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Rev Alexandra Wilson is an interfaith minister, end of life doula and griefkeeper, honorary lecturer in Spiritual Care at Bangor University and a specialist in griefwork and ritual including ancestral healing. 7 - 8.30pm, £5, Follow Your Bliss Café, High St., Bangor. Facebook: of same name

Art, Aesthetics, Architecture and Algae A talk by Professor David Thomas - School of Ocean Sciences at Bangor University. Part of *The Year of the Sea* Lecture Series. Science can be perceived as sterile, routine, complicated and impenetrable except to a select few. Seaweeds (algae) are frequently viewed as being a smelly nuisance. In contrast the world of art and design is a hive of creativity that entices an audience by appealing to our emotions and senses. David Thomas will illustrate how these apparently different fields are underpinned by similar inspiration - often just expressed in different words. 7pm, Mostyn, Llandudno 01492 879201, mostyn.org

Nordic Walking for Adults See 6th

Tai Chi for Adults See 6th

Wreath Making Workshop Using natural materials with NWWT's Anna Williams and Katy Haines. We'll provide materials, but you can bring your own, too: holly with berries is always welcome! Booking essential. 5.30 - 7.30pm, £12, to include refreshments. North Wales Wildlife Trust - Bangor office, Llys Garth, Garth Road, Bangor, LL57 2RT. Bledydd Williams 01248 351541, info@northwaleswildlifetrust.org.uk

14th FRIDAY

The King And I Screening of musical recorded live. A governess arrives to look after the children of the King of Siam. Event recorded live from London's Palladium. 2pm & 7pm. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

The Colour of Saying: Poetry Workshop A poetry writing workshop led by Phil Bowen. Followed by a showing of the film *Love Somehow*. 1 - 3 workshop. We look at Dylan Thomas's addiction to synaesthesia - seeing sounds and hearing sights - and aims to both unravel certain instinctive understandings and write beyond them. £5, £4 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Bird Walks at Bodnant Garden Find out about the birds of Bodnant Garden on a walk led by a local expert. Booking essential. 11am - 12.30pm. Bodnant Garden, Colwyn Bay LL28 5RE, 01492 650460.

It's A Wonderful Life Classic family movie. Relaxed matinee, low lighting, extra signage, dementia friendly, 2.30 - 5.30pm; evening performance 7.30 - 10.30pm. Donations welcome towards Welsh Women's Aid Wrexham and Llangollen Community Christmas Lunch. New Dot Cinema, Llangollen Town Hall, LL20 8PU. newdotcinema.org

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 7pm, £13, Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl LL18 5AW. Tickets: Steph Healy 07534 118899, puresound.org.uk

BritRock Film Tour Brit Rock has all the best new climbing films featuring some of the country's most popular climbers. "... compelling stories from the vertical world". Open 7pm, film 8pm, £5. Neuadd Ogwen, Bethesda. neuaddogwen.com

Bohemian Rhapsody See 2nd; except at 5.30 & 8pm.

14th FRIDAY - 16th SUNDAY

Trigonos Christmas Yoga Retreat The weekend will comprise of 4 sessions which will include yoga, meditation and a gong bath with Steph Healy. All inclusive - meals, continuous access to refreshments and relaxing time. £340 - £305. Open to all. Trigonos, Nantlle. Bookings: trigonos.org

15th SATURDAY

Freedom SoundSystem Rebel Lion Road Block Event With special guests Trilla Jenna & Kingjay. Trilla Jenna - founding member of the all-female Gold Label Sound System. Powerful basslines, conscious lyrics and raw roots melodies. NW best Djs. 6pm - 1.30am. Tickets: £6 adv; 6 - 8pm door £8; 8 - 10pm door £10. Held at Cove Pop-Up Coffee and Rum Shack, 38 Sackville Rd., Bangor LL57 1LD. Tickets from: tickets.partyforthepeople.org

Red Tent Gwynedd Dancing, Singing and Cool Down, followed by Sacred Circle to mark the Solstice together. Please bring: food to share, something for the altar, cushion and blanket to sit on/snuggle, anything to share on a Mid-Winter theme, beautiful sheet/scarf and fairy lights to decorate room with, £4 towards the hire of the hall. 1pm - set up space, decorate room. Ends 6pm, help to pack away. Held at Menai Bridge Community Centre, Water St., LL59 5DD. Facebook page: Red Tent Gwynedd

Winter Chill An evening of Yoga by candlelight; moving into stillness as we follow the thread of the breath. Yin and Vinyasa practices followed by sumptuous Yoga Nidra. 5.30pm, £25, includes warming soup, teas and nibbles. Booking essential. Neuadd Goffa, Mynydd Llandegai. Contact Mary: yogatastic@hotmail.com Facebook: Winter Chill

A Christmas Carol (PG) Animated film about Mr Scrooge. 11am, Theatr Clywd, Mold 01352 701521, theatrlwyd.com

IOAC Choral Christmas Concert with Isle of Anglesey Choral Society. A light evening performance of some of the old Welsh Plygain carols with unique harmonies. 7.30pm, £8, £7, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

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

Odiyan Film; Indian Malayalam-language fantasy thriller. Kerala folklore says men possess shapeshifting abilities, who could assume animal form. English subtitles. 5.30pm, £7.50, £6.50 60+, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Benllech Film Night Monthly Community Hall film night; free, donations welcome. Contact us for titles. 7.30 - 9.30pm. Benllech Community Hall, Anglesey. benllechcommunity.wordpress.com

Botanical Painting Classes Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost. 10am - 3pm; 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; doreenbotanicals@gmail.com

Met Live - La Traviata Opera, 5.55pm, Theatr Clywd, Mold 01352 701521, theatrlwyd.com **Also:** Galeri, Caernarfon 01286 685222, galericaernarfon.com

16th SUNDAY

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

Dru Yoga & Gong Bath An afternoon of Dru Yoga by candlelight as the sun sets, followed by a Gong Bath. 3 - 5pm, £23. Gwernymynydd Village Hall, nr Mold. Please contact Jill for further information and to book a space: 07449 631836, jill.blandford@yahoo.co.uk

Extended Yoga with live Tongue Drum Savasana

An extended Yoga class accompanied by some gentle live tongue drum music from artist Mikey Goldthorp. The Yoga class will begin with some guided Meditation and Pranayama (breathing practice), before we move through a blend of Hatha and Vinyasa flow. Followed by Christmas baked treats. £15, 7.30 - 9.30pm, booking essential. Held at Y Festri, Goodman St., Llanberis LL55 4HL. Nalini Yoga tickets from: docs.google.com Facebook: Christmas Special: Extended Yoga with live Tongue Drum Savasana

Llangollen International Musical Eisteddfod

Featuring Elan Catrin Parry performing songs from her debut album "Angel". Plus Llangollen Operatic Young 'Uns, Ysgol Dinas Bran Band and Wrexham County Youth Choir. Open 7pm, £10, £8 concs., £5 children, U5s free. Llangollen Pavilion 01978 862 000, llangollen.net

17th 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

Follow up Session for 8 week Mindfulness Course Graduates. 6.30 - 8.30pm, Wheldon Building, Bangor University Science Site, off Deiniol Road (opposite the large Deiniol Library), Bangor. CMRP, mindfulness@bangor.ac.uk

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 7pm, £13, Llanfairfechan Community Centre, Village Rd, Llanfairfechan LL33. Tickets: Steph Healy 07534 118899, puresound.org.uk

Meditation Meet-Up Sharing meditation techniques and practices. Suitable for all ages and experiences of meditation. You might like to bring a notepad and pencil. If you prefer to sit on the floor, you might like to bring a cushion or mat. 6-7pm, £5 or more, held at Creuynni Complementary Healthcare, 7 Salisbury Close, Wrexham LL13 7BY. Katie 01978 356337, creuynni@outlook.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 Café, Bangor. Mary Ward - merielward75@gmail.com

Ucheldre Jazz Club Monthly meet, all welcome, 8pm, free. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

18th TUESDAY

Sound Bath Sound baths are believed to have numerous healing properties, including reduced anxiety and stress, better mental clarity, improved energy and more restful sleep. 7 - 9.30pm, £12. Follow Your Bliss, High St., Bangor LL57 1UL. Tickets: Steph Healy 07534 118899, puresound.org.uk

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

Gathering Winter Fuel 10am. Come join us for some yule log/mince pies and hot chocolate as we celebrate the last Woodland Workday of the year by becoming Lumberjacks for the day! Booking essential, Ty Hyll, Betws Rd, Capel Curig, Betws-y-Coed LL24 0DS. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Supporters Christmas Elevenes A small event to thank all those who have volunteered and helped at the Centre. 10.30am. Pencychnant Centre, Conwy 01492 592595, pencychnant.co.uk

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 166567, Richard 07530 225268, chester.humanist.org.uk

19th 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 07984 637068.

Drum Journey Meditation Circle An opportunity to join together in circle, set intention, relax with guided meditation and access inner guidance with Shamanic Drum journey. 8pm - 9.30pm, £10. Source Yoga, 294 Conway Rd, Mochdre, Colwyn Bay, LL28 5DS. Claire 07426 894640, sourcehealing.co.uk ~ claire.sourcehealing@gmail.com Facebook: Drum Journey Meditation Circle

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.

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

National Parks Matter - Stories from a Wild Europe The National Parks and wild spaces of Europe are under threat. Hear the stories of two people who fight to protect them. Learn the similarities and differences in their separate struggles. 7.30 - 10.30pm. Neuadd Ogwen, Bethesda LL57 3AN. 01248 208485, neuaddogwen.com

Gong Bath Arrive, be warm, breathe and relax with the harmonic resonance. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Tickets: Steph Healy 07534 118899, puresound.org.uk

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, wellhealthcooperative@googlemail.com

White Christmas (U) Dementia friendly showing. Classic festive film; a song and dance duo become romantically involved with a sister act. 1pm, £6 - £3. Theatr Clywd, Mold 01352 701521, theatrclywd.com

Withnail & I (15) Film; set in the 60s, two friends go off on holiday by mistake. 8.15pm, £7.50, £6.50 for 60+, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

20th THURSDAY

Nordic Walking for Adults See 6th

Tai Chi for Adults See 6th

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

Midwinter of the Soul: Healing Through Embracing Grief 3rd talk in a series. See 13th for more info

NT Live: The Madness of King George III (12A) Film screening of theatre production of George III's deterioration. 7pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

21st FRIDAY

Winter Solstice 10:23pm

Welcoming in the Winter Solstice Gong Bath A time to reflect and on what's happened and then look forward and set intentions and wishes for the oncoming cycle of the year. Rest in the darkness and welcome in the dawn of the Winter Solstice, while allowing yourself to be bathed in the sound waves and vibrations from the gongs, singing bowls and grounding instruments. Porridge and tea before you leave! 6.30 - 8.30am. £20. Neuadd Goffa, Mynydd Llandegai, Bangor LL57 4LQ. Tickets: Steph Healy 07534 118899, puresound.org.uk

Winter Solstice Meditation 11am - 1pm, donations for the hall. Abersoch Village Hall. Sue Baumann, sue.reiki@talktalk.net

Take-Home-A-Christmas-Tree Day Help us to protect this upland mire from becoming a conifer plantation by pulling and cutting seedlings and saplings ... and finding yourself a Christmas tree in the process! Wear wellies and waterproofs and bring lunch. Tools and gloves supplied. No dogs. 10am - 3.30pm. Meet: Cors Bodgynydd, Roughly halfway between Llanrwst and Betws-y-Coed in the Gwydir Forest, accessed by a single-track road., Betws-y-Coed, Conwy, LL27 0YZ. Rob Booth 01248 351541, 07764 897414, robbooth@wildlifetrustswales.org

Winter Solstice Sound Harmonisation Session DJ turned sound therapist Tracie Storey brings her profound understanding of the power of sound to Anglesey for a unique evening celebrating the Winter Solstice. Using an array of acoustic instruments, this healing Sound Harmonisation Session will help you to find harmony with your body and the shifting cycles of nature. 6.30pm - 8.30pm. £20. Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Winter Solstice Stargazing Join astronomers from Dark Sky Wales as they unearth the Celtic stories hidden in the stars. DSW Astronomer Martin Griffiths will tell the tales of our ancestors written large in the sky on a laser guided tour of the heavens. There will be plenty of telescopes available for you to enjoy some of our celestial wonders and ask questions of the astronomers present. Stargazing is dependent on the weather, however, the event will go ahead with Martin telling the tales of the sky in this magical environment. Booking essential. 7.30 - 9.30pm, Bryn Celi Ddu, Llanfairpwllgwyngyll, Anglesey LL61 6EQ. £13.37, tickets from eventbrite.co.uk

Cybi Poets Last Fri/month, to read and share poetry. 7.30pm, free entry, this month with food and a Christmas celebration. Iorwerth Arms, Bryngwran, Holyhead. Karen 07929 069235.

Winter Solstice Yin Yoga and Gong Bath The evening will consist of 65 minutes of Yin Yoga followed by a short comfort break and then an hours' Gong Bath. You are invited to stay behind afterwards to relax and chat; there will be nibbles and hot and cold drinks on offer. 7.30 - 10pm, £23. Source Yoga, Nutrition and Health, 294 Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. Tickets: bookwhen.com

The Snowman Classic iconic film, with live orchestra. Plus *A Donkey's Tale*, film also to live music. 3 - 4pm & 7 - 8pm. Chester Cathedral CH1 2HU. Tickets: 01244 324756, chestercathedral.com *Also 22nd*

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, £2, Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Croeso cynnes i bawb! A warm welcome to all! Suzi 01490 460563.

Fara with support Plu Music rooted in the spirit of the Orkney Isles; fiddle traditionals and contemporary originals. 8pm, £14, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk

21st FRIDAY - 23rd SUNDAY

Yogasmiths: Winter Yoga Retreat Some spaces remain - please book directly with yogasmiths.org/retreats. Held at Trigonos, Nantlle, trigonos.org

21st FRIDAY - 28th FRIDAY

Practice Retreat For Men These popular men's retreats allow retreatants to follow the themes and rhythms emerging in their own meditation practice. In some ways they can be compared to going on solitary retreat while offering the support and structure that practising in the company of others can bring. £280, £252 concs., Vajraloka Buddhist Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

22nd SATURDAY

Full Moon in Capricorn 5:48pm

The Grinch (PG) Animated film; a grumpy cynic has a change of heart. 11am, Theatr Clywd, Mold 01352 701521, theatrlwyd.com (*Also on 23rd & 24th.*)

The Nutcracker and The Four Realms (PG) A young girl is transported into a magical world of gingerbread soldiers and an army of mice. 2pm, Theatr Clywd, Mold 01352 701521, theatrlwyd.com

The Snowman *See 21st*

Climb Snowdon Guided Walk An open day for all interested. 8.30am - 4.30pm, £35, inclusive of winter kit if needed. Festivities after! RAW Adventures, Unit 2, Y Glyn, Llanberis, Caernarfon, Gwynedd, LL55 4EL. 07980 770561

23rd SUNDAY

Children's Christmas Campfire Collect wood from around the reserve, build a campfire and toast marshmallows with a Christmas story. 11am - 12.30pm & 2 - 3.30pm. Wildlife Explorers £3, non-members £4, accompanying non-member adults £2. RSPB Nature Reserve, Llandudno Junction, Conwy LL31 9XZ. Booking essential 01492 581025.

Bolshoi Ballet: The Nutcracker Music by Tchaikovsky. A live broadcast of the story of enchantment. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

24th MONDAY

It's A Wonderful Life (U) Heart-warming classic; an angel is sent to help a failing businessman to remember how valuable his life is. 2pm, Theatr Clywd, Mold 01352 701521, theatrlwyd.com

27th THURSDAY

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. £5. If you are interested to come along please email helen@soul-life.co.uk

28th FRIDAY

Yin Yoga and Gong Bath The evening will consist of 65 minutes of yin yoga followed by a short comfort break and then an hours Gong Bath. 6 - 8.30pm, £23. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. To book please visit here <https://bookwhen.com/sourceyoga>

28th FRIDAY - 4th JANUARY, FRIDAY

Practice Retreat For Men *See 21st - 28th for details.* £280, £252 concs., Vajraloka Buddhist Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

29th SATURDAY

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

Yoga Flow with Kate Hamilton Hunter and **Sound Healing** with Steph Healy. Flowing yoga with a short meditation, plus hour of sound healing. 6.30 - 8.30pm, Mochdre Village Hall, Mochdre, Colwyn Bay LL28 5HU. Bookings: katehamiltonhunter.com

Ralph Breaks The Internet (PG) Animated film; an adventure inside the internet to find a spare part to fix a video game. 11am, Theatr Clywd, Mold 01352 701521, theatrlwyd.com

30th SUNDAY

Yin Yoga and Sound Bath Come stretch, reconnect and be held by beautiful sounds from the gongs. Refreshments; 3 - 5.30pm, £25. Yin yoga is great for when we are tired, over-stimulated, when our energy is too erratic or mind overactive. Neuadd Goffa, Mynydd Llandygai, Bangor LL57 4LQ. Bookings with Mary: yogatastic@hotmail.com or through Steph Healy 07534 118899, puresound.org.uk

31st MONDAY

Memory Café Last Mon/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. Kimmel Bay Community Library, Kendal Road, Kimmel Bay, Denbighshire LL18 5BT, 01745 772150.

Copydate for December Issue:
November 18th

Workshops in January & February

JANUARY

- 5 **New Year's Intention Setting** Source Yoga, Mochdre, Colwyn Bay LL28 5DS. Bookings: sourceyoga.bookwhen.com
- 9 **New Year Detox** Llangaffo, Anglesey LL60 6NH. Wild Wales: info@wildwalesretreats.com
- 10 - 14 **New Year Walking** Plas Tan y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk
- 11 - 13 **Yoga & Fitness Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 12 **Monthly Mindfulness for Anxiety** Beehive Healthcare, Chester. Tickets: inspireandrewire.com
- 12 **Spirit Communication** Ruabon LL14 6AA. John Bride 01978 810300, Facebook: of same name
- 13 **Beginners 6 Week Yoga Course** The Bodhi Tree Studio, Saltney, Chester. Tickets: clients.mindbodyonline.com
- 15 - 3/19 **8 Week Mindfulness Based Stress Reduction Course** Bangor. Bookings: gwyneddmindfulness.co.uk
- 17/1-21/3 **Mindfulness Based Stress Reduction Course** Bangor. Contact Gwynedd Mindfulness - heatherbolton@btinternet.com
- 19 **New Year Yoga Day: Find Your Inner Fire** Holyhead LL65 1TR. Claire Mace inspiratrix.co.uk *See advert page 19*
- 19 **Voice Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 19 **Crystals and the Fruit of Life Workshop** Hope College of Crystal Healing, Chester, CH1 2LE. Bookings: sandra@hope-college.co.uk
- 25 - 27 **Yoga & Fitness Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 26 **Chunky Silver Ring** IARD, Palace St., Caernarfon LL55 1RR, 01286 672472, siopiard.com
- 26 **Blacksmithing** IARD, Gaol St., Pwllheli LL53 5RG, 01758 613006, siopiard.com
- 31 **Awakened Belly Dance Taster Session** Mold CH7 6YA. Bookings: rachelsbellydance.wales

FEBRUARY

- 1 - 3 **Pure Yoga: Yoga Immersion Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 2 **Ceramics Throwing Course** Glosters, Porthmadog. Bookings: glosters.co.uk
- 8 - 10 **Yoga Retreat** in Portmeirion. Bookings Tracey Jocelyn, 07809 485323, traceyyogamassage.co.uk
- 9 **Turn Your World Upside Down - Yoga Inversion Workshop** Mochdre, Colwyn Bay LL28 5DS. Bookings: sourceyoga.bookwhen.com
- 9 **Mini-Retreat: Self Care Saturday** Bookings: St Mary's Church Hall, Holyhead LL65 1TR. Bookings: Claire 07970 409724, inspiratrix.co.uk. *See advert on page 19*
- 15 - 17 **Pure Yoga: Yoga Immersion Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 16 & 17 **Upholstery Weekender** Bangor LL57 4UP. Sophia 07391 930719, phiaeco@gmail.com
- 17 **Foundation in Crystal Healing** Cariad Academy of Crystal Healing, Wrexham LL11 5FN. Tickets: 07561 320239, cariadcrystals@yahoo.com
- 17 **Crystals and Labyrinths** Dragon Theatre, Barmouth LL42 1EF. Tickets: 07561 320239, cariadcrystals@yahoo.com
- 23 **2 Year Diploma Course in Crystal Therapy** (ACHO Accredited) Deeside, CH5 3AU. Bookings: sandra@hope-college.co.uk

Centres in North Wales: Workshops in January & February

Centre for Alternative Technology (CAT)

Machynlleth SY20 9AZ
01654 704966, cat.org.uk

JANUARY

- 7 - 12 **Food Production and Consumption**
14 - 19 **Low Energy Buildings (Part B)**
28 - 31 **Build A Tiny House**
31/1 - 1/2 **Stove Installers Course**

FEBRUARY

- 2 **Compost Toilets**
3 **Reedbeds and Water Waste Management**
4 - 7 **Installation of Dry Appliances & Chimney Systems HETAS**
11 - 16 **Sustainability and Adaption for Cities and Communities**
18 - 21 **Build A Tiny House**
22 - 24 **Introduction to Permaculture Course**

Ty Newydd Writing Centre

Llanystumdwy, nr Criccieth LL52 0LW
01766 522881, tynewydd.wales

FEBRUARY

- 23 **Welsh Language: Starting Your Prose**

Trigonos Environment Centre

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

JANUARY

- 5 - 12 **Teacher Training Retreat Level 2 - Mindfulness** *Bookings through: teachmindfulness.org/calendar*
12 - 17 **Mindfulness Network: Mindful Self Compassion** *Bookings through: mindfulness-secular-retreats.org.uk/calendar*
26/1 - 2/2 **Teacher Training Retreat Level 1 - Mindfulness** *Bookings through: teachmindfulness.org/calendar*

FEBRUARY

- 21 - 24 **Space To Be: Trigonos Open Time**

Field Studies Council

Rhyd-y-Crenau, Draper's Field
Betws-y-Coed, Conwy
LL24 0HB
01690 710494,
enquiries.rc@field-studies-council.org

FEBRUARY

- 22 - 24 **Mosses and Liverworts**
22 - 24 **Winter Tree Identification**

Vajraloka Buddhist Centre

Corwen LL21 0EN
01490 460406, vajraloka.org

JANUARY

- 18 - 27 **Dhyana Through The Body**

FEBRUARY

- 1 - 10 **Simply Being**
15 - 24 **Uncontrived Mindfulness**

Siop Iard

7b Palace St., Caernarfon LL55 1RR
01286 672472, siopiard.com

JANUARY

- 19 **Masterclass with Luned Rhys Parri**
26 **Blacksmithing: Hooks, Handles and Pendants**
26 **Chunky Silver Ring**

FEBRUARY

- 9 **Silver Earrings**
16 **Silversmithing**

Woodland Skills Centre

The Warren, Bodfari, Denbigh
01745 710626, woodlandskillscentre.uk

JANUARY

- 19 & 20 **Make A Traditional Shave-horse**
26 & 27 **Rustic Chair**

FEBRUARY

- 9 & 10 **Introduction to Green Woodworking**
16 & 17 **Coppice Crafts**
24 **Make a Shave-horse 1**

Exhibitions



Deborah Butler ~ Gwaith Newydd Until 24th December. Featuring new work capturing the character of urban environments and the tranquility of Wales' coastline through layers of paint expressing the effect of light, weather, movement and buildings on the landscape. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, oriel.org.uk

Ruth Thomas ~ Printmaking, Stencil & Collagraph Until 27th January 2019. Ruth uses her late mother's notebooks which documented her daily walks in the countryside, writing about the passing of the seasons, the sky, the weather, plants and all the wildlife she saw. Ruth has used fragments of her mother's tiny handwriting blown up very large to produce an abstract gesture. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Criw Celf Until 11th November. An exhibition combining the work of Gwynedd and Môn children and young people aged 9 - 18 who have worked with Criw Celf, Portfolio and Raising the Bar art groups. Oriel Kyffin Williams, Llangefni, Anglesey 01248 724444, kyffinwilliams.info

The 2018 Wrexham Open Exhibition Until 16th December. Hosted by Tŷ Pawb and Undegun, Wrexham with the support of Wrexham County Borough Council, THIS Project, East Street Arts and the Arts Council of Wales. 6 - 8pm. Undegun, Regent St., Wrexham LL11 1SG. Contact Anders Pleass, Co-ordinator: anders@wrexhamopen.com

Josephine Meckseper Until 3rd March. One of the foremost female artists of her generation working today, Meckseper melds the aesthetic language of modernism with the formal language of commercial display, combining them with her own images and film footage of historical undercurrents and political protest movements. Mostyn, Llandudno 01492 879201, mostyn.org



Josephine Meckseper

Rhodri Owen ~ To The Quick / I'r Byw Until 6th January 2019. Rhodri contrasts his own hand-crafted furniture with transfigured pieces in visually unexpected ways. Oriel Môn, Llangefni 01248 724444, orielynysmon.gov.uk

James Naughton ~ Copr, Llechi a Cherrig Until 24th December. Inspired by the industrial remnants found in Northwest Wales. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, oriel.org.uk

NW Potters A selection of work by members, November - December. Mostyn Art Gallery, Llandudno LL30 1AB, 01492 879201, mostyn.org, northwalespotters.wales

Louisa Gagliardi ~ Under the Weather Until 3rd March. Gagliardi's work pulls apart the construction of an image, and of our society, in a digital age, while appearing to explore the codes and history of painting. Her works pose questions around ideas of figure and ground, flatness and depth. Mostyn, Llandudno 01492 879201, mostyn.org

Katie Allen Until 5th December. Combining elements from Art Nouveau and Art Deco, as well as Eastern and Japanese traditions, she constructs landscapes that are both flowing and formal. Using repeated motifs which evolve and develop, she creates shimmering works full of rhythm, balance and precision. Ffin y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net



Pierrots Exhibition Until 31st December. An interactive exhibition showcasing an era of traditional seaside fun about Pierrots in Wales, Will Caitlin and concert parties. 10am - 5pm, Venue Cymru, Llandudno LL30 1BB, 01492 872000, venuecymru.co.uk

Cywrair ~ Form and Space Until 31st December. A project for applied arts and contemporary craft and design, celebrating makers and artists from the Celtic regions. Galeri, Caernarfon 01286 685222, galericaernarfon.com

In Black and White ~ Mewn Du a Gwyn Until 17th February 2019. This exhibition represents examples of Charles Tunnickliffe's wood engravings and etchings, showing fine art prints alongside works intended for publication and commercial purposes. Oriel Charles Tunnickliffe, Llangefni 01248 724444, kyffinwilliams.info

Dorothy M Williams Until 18th February 2019. Dorothy is attracted to the man-made environment, often including figures; using sketches with a rich palette. Free entry, open 10am - 5pm. Oriel Hir, Kyffin Williams Gallery, Llangefni, Ynys Mon LL77 7TQ, 01248 72444, oriel@ynysmon.gov.uk



Indian Threads ~ Textile Inspirations Until 27th January. This exhibition is a celebration of a wider exchange project known as Threads. Artists from Wales and artisans from Kachchh in rural Gujarat have shared studio time and field trips, community traditions and personal experiences. Skills rooted in generations of textile practice and impressions forged by open minds and new horizons come together to give this exhibition heart and soul. New work being developed by Rajiben M. Vankar, Champa Siju, Julia Griffiths Jones, Eleri Mills, Laura Thomas and Louise Tucker promises to delight. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Niall McDiarmid ~ Hidden Hospitality Until 2019. A celebration of the people who welcome you to Llandudno. On view publicly on The Promenade, Llandudno. Info from Oriol Colwyn, Colwyn Bay, 01492 577888, oriolcolwyn.org

RCA Members Winter Exhibition Until 29th December. A selection of members work. Open 11am - 5pm, free. RCA Crown Lane, Conwy LL32 8AN, 01492 593413, rcaconwy.org

Ingrid Murphy ~ The Language of Clay Until 27th January. Connectivity is crucial to Ingrid Murphy, between people and places and across time. Her explorations provoke and surprise us as she marries traditional ceramic processes with creative technologies. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

David Frith & Margaret Frith Until 27th January. This exhibition showcases their ceramic work in the year when they both celebrate their 75th birthdays: their enthusiasm for life and art is an inspiration to us all. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



David Frith & Margaret Frith

Anweledig ~ Unseen December & January. Courtyard spaces. Fleeting, transient moments, often missed by the casual observer of the Centre. Fascinating scenes, playing out in real life that are overlooked and often ignored, but that make up the moments of our daily lives. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Dewi Tudur ~ Chiaroscuro Until 5th December. These works are carefully composed and finely balanced; daring in their simplicity and economy. He leaves space. There is silence and stillness. The mood is contemplative and tender and yet there is considerable concentration and intensity. And something fierce also. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

Storiol ~ New Again Until 30th March. Examples of 'recycling' from Storiol's museum collection. Some are beautiful pieces made from treasured fragments, others discarded broken objects used in a new way. Fford Gwynedd, Bangor LL57 1DT, 01248 353368, storiol.cymru.

Beca Rising ~ Peter and Paul Davies Until 5th

January. The exhibition focuses on the practice and collaboration of the brothers, who often worked collaboratively through shared ideas. It celebrates the achievement of the late Bangor-based Paul Davies. Whilst it cannot cover the full range of his work, ideas and contribution, it does present an indication of his influence and relevance. Beca celebrates the fight for rural justice in South West Wales c1841. It helped to put Welsh issues of identity, language, culture and politics on the visual arts agenda. Storiol, Fford Gwynedd, Bangor LL57 1DT, 01248 353368, storiol.cymru.



ART FOR SALE/DISPLAY VENUES

Castle Gallery Various artists, media; most are for sale. Open 9am - 5pm, Mon - Sat. 1 Castle Square, Criccieth LL52 0D, 01766 522803.

Galeri Betws Y Coed Ever-changing selection of paintings, prints, drawings and mixed media by well known and emerging artists from Wales. Open weekdays 10am - 4.30pm, Sat & Sun 10am - 5pm. Holyhead Rd., Betws Y Coed LL24 0BW, 01690 710432, info@galeribetwsycoed.co.uk

Illuminarté Stained Glass - Photography - Mosaic. Designers and creators of beautiful traditional and contemporary handmade stained glass and mosaics for all your living spaces. Ysgubor Isaf, Bala LL23 7NW, 01678 520256, illuminarte.co.uk

Oriel Bangor Arts Initiative Art Gallery Paintings, Sculptures, Prints, Photographs by local artists. Open 11am - 4pm, Tuesday - Saturday. All are welcome, Deiniol Centre in Bangor; bangor.arts.initiative@outlook.com or see www.facebook.com/bangorartsinitiative

Storiol Art from community groups, voluntary organisations and learning groups. Open Tues - Sat 11am - 5pm. Fford Gwynedd, Bangor LL57 1DT. 01248 353368, storiol.org

Agora Follow the online Gwynedd Arts thread in general to keep networking for artists alive. Facebook: Agora

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

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Is the earth giving off rays that are affecting you?



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The Problem

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The Solution

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www.paulimurphy.com

Paris, December 2015: Saving The Planet?

It happened in big exhibition sheds, at Le Bourget, 8km north-east of central Paris. By 2015, then the hottest year on record, the clock was already ticking on virulent climate change. 21 years after the world signed up to UN's Framework Convention on Climate Change, triggering years of extensive annual meetings (ie. Conference of the Parties or COP), its long road had led to two weeks in Paris, in early December 2015. More than 40,000 delegates attended COP21, from national teams, UN agencies, NGOs, indigenous peoples, civil society, media and journalists.

Reminder of context: COP21, was preceded by thirty years of science denial by the 'merchants of doubt' corporate players had wrought mass impedance of public policy, largely perpetrated by the big oil companies, including Exxon and Shell both in denial of their own 1980s' research, along with extensive funding of political lobbyists (aka. 'think-tanks'); not least from the multi-billionaire Koch brothers in the US. It is against this corporate antagonism to humanity's future welfare, the achievement in Paris should be weighed.

And so the world's 195 countries, all immersed for a common cause at Le Bourget, met to save humanity from run away climate change: to interact, tortuously argue into early hours and to compromise towards an agreement, orchestrated by their French hosts. In the closing days several versions of the agreement still circulated. For many years, a global warming target limit of 2°C had been the focus but now the small island states, and civil society especially, were having none of it. Canada too, in close-door session, came to champion the aspiration 1.5°C. It all fed into an increasing crescendo of hope.

Friday, 11th December came and went, negotiations stretched on, tension built at Le Bourget. So too in Paris it was, where tens of thousands of climate activists had come from across Europe and the world to rouse the delegates onwards. With the terrorist atrocities of a few weeks earlier, the Paris police edict on the Friday was any assembly of more than three people would face arrest. In defiance on Saturday, as the Agreement was still being worked on, a carnival of about 20,000 protesters, plus a few polar bears, assembled on the boulevard de la Grand Armée, just north of the Arc de Triomphe, all contained by thousands of armed police.

Finally, at 19:20hrs, Saturday evening, with a finished draft concluded and agreed by every country, President of the COP21, Laurent Fabius, declared the Agreement, which included the crucial 1.5°C limit aspiration. Even the cynical cried and celebrated. With hindsight, we can now see that if the Paris COP21 had failed to reach a tangible agreement, our tenuous window of opportunity for any effective global response to catastrophic climate change may have been lost completely.

The Paris Agreement is a unique testimony to human civilization. Ironically, it came into force a few days before the US elected one of the most obscene affronts to humanity. Now 184 countries have ratified the Agreement, representing 90% of global emissions, with a rapidity of adoption unlike any other UN treaty. The Paris Agreement was the bare bones. With follow on COPs; such as at COP24 in Poland this December; there is much to do on process and implementation. A UN report called for at Paris, to distinguish between a 1.5°C and a 2°C world, was delivered in October. With high confidence, it spells out the dire difference and underscores the urgency for action.

Since Paris, China has invested more than a third of a \$ trillion in renewables; India is on track to exceed its ambitious 2022 target for solar energy; Costa Rica is set to be zero carbon by 2021 with a big shift towards renewables seen in many other countries. Since 2015, divestment from fossil fuels has almost doubled to over \$6 trillion. Despite Trump, 40% of the US population is under cities subscribing to the Paris goals. Closer to home, Greater Manchester have set a zero-carbon target of 2040. As for the foot-dragging of the UK Government, and what individuals can do, perhaps that will have to await another article.

At Paris Bill McKibbern, of 350.org, tweeted: ***"This agreement won't save the planet. It may have saved the chance to save the planet (if we all fight like hell in the years ahead)"***.

Richard Shirres is a member of the United Nations Association ~ Cangen Menai Branch.



Christmas Spirits

PJ Roscoe

Now, we've all heard about, 'Scrooge, the Christmas Carol', written in 1843 by Charles Dickens and considered one of the scariest and by far the most moralistic story of the Christmas season. An evil, bitter old man must change his ways before it's too late and is visited by three ghosts who terrify him with the truth in order to help him live a better, happier life – LOVE IT!! My favourite is Patrick Stewart in the original story, but who can hate, Bill Murrays 'Scrooged'?!!!



It is a yearly pilgrimage which I thoroughly enjoy to touch base with

something so important, but never forgotten throughout the year – love and compassion, gratitude and kindness.

What yearly spirits wander the earth at Christmas?

There are other spirit's that wander the earth during this season of good cheer. It is not only the three ghosts of past, present and future!

One of the most dramatic is that of the re-enactment of the English Civil war at Edge Hill Warwickshire in 1642. Following the bloody battle in October of which over 2000 men lay dead, shepherds became aware of loud noises in the vicinity and it

built into what they described as 'a full battle happening once again'. Thundering cavalry, gun



smoke, cannons fired, men screaming, neighing of horses and beating drums. The shepherds ran for their lives, but instantly, the whole scene vanished. On Christmas Eve, the whole phantom battle appeared again, only this time it seemed to be above ground, hovering above the fields. Witnesses saw men they recognised and had died, but also, Prince Rupert, who was at that time, very much alive!

Anne Boleyn's ghost is said to appear



each Christmas at Hever Castle, her childhood home. She is said to manifest beneath a great oak tree where Anne and Henry courted. Her ghost also walks

across the bridge, which crosses over the River Eden on the castle grounds.

The black dog of Exmoor is a notorious legend but one of its most dramatic appearances is at the beginning of the Second World War. A bus travelling from Barnstable Station for the Devon coast left on time at 5.40am. It was Christmas Eve and there were two passengers onboard, the conductor and the driver. The moon was full and the road ahead was clear, when suddenly, two sheep and an enormous dog appeared right in front of him. He braked, but he was going to hit them and braced himself for the bump – it never came. He ran out onto



the road and looked beneath his bus, nothing. Everyone got out and searched for the three animals, nothing. They simply vanished.

During the Christmas season another ghost haunts the Tower of London, that of a bear. Bear baiting was legal and performing bears were popular in the early 18th century. In 1816 a sentry on duty at the jewel House became aware of a dark shape coming through the door. He was so terrified, he thrust his bayonet at it, but it went straight through. He fell to the floor senseless. He never recovered properly.

And lastly, a favourite story of mine. A couple, married for five years lived in a country manor, near Barnstable, Devon in the 19th century. One autumn his beloved wife fell ill and died from pneumonia. Heartbroken, the husband was unable to attend the funeral, held two days before Christmas and shut himself away in his study. The vicar, annoyed to be leaving his own home during the festive season held a very quick service so that he could return to his home and fireplace. However, before the lid was placed on the ladies coffin, he'd noticed a gold sapphire ring on her finger and after many glasses of port; he decided to collect it himself. (In those days, most high class people were laid out in stone crypts)

Hurrying to the graveyard, he let himself into the crypt and attempted to pull off the ring, it wouldn't budge, so he returned to his home to find a small saw and cut off the ring. Holding up in the air to admire it he smiled as it shone in the lanterns orange glow.

At this moment, the body of the woman rose and walked towards him. Horrified, the vicar dropped the ring and fled, out onto the cliffs and threw himself off. If only he'd waited. The lady wished to thank him.

He had cut her finger in the process of stealing her ring and it had brought her back from the coma she had been in.

Wearing nothing but her fine silk dress and shroud, the lady walks barefoot in the snow towards her home, half fainting from the cold. She bangs on the door to be let in, but no servant answers as they are all in bed, sleeping off Christmas celebration.

She throws gravel at her husband's study window and screams

to be let in before she dies. He comes to the window and declares that it is a terrible joke to play on his grief.

'I am no joke. I am no ghost, for I bleed... See...'

Her husband hurries down and lets her in, reviving her with warm blankets, brandy and the fireplace. A year later, their first child is born.

Isn't that sweet? So, remember, enjoy Christmas but remember to look out for ghosts, spirits (not those in a glass!!) and be safe, loving and kind. May I wish you all a very Merry Christmas and blessings of Yule.

PJ Roscoe is the award winning author of paranormal and historical books for adults, along with faerie books for young children.

www.pjroscoe.co.uk

Paula has 2 local book signing events:
1st & 8th, see December Calendar.



Friendship:

the love-child of chance encounters and open hearts

Adam May

Last month an old friend and I met up with our respective partners for a nostalgia fest in Dundee, the city where we both lived in the nineteen eighties. We first met when we fell into conversation waiting for our lectures in the Main Arts Building at the university there. I was a full time student and Caroline was taking a day release course.

That was in 1983. Caroline has lived most of her life since then in the North East of

England, and I've lived most of mine in North West Wales. Given the distance, we haven't seen each other

often, but we have one of those friendships where we pick up the conversation just as if we had been apart for no time at all.

Through Caroline, I met Raymond, her husband. Caroline also introduced me to Shona, now another of my closest friends, who lives in London. Shona has in turn introduced me to half a dozen other people over the years. So much human connection from a chance conversation outside a lecture theatre in Dundee thirty-five years ago!

As Anais Nin is credited with observing, we see the world not as it is, but as we are. If we find the world unfriendly, it's probably because we are. Making friends can be difficult, it's true, but the difficulty is

less that we don't know where to meet interesting people, or that we can't think what to say when we do, but rather that we close our hearts to the possibility of contact.

At the core of most loneliness lies what we Cognitive-Behavioural Therapists call Self or Other Downing: the tendency to be automatically and irrationally critical of oneself and/or other people. Lonely people either think other people will judge

them, and find them wanting, or they judge other people and find them wanting. This is their

mistake, probably born of one or two bad early life experiences, but a mistake nonetheless. When countenancing one's fellow mortals, a fair-minded person would have to conclude that there is infinitely more cause for admiration than otherwise.

The BBC recently published the results of an online survey on loneliness. It found that many people who experience loneliness are not socially isolated. They have romantic partners, family, and friends, but being in close proximity, even sharing bonds of blood or marriage, doesn't necessarily equate to intimacy. It turns out that loneliness is linked less with social isolation, and more with depression, paranoia, poor sleep, and having unrealistic, rigid expectations of others.



Every friendship starts with a gamble. Your welcoming smile might be met with a frosty frown. The confidence you share might be betrayed. You may be misunderstood and disliked. Worse still, you might be understood perfectly, and still disliked. Not everyone is going to be your friend, and, as we've agreed, making friends is difficult anyhow, but that's not an argument for taking a step back. Given that only a small proportion of the people you talk to will become friends, that's an argument for raising your game and talking to a whole lot more people. The proportions won't improve, but the absolute numbers will.

Then there's always the upgrade option. Turn acquaintances into friends, and friends into best mates.

How to connect? Make eye contact. Really look at the other person. Relax your face. Say something. Anything. And be interested in the response. Make the other person the sole object of your attention, and maybe, just maybe, you will connect.

Some of those people who seem so banal and boring might be, but I have to say those people never consult me. The people I see who seem banal and boring act that way because they think so little of themselves, or so little of me, that they imagine I won't be that interested in them either.

Given enough benign attention, everyone becomes interesting. As the pioneering 18th Century novelist Maria Edgeworth wrote, "the human heart opens to the heart that opens in return".

What will you remember about this Christmas? Will it be the presents you receive, or the presence you give?

*Adam is a Cognitive-Behavioural
Psychotherapist living and working in
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Energies of light and love and the will-to-good are always available to those who can contact them in meditation. But in all aspects of our planetary life there are cycles in the ebb and flow of spiritual energies with which groups, as well as individuals, can consciously cooperate.

One of the major energy cycles coincides with the phases of the moon, reaching its peak, its high tide, at the time of the full moon. This is a time, therefore, when the invocation and radiation of energy through group meditation can be uniquely effective.

The moon itself has no influence on the work; but the fully-lighted orb of the moon indicates a free and unimpeded alignment between our planet and the sun, the solar centre, the energy source for all life on Earth. At such times we can make a definite approach to God, the Creator, the centre of life and intelligence.

Full Moon Meditation Network

Capricorn: December 21st ~ January 20th

Full Moon: December 22nd at 5:48pm

Winter Solstice: December 21st at 10:23pm

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.

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“Hidden Treasure” by Nicholas Roerich

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"Turning the Tide"

Ted Townsend

THE ELECTRICIAN

Menai Straits.—Mr. F. O. Harber has prepared a memorandum on a tidal scheme to utilise the waters of Menai Straits for the generation of electricity. It is suggested that the open ends of the straits should be utilised to form a double basin system, which would necessitate a dam at either end and one in the middle. It is estimated that such a project would provide about twelve times the amount of electrical energy at present required by the whole of the Bangor supply area.

13 DECEMBER 1946

The idea of harnessing the tidal power of the Menai Straits is not new - though more important now than ever before. Frank Harber, the Bangor Borough Electrical Engineer in the 1940s produced a fine plan which even reached the House of Commons - a copy of which may be found in Bangor University Library.

Energy conservation and investing in Alternative Renewable Energy is surely the way forward, and the proposed construction of a third Menai Bridge would be the perfect opportunity to design Tidal Turbines into the main Bridge Struts to harness the millions of tons of energy that goes back and forth along the Menai Straits twice a day, every day, all year round. A source of energy that doesn't rely on the wind blowing, the rain falling or the sun shining. What a wonderful legacy to leave the next generation, to keep the lights and laptops on with electricity sourced in a process that is neither dirty nor dangerous, and is harnessing Nature's energy in a harmless way.

FRANK OLLERENSHAW HARBER

Frank Ollerenshaw Harber who died on holiday while visiting friends at Pontadog on the 5th August 1959 was born on the 22nd March 1898.

Menai Straits Water Power Scheme

HC Deb 24 April 1947 vol 436 cc126-7W

HOUSE OF COMMONS HANSARD

126W

76. Mr. Price-White asked the Minister of Fuel and Power whether it is his intention now, or at some future date, to put into operation the scheme prepared and submitted by Mr. F. O. Harber, borough electrical engineer at Bangor, for the production of electrical power by means of harnessing the waters of the Menai Straits, details of which have been made available to him. 127W



The adjacent Pylon Power Grid is already in place to serve Anglesey and North Wales with the potential to transmit and sell off-peak supply to the rest of the UK. The hydrologists assure me the underwater infrastructure would be out of sight, minimal mechanical noise, and mesh grids across the in and outflow of the turbines to avoid harm to marine and avian life.

Of course, there would be maintenance costs to clear flotsam and jetsam and seabed debris but this would be nothing compared to the massive security costs and dangers of radioactive waste storage from Nuclear and the Earthquake vulnerability and water table pollution from Fracking.

The earthquakes caused by the Fracking in Lancashire made national news. Less reported have been the frequent quakes around Wylfa and Trawsfynydd in recent months.

It's never too late to change energy policy, make your voice heard, campaign, be visionary and dream of the possibility of a bright clean safe secure future.

