

network news

a guide to inspiring events in north wales



re-energising wales ~ pros & cons of comparing ~ the nomad experience
the cry ~ possibilities of a house ~ the great gathering ~ sacred activism

exhibitions ~ workshops ~ festivals ~ groups

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A Guide to Inspiring Events
in North Wales

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April 2019

Articles

Re-energising Wales Momentum Builds For A Low-Carbon Wales <i>Richard Shirres</i>	4
Make A Little Comparing Go A Long Way <i>Adam May</i>	6
The Nomad Experience <i>Tom Carter</i>	8
Sui Generis: The Possibilities Of A House <i>Julie Upmeyer</i>	33
The Great Gathering Climate Change & Consciousness Conference <i>Jane Fullbrookes</i>	35
Sacred Activism <i>Andrew Harvey</i>	36
The Great Invocation <i>Lucis Trust</i>	37
Sister Do You See Me? <i>Lowri Hedd</i>	38

Regular Features

Noticeboard	9
April Calendar	10
Workshops In May & June	23
Exhibitions	26
Regular Weekly Groups & Classes	28
Full Moon Meditation Network	37
Advertisers Index	38
Network News Outlets	Inside Back Cover

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www.femkevangent.nl

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Welcome to the April Network News. And what a month! Fem's cover shows our wounded planet letting out a great Cry for new management. It has usually been left to the surviving indigenous peoples to give voice to The Cry, because some have maintained their direct connection with the Earth through sacred practice. They know that ALL beings are essential to the whole.

Somehow, modern humans came to believe that their own needs were paramount, and all other beings and elements were there for their comfort and exploitation. This delusion has now climaxed. No humane being can look upon the cold, hard, daily reality of industrial logging, mining, drilling, commercial fishing or factory farming without knowing that *the game is up*. But what can we do? We're all caught in an addictive spiral. We try desperately to ignore the fact that almost every shelf in every supermarket is still filled with the produce of a relentless, cruel and mindless exploitation.

50 years ago, a few pioneering souls gave voice to The Cry - and it is because of their work that words like "ecology", "sustainability", and "holistic" entered the mainstream. But the words did not penetrate our collective consciousness deeply enough to make the needed changes. Quite simply, almost everyone in the "developed world" is still living on materials stolen from the future.

Suddenly, a new generation is on the street, adding even bolder words to our vocabulary: "Sacred Activism". "Citizens' Assembly". "Extinction". "Rebellion". Clearly, they have also heard The Cry. This month, this new wave of trainee planetary stewards will begin to outline how we can and must kick our addiction, and how we can begin to restore the Earth to health and balance.

Blessings to all beings



Re-energising Wales

Momentum Builds For A Low-Carbon Wales

Richard Shirres

Two Welsh miracles in one March week! First, from the Institute of Welsh Affairs (IWA) comes a plan for Wales to meet *100% of its energy needs from renewables by 2035*.

Second, the Welsh Government releases a major policy-planning document for a Low-Carbon Wales.

While Westminster wrestles with its backward looking 'brexit', Wales is getting to grips with a 21st century future based on ecologically sustainable development.

Years of methodical study by the IWA culminated in their launch of ***A Plan for Wales' Renewable Energy Future: Essential Actions to Re-energise Wales by 2035***. The report distils three years work into a ten-point plan for 'renewable Wales'.

An earlier IWA report in 2015 asked: *Are the Welsh prepared to do something bolder than merely a gradualist approach of improving the efficiency of the economy in Wales?* The answer now seems to be a resounding: 'Yes'.

Set up in April 2016, the IWA's project *Re-energising Wales* consisted of six work packages, which eventually led to their final report. The project was able to draw from a wide range of expertise, including energy and socio-economic fields. Its aim was to look at how Wales could meet its energy demands sustainably by 2035, coming from a sense that Wales inherently has a lot of natural resources with significant renewable energy potential.

In September 2017, the project received a helpful strategic steer from the Welsh Cabinet Secretary for Environment, Lesley Griffiths, who announced the following ambitious targets for energy generation in Wales:

- ✓ By 2030 - renewable energy to generate 70 per cent of its electricity consumption.
- ✓ By 2030, - one Gigawatt of renewable electricity capacity in Wales to be locally owned.
- ✓ By 2020 - new renewable energy projects to have at least an element of local ownership.

The first work package gave the most detailed understanding ever about how the Welsh energy supply system should evolve to meet its projected energy demands through renewables and maximising energy efficiency.

The second work package looked at funding prospects including the potential role of pension funds in Wales and the use of innovative finance, such as through national and local 'renewables-related' ISAs.

A further study looked in detail at the Swansea Bay City Region as a case study exemplar of maximising renewables to meet the energy demands of 2035 (NB: the Swansea Tidal Lagoon is far from dead in the water!). This was followed by a study on decarbonising transport and then, in November 2018, an encompassing framework for action was completed. This also outlined key regulatory and policy powers needed to realise the potential of renewables in Wales.

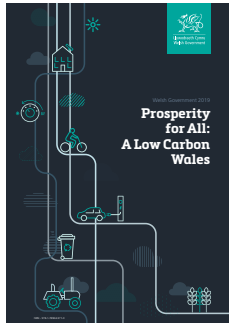
The penultimate study focused on achieving transition at scale within communities and the need for local ownership. It also sought to identify the socio-economic benefits and how to maximise those locally amongst the communities of Wales.



The final report is indeed timely. These outputs alone provide a compelling, informed **vision** for where Wales should be headed. (*Free download from iwa.wales*)

Then on 21st March, 2019, the Welsh Government published its 200 page document, ***Prosperity for All: A Low Carbon Wales***, which not just confirmed Wales' first carbon budget (2016-2020) but gave a detailed policy plan across all sectors.

This consolidates and expands upon existing work and lays out 100 policies and proposals, broken down by all portfolios, to accelerate the transition to a low carbon economy in a way that maximises wider benefits for Wales, ensuring a fairer, healthier and more equal society. The plan establishes future actions that help with a low-carbon transition, including 24 proposals to explore and develop future policy actions.



(Free download from gweddill.gov.wales)

The vision for a low-carbon Wales means moving from a centralised system to one more decentralised without delay, with an approach that facilitates and incentivises localised ownership. Learning from good examples already, there still remains the issue of how to scale up from a relatively low level towards major investment to achieve the transition in infrastructure. The re-directing of pension fund investment portfolios is identified as having great potential.

Both the major study from IWA and the Welsh Government's Vision resonate strongly with the recent urgent imperative already given by the IPCC 1.5°C Special Report, issued last October. That report too implies radical societal transition towards a low-carbon economy which needs to happen within the next 10 years.

These outputs also come as the Committee on Climate Change (CCC) is in

the process of reviewing the national carbon target under the 2008 Climate Change Act, which was originally set to achieve an 80% reduction for the UK, from 1990 levels, by 2050. However, the science has moved on and, with the Paris Agreement aspiration to keep to within 1.5C, the ambition has also been ramped up. The CCC is likely to report back to Government in around May of this year.

The idea of a Zero Carbon target, for 2050, has been aired already in Government circles. But that target will simply not be good enough, as was recognised by the IWA's report. A far more stringent target is needed to accelerate the transition and focus minds in National government, local authorities and businesses about the investment and delivery that is needed. The Greater Manchester region has already grasped this too with the adoption of a Zero Carbon target for 2038.

This is why the work and ambition coming from this latest IWA report was so much welcomed by the Welsh First Minister, Mark Drakeford AM, at the launch event, which comprised a number of speaker forums and a short workshop session.

One thing that was notable was the caliber, seniority and commitment of the people involved and present on the day. These releases should give further confidence there is a feasible low-carbon future for Wales.

But conversations at the local level need to begin in earnest now if our younger generations are not to be cheated further out of the sustainable future they deserve.

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

www.iwa.wales

Make A Little Comparing Go A Long Way

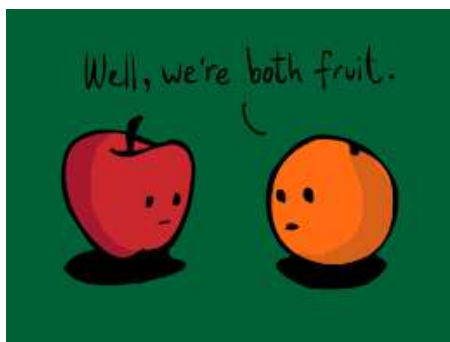
Adam May

Put **“compare and despair”** into any search engine and you will find a multitude of articles arguing against comparing yourself with others. From the philosophers of ancient times to present day pundits, pretty much everyone agrees that making comparisons like this won't make you happy. If the comparison is to your disadvantage (“X has a nicer car than me”), you will feel dissatisfied. If it is to your advantage (“I'm the cleverest person in the room”), the thought hardly reflects well upon you and is likely to feed arrogance. Comparing encourages us to imagine we could be in someone else's life, when that life is already taken. Better to make the best of the life we find ourselves in than generate feelings of superiority or envy by imagining ourselves in another's.

Assessing yourself relative to a statistic is another form of comparison, and perhaps rather an insidious one because they don't seem like comparisons, although they are, and because statistics seem scientific and therefore true. Statistics are only true in the sense that they say something about a whole group of people who were studied at some point in the past, something which might, but only might, apply to a similar large group now, but they don't say anything about us as individuals. Nobody is a statistic. What we can infer from statistics is pretty limited. That's good news so far as I am concerned. Just because there was a 70% five year

mortality rate in the sample group diagnosed with the type of cancer I had doesn't say anything very definite about my personal survival chances. If you cannot generalise from individual cases to whole populations, then neither can you make specific predictions for individuals based on large group statistics. Along with

Patrick McGoohan, in *The Prisoner*, the sixties TV series filmed at Portmeirion, I say, “I am not a number. I am a free man!” Unfortunately, like so much good psychological advice, “Don't compare” is easy to understand, but difficult to do.



Whilst it's true that social media encourages comparing by enlarging our window on the world, before social media people were looking out of their real windows and comparing. If we are not comparing ourselves with others, we're comparing our lives now with our lives in the past, or in the imagined future. These comparisons disengage us from our lived experience here and now. It's difficult to stay in the here and now when so many of our habitual thinking strategies involve making comparisons. I've been trying to live without comparing over the past few weeks and I've realised that this comparing malarkey is complicated, and some comparisons are helpful. We need to compare in order to plan because planning involves comparing our desired outcome with our present situation.

We also need to compare in order to benchmark ourselves relative to others.

It does help to know how we compare to our peers, whether we end up striving to be normal or decide to set our faces against convention. It helps because we can only have a sense of where we stand by knowing where we stand in relation to others.

So, making comparisons: good or bad? Hmm. It depends. Just as being phobic is healthy, fearful avoidance of dangerous things gone overboard, and OCD is sensible checking gone over the top, so comparing and despairing is healthy comparing gone over the top. Maybe the safest thing when making comparisons is that you make a little comparing go a long way.

Adam May is a CBT Psychotherapist and modern stoic with a thriving independent practice in Llanddaniel Fab, where he lives with his husband, Rob, and Socs, the Wondercat.

adamatclothhall@gmail.com

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Trigonos Courses 2019

NEW: Approaching the Landscape - Photography Workshop with Jeremy Moore
9-12 May & 20-24 October

Explore the inter-related themes of nature, landscape, land use and photography

ReWilding the Mind - with Jonathan Stacey & Claire Thompson

12-15 May & 27-30 October

This retreat will take the form of guided mindfulness meditations, discussions and walks in the countryside surrounding Trigonos

Weaving with Eta Ingham Lawrie with NEW optional dyeing day (22nd May)

23-26 May & 17-20 October

Our ever popular course, suitable for both beginners and experienced Weavers

NEW: Storytelling workshop with Claire Thompson & Bethan John

17-20 July

Storytelling for a happier, peaceful and more sustainable world

Vegan Cooking with Lee Watson

21- 24 September

The author of *Peace and Parsnips* and Trigonos chef shows you how!

www.trigonos.org

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

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The Nomad Experience

Tom Carter

"Jump from the well trodden path and find a new way. Push through the thorns and let the rocks bite at your feet, but may you stride on, knowing that every step is a learning that takes you closer to freedom..." Nomad

Imagine yourself stood barefoot on a mountainside, feel the cool earth beneath you, feel the curls of moss between your toes - all you can see are hills and forests and the glow of the sea in the distance. You feel the breeze on your face, you hear the birds and the insects at their work. In the sky you can see the eagles and the clouds and know that the stars will fill the dark sky at night. You are connected, you feel part of nature once more.

This is part of the Nomad experience. This is one tiny glimpse of what we attempt.

Nomad was born out of a desire to do something different with outdoor education. We have developed a unique style which works on re-establishing a connection with nature, with ourselves and with others. We visit ancient ways and story, journey in a humble and beautiful way, and dive deep within ourselves to unlock something special.

There is so much beeping and buzzing in our life these days. We are apparently more connected with the rest of the world now, as we have ever been, through the internet and numerous social media platforms – though it feels like there is mass disconnection as a result of these very same technologies. With the reported increases in anxiety, low self esteem, stress and poor sleep due to



today's tech, it is time to return to nature to reconnect for real. With mud, and grass, and smoke, and streams. With birdsong, ancient story, hearty grub, old ways and new ways. With challenges, with the deep dive, with moments of contemplation, with companionship.

The amazing Nomad crew create a safe and nourishing environment for internal

reflection through a series of fun and challenging processes, testing out ideas and theories and having a wonderful journeying time! On foot we pass through the beautiful wild fringes of Snowdonia, held between the mighty ocean and the

majestic mountains. Together our Nomads rediscover the undeniable joy of adventuring simply and in good company.

In October 2018 we ran a pilot of the Nomad 3 journey program. Participants from all over the UK bravely turned up, not fully knowing what they had signed up for, and not fully understanding why they had come. They just knew that from the brief description they had read, that a mysterious, wild and powerful journey was just what they needed – and they were right! Some left us having experienced the most profound few days of their life, some walked away with new ideas and dreams, some left us simply relaxed.

Between May and October a Nomad journey will be taking place each month. Visit our website if you are ready to take the next step on your journey.

Tom Carter is a passionate outdoor educator with a mission to reintroduce human beings into the wild.

www.nomadwales.com

In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

network news

a guide to inspiring events in north wales



WOW : WALES ONE WORLD FILM FESTIVAL April 2nd & 9th, Theatr Clwyd, Mold. See Calendar

APRIL NOTICEBOARD

ANGLESEY OPEN STUDIOS 13th - 28th April, The Anglesey Arts Weeks (AAW): Open Studios and Galleries Weeks promotes art on Anglesey by inviting

painters, sculptors, photographers, film-makers, printmakers, installation artists and craft workers to open their studios to visitors for two weeks. The guide is distributed at key places on the island; you can find the 2019 guide from Ucheldre Centre, Holyhead or visit angleseyartsforum.org

FRIENDS OF THE EARTH Talk on 'Modern Livestock Farming and Greenhouse Gases' by Ellie Crane, on Weds 10th April. 7.30pm, Pencychnant Conservation Centre, Sychnant Pass Road, Conwy, LL32 8BJ. Contact: foeconwy@gmail.com

GROWING ORGANIC FOODS: THE HOW, WHAT AND WHEN? Course 1 on 6th & Course 2 on 27th April, both held in Bangor. See Calendar for details.

SPRING DAY RETREAT Held in Felin Uchaf, Rhoshirwaun, Pen Llŷn. A day focussing on slowing down. See Calendar 6th April.

YOUNG RANGERS For 11 - 18 year olds who want to learn more about the landscape on their doorstep and don't mind getting messy working in and discovering the great outdoors. More info from 01824 712757, clwydianrangeanddeevally@denbighshire.gov.uk

JEREMY DUTCHER+ 9BACH NOETH Jeremy is First Nation Wolastoq (Canada) bringing his music to Bethesda, see 12th Calendar.

REWILDING BRITAIN & IRELAND A unique collaboration combining the photography of David Woodfall with new music from the celebrated Welsh jazz pianist Huw Warren. Theatr Colwyn, Colwyn Bay 20th April.

32,000 BIRD EGG PRODUCTION UNIT in Snowdonia nr Llanegryn came to Snowdonia National Park Authority planning committee for a 2nd time on 6th March. If granted permission this development could be the first big intensive livestock unit in Snowdonia. As such it would set a high-risk precedent. The Snowdonia Society opposes the planning application and have submitted robust objections at each stage of the process. For more info if you are interested in finding out more please contact Snowdonia Society, Caban, Brynrefail LL55 3NR, 01286 685498, snowdonia-society.org.uk

CIRCLE DANCE IN APRIL 7th in Rhosesmor, 10th in Old Colwyn, and 16th in Penmaenmawr. See Calendar



SACRED ACTIVISM
"Fuse the powers of the sacred heart within the energies of the body, and you can transform everything."
Pierre de Teilhard Chardin

ANADLU Storytelling Events

April 12th-14th *Llanfachraeth*

Tobias and the Snow Tear: a unique, immersive weekend of storytelling for adults, with world-renowned Jewish tradition-bearer Shonaleigh. Sit back and experience traditional storytelling at its best and deepest. £30

June 15th 7.30pm *Aberffraw*

Branwen Chwedl a Chân & Taliesin: Performance by Michael Harvey and Pauline Down. Hear ancient Welsh tales of magical transformation, wildness, fury and longing. £8/£6 (advance tickets)

June 16th 10am-4pm *Aberffraw*

The Storyteller's Voice: Workshop giving you tools to transform your speaking and performing voice with highly experienced performers and facilitators Michael Harvey and Pauline Down. £50/£40

www.anadlu.com

07970 409 724



See 6th - 14th in Calendar for details

April Calendar

1st MONDAY

Siberian Shaman Workshop and Lineage

Meditations Led by Ladamira, a 9th generation Siberian shamanic healer, ethnic-therapist, psychologist, coach and international teacher of ancient sacred practices of Slavic spiritual traditions. Today includes: influence of ancestral heritage, behaviour patterns, releasing family karma, how to control your life, awakening your natural essence. 5.45 for 6pm start - 9pm, £20/25. Bring drum, rattle if you have one, dress warm. Held in Cross Lanes, Wrexham, address on booking. Contact Katie 07472 266952, or message on Facebook of event name.

Wildlife Gardening at Llys Garth Garden We are running taster days in our own garden welcoming everybody from total beginners to experienced gardeners to develop a buzzing wildlife garden whilst having a bit of fun ourselves and learning new skills. 10am - 1pm, North Wales Wildlife Trust - Bangor office, Llys Garth, Garth Road, Bangor LL57 2RT. HQ 01248 351541, northwaleswildlifetrust.org.uk

Extinction Rebellion Mondays. In the face of ecological crises and Government inaction people are taking action. Come along, find out about Extinction Rebellion and how you can get involved. 6.30 - 8.30pm, Rm5, Mains Arts Building, Bangor University LL57 2DG. Facebook: of same name

Dealing with Anxiety Defining anxiety, signs & symptoms, fight or flight, negative thinking, unhelpful vs. helpful coping strategies. Free, 10.30am - 12.30pm. Aberconwy Mind, 3 Trinity Sq., Llandudno LL30 2PY. 01492 879907, aberconwymind.org.uk

Gong Bath Arrive, lie on a yoga mat, snuggle in a blanket and pillow to be warm and comfortable. Breathe and relax...7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

Understanding Dementia and Learning

Disabilities With Denbighshire Voluntary Services. 9.30am - 4.30pm, free. Naylor Leyland Centre, Well St, Ruthin LL15 1AF. 01824 702441, dvsc.co.uk

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

NW Moth Group Informal meeting, 8pm, donations appreciated. Pencyhnant Centre, Conwy. Julian 01492 592595, julian.pencyhnant@btinternet.com.

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. Garth Community Centre, Garth Hill, Bangor LL57 2SY. Details: beiciobangor.org.uk

2nd TUESDAY

Cerdd Dafod yn y Doc Poets Rhys Iorwerth, Iwan Rhys and Ifan Prys will lead a series of Welsh strict meter poetry classes for beginners and those who wish to develop and improve their craft. 7.30pm, £7 per session. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Conwy County Peace Group 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 1st Tues/month. 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, lynnaalexander@talktalk.net

Fencing / Walling Help us maintain the fences at Pencyhnant. Whether you're a seasoned fencer or a beginner, everyone is welcome. There will also be an opportunity to help rebuild a section of dry stone wall. Booking essential, steel toe-capped boots required. 10am, held at Pencyhnant Centre, Conwy. Bookings with Owain, Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Gong Bath See 1st for details. 7pm, £12. Follow Your Bliss Café, 307-309 High St., Bangor. Steph Healy 07534 118899, puresound.org.uk

Meditations from Modern Buddhism Modern Buddhism is a transformative meditation programme rooted in the thousand-year-old lineage of Kadampa Buddhism. It is presented to help us practically solve our problems and reach our potential for lasting inner peace. 7 - 7.45pm, £4 per session. Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Craig y Don, Llandudno 01492 878778, meditatennorthwales.com

WOW: Three Faces (PG) Part of the Wales One World Film Festival. A story of three actresses at different stages of their career highlight the contradictions of modern Iranian society. 8pm, £6. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

ROH Opera Live: La Forza Del Destino Music by Verdi. Leonora falls in love with Don Alvaro, but when her father forbids their marriage, a fatal accident triggers a drama of obsession, vengeance and tragedy. Sung in Italian with English surtitles. 6.15pm, £13, £11 concs; £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

2nd TUESDAY - 5th FRIDAY

Social Forestry OCN Learn the theory and practice of social forestry, looking at how sustainable woodland management and crafts can help promote human wellbeing. This course is suitable for anyone with a personal interest in the subject as well as practitioners wishing to run social forestry activities at a professional level. £650; accommodation £80. CAT, Machynlleth 01654 704966, cat.org.uk

3rd WEDNESDAY

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. All levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella 07922 620503, ellaspier@hotmail.com

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

Drop in Meditation Class Modern Buddhism is a transformative meditation programme rooted in the thousand-year-old lineage of Kadampa Buddhism. It is presented to help us practically solve our problems and reach our potential for lasting inner peace. Each week you will learn ancient wisdom for solving the problems of modern times. 5.45 - 6.45pm, £10 for 3 week course or £5 per session. Llanrwst Library, 36 Heol Yr Orsaf Station Rd, Llanrwst LL26 0DF. Contact Kalpha Bhadra Buddhist Centre 01492 878778, meditatennorthwales.com

NW Women's Festival ~ Gŵyl y Ferch Gogledd Cymru Our exhibition is now open late every Wednesday, come see the incredible range of work by local women. 2 - 7pm. It's a new festival holding events in Caernarfon in aid of Bangor and District Women's Aid, see 6th. Balaclafa CARN, Balaclava Rd., Caernarfon. Facebook: of event name

Vintage Matinee 1st Weds/month. 1pm for 1.30 start. £4 per film or £20 for 10 films. Denbigh Film Club, Theatr Twm o'r Nant, Station Sq., Denbigh LL16 3DA. Lillian Jones 01745 813426, denbighfilmclub.co.uk

St Asaph Reading Group 1st Weds/month, 7.30pm, St. Asaph Library, The Roe, 01745 582253.

Yuli: The Carlos Acosta Story A Live Film Event from the Royal Opera House. Featuring an introduction, screening and Q&A with director Iciar Bollain. 7pm, £10, £8 concs, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Made in Wales: Anorac (12A) Film of BBC Radio One presenter Huw Stephens is on a musical pilgrimage across Wales; from Cardiff to Ceredigion, Clwyd to Caernarfon. He meets and chats to some of his musical heroes, including Meic Stevens, Dave Datblygu and Gruff Rhys, and listens to some of the most unique music from current and well known Welsh language artists. 8pm, £6. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com *Also 10th*

5th FRIDAY

New Moon in Aries 9:50am BST

Bird Tracking: old techniques versus new Kelvin Jones, from the British Trust for Ornithology, compares the established methods of tracking birds with the new technology that is becoming available today. (This follows a brief Branch AGM) No dogs. £2.00, to include refreshments. 7 - 9pm, Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark Hughes, 07800 771570, mjdhughes1108@gmail.com

Autumn Bird Migration in Estonia Over 50 million birds are estimated to pass the Estonian coast every year. Barrie Cooper will show one of Europe's greatest wildlife spectacles, with Cambrian Ornithological Society. 7.30pm, £1. Pencychnant Centre, Conwy. Julian 01492 592595, pencychnant.co.uk

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

Dry Stone Walling Learn the art of dry-stone walling as we team up with the National Trust rangers at Ogwen. 10am, booking essential, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk



Gong Bath See 1st for details. 7pm, £13. Rhuddlan Community Centre, Parliament St, LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

The Wife (15) Film. A wife who questions her life choices as she travels to Sweden with her husband where he is to be awarded the Nobel Prize for Literature. 7.30pm, £7, £4 child. Theatr y Ddraig, Barmouth LL42 1EF. 01341 281 697, dragontheatre.co.uk

5th FRIDAY & 6th SATURDAY

The Aftermath (15) Film. Post WWII, a British colonel and his wife are assigned to live in Hamburg but tensions arise with the house owner. 8pm daily, plus 2pm on 6th, Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com *Also 10th*

U Know at Noah's A new venture! Mixture of world music, Reggae, funk, swing, jungle and DnB. Noah's, 25 Abergele Rd, Colwyn Bay LL29 7RS. Facebook: of event name (*check times*)

5th FRIDAY - 7th SUNDAY

Yoga with Mary Townsend Held at Cae Mabon, Fachwen, nr Llanberis LL55 3HB. For more info and bookings please contact Mary on 07775 943569, yogatastic@hotmail.com

Yoga & Hiking Snowdon Weekend Hiking with our expert Sian Sykes; veggie meals, yoga sessions, relaxation, massages and quiet time. £430 - £570. Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

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

Yoga, Walking and Exploration Retreat A retreat that refreshes your senses with a mixture of vinyasa and yin. Vegetarian food provided. £275, Glasfryn, Beddgelert LL55 4UY. Morris Mountains 07541 740311, morrismountains.co.uk

5th FRIDAY - 8th MONDAY

Spring Weekend Retreat If you're relatively new to meditation and retreats, our three-night Spring Weekend Retreat is an excellent way of getting a taste of Vajraloka, its beautiful surroundings and its supportive conditions. Through teaching and workshops, we will explore how to enjoy and deepen the main Triratna Community practices - mindfulness of breathing and metta bhavana, together with just sitting and reflection on the Dharma. £135, £123 concs., £70 deposit. Vajraloka Buddhist Centre, Corwen LL21 0EN. 01490 460406, vajraloka.org

5th FRIDAY- 10th WEDNESDAY (not 7th)

Fisherman's Friends (12A) Film. A fast-living, cynical music executive heads to a remote Cornish village on a stag weekend where he's pranked by his boss into trying to sign a group of shanty singing fishermen. 8.15pm 5th; 7.30pm 6th,9th,10th; 10.30am 8th. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

6th SATURDAY

Spring Day Retreat A day focussed on helping you to slow down. Yoga, movement, sound healing and a special cacao ceremony all in the wonderful setting of a traditional Welsh roundhouse. Take a little time out of your everyday life to connect with yourself and make deeper connections. We use gentle movement, being in nature and a supportive community to help you make this reconnection - to allow you to take a step back and re-evaluate. 9.30am - 4pm, Felin Uchaf, Rhoshirwaun, LL53 8HS, Pen Llŷn. 01758 780280, felinwales.org

Growing Organic Foods: How, What & When?

Designing Your Garden Course 1 Identify the properties of your garden, discover the best food to grow and how to grow it; consider the soil type, growing systems, space and care needed. 10.30am - 3.30pm. £32.50, £29.50 concs & National Botanic Garden of Wales members. Led by Busy Bees, 3 Pen y Bonc, Cyttyr Lane, Bangor LL57 4BD. Contact: botanicgarden.wales/science/growing-the-future. *Course 2 is on April 27th.*

Weave Workshop. Come and enjoy a workshop of SAORI freestyle weaving, with Rosie Green. No rules, no mistakes just free expression and creative play with colour and texture on Japanese designed SAORI looms. 10am & 2pm. £50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

The Rocks of Parys Mountain Jack Treagus, co-author of 'Anglesey Geology - a field guide', leads a 2-mile walk (on good paths with some rough ground) around the stupendous colours and landscapes of this abandoned copper mine. Bring lunch. No dogs. £2.00 donation appreciated. 10.30am - 2pm, £2. Meet car park on B5111 between Amlwch and Llanerchymedd. Sue Carter 01248 371769, sue@gorad.co.uk

NW Women's Festival ~ Gŵyl y Ferch Gogledd

Cymru Closing evening, a presentation of money raised to Bangor and District Women's Aid. 7pm. Balaclafa CARN, Balaclava Rd., Caernarfon. Facebook: of event name

Cyanotype with Sian Hughes Aimed at 14 - 18 year olds. Sian Hughes will show you how to create bold silhouette art using a photographic printing process and found objects. 10.30am - 3.30pm, £10. Please bring a packed lunch. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Banff Mountain Film Festival World Tour Follow the expeditions of some of today's most incredible adventurers, see amazing footage of adrenaline packed action sports and be inspired by thought-provoking pieces shot from the far flung corners of the globe. This is the Blue Film showing. 7.30pm, £15. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Footpath Maintenance We will be joining the National Trust footpath team to aid in the restoration and maintenance of the Cwm Bychan footpath which connects Nant Gwynant and Nantmor. 9am, booking essential with Owain, Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

Iwan Llewelyn-Jones ~ Chopin & Friends Iwan explores the piano music of Chopin, and specifically the Nocturnes and Waltzes. 7.30pm, £12, £10 concs., £4. Ucheldre, Holyhead 01407 763361, ucheldre.org

AGM NWWT Meiriionnydd Banch Talk & tea, 2 - 5pm. Dolgellau Free Library, LL40 2YF. Janet Baker 07812 659593, jemmole@hotmail.com

Igniting the Core Flame: a Day of Bellydance and Yoga Explore core connection through approaches taken from bellydance and yoga - and take a journey into the centre of your being. This day is led by Rachel Walker and Claire Mace and you'll experience a range of active, meditative and relaxing practice to deepen your relationship to your core. 10am-5pm. £50 (£40 concessions). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings via: Claire 07970 409 724 www.inspiratrix.co.uk

Willow Frame Baskets Learn traditional basket making techniques and make your own willow basket. Pippa Scott will guide you through traditional techniques to make your very own beautiful rustic frame basket, based on the Welsh Cyntell and Irish Sciathog. 10am - 5pm, all inclusive, £65. CAT, Machynlleth 01654 704966, cat.org.uk

6th SATURDAY & 7th SUNDAY

Building with Ecobricks and Cob Combining traditional cob building with innovative ways of using waste materials. Building with waste plastic helps keep it out of landfill and away from our seas. Learn how to combine waste materials with traditional cob building in this two-day hands-on course. £250; accommodation £20. CAT, Machynlleth 01654 704966, cat.org.uk

6th SATURDAY - 13th SATURDAY

7 Day Mindfulness Teacher Training This programme immerses participants in the principles and practice of mindfulness-based teaching. As teachers we need to embody mindfulness-based practice in our own lives before we can attempt to teach it to others. The programme facilitates an opportunity for sustained inner work through practice and learning alongside your peers. There is criteria for admission - more details from teach-mindfulness.org Costs differ depending on what accommodation you have from: £1342 - £1547. Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

6th SATURDAY - 14th SUNDAY

Big Spring Beach Clean - Summit to Sea Organised by Surfers Against Sewage. Be part of a truly epic community response to plastic pollution on our beaches, rivers, streets and mountains. For more information or to get involved, please email Jack on beachcleans@sas.org.uk

7th SUNDAY

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

Develop Your Psychic Sensitivity A practical hands-on approach to deepening your intuition and enhancing your connection to the many levels of existence for a richer, fuller and more rewarding life. (Also includes divinatory techniques). Led by Gillian Monks; held at Cae Non, Pistyll, Llŷn Peninsula. Visit: gillianmonks.com

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

Tree Planting See 4th; *except in Maentwrog.*

Women's Gathering A monthly gathering where women can come and spend time with each other. Bring your craft; knitting, sewing, drawing, books to give away, clothes to give away - or just yourself. It's your group - come and help it evolve! Children welcome, 12 - 4pm, Black Cat Café, Parc Glynllifon, nr Caernarfon. Dates for 2019 meetings at: redtentgwynedd.wixsite.com

Denbighshire Artisan & Craft Fairs An array of over 30 stalls, crafts, vintage, recycled, upcycled, artisans, jewellery, and many more. 10.30am - 3.30pm, free admission. Trefnant Village Hall, LL16 5UG. Facebook: of event name

Medicine Wheel Innerwork Training - Winds of the South For deep personal learning and healing; 12 sessions in all for the South; an ongoing healing training covering the four directions. You can choose to do just the South part of the medicine wheel. The first three dates are today, 14th & 28th. 1 - 6.30pm, held in Wrexham. Contact Katie 07472 266952, or message on Facebook: Innerwork Training - April Sundays - Winds of the South

Green Woodworking 1st Sun/month. Everyone welcome to our mostly social occasion; food to share, mulled drink, cake and soup. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

Big Allotment Growing Day 1st Sun/month. 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

Bolshoi Ballet ~ The Golden Age Music by Shostakovich. The young fisherman falls in love with Rita; but she is already the love of local gansta Yashka. 4pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

8th MONDAY

XR Earth Climb and Parade World class climber James McHaffie will climb a new route and name it after Extinction Rebellion. He will raise an Extinction Rebellion banner to draw attention to the climate emergency and to mark the countdown to International Rebellion. Join James at 10.am, at the cafe Pete's Eats in Llanberis. 10am - 12pm. Facebook: XR Earth Climb and Parade

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

Venezuela, Nicaragua: Ben Gregory Heddwch a Chyfiawnder Bangor & Ynys Môn Peace & Justice Recent events update by Ben Gregory Diweddariad gan Ben Gregory Croeso i bawb - welcome to all. 7 - 8.30pm, Friends Meetings House, Dean St., Bangor. Facebook: of event name

Gong Bath See 1st for details. 7pm, £13. Llanfairfechan Community Centre, Village Rd, Steph Healy 07534 118899, puresound.org.uk

Extinction Rebellion See 1st

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

Tony Walsh (Longfella) Tony Walsh is an ordinary bloke with an extraordinary talent and a remarkable story. One of UK's in-demand poets who broadcast from the vigil for victims of the Manchester Arena bomb. 14+, 7.30pm, £12. Galerï, Caernarfon 01286 685222, galericarnarfon.com

8th MONDAY - 13th SATURDAY

Ecosystem Services - Land use, water and waste management An in-depth look at what nature provides, and how precious resources can be protected and preserved. £750, £700 concs, all inclusive. CAT, Machynlleth 01654 704966, cat.org.uk

Energy Generation from Solar Join CAT Masters students for an in-depth week on harnessing solar power. Gain an in-depth understanding of solar energy, including solar electric (photovoltaic) and solar thermal hot water, learning from experts with decades of experience in renewable energy systems. £750, £700 concs, all inclusive. CAT, Machynlleth 01654 704966, cat.org.uk

8th MONDAY - 17th WEDNESDAY

Spring Working Party We'll be re-roofing the shower hut, making paths, clearing brambles, landscaping, gardening, painting and decorating, cooking and generally beautifying. We are especially looking for people with practical skills in carpentry, building, gardening and cooking. But there are semi-skilled jobs to do too. Plenty of relaxing time, music playing and storytelling. £5 per day towards the cost of food; the rest is exchange. Contact Eric: eric@fachwen.org if you want to come along. Cae Mabon, Fachwen, nr Llanberis LL55 3HB. 01286 871542, caemabon.co.uk

9th TUESDAY

Understanding Death - Humanity's big challenge A talk by Tim Wyatt sponsored by The Theosophical Society - Registered Charity No. 1167737. Starting at 7.30pm, £5, TS members £3. Hirael Hall, Ambrose St, Bangor. Enquiries Toddy Alcock 01248 600267, toddayalc@gmail.com

Ayurveda A personalised approach to healing your body, mind and spirit, with Lesley Wills. £5. Follow Your Bliss Café, 307-309 High St., Bangor. Lesley 01248 345495, followyourblisspt.com

Tree Planting See 4th; *except in Llanrwst*

Meditations from Modern Buddhism See 2nd

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

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

Gong Bath See 1st for details. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

WOW: Ama-san (PG) Part of the Wales One World Film Festival. A serenely intimate portrait of three generations of Japanese diving women; the Ama-San sea hunters. 8pm, £6. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

Land of Mine (15) Film. A group of young German POW's in post WW2. They are forced to clear a beach of thousands of land mines under the watch of a Danish Sergeant who slowly learns to appreciate their plight. Danish, subtitled. 7.30pm. Non-members £5 ticket per film. Held at Grosvenor Museum, Chester. Chester Film Club 01244 371750, chesterilmfans.co.uk

10th WEDNESDAY

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

Souls Odyssey A talk by Hugh Agnew with Chester Theosophical Society. 7 for 7.30pm, refreshments, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF. Enquiries 01244 377170, chestertheosophy.org

Modern Livestock Farming and Greenhouse Gases A talk with Ellie Crane. All welcome, organised with Friends of the Earth Conwy, refreshments available. 7.30pm, Pencychnant Conservation Centre, Sychnant Pass Road, Conwy, LL32 8BJ. Kay Pitt 07918 663640, foeconwy@gmail.com

NW Wildlife Trust: Celtic Islands Kate & Geoff Gibbs will give an illustrated talk about their visit to Fastnet, Inishmore & St Kilda - followed by tea and cake! (This follows a brief Branch AGM). 2.30 - 4.30pm, NWWT HQ, Lllys Garth, Garth Rd., Bangor LL57 2RT. Sue Carter 01248 371769, sue.gorad@gmail.com

Made in Wales: Anorac See 3rd

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

Cambrian Ornithological Society: Outdoor Meeting We are repeating our search for Ring Ouzel before they move to their high breeding grounds. Leader Jo Porteous. Meet at 9.00am at Village Car Park by Aber Falls Pub; SH657728; LL33 0LF. 9am - 5pm. Tyn Y Mwd, Abergwyngregyn, Llanfairfechan LL33 0LF. birdsin.wales

Gong Bath See 1st for details. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

The Aftermath See 5th & 6th

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

Friends of the Earth Conwy Meet 2nd Weds/month. 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. In the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. Contact Kay 07918 663640, kaypitt40@gmail.com See talk on 10th.

11th THURSDAY

Olwyn Lliw ~ Colour Wheel Artist and tutor Jwls Williams will be leading and supporting the monthly sessions, ideal for beginners and creatives who wish to gain new skills and experiment with new materials. Today - Still Life. 10.30am, £10 per session. Galeri, Caernarfon 01286 685222, galericaernarfon.com

The Human Constitution A talk by Eric McGough. We are a microcosm of the universe. The Universe is sevenfold and we are sevenfold. Each principal has a correspondence with the planes of the cosmos. Learning about the inner parts of our being is a vital part of Theosophy. It explains our psychology and so many other spiritual teachings such as Myths, legends and what happens to us when we die. 2pm, £5, T5 Members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. Contact: theosophy.wales@yahoo.co.uk

Easter Parade Film; Dementia Friendly Screening. The screenings have a relaxed atmosphere so that people are welcome to move around and come and go as they please. A carer, friend or family member must attend at no cost. Each screening includes an interval with live entertainment, provided by and in partnership with Welsh National Opera. 2pm, £4.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Dry Stone Walling See 5th

Introduction to Chakradancing An evening of meditation, movement, music and mandala art to help you express yourself in a safe environment. 7-8.30pm, £10 includes refreshments. Space limited, held in Gweraffield, Wrexham (address on application). Paula 07752 049941, paulajroscoe@gmail.com There will be a regular Chakradance on 1st & 3rd Thursday of each month from May 2nd

The Washboard Resonators A duo that play foot-stomping blues, vaudeville, ragtime, hokum, skiffle, swing and folk like it was in the 1920s, 30s & 40s. Gig 8pm, bar only. £10. Blue Sky Café, Bangor LL57 1PA 01248 355444, blueskybangor.co.uk

NT Live: All About Eve (12A) The story of Margo Channing, true star of the theatre, and of jealousy and ambition. 7pm, £12. Galeri, Caernarfon 01286 685222, galericaernarfon.com Also £10, £8 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk Also: Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

East Meets West In a concert that captures the synergies of two distinct cultures, East meets West brings together traditional Chinese music and instruments to be heard alongside newly composed works from Wales. Featuring compositions by Toru Takemitsu and Welsh composers Andy Lewis, Sioned Eleri Roberts and Katherine Betteridge, a trio of musicians (Mared Emllyn, Richard Craig and Sioned Eleri Roberts) offer their distinctive approaches to the sounds of East and West. 7.30pm, £12, £10, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Creative North Wales Conference Celebrating the Digital-Creative Industry in North Wales. Includes talks and presentations from Dafydd Elis Thomas AM, Rob Griffiths, Grŵp Llandrillo Menai, Celyn Jones; plus a panel discussion and a chance to network. 9am - 4pm. Free. Pontio, Bangor LL57 2TQ, 01248 382828, pontio.co.uk

12th FRIDAY

Snowdon Moonlight Walk Climb Snowdon at dusk and enjoy a breathtaking sunset from the summit (if the conditions are good) before heading down via moonlight and head-torches. 4.15 - 11.30pm. Info/ Tickets: mountain-walks.co.uk



Medicine Dance You are invited to creatively move, dance, and express these new emerging parts of yourself. Come creatively move this theme within you, uncover the body's wisdom, it's link to nature and the wild - we are nature and wild! Allow the emergence of new ways of being to start to shoot and sprout out into the world. Space is safely held for exploration and embodied inquiry, all in community with your brothers and sisters - how truly wonderful and blessed we are. Arrive 7 for 7.30pm when doors are closed. Mynydd Llandegai Memorial Hall, LL57 4LQ Bethesda. Facebook: of event name. Also on 26th

Hidden Figures (PG) Film. As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. 7 for 7.30pm screening. Denbigh Film Club, Theatr Twm o'r Nant, Denbigh Square. Contact Lilian Jones 01745 813426.

Jeremy Dutcher + 9Bach Noeth Jeremy Dutcher is a classically trained operatic tenor and composer who blends his Wolastoq First Nation (Canada) roots into his music. Dutcher's debut album, Wolastoqiyik Lintuwakonawa, involves the rearrangement of 110-year-old recordings from his community. "...if you lose the language, you lose an entirely distinct way of experiencing the world." 7.30pm, £12. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

Gong Bath See 1st for details. 11.30am, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Sian James One of Wales' foremost contemporary female vocalists and innovator in the field of traditional folk songs. Sian James plays Celtic harp and is an accomplished pianist and composer. 8pm, £14, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk

12th FRIDAY - 14th SUNDAY

Tobias and the Snow Tear: A Weekend Telling with Shonaleigh A unique, immersive weekend of storytelling for adults from the world-renowned tradition bearer Shonaleigh, whose Jewish grandmother taught her thousands of stories when she was a child. Hear about the long journey Tobias takes to save the demonically angry Firewolf's soul. Experience storytelling at its deepest and finest. £30. Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, anadlu.com

Embroiderer's Guild A weekend of embroidering with: Jane Fairweather - 'Tea Cup Oak Trees' / Jane Davies - 'Silk Road Sensations' / Linda Paris - 'Screen Printing'. Held at Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.lyw.cymru. Bookings/Info: Shirley Williams - shirleywilliams@puffinperch.co.uk

Ayurveda Tailored Retreat This introductory weekend will give you a practical understanding of Ayurveda which you can then use to keep yourself and your loved ones happy, healthy and vibrant. All inclusive £375 shared, £445 single. Snowdonia Mountain Lodge, Dru Yoga, Bethesda 01248 602900, druyoga.com

Yoga & Hiking Snowdon Weekend Hiking with our expert Sian Sykes; plus yoga sessions, relaxation, massages, and quiet time. £430 - £570. Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

12th FRIDAY - 15th MONDAY

An Introduction to Bird Watching The course will involve walking 3-4 miles each day including footpaths and some uneven terrain. The aim of this course is to identify many of the more common breeding birds of North Wales by sight and sound. This will be a relaxing course, suitable for beginners. £325 resident, £260 resident concs; non-resident £210. Field Studies Council, Rhyd-y-Crenau, Draper's Field, Betws y Coed LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

Yoga Long Weekend Mantra, Movement and Mudra, dance or laughter workshop, asana session, pranayama, accommodation cost is from £175 includes half board. Held in Hydro Hotel, Llandudno. Bookings: Elaine 01248 430147, yoganorthwales.co.uk elaine.yoga@tiscali.co.uk

13th SATURDAY

An Introduction to Mindfulness The session will begin with a short talk about mindfulness, followed by an introduction to some of the key concepts such as negativity bias, i.e., why we more often see the glass as half empty. You'll also experience some meditation practices such as the body scan and enjoy some mindful movement. There will be a general Q&A and also a chance for a one-to-one conversation about your own needs. 10am - 12pm, free. Quaker Meeting House, Holt Rd., Wrexham LL13 8HN. Alan Butterworth, 07816 988124, newmindfulness.net

Body Casting with Laura Cameron Aimed at 14 - 18 year olds. Laura Cameron will help you to cast your own hand, adding mixed media to create a one of a kind sculpture. 10.30am - 3.30pm, £10. Please bring a packed lunch. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Sacred Song 2nd Sat/month. Songs from various spiritual traditions and none, including Taize, Iona, Findhorn and Harmonic Temple. Open to anyone who enjoys singing meaningful songs with others. 10am - 1pm, £15, £10, £5. Held at Wesley Church Centre, St John St, Chester. Contact Ella 07922 620503 ellaspeirs@hotmail.com

Celebrating Curlews: Walks, Talks & More! There will be a walk to a popular breeding site on the outskirts of Ysbyty Ifan with curlew expert Dr. Rachel Taylor of British Trust of Ornithology, followed by activities, talks and cake in the village hall at Ysbyty Ifan. The winner of Ysgol Ysbyty Ifan's curlew drawing competition will also be announced. Bring your friends and family along for this celebration of all things Curlew in anticipation of World Curlew Day the following Sunday. 1 - 4pm, Ysbyty Ifa, Conwy. Bookings: Snowdonia Society 01286 685498, claire@snowdonia-society.org.uk

Tours of Bangor University Art and Ceramic Collections Guided tours of the Collection accompanied by Poetry. 11am, Main Arts Building, College Rd., Bangor University. Booking essential 01248 353368, storiel@gwynedd.llyw.cymru.

Snowdon Moonlight Walk See 12th

Rake Making Learn different ways of making the tines, different patterns of rake and make your own wooden rake to take home. £50, £25 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Sounding Who You Are: A Voice Workshop A special evening of working with the voice and exploring different ways of clearing and balancing the 7 main chakras or energy centres of the body, using meditation, chants/mantra, toning and sound. 6.30pm, £20. Source Yoga Nutrition and Health Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Rams (15) Film. A hard-drinking Icelandic farmer and his estranged brother band together to save their flocks of sheep from authorities who want the animals destroyed. 6.30 for 7pm showing. £5, £2 children; tea & cake provided. Rowen Cinema, Memorial Hall, rowenconwy.org.uk

Welsh Language: Prose This is a Welsh language day course with Manon Rhys, focusing on perfecting your work in order to submit it for the National Eisteddfod writing competitions. £35 - £75. Tŷ Newydd, Llanystumdwy LL52 0LW. 01766 522881, tynewydd.wales

Woodland Footpath Maintenance Join us on this 84 acre reserve which needs a bit of TLC in order to keep its footpaths accessible to walkers, and our help will go a long way. Come and learn some footpath maintenance techniques and to enjoy Parc Mawr. 10am, booking essential. Owain, Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

DIY Furniture - Upcycling with Pallets A hands-on workshop for anyone who wants to get started with upcycled furniture. Tutor Carwyn Lloyd Jones will take you through every step - from sourcing your pallets and planning your project to marking out and using power tools safely. 10am - 4.30pm, £55 includes lunch and materials. CAT, Machynlleth 01654 704966, cat.org.uk

Earth Oven Building Join us for this practical, hands-on day where you learn the subtle arts of working with cob. Anyone can learn how to build their own oven, using natural low-impact materials that are easy to come by. 9.30am - 4.30pm, £70, includes lunch and materials. CAT, Machynlleth 01654 704966, cat.org.uk

Philip Clouts Quartet From South African roots with Caribbean Calypso, Cuban dance music and tuneful Gospel; 7.30pm, £10, £8, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Finding A Flow: Rhwng - the Point Between A creative writing day with poet Martin Daws. What is flow? How do we find it? Exercises will explore the feeling of getting our words and voices to flow. 10am - 4pm, £15, £10 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

13th SATURDAY - 17th TUESDAY

Mindful Movement Retreat Designed as an opportunity to deepen your mindfulness practice through a balance of movement and sitting practices. We will share a wide range of gentle movement practices with you during the retreat alongside sitting practice. More info from Sarah Silverton: scsilverton150@gmail.com. Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

13th SATURDAY - 22nd MONDAY

The Buddha's Teaching on Mindfulness This radically transformative teaching is described as the 'direct path' to the cessation of suffering. Offering proven approaches that address the alienation, disembodiment and stress which characterise life today, it can restore a deep integrity of body, heart, mind and being. £405, £369 concs., £70 deposit. Vajraloka Buddhist Centre, Corwen LL21 0EN. 01490 460406, vajraloka.org

13th SATURDAY - 28th SUNDAY

Sui Generis - The Possibilities of a House A project of Julie Upmeyer, an artist and initiator. 66 projects from 62 creatives fill the entirety of Plas Bodfa, a currently empty manor house on the Isle of Anglesey in Wales. This remarkably multi-disciplinary group art exhibition explores the idea of 'sui generis', a Latin phrase meaning "of its (his, her, their) own kind; in a class by itself; unique". With performance and painting, collage and ceramics, skateboarding and singing, poetry and polyrhythmic drumming, fairytales and photography, games and gramophones, sculpture and storytelling, re-enactments and a retroscope, this exhibition is a one-time opportunity to fill the currently vacant 36 room / 1,000 sqm space with creative acts, before complete renovation begins. 11am - 5pm daily, Plas Bodfa, Llangoed, Beaumaris LL58 8ND. Contact Julie 07480 811535, julie@plasbodfa.com, plasbodfa.com/sui-generis or Facebook: of event name See page 33.



Anglesey Open Studios The Anglesey Arts Weeks (AAW): Open Studios and Galleries Weeks promotes art on Anglesey by inviting painters, sculptors, photographers, film-makers, printmakers, installation artists and craft workers to open their studios to visitors for two weeks. Our popular handbook lists all the participants and includes a map to plan your visits and navigate the Island along with details of the free walking and sketching tours. The 2019 Guide can be downloaded from angleseyartsforum.org and hard copies will be distributed at key places throughout the Island. Available from Ucheldre Centre, Holyhead.

14th SUNDAY

Birth Preparation for Partners This will be a light-hearted fun afternoon exploring various different tools and techniques to help you work as a team in the birthing room! This workshop is for you, the pregnant mother, and one other person who will be your birthing partner – it could be your husband or life partner, your mum, a friend, or your doula. Throughout the afternoon, using a variety of different approaches drawing from my experience as a yoga teacher, a mother, and a doula, we will cover the following topics, as a group and in your pairs. Led by Laura Knott. 2 - 5pm, £35. Quaker Meeting House, Bangor LL57 1UP. Laura 07914 917711, birthingmamas.co.uk

The Bangor Forest Garden 2nd Sun/month. 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

Conwy Red Tent A red tent is for women to gather to have a few hours each month to be just who they are, where they are, share laughs, moans, food, and fun. It's a space to make new friends, build a network and try new things. It's a chance to practice running workshops in a safe space if you feel called. Please bring things to make you comfortable and a dish to share. 1.30, settle in, have a cuppa, 2pm Circle & activity, 5pm food to share, close at 6pm. Please arrive in time as the Circle will close from 2pm onwards. Held at North Shore Photography Studio, 36 Madoc St., Llandudno LL30 2TL. If you are interested please join the Facebook group: Red Tent Conwy for more info

Gardener's Market Enjoy a stroll around our Gardeners' Market, with a wide variety of plants for sale produced by local nurseries plus free advice and information from the growers themselves. Get gardening! Free event, 10am - 4pm. RSPB Conwy Nature Reserve, LL31 9XZ. 01492 581025, conwy@rspb.org.uk

Yoga Workshop Expect a dynamic, challenging morning and a chilled afternoon session including restorative Yin yoga and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! Hercules Hall, Portmeirion, nr Minfordd. Bookings: Tracey 07809 485323, traceyyogamassage.co.uk

Gong Bath See 1st for details. 7pm, £13. Rhoscolyn Village Hall, Rhoscolyn, Holyhead LL65 2NQ. Steph Healy 07534 118899, puresound.org.uk

Yin Yoga with Mary and Sound Come and stretch, reconnect and be held by beautiful sounds from the gongs. Light refreshments. 10am - 12.30pm, £25. Neuadd Goffa, Mynydd Llandygai, Bangor LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Restorative Yoga Workshop The theme of this low-light yoga class will be unwinding and letting go, moving into a profound state of relaxation and 'not doing'. We will explore slow and gentle movements to gently relax and release tension. Then we will work with restorative yoga poses, where we will rest comfortably, with the support of props and blankets, for extended periods of time. Open to all, including beginners. 7 - 9pm, £16 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Cainc An intense dance/movement class suitable for beginners over the age of 60. Led by Cai Tomos who will guide you to explore new ways of moving the body. No previous experience or dance skills required to participate. 3 - 5pm, £8 per session. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Fan Bird A traditional craft from Eastern Europe. Carved from a single piece of wood using simple tools your bird will unfold its wings without glue or pins. £55, £30 deposit. Woodland Skills Centre, Bodfari, Denbigh. woodlandskillscentre.uk

14th SUNDAY & 15th MONDAY

Reiki, 1st Degree Course Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregath, nr Bangor. Bookings: 01248 601388, 07771 280824, vivreiki@hotmail.com

15th MONDAY

Chester Amnesty International 3rd Mon/month. 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 amnesty.org

Free Taster Yoga Class Try out a simple yoga sequence, suitable for beginners: breathe deep, stretch out, strengthen and relax, led by Claire Mace. 7 - 8.15pm. No need to book, just turn up. Please note that there will be a photographer in attendance as I need to update my photos for my website and social media. I will only chose photos that look tasteful – no butt shots! St Mary's Church Hall, Longford Road, Holyhead LL65 1TR. Facebook: of event name

Extinction Rebellion See 1st

Bangor Cellar Writing Group 3rd Mon/month. Writers of prose and poetry share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome. The aim is to encourage people in their writing and to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

15th MONDAY - 18th THURSDAY

Karma Yoga Retreat The Yoga of Action. The kind of action that is focused on giving back to the community and each other in the best possible way. Karma Yoga, as stated in the Bhagavad Gita, is often understood and translated as the yoga of selfless service, or as the means of achieving freedom through action. It purifies the heart and mind by inviting you to act selflessly, without thought of gain or reward. Tasks include light maintenance building, deep cleaning, cooking, gardening, IT support. Snowdonia Mountain Lodge, Dru Yoga, Bethesda 01248 602900, druyoga.com

16th TUESDAY

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

Gŵyl Ddawns 'r Teulu 2019 Family Dance Festival This is an interactive and entertaining hour of pop-up dance featuring three professional companies from Wales and local community groups. Witness the amazing dancers twisting & turning, tumbling & sliding in this jam-packed bilingual national touring event, plus have a go during the fun taster workshop following each performance. 3pm & 5pm, £6, £4 seniors, child, family tickets (4) £18. Galeri, Caernarfon 01286 685222, galericaernarfon.com

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

Meditations from Modern Buddhism See 2nd

Made in Wales: Ray & Liz (15) Film. Near Birmingham, Ray and Liz raise their two sons living on the margins of society and breaking social taboos. 8pm, £6. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

Prestatyn Reading Group 3rd Tues/month, 2pm, Prestatyn Library, King's Ave., 01745 854841.

17th WEDNESDAY

Conifer Clearing / Wetland Habitat Restoration The regeneration of conifer saplings is a potential long term problem for this beautiful and important site. Removing these saplings before they get a chance to dominate the reserve is an important task in order to protect the wetland species. The reserve manager from the North Wales Wildlife Trust will be on hand to answer specific questions about the management of Cors Bodgynydd and will be able to show you interesting wetland species. 10am, booking essential, wellies recommended. Owain, Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Ysgoloriaeth Nansi Richards Scholarship 2019 Concert by some of Wales' most promising young harpists competing for the 2019 Nansi Richards Harp Scholarship Prize of £1,500. 6pm, admission is free but there will be a collection towards the Nansi Richards Trust at the end of the evening. Held at Galeri, Caernarfon. For further details: 01286 685230, gwyltelyncymru.co.uk

Tree Planting See 9th

Reflections With Music and Poetry A time for stillness by candlelight. One Wednesday a month in 2019, with a different focus each time. 7.30 - 8.15pm, donations welcome. Held at Eglwys Llanfaelrhys Pigirm Church, Porth Ysgo, Llŷn Peninsula. Susan Fogarty 01758 703039, susanafogarty@gmail.com

Storytelling Club in Conwy Meeting 3rd Weds/month, at 7.30pm, all welcome, no charge! The Blue Bell Inn, Castle Street, Conwy, LL32 8AT. Hosted by Suzi & Simon Moore 01490 460563 or 07984 637068.

RSC: As You Like It (12A) Live broadcast screening. Rosalind is banished, wrestling with her heart and her head. With her cousin by her side, she journeys to a world of exile where barriers are broken down and all can discover their deeper selves. 7pm, £12. Galeri, Caernarfon 01286 685222, galericaernarfon.com **Also** Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

18th THURSDAY

Denbigh Library Reading Group 3rd Thurs/month, 2pm. Denbigh Library, Hall Square 01745 816313.

Rhododendron Clearance Come join us at the beautiful Nant Gwynant valley as we tackle the invasive species Rhododendron Ponticum an invasive plant that has plagued the area for many years. 10am, booking essential. Dan, Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

19th FRIDAY

Full Moon in Aries 12.12pm BST

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

The Life of Brian (15) Classic Monty Python film on its 40th Anniversary; a parody of Biblical proportions. 8pm, £7. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

The Rocky Horror Picture Show (12A) Film. The Original and The Best from 1975. Open 7pm, film at 8pm, £5. Neuadd Ogwen, Bethesda LL75 4AN, 01248 208485, neuaddogwen.com

Ritual Residency Monthly bass music event; Hip-Hop, Dubstep and 140 show. 9pm, £3. Noah's, Colwyn Bay LL29 7RS. Facebook: of event name

20th SATURDAY

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

Dry Stone Walling Taster Day An introduction to the sill of dry stone walling under the guidance of a master craftsman from the DSW Assoc. All day, £25. Paul Smyth 01766 513213. Held at Pencychnant Centre, Conwy, pencychnant.co.uk

Spoon Carving Spend a day in nature discovering the ancient art of spoon carving. This course is a great way to get started with woodworking, covering choosing materials, using tools safely, carving techniques, and drying and finishing. 10am - 4.30pm, £65, includes lunch and all materials. CAT, Machynlleth 01654 704966, cat.org.uk

Forest Bathing Come and immerse yourselves in a nature-based wellness experience. Forest bathing, or being in the presence of trees, is a Japanese practice known as 'shinrin-yoku' that can boost the immune system, decrease stress and lower blood pressure. £15 - £19. RSPB Lake Vyrnwy, rspb.org.uk

Illustrated Totem Poles Artist-led masterclass for 14-18 yr olds with Abbie Parry, who invites you to help build a tower of art using your drawing skills, boxes and lots of mixed media. 10.30am - 3.30pm, £10. Please bring a packed lunch. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Spring Makers Market A wonderful array of Makers from all corners of North and Mid Wales. Space for over 40 stalls indoors and space for many more outdoors too. 10.30am - 4pm, free entry. Ysgol Glan Clwyd, St Asaph LL17. Facebook: of event name

Undercover Hippy Political, spoken word, folk, with rather catchy reggae beats. 8pm, bar only, £10, Blue Sky Café, Bangor LL57 1PA 01248 355444, blueskybangor.co.uk

Rewilding Britain & Ireland A unique collaboration combining the photography of David Woodfall with new music from the celebrated Welsh jazz pianist Huw Warren. Rewilding has become the key talking point in the modern conservation movement. But it's commonly misunderstood as a campaign to fill the forests with lynxes, wolves and bears, when in fact the ethos guiding the British rewilding movement is much more nuanced, and much broader in scope. It's also much more complicated, requiring an in-depth understanding of the complexity of regional ecosystems. 7.30pm, £6.50. Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 556677, theatrcolwyn.co.uk

The Life of Brian See 19th

Richard Dignace House Concert An evening of songs and celebration. 7.30 for 8pm, £15. Book early to ensure a seat! Garmon View, Trefriw LL27 0NJ. 01492 641009, jay@garmonview.co.uk

Iwan Owen and Peryn Clement-Evans An evening of music by Bach, Mozart and Chopin. 7.30pm, £8, £7 concs, £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

20th SATURDAY - 22nd MONDAY

Wildlife Tracking & Bird Language Develop your wildlife identification and tracking skills as you immerse yourself in nature during this weekend course. £295, all inclusive. CAT, Machynlleth 01654 704966, cat.org.uk

21st SUNDAY

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

22nd MONDAY

Extinction Rebellion See 1st

22nd MONDAY - 26th FRIDAY

Foundations of Mindfulness We will deepen our personal and experiential engagement with the core meditation practices taught in courses such as Mindfulness-based Stress Reduction and Mindfulness-based Cognitive Therapy, alongside offering an opportunity to explore theoretical understandings that underpin them. In particular, we will structure the residential around the four ways of establishing mindfulness as expressed within Buddhist philosophy. £660 shared; £760 single. For more info: contact retreats@mindfulness-network.org. Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

Easter Mountain Rambling A phrase we use is, 'O für i fynydd', from sea to mountain, this is apparent from everywhere you visit in the National Park and we will take every opportunity to walk some of the lowest and highest areas available from our fantastic coastal paths to the beautiful Carneddau mountain range. £414 - £454. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

23rd TUESDAY

Gods, Monads and Atoms DVD of a talk by David Roef given at the European School of Theosophy. Organised by the Theosophical Society in Wales. 7.30pm, all welcome, £5; £3 members, free refreshments, book sale. Held at Hirael Community Hall, Ambrose St., Bangor LL57 1DF. Enquiries welcome 01248 600267, toddayalc@gmail.com

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

Mountains May Depart (12A) Film. Chinese, with subtitles. An ambitious tale of social upheaval in modern-day China, spanning 25 years. 7 for 7.30pm. Grosvenor Museum, Chester. Chester Film Club 01244 371750, chesterfilmfans.co.uk

24th WEDNESDAY

You'll Never Get Rich (U) Film. Dementia Friendly screening for those living with dementia and their carers - low lights and the audience is welcome to walk around and sing a long. Fred Astaire and Rita Hayworth star in this rhythmic star-spangled army musical. 1pm, £4. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

Anglesey Menopause Café A group for woman who want to talk about menopause. Find venues and times by joining the Facebook group of same name.

Made in Wales: Being Frank (15) Documentary about maverick Manchester comedian Frank Sidebottom and his hidden creator. 8pm, £6. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

25th THURSDAY

Singing For The Soul 4th Thurs/month. Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, from 11.30 - 1pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. £5. Hillside Retreat, Rhosesmor near Mold. If you are interested to come along please email helen@soul-life.co.uk

Theosophical Society Meeting Talk to be arranged and general discussion. Several books on Theosophy and related subjects will be on sale at only £1 each. Donations of unwanted books are appreciated. 2pm, £5, TS Members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. LL28 4SE. Contact: theosophywales@yahoo.co.uk



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

Drum Journey Meditation We begin with a guided meditation; the vibration of the drum works on your physical body, brainwaves and energy centres to bring your whole being into alignment, helping to remove blocks, promote healing and bring you back to your empowered centre. 7.30 - 9pm, £10. Y Ganolfan, Llanberis LL55 4UR. Claire 07426 894640. Payment: paypal.me/ClaireSourceHealing - Use DRUM as a reference. See ad on Page 34.

NW Wildlife Trust: Spring into Action Learn how to make a difference at Minera Quarry Nature Reserve, alongside other groups operating in this post-industrial area of Wrexham. Lots of free activities for people of all ages! 12 - 5pm, Plas Pentwyn, Castle Rd., Coedpoeth, Wrexham LL11 3NA. Facebook: of event name NWWT HQ 01248 351541.

Amphibian and Reptile Discovery Session Join us and Amphibian and Reptile Conservation Trust to learn about these fascinating creatures and have a go at pond dipping. Light refreshments provided. Booking essential. 10am - 3pm, Loggerheads Country Park, Mold CH7 5LH. 01352 810644.

Footpath Maintenance ~ Llanberis Path Very necessary work as the footpaths of Snowdon are in constant need of maintenance as they are walked on by 500,000 people a year! 9am, booking essential. Dan, Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

Made in Wales: Being Frank See 24th

Lost Voice Guy Lee Ridley is the first stand-up comedian to use a communication aid; he definitely has something to say and his comedy will leave you speechless. 14+, 7.30pm, £16. Galeri, Caernarfon 01286 685222, galericarnarfon.com

WNO Chorus Songs from The Magic Flute, Un Ballo in Masher and Roberto Devereux. 2.30pm, + free cuppa. £6, £5. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Open Doors 4th Thurs/month. A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

National Theatre Wales: The Stick Maker Tales Peter Cox's new one-man show, performed by Llion Williams, is a heart-warming and heart-breaking tribute to hill-farming communities across Wales. 7.30pm, £12, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

26th FRIDAY

Taiji Qigong & Art Therapy Day Harmony, Creativity & Self-Expression. A day of Qigong moves and Art Therapy exercises. Discover how to practise the Five Animals Frolic, an ancient Qigong set of gentle movements for wellbeing. Explore the moves and your responses with art-making. Facilitators: Ros Annett, Art Therapist & Jill Turner, Qigong Instructor. No previous experience of art therapy or Qigong needed. 10am - 4pm, £50, £40 low waged. The Scout & Guide Community Hall, Ffordd Cambria, Menai Bridge LL59 5DU. Further info & to book place please contact Jill 01248 351672, treespleas@yahoo.co.uk

Medicine Dance See 12th

Cybi Poets Meets last Fri/month to read and share poetry. 7.30pm, free. Iorwerth Arms, Bryngwran, Holyhead. Contact Karen 07929 069235.

Free Solo (12A) Film. Documentary about a rock climber's attempts to scale a Yosemite peak. 7 for 7.30pm, £8, £6. New Dot Cinema, Llangollen Town Hall, LL20 8NU. newdotcinema.org, hello@newdotcinema.org

May I Be Frank Documentary style. Frank learns to love himself in 42 days in the hope someone will fall for him. Film night with Tapas. Please book for Tapas! £5. Follow Your Bliss Café, 307-309 High St., Bangor. 01248 345478, followyourblisspt.com

Bluebell and Primrose Walk A short walk along local footpaths to see the oakwood primroses. About 3 miles easy walking. 10am, donations welcome. Pencychnant Centre, Conwy. Julian 01492 592595, pencychnant.co.uk

Fisherman's Friends (12A) Film. Ten fisherman from Cornwall are signed by Universal Records and top the charts with their debut album. 8pm, £7 & £6, Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

26th FRIDAY & 28th SUNDAY

Make a Coracle You will make your own unique boat from a design based on the Irish Boyne coracle, from willow poles, calico, paint it with bitumastic paint, make a paddle to paddle it under expert tuition of James Mitchell. No previous experience is necessary. You will need a roof-rack, trailer or large car to take your coracle home! £240, £120 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Pause & Connect SUP and Sound Retreat Pause for a weekend of self care and reconnection with nature through movement, stillness, silence and sound healing. From £430pp (£200 deposit to secure booking, spaces are limited). Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org. More details from: psychepaddleboarding.com

Bird Identification: An Introduction Learn how to identify a wide range of different birds, from warblers to waders and everything in between. Your expert guide will help you see and hear the subtle differences between species, and you'll explore a range of habitats, including woodland, grassland and wetlands. This course is run at CAT by Aberystwyth University. Please book the course through Aberystwyth University online or by calling 01970 621 580. Accommodation: CAT, Machynlleth 01654 704966, cat.org.uk

Art & Faith from Eden to Gethsemane ~ Agony in the Garden This course explores gardens real and imagined in visual art from these perspectives.

Anyone with an interest in art and/or faith is very welcome. Led by Deborah Lewer, Senior Lecturer in History of Art at the University of Glasgow. £235 residential, £160 non-residential. Gladstones Library, Hawarden, nr Chester 01244 532350, enquiries@gladlib.org

Chamber Music Enjoy the opportunity for both practice and teaching sessions in the relaxed atmosphere of the Plas. Please contact the organiser Dr Julia Johnson - juliajohnson99@yahoo.co.uk. Held at Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

26th APRIL - 5th MAY, SUNDAY

The Radical Embrace ~ Compassion Together we will meet ourselves where we are, with appreciation and curiosity, inviting all our disparate selves into a space of acceptance and presence. £315, £287 concs., £70 deposit. Vajraloka Buddhist Centre, Corwen LL21 0EN. 01490 460406, vajraloka.org

27th SATURDAY

Growing Organic Foods: How, What & When? Bigger, Better Yields Course 2 Organic composting, plot and plant productivity and maximising your growth season with your personal planting schedule. Bring: Lunch, a soil sample from your garden and a list of foods you wish to grow. 10.30am - 3.30pm. £32.50, £29.50 concs & National Botanic Garden of Wales members. Led by Busy Bees, 3 Pen y Bonc, Cyttir Lane, Bangor LL57 4BD. Contact: botanicgarden.wales/science/growing-the-future. *Course 1 is on April 6th.*

Blasu Crefft / Ceramic Decoration Workshop with Kay Mai Webster. In this workshop lead by Katy Mai you will learn design skills and experiment with pattern. Work with clay through the use of stamps and found objects to create interesting textures on the theme of landscapes and animals. 11am, All materials and tools will be provided. 16+ Galeri, Caernarfon 01286 685222, galericaernarfon.com

Chester's 'Stop Arming Saudi' Silent Vigil is held on the last Saturday of every month at The Cross in Chester city centre from 12.30pm - 1.30pm. Please wear black if possible.

Wake Up Smiling Learn methods to make your mind feel positive and inspired, so that difficulties become opportunities, and your sense of spiritual strength and well-being will grow. 10.30am - 1.30pm, £15 with refreshments; vegetarian lunch available. Contact Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatenthnorthwales.com

Fisherman's Friends See 26th; 2pm & 8pm.

The Big Snowdonia Quiz Fundraising evening, with a hamper up for winning team. 8pm, Café Moel Siabod, Capel Curig. Snowdonia Society 01286 685498.

The Amazing Bubble Man Louis Pearl explores the breath-taking dynamics of bubbles, combining comedy and artistry with audience participation and enough spellbinding bubble tricks to keep everyone mesmerized. 6.30pm, £12. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Celebrating Dilys Elwyn-Edwards A concert featuring the soprano Elin Manahan Thomas, the Crowned Bard and National Poet of Wales, Ifor ap Glyn and Bangor University's Chamber Choir. 7.30pm, £14, £12 60+, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Make a Flower Corsage and Brooch We will make a range of flower and leaf shapes to make corsages and brooches. All materials provided, you are welcome to bring with you any coloured fabrics, needles and threads, ribbons or embellishments that you may want to add to your work. 10am - 4pm, £50, £25 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Cosi Fan Tutte with Swansea City Opera. Mozart's comedy opera; plus at 6.15pm a pre-performance talk. 7.30pm, £18, £16 concs, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Stone Set Ring Bring along a silver ring you've made in one of Angela Evans' previous workshops (or other workshop) and spend the day learning how to make a bezel setting to house a round or oval cabochon stone. Bring your own stone or choose from a selection. 10am - 4pm, £120. Siop Iard, 7b Palace St., Caernarfon LL55 1RR, 01286 672472, siopiard.com

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

Welsh Language: Writing Poems With Ifor ap Glyn. £35 - £75. Tyf Newydd, Llanystumdwy LL52 0LW. 01766 522881, tynewydd.wales

The Mountain Environment We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. A notebook, pencil and camera would be useful to bring along. £45. Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk



27th SATURDAY & 28th SUNDAY

Building with Rammed Earth Learn how to create low impact earth walls using an ancient construction method. £270, £240 concs., accommodation £20. CAT, Machynlleth 01654 704966, cat.org.uk

Discover Canoeing You'll cover everything - from what clothing and equipment to choose right up to basic rescue skills, not to mention plenty of paddling. £251 all inclusive. Plas Y Brenin, Capel Curig 01690 720241, pyb.co.uk

ArtlySparklyDesigns Browse jewellery, knitted goods and other unique hand-made gifts made from upcycled materials including locally sourced sea glass and wood. 10am - 4pm, In the LookOut at RSPB Conwy, LL31 9XZ, 01492 581025, conwy@rspb.org.uk

27th SATURDAY - 29th MONDAY

Permaculture Design Course 3 The final instalment of a three-part course in designing systems that provide for human needs in an ecologically beneficial way. To book this course please email the tutor, Dr Angie Polkey: purposefulpermaculture@gmail.com Held at CAT, Machynlleth 01654 704966, cat.org.uk

28th SUNDAY

Plan a Medicinal Herb Garden We will be introduced to a variety of herbs used in Western Herbal Medicine, learn to recognise the different plants and develop an understanding of their key properties and how to use them. Led by Cassie Sherriff, a local medicinal herbalist. £50, £25 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Inner Preparation for Birth and Motherhood This workshop is about acknowledging the things we must let go of when we become pregnant and move into motherhood; it is about recognising all the changes going on for us at a personal level. Having acknowledged these, we can then free our mental & emotional energy from unhelpful patterns and move closer towards the kind of woman and mother we want to be. 2 - 5pm, £20, led by Laura Knott. Quaker Meeting House, Bangor LL57 1UP. Laura 07914 917711, birthingmamas.co.uk

Mind Body Spirit Festival Ethnic, Fairtrade and festival clothing, crafts, gifts, vintage, upcycled, recycled and artisan stall; crystals and aromatherapy, handmade jewellery, readers, holistic and spiritual treatments and therapies. New stall always welcome (email info@rainbowbiz.org.uk) Hot food available; free workshops throughout the day; raffle and prizes. Theatr Clwyd, Mold CH7 1YA. rainbowbiz.org.uk

Cambrian Ornithological Society: Outdoor Meeting There should be a good mix of birds today and the woodland summer visitors may have arrived. Leader Rhion Pritchard. Meet at 9am (till 5pm) at the car park near the Power Station Trawsfynydd, Blaenau Ffestiniog LL41 4DT, SH697384. birdsin.wales

An Introduction to the Glaciation of Snowdonia We will identify and explain the formation of these features including features of erosion, transportation and deposition. Activities are weather dependent. Bring notebook, pencil and camera. £45. Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk

28th SUNDAY - 9th MAY, THURSDAY

Spring Vision Quest The Vision Quest is an ancient ceremony to mark and move on from one life transition to another. Snowdonia. £795, deposit of £200; includes all accommodation and Welcome Meal. For more details contact Pip Bondy 07814 959613, pippa@ancienthealingways.co.uk

29th MONDAY

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers; a relaxed atmosphere, different activities each month. Refreshments are provided. Free, with donations welcomed, legal experts available each month for help with queries. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150, homeinstead.co.uk

The Book of Books: Rare Books and Religious Texts Join Gary Butler for this hour-long talk on the history of the book through some spectacular, and unusual, examples from the library's collections of religious texts. 7.30pm, £8/£18.95 with dinner. Gladstones Library, Hawarden, nr Chester 01244 532350, enquiries@gladlib.org

Extinction Rebellion See 1st

29th MONDAY - 2nd MAY, THURSDAY

Biking: Shred Snowdonia Each day our qualified local guides will take you on a tour, including the Gwydyr Forest trails and the Penmachno Trail, Coed y Brenin and Coed Llandegla are only a short drive from our centre. Residential £598 all inclusive. Plas Y Brenin, Capel Curig 01690 720241, pyb.co.uk

The White Crow (12A) Film. A look at the life of legendary dancer Rudolf Nureyev. 10.30am 29th; 5.30pm 30th & 2nd. 7.30pm 1st. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

29th MONDAY - 3rd MAY, FRIDAY

Foundation Course in Crystal Therapy 10am - 5pm daily. Cloverly House, Mold Rd., Ewloe, Deeside CH5 3AU. More from Hope College of Crystal Healing 01244 532051, sandra@hope-college.co.uk

Timber Frame Self Build Build a small timber frame structure with simple easy-to-learn techniques. £650, £600 concs., accommodation extra £60. CAT, Machynlleth 01654 704966, cat.org.uk

29th MONDAY - 20th MAY, MONDAY

Discover Meditation and Modern Buddhism 4 week course drop-in classes, 7 - 8.30pm, £6 per session or £22 for whole course. Barnardo's Flintshire Services, Mold CH7 1BH. Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com

30th TUESDAY

The Royal Opera ~ Faust Live screening. A large chorus, sensational sets, ballet and an ecstatic finale make this the epitome of theatrical spectacle - the lavish scale of French grand opera is wonderfully in evidence in this production. Sung in French with English surtitles. 6.45pm, £13, £12 concs., £4 children, interval. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Gong Bath See 1st for details. 7pm, £13. Follow Your Bliss Café, 307-309 High St., Bangor. Steph Healy 07534 118899, puresound.org.uk

Woodland Volunteering The monthly woodland workday parties offer something for everyone with a chance to test out some of your practical skills in woodland management! 10am, booking essential. Dan, Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

30th TUESDAY - 21st MAY, TUESDAY

Meditations from Modern Buddhism 4 week course. Modern Buddhism is a transformative meditation programme rooted in the thousand-year-old lineage of Kadampa Buddhism. It is presented for each and every person in order to help them practically solve their problems and reach their potential for lasting inner peace. 7 - 7.45pm, £4 per session. More details from Kalpa Bhadra Buddhist Centre, 34 Mostyn St., Craig y Don, Llandudno 01492 878778, meditatennorthwales.com

NOTE! Copydate for the MAY issue is earlier than usual: April 12th

Workshops in May & June

MAY

- 3 - 6 **What'SUP ~ Yoga and SUP Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 4 & 5 **Drystone Walling Weekend** Pensychnant Centre, Conwy, 01492 592595, pensychnant.co.uk
- 5 **Awakening Your Sacred Feminine** Mold CH7 1TB. rachelsbellydance.wales
- 8 **Self Empowerment Workshop** Session. Chester. beehivehealthcare.co.uk
- 10 - 12 **What'SUP ~ Yoga and SUP Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 11 **Stitching Stories** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 11 **Wild Weaving Workshop** Pensychnant Centre, Conwy. Sophia Ingham 07391 930719.
- 11 **Mindfulness Course 8 weeks** Ruthin Library LL15 1DS, 07792 784451, info@artofmindfulness.co.uk
- 12 **Appliqué and Simple Stitch** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 16 **The Inner Dance Meditation** Mold CH7 1TB. rachelsbellydance.wales
- 17 - 20 **Nomad 3 - Journey with Purpose** Snowdonia. Contact Tom Carter 07846 981793, nomadwales.com. *See article page 8*
- 21/5-16/7 **8 Week Mindfulness Course** Heather Bolton 07912 877836, heathermbolton@btinternet.com
- 23 **Awakening the Sage Within ~ Ageing Consciousness** Hillside Retreat, Rhosesmor. Contact Helen: soul-life.co.uk ~ helen@soul-life.co.uk
- 24 - 27 **Yoga and Mountain Walking** Snowdonia. Info: morrismountains.co.uk
- 24 - 28 **Spirituality of Yoga** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 25 **The Mountain Environment** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk
- 25 & 26 **Discover Canoeing** Plas Y Brenin, Capel Curing. 01690 720214, pyb.co.uk
- 25 - 29 **5 Day Poppy Perinatal Yoga Training** Yr Ocar, Bethesda, nr Bangor. Tickets: northwalesretreats.com
- 26 **Alpine Flowers** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk
- 26 **What is Druidry and Why Is It Relevant to 21st Century Life?** Cae Non, Pistyll, Llyn Peninsula. Visit: gillianmonks.com

JUNE

- 2 **Earthwalking: Introductory Day** Cae Non, Pistyll, Llyn Peninsula. Visit: gillianmonks.com
- 7 - 10 **Dive into Yoga ~ Yoga and Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 7 - 10 **Yoga and Walking Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 9 **Yoga Workshop** Portmeirion, Tracey 07809 485323, traceyyogamassage.co.uk
- 9 **Alpine Flowers** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk
- 14 - 16 **Dive into Yoga ~ Yoga and Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 14 - 17 **Yoga & Animal Communication Immersion** Ty Mam Mawr, Corwen. 07802 287988, tymammawr.co.uk
- 16 **The Storyteller's Voice** Aberffraw. *See advert on Noticeboard, page 9.*
- 17 - 21 **Dive into Yoga ~ Yoga and Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 20 - 24 **Yoga, Meditation & Walking Retreat** Canolfan y Fron, Caernarfon LL54 7BB. Cat 07816 103064, trrudryoga.co.uk
- 22 **Breaking the Cycle of Suffering** Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com
- 22 & 23 **Yoga Workshops** St Mary's Church Hall, Holyhead LL65 1TR. Bookings: inspiratrix.co.uk
- 23 **Becoming Friends with The Natural World** Cae Non, Pistyll, Llyn Peninsula. Visit: gillianmonks.com
- 27 **The Inner Dance Meditation** Mold CH7 1TB. rachelsbellydance.wales
- 30 **Alpine Flowers** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk

Centres in North Wales: Workshops in May & June

Centre for Alternative Technology (CAT)

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

MAY

- 1 & 2 **Zero Carbon Britain**
- 3 **Climate Emergency Solutions Summit**
- 6 - 11 **Hydroelectric and Marine Energy Generation**
- 13 - 18 **Sustainable Building Materials**
- 17 **Open Day Courses**
- 18 - 20 **Nature Connection: Rewilding Ourselves**
- 27 - 31 **Build a Natural House**

JUNE

- 15 & 16 **Connecting with Trees**
- 15 & 16 **Mindful Woodland Management**
- 21 - 23 **The Diversity of Invertebrates in West Wales**
- 22 **Earth Oven Building**
- 28 - 30 **Identifying Flowering Plants**
- 29 **Spoon Carving**
- 29 **Build A Lapsteel Guitar**

Cae Mabon

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

MAY

- 3 - 6 **Silent Retreat**
- 10 - 12 **The Art of Erotic Prayer ~ Women's Initiation Retreat**
- 24 - 27 **Forest Church Eco Retreat** *See advert back cover*
- 27 - 29 **Pixi Camp**

JUNE

- 14 - 21 **Divinicus ~ Openhand Retreat**
- 28/6 - 2/7 **Sisters of The Wild 2** *Bookings: sistersofthewild.com*

Siop Iard

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

MAY

- 11 & 12 **From the Quarry to the Workshop**
- 18 **Contemporary Calligraphy**

Field Studies Council

Rhyd-y-Crenau, Draper's Field
Betws-y-Coed, Conwy
LL24 0HB

01690 710494,

enquiries.rc@field-studies-council.org

MAY

- 3 - 5 **Rambling in Snowdonia with My Sketchbook**
- 3 - 6 **The Geology of Snowdonia**
- 3 - 8 **Sphagnum**
- 24 - 27 **Birds of the NW Coast, Woodlands and Uplands**

JUNE

- 1 - 4 **Mountain Plants of North Wales**

Gladstone's Library

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

MAY

- 10 - 12 **Subverting Shakespeare**
- 16 - 18 **Through Palestinian Eyes: Contemporary Christianity in the Middle East**
- 18 **Faith in the Face of Empire: The Bible Through Palestinian Eyes**

JUNE

- 1 **Women Finding Their Voice**
- 10 - 16 **Latin in a Week**
- 21 - 23 **Alibis in the Archive (Crime Writing)**

The Healing Centre

8 Fron Ogwen, Tregarth, nr Bangor
01248 601388, 07771 280824
vivreiki@hotmail.com

MAY

- 11 & 12 **Reiki 1**
- 18 & 19 **Reiki 2**

JUNE

- 15 & 16 **Reiki 1**

North Wales Retreats

The Old Rectory, Llanfachraeth
Ynys Mon LL65 4YA
07970 409724, northwalesretreats.com

MAY

4 & 5 **Introduction to the Medicine Wheel**
25 - 29 **Poppy Perinatal Yoga Teacher Training**

Plas Tan y Bwlch

Maentwrog LL41 3YU
01766 772600,
eryri.llyw.cymru

MAY

5 - 10 **Society of Botanical Artists Residential**
10 - 12 **Botanical Art in Coloured Pencil**
10 - 12 **Wildlife Photography Weekend**
13 - 17 **Springtime in Gardens of Snowdonia**
24 - 26 **Inkle Loom Weaving**
24 - 26 **Historic Towns**
27 - 31 **Painting: Where do I go from here?**
24 - 26 **Journey in Samuel Holland's Footsteps**

JUNE

7 - 9 **Butterflies and Moths**
7 - 9 **Buildings and Gardens in Pen and Wash**
7 - 9 **Drawing and Painting in Ink, Pen & Watercolour**
14 - 16 **About Welsh**
23 - 30 **Practical Industrial Archaeology**

Trigonos Environment Centre

Plas Baladeulyn, Nantlle LL54 6BW
01286 882388, trigonos.org
(See advert on page 7)

MAY

9 - 12 **Approaching the Landscape: Photography**
12 - 15 **ReWilding the Mind**
22 - 26 **Weaving Course**

JUNE

15 - 20 **Mindful Self-Compassion! Silent Retreat** *Bookings: mindfulness-secular-retreats.org.uk*
24 - 28 **Cultivating & Establishing Mindfulness** *Bookings: mindfulness-secular-retreats.org.uk*

Tŷ Newydd Writing Centre

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

MAY

13 - 17 **Cynganeddu Course**
17 - 19 **Storytelling from the Start**

JUNE

3 - 8 **Writing for TV**
8 **Writing a Novel (Welsh)**
24 - 28 **Poetry in Our Past**

Vajraloka Buddhist Centre

Corwen LL21 0EN
01490 460406, vajraloka.org

MAY

10 - 19 **Emptiness and the Heart Sutra**
24 - 31 **Embodiment Love**

Have your Centre's Workshops
listed here!

07777 688440

info@network-news.org

Woodland Skills Centre

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

MAY

4 **Open Workshop**
4 & 5 **Spoon Carving**
5 **Make A Rustic Stool**
7 **Charcoal**
11 & 12 **Willow Animal Sculptures**
13 - 17 **Timber Frame Building**
18 & 19 **Make A Longbow**
19 **Corn Dollies**
21 **Charcoal Production**
25 - 27 **Make a Post & Rung Stool**

JUNE

11 - 14 **Social Forestry OCN**
15 **Know Your Trees**
15 - 16 **Basket Making 2**
16 **Timber Processing**
22 **Tool Sharpening**
23 **Family Day in the Woods**

Exhibitions



Under Your Feet ~ The Contemporary Rug 6th April - 14th July. A celebration of rugs designed in the British Isles. 19 of the best rug makers today are represented in this exhibition. Their rugs will be spread out in a colourful, textured and timely reminder that underfoot, or on a wall, rugs remain as vibrant and relevant as any other craft medium. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Grayson Perry ~ Julie Cope's Grand Tour: The Story of a Life Until 15th April. Julie Cope is a fictional character created by Grayson Perry - an Essex everywoman whose story he has told through two large scale tapestries and an extended ballad presented in the exhibition. The tapestries are shown alongside a graphic installation, and specially commissioned audio recording of The Ballad of Julie Cope, a 3000 word narrative written and read by Perry himself that illuminates Julie's hopes and fears. Opens 10am. Ty Pawb, Market St., Wrexham LL13 8BB. Facebook: of event name

Helfa Gelf Artists Until 20th April. Helfa Gelf, the open studios network, is now in its 14th year and has over 200 members spread across North Wales. This curated exhibition includes painting, sculpture, printmaking, photography, jewellery, ceramics and textiles by selected members and provides a great opportunity to appreciate their artistic talent in a gallery setting. Oriel Gallery, Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Drawn From The Collection / O'r Casgliad Until 7th July. Previously unexhibited broad range of works on paper. Includes work by Williams, Tunnicliffe, Leslie Jones, TG Walker, Keith Andrew, Iola Spafford and others. Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

NW Potters ~ April Maker of the Month is Nichola Naylor. Throughout April. NWP Gallery Shop, 1 High St., Conwy. Visit: northwalespotters.org

Balacafa CARN Until 6th April. Exhibition opens; the work relates to Bangor and District Women's Aid; and all proceeds will go to the Centre. Opens 7pm. Balacafa CARN, Ffordd Balacafa, Caernarfon LL55 1TG. 07472 531813.

Nichola Naylor



Agoriad Arddangosfa Gan / Opening Exhibition by Swci Delic Until 12th April. The number 7 is a holy number in many beliefs and religions - a symbol of good luck. Certainly the number is lucky to the artist Swci Delic. When she was struck by brain cancer in 2010 the prognosis was she'd live for another two years. Opening night is 1st at 6.30pm; discussion on 2nd at 12pm, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Cywrain: Tide Until 30th April. 'Cywrain' is a project for applied arts and contemporary craft and design, celebrating makers and artists from the Celtic regions at Galeri since 2013. The theme for this opening season is Llanw (Tide) - with 10 makers presenting work influenced by this special theme - the light, colour, energy of the waves, seascapes and the life of the shoreline. Includes Katy Mai Ceramics, Callie Jones Illustrations, Karen Williams, Irene + Edith, Rachel Stowe and others. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Primmy Chorley 6th April - 14th July. This is the lived everyday, depicted with a purity of intent that borders on innocence. It is the wonder of the commonplace made manifest in simple forms and humble materials. Home, family, the surrounding land and beloved dogs. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk *Workshops: 11th & 12th May.*



Ros Hornbuckle ~ Weaving the Coast / Gwehyddu'r Arfordir Until 9th June. "These tapestries celebrate the beauty of the coast of Wales. Mountains, sea, beach, rocks, birds and sky, and the ever changing effect of weather and light, are all my inspiration. The many hours spent weaving the coast enhances my affection for and relationship with this country". Long Gallery, Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

Spring Show Until 20th April. Artists include: Anglesey Sea and Landscapes by Nathan Jones; Welsh Landscapes by Shirley Sykes and Capricious Art by Sam Ridyard. Open 12 - 4pm, Tues - Sat. Bangor Arts Initiative Gallery, Deiniol Shopping Centre, Bangor. 01248 351358. Facebook: Bangor Arts Initiative

Charles Tunnicliffe - The Commercial Artist Until 1st September. Showcasing the artist's role as a creator of timeless and evocative images, and presents original artwork from both public and private collections. Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

Lisa Eurgain Taylor ~ Between II Lights Until 6th April. A series of paintings that exist somewhere between reality and fantasy. They are imaginary, otherworldly and mystic places, but have been inspired by the striking mountains of Snowdonia. Storiell, Bangor LL57 1DT, 01248 353368, storiell.cymru



Spring Exhibitions Until 12th May. Includes work by: Cymru Geoff Charles by Luned Rhys Parri; From Carnguwch to Anelog by Huw Gareth Jones; One Summer Dream by Sian McGill. A collection of work by Helen Steinthal (1911 - 1991). WESAL - a film to conclude our year long programme of artists films on the theme of 'borders' by Catrin Menai & Omar Shammah. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

A Jewish History of Bangor Until 26th April. Remarkably, we can begin to trace the history of the Jews in the city of Bangor to the time of the English invasion of Wales under Edward I and follow the story through the centuries to the Russian Tsarist Pogroms of the late 19th century and to the Diamond cutting factories of the Second World War. The influence of Jewish families like the Wartski's, the Pollecoff's, The Aronson's, The Hymans and the Bolloten's to name but a few on the development of the city as we know it today is in no doubt but their stories are also full of tragedies, of remarkable achievements and a certain amount of humour. Bangor Arts Initiative Gallery, Deiniol Shopping Centre, Bangor 01248 351358. Facebook: Bangor Arts Initiative

Women, War & Peace Until 27th April. A moving exhibition by world renowned photo journalist Lee Karen Stow with the Welsh Centre for International Affairs (WCIA). This exhibition explores the impact of war on the lives of women in Wales and across the world, through their personal portraits and stories – whilst also considering how women have inspired the search for peace in the 100 years since WW1 ended. Storiell, Fford Gwynedd, Bangor LL57 1DT, 01248 353368, storiell.cymru



Victor Cirefice ~ Aspects Around the Coastal Path Until 28th April. "A retrospective revisiting subjects from my formative years on Anglesey where I worked exclusively from life, cycling around the island." Oriel Mon, Llangefni, Ynys Mon LL77 1TQ, 01248 724444, orelynysmon.info

John & Marilyn Davies 31st March - 24th April. Carving of birds and their perches, texturing with pyrography and painting of the birds. Ffin y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net

Pensychnant Wildlife Art Exhibition 3rd April - 29th September. Exhibition of originals, prints and photographs in various styles and media, works by Phillip Snow, Julie Horner, Liz Bolloten, Betty Mills, Angela Rigby-Doble, Emma and Steve Stansfield, Ian Wright, Paula Salmons, Chris Slinn, Bee Williams, John and Tracy Langley and Barbara Winrow. *If anyone else wishes to exhibit please contact Julian.* Pensychnant Centre, Conwy. Julian 01492 592595, julian.pensychnant@btinternet.com

Brenda Chamberlain ~ Short Story from the Collection Until 6th April. Bangor born artist and writer, Brenda is strongly affected by the places where she lived and worked, including Bardsey Island and the Greek Island of Hydra. Storiell, Fford Gwynedd, Bangor LL57 1DT, 01248 353368, storiell.cymru

Wil Rowland ~ Erosian 2 / Andrew Smith ~ Colourscapes / Keith Gardner ~ Retrospective: 40 Years Until 27th April. RCA, Conwy LL32 8AN. 01492 593413, rcaconwy.org

Derek Boshier: It's Only When The Tide Goes Out Until 30th June. Selected works and ephemera presented by English pop artist Derek Boshier who first came to prominence as part of the British Pop Art movement in the early 1960s. Boshier is also known for his work with cultural icons such as The Clash and David Bowie. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Malcolm Edwards ~ Dreams and Realities 31st March - 24th April. There is a dialogue between visions of permanence and decay, a sense of the stoic acceptance of the passing of time, and a yearning melancholy. There are hawks in his big open skies scanning the landscape, riding the currents, contemplating departure. And there are empty patches, literal expressions of absence giving a glimpse, or hint or hope perhaps, of some kind of transcendence. Ffin y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net



S. Mark Gubb: The Last Judgement Until 30th June. Taking Michelangelo's Sistine Chapel painting of the same name as a starting point and reference, the exhibition includes a range of new and existing sculptural works exhibited as an installation. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Melanie Williams 5th April - 18th May. Encaustic and mixed media. Open Thurs - Sun, 11.30am - 2.30pm, Oriell Ty Meirion, Dyffryn Ardudwy LL44 2DH, 01341 247541.



Regular Weekly Groups and Classes

ART & CRAFT

Life Drawing Wednesdays: 1 - 4pm, £7. Penrallt Community Centre, Upper Bangor LL57 2EU. Contact 07533 341458.

Arty Folk & Friendship Group Thursdays, 12 - 2pm. A group for adults who are interested in both creating art through a variety of mediums and in making new friends run by social enterprise RainbowBiz CIC. All materials and drinks provided, £2. Held at the RainbowBiz Hippy Shop, 8 Daniel Owen Precinct, Mold, Flintshire, CH7 1AP. Contact info@rainbowbiz.org.uk

Llanbedrog Art Group Mondays: 1.30 - 4.30pm. Friendly group for beginners and experienced artists. Occasional talk/demos, £2 includes tea and biscuits. St Pedrog's Church Hall. Jacky Milton 01758 740983, miltonjacky@gmail.com

CAPOEIRA

Capoeira Classes A Brazilian art form that combines elements of Martial Arts, dance, acrobatics and fluid movement. The Old Goods Yard, Treborth, Bangor. (Down narrow lane by the Antelope pub LL57 2HZ).

Tuesdays & Thursdays (subject to demand): Open Adult class 9 - 10.30am, £7.

Tuesdays and Wednesdays: 11

- 16yrs old and Adult

Beginners 6.30 - 7.30pm, £6;

Intermediate adult classes

continue 7.30 - 9pm, £7.

Children's Classes:

Wednesdays: 4 - 4.45pm;

Beginners under 11's £4.50;

4.45 - 5.30pm; Intermediates under 11's, £4.50. There

are a host of weekend training programmes and

seminars too, so get in touch! Enquiries: Monitor

Colin Daimond 07773 798199,

colin@capoeiramocambo.co.uk



CIRCLE DANCE

Circle Dance Wednesdays: Experience the joy and healing of dancing to World music - a blend of traditional European folk dances and modern choreographies. All welcome - no previous experience required. 10am - 12 noon at Y Ganolfan, Pentrefelin, nr Cricieth. Maia 01492 642123.

DANCE

Groove Dance Mondays. Just bring your body and dance whichever way you feel. With Liz Lane, 6.15 - 7.30pm, £6. Follow Your Bliss Café, 307-309 High St., Bangor. FYB Café 01248 345495, followyourblisspt.com

Rachel's Bellydance Classes Tuesdays: Polynesian Dance 6.30 - 7.15pm and Belly Dance 7.30 - 8.30pm both at Parkfields Community Centre, Mold; Wednesdays: Belly dance 6.30 - 7.30pm at Studio 3, Rhosddu Industrial Estate, Wrexham; Inner Dance Meditation Thursdays 7-9pm, Mold. Contact Rachel: iscia_espirit@hotmail.co.uk ~ rachelbellydance.wales

Flowdance Tuesdays: 10.30 - 11.30am, Abersoch Village Hall; & Thursdays: 10.30 - 11.30am, Pwllheli School of Dancing, Gaol St., Pwllheli. £5 each class. Sue Baumann, 07833 791317, llyntaichi.com

Salsa and Ballroom Tuesdays: Beginners welcome including Two Left Feet! No need to bring a partner.

8.15 - 9.30pm, £5. Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157, dance-classes-north-wales.co.uk

Swing Jive (Lindy Hop)

Wednesdays: All welcome, 8.15 - 9.45pm, £5, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157. dance-classes-north-wales.co.uk



EXERCISE & HEALTH

Movement for Memory Tuesdays: 11 - 12.30pm; part of DementiaGo project, Theatr y Ddraig, Barmouth, 01341 281697, dragontheatre.co.uk

Keep Agile Class Tuesdays: afternoon, part of DementiaGo project, £2 per session. Glanwnion Leisure Centre, Dolgellau. Emma Quaeck 01766 512711 or 07768 988095.

The Friday Uplift Group Fridays, 3.30pm. The group will meet to share problems, generate solutions and learn how to cope well and thrive in a complicated and stressful world. The group is facilitated by David Yardley, a community learning tutor and Colette Jones, a mentor from the local community. Free and all welcome. Storyhouse, Chester 01244 409113, Storyhouse.com

FELDENKRAIS METHOD

Feldenkrais Method Class ~ Awareness Through Movement Tuesdays: 4.30 - 5.30pm, £6 per class if booked as a block or £7 per class drop-in rate. Please phone first to check suitability. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

GARDENING ~ CONSERVATION

Digging Deeside Tuesdays: 10am - 2pm. Run by volunteers; all tools, equipment and free lunch is provided, all we ask for is a £1 contribution. Gardening, planting, bee and wildlife friendly activities. We have our own community plot at Mill Lane Allotments (CH5 4HF). Meets at the RainbowBiz Hippy Shop, 8 Daniel Owen Precinct, Mold, Flintshire, CH7 1AP. If you would like to join us please email info@rainbowbiz.org.uk

Wildlife Gardening Mondays: Maintaining the garden and woodland at Tŷ Hyll ~ The Ugly Duck, Capel Curig LL24 0DS. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Garth Hillside Organic Permaculture Garden

Regular Tuesday and Thursday Volunteer Days. Glyn Ceiriog Valley. 01691 718127, garthorganic.co.uk

GIFT ECONOMY / GIVE AND TAKE

The Wiggly Wobbly Way Community based Gift Economy project. Open every day 9.30am - 4.30pm and evenings in the summer. Visit our Little Free Library, Give and Take Stall and have a brew. Rockside Cottage, Farndon, Chester CH3 6PU. Resident Caretaker: Vic 01829 271 639, wigglywobblyway.weebly.com

LANGUAGES

La Conversation Française Thursdays: upper intermediate level, 7 - 9pm, free, the Boat Yard pub, Garth Road, Bangor. Jan: jannieu@tiscali.co.uk

Chinese Tuesdays & Saturdays. If you want to brush up on conversational Mandarin, prepare for Chinese Proficiency Test (HSK), or want to learn Chinese Calligraphy you are welcome to join us! Saturdays, 10am - 12noon, Corporate Communications & Marketing Building, Dean St., Bangor LL57 1UT. Tuesdays: 1.15 - 2.45pm, a fun beginner's class. Held at Ucheldre Centre Mill Bank, Holyhead LL65 1TE. Every week until 29th June 2019/term time only. Presented by Bangor University's Confucius Institute, 01248 388555.

Want to Learn Welsh? 8 sesiwn an ddim. 8 sessions free! Dyma gyfle arbennig i'ch helpu chi dysgu ychydig o Gymraeg er mwyn cefnogi eich plant ar eu taith dwyieithog. A great opportunity to help you learn a little Welsh to support your children on their bilingual journey. *Tuesdays* 12.45 - 2pm Capel Berea Chapel, Bangor. *Wednesdays* 12.45 - 2pm, Llyfgrell Caernarfon Library; and Capel Caersalem Chape, Bethesda 12.45 - 2pm. More info: 07712 440269, Emma.healy@meithrin.cymru

MEDITATION

Meditation Class Mondays: 12noon - 1pm, followed by tea. Oddfellows Hall, Saltney, Chester CH4 8SG. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Transcendental Meditation Regular Meetings (and introductory talks) held in North Wales. Contact the Centre 01695 735579, uk.tm.org

Meditation Classes 2019: 8 Steps to Happiness - Wednesdays 7.30 - 9pm, Upton Pavillion. *April 10th for 7 weeks* - Meditation

for Happy Life - Wednesday 7.30 - 9pm at Upton Pavillion. *June 5th for 6 weeks* Inspiring Solutions for Difficult Times - Wednesday evening 7.30 - 9pm at Upton Pavillion. *September 4th for 4 weeks*

Meditations for Modern Problems - Wednesday 7.30 - 9pm at Upton Pavillion. *October 23rd for 7 weeks* How to Solve our Human Problems, Wednesday 7.30 - 9pm at Upton Pavillion. Each class costs £6 per person. Contact Odiyana Centre, 01606 77034, info@meditationincheshire.org

Kalpa Bhadra Buddhist Centre Various courses and classes in Mold, Llandudno, Bangor and Ruthin, Conwy and Llanfairfechan. Contact KBBC 01492 878778, meditatennorthwales.com

Meditation Mondays. A weekly meditation practice together in a small group. A collective of meditations that vary each week, suitable for all ages that are willing to meditate. And open to all experiences of meditation, beginner, medium and advanced. 6 - 7pm, £5. Wrexham. To book, please contact Creuynni Complementary Healthcare 07472 266952. Facebook page and/or Whatsapp/Signal



Triangles Meditation Mondays: 8pm. Using the power of thought and prayer to uplift and transform consciousness. This is an online facility. You can find out more and register at: lucistrust.org/triangles

NARCOTICS ANONYMOUS

Narcotics Anonymous 'Guiding Principles' Meeting Fridays, 1pm. Free to attend, and open to anyone who feels they may have a problem with drugs, is in recovery, or is interested in recovery. Held at The Meeting Room, Canolfan Hamdden Leisure Centre, Beach Road, Promenade, Barmouth LL42 1NF. For more information on NA, please see www.ukna.org, to speak to someone who's been there, free UK Helpline 0845 3733366.

NONVIOLENT COMMUNICATION

Regular Nonviolent Communication Practice meetings fortnightly, 5 - 7pm, on Fridays in Bangor. Contact Lisa at - busybees@phoncoop.coop

PEACE & JUSTICE

Peace & Justice Meeting Mondays: 6.30pm. The group campaigns bilingually; meetings are generally held in the English language. Quaker Meeting House, Dean St., Bangor; bangorpeace.co.uk

QUAKERS

Ruthin Quaker Meeting Sundays: 10.30 - 11.30am, followed by tea and biscuits at Canolfan Awelon, School Road. Contact: Jean 01824 705592.

SINGING & CHANTING

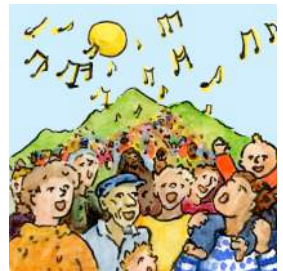
Sounds Lovely - Chanting Sessions Tuesdays: led by Laura Knott, 7.45 for prompt start at 8pm, finish 9pm. Bring a cushion if you want to sit on the floor, bring percussion. £5 suggested donation. Quaker Meeting House, Dean St, Bangor. Facebook: Tuesdays Chanting: Meditative Songs from around the World

Coastal Voices Community Choir Abergele. Tuesdays: A friendly, mixed choir singing songs from all over the world. 7 - 9.15pm, Chapel Hall, Mynydd Seion Chapel St, LL22 7AW. 07881 463585, sarasings@ymail.com

Sing Out Your Song! Harmony Singing Group. Thursdays: 7 - 9pm, £8, £6, £4. Bishop Lloyd's Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspairs@hotmail.com

Come And Sing! Harmony Singing Sessions suitable for beginners and everyone who likes to sing with others. Mondays, 10.30am - 12.30pm at The Gift Café, The Lodge, Grosvenor Park, Chester. Suggested donation £4. Contact Ella 07922 620503 ellaspairs@hotmail.com

Wrexham One World Community Choir Sing Your Heart Out Every Tuesday during term time: Open to everyone regardless of age and ability. 7.30 - 9.30pm, 16yr+, £5, £4 concs. Try first session for free. Ty Pawb, Market St, Wrexham LL13 8BY. Contact: info@wrexhamchoir.co.uk



Canwyr Stryd Bangor Street Singers Tuesdays, 6 - 7.30pm. We are a small singing group always looking for new members. We continue to build a repertoire of songs of struggle and freedom so that we can support demonstrations, political rallies, community events and street festivals. We are not affiliated to any political party, but we do want to sing for change, for peace, justice and the environment, against militarism, capitalism, racism and sexism. This choir is inclusive - no need to read music, songs are taught by ear, but scores are also available. We meet in Garth Community Centre most Tuesdays except during school holidays. We welcome new members! £2.50 per session, students £5 a term. Facebook: of group name

aMaSing Gwynedd and Mon MS

Choir Friday afternoons: a friendly, mixed group for people living with or affected by MS. Talgai Hall nr Penrhyn Castle, Bangor. Contact Sara to find out more. 07881 463585, sarasings@ymail.com

Bangor Community Choir Wednesdays: A friendly, mixed choir singing songs from all over the world. 7.30 - 9.30pm, Capel Penrallt, Holyhead Rd, Bangor LL57 2EU, 07881 463585, sarasings@ymail.com

SOCIAL

Cheshire LGBT+ Group Runs alternate Mondays. A social group for those who identify as LGBT+ who feel excluded from mainstream LGBT+ society for their own personal reasons. We encourage anyone who feels isolated to contact us to see if the group is for you. Lee 07859 541620, cheshire.LGBT@outlook.com

Men's Sheds Across North Wales: menssheds.org.uk

Bangor U3A Thursdays: For people who are retired from working or parenting. Develop interests and activities, new members welcome. 9.30am chat, 10.30am group activity. Capel Berea Newydd, Bangor (between Ffordd Penrhos and St David's Retail Park). Contact: bangoru3a.org.uk. Term time only; also monthly talks.

SPIRITUAL DISCUSSION

Theosophical Society in Wales Meets in Colwyn Bay and Bangor. See Calendar for monthly events or visit: theosophywales.com and chestertheosophy.org

TAI CHI / CHI GONG / TAIJI QIGONG

Tai Chi Tuesdays: 7.15 - 8.15pm, & Thursdays: 2 - 3pm, £5. Pwllheli School of Dancing, Gaol St, Pwllheli. Sue Baumann, 07833 791317, sue.reiki@talktalk.net, llyntaichi.com

Tai Chi Mondays: 10.30am, Village Hall, Llandrillo. Wednesdays: 11.15am in Verve Studio, George St, Llangollen. Thursdays: 3pm, Canolfan Ni, Corwen. Thursdays: 7.30 - 9pm, Neuadd Carrog Village Hall, nr. Corwen. All Welcome. Ed Fisher 01490 430205.

Taiji Qigong Tuesdays: Glasinfryn Community Centre, Bangor. Wednesdays: 1.30 - 2.30pm Llanfairfechan Community Hall; and Thursdays: 10 - 11am Penmaenmawr Library. Improve your fitness and flexibility. All ages/abilities welcome. Jill Turner 01248 351672, treespleas@yahoo.co.uk



Tai Chi / Qi Gong Classes Mondays: 7 - 8pm, £5, Llangoch Village Hall, Anglesey. Fridays: 11am, £5, County Hotel, Llandudno. Rose 01407 769571, 07759 105504, roseannyoga@gmail.com, roseyoga.net

Tai Chi China Bridge *Mondays: 9.30am*, Tai Chi & Qigong, Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd. Rhos on Sea. 01492 547616. **10am:** Tai Chi, Susi Sheen, The Jubilee Room, Town Hall, Earl Road, Mold. **12pm:** Tai Chi & Qigong, Carolyn Ridding, United Reformed Church, Rhos on Sea, Colwyn Ave. LL28 4RA. **2pm:** Tai Chi & Qigong, Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd. Rhos on Sea, LL28 4EE. **2pm,** Tai Chi & Qigong, Henry Shallcross, St. Peter's Church, Holywell. **1.30pm:** Tai Chi, Celia Brown, Pentrefelin Village Hall. *Wednesdays: 6.30pm:* Middle Path Healthy Living Tai Chi Class, Peter Newton, The United Reformed Church Hall, Handbridge, Chester CH4 7JF. *Thursdays: 7pm:* Tai Chi & Qigong, Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd., Rhos on Sea. **8.30pm:** Tai Chi Broadsword, (Intermediates), Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd. Rhos on Sea. **10am:** Tai Chi, Celia Brown, Bontddu Village Hall. **7pm,** Tai Chi, Celia Brown, Llanbedr Village Hall. *Fridays: 10.30am,* Tai Chi and Qigong, Peter Newton, Mynydd Isa, Community Hall, Old Village, CH7 6UH. More info: chinabridgetaichi.co.uk

WALKS

Rural Walks Over 30 walks around the Denbigh area: Ruthin, Rhewl, Corwen, Llangollen, Bodfari and many more places; moderate, strenuous and easy. Available to download from: denbighshirecounttryside.org.uk and click on the Walking section.

Cerdded Conwy Walks A full programme of various walks; suggested donation of £2 per walker per walk which goes towards promoting costs and training of leaders. Various locations across Conwy and beyond. More info: cerddedconwy.org Facebook: Cerdded Conwy Walks

WEAVING

SAORI Weaving for Health and Wellbeing Thursdays: 6.30 - 8.30pm, £30. Come and enjoy the therapeutic benefits of Japanese SAORI self-innovation through free weaving. Immerse yourself in the SAORI experience of joy and wellbeing by weaving with colour and texture in the relaxing atmosphere of my studio, SAORImor, opposite Domino's Pizzas, Bangor. Booking essential. Rosie Green, 01248 345325, saorimor.co.uk post@saorimor.co.uk

WRITING GROUPS, READING GROUPS & POETRY

Colwyn Bay Writers' Circle Saturdays: Discuss and debate members' written interpretations of a topic chosen the previous weekend. Informal, friendly and constructive collective! Bring some of your prose and/or poetry. We meet from 1 - 3pm every Saturday at the CCE on Greenfield Road, Colwyn Bay. Chris Hemmings crishtrees@gmail.com

Read Aloud Tuesdays: the group will read a short story and a poem and discuss their merits along the way whilst enjoying a cup of tea. Everyone is welcome! 2.30 - 4pm, free, 16+, Wrexham Library. Debbie Williams 01978 292090, debbie.williams@wrexham.gov.uk

Welsh Reading Group Fridays, 2pm. This reading group discusses a book selected at the previous week's meeting, including some reading aloud. Join a sociable group, to read and talk - no home reading required. Storyhouse, Chester 01244 409113, storyhouse.com

YOGA FOR PREGNANCY

Pregnancy Yoga Group Monday evenings in Menai Bridge and Tuesday evenings at Quaker Meeting House, Dean St., Bangor. 6 week courses run regularly £48. Laura 07914 917711, laurabirthingmamas@gmail.com

YOGA

Flow Yoga Sundays: 10.30am - 12pm, with Ceri Poppins. Follow Your Bliss Café, 307 - 309 High St., Bangor. 01248 345495, followyourblisspt.com

Yoga Classes Tuesdays: Beginner Yoga 5.30 - 6.40pm, Pentraeth Memorial Hall, LL75 8AZ. Night Yoga 7 - 8.30pm, Mixed Ability, Pentraeth Memorial Hall, LL75 8AZ. *Wednesdays:* Mixed Yoga 7 - 8.30pm, Pentraeth Memorial Hall, LL75 8AZ. *Thursdays:* Beginner Yoga 5.30-6.30, Menai Bridge Community Centre, LL59 5DD.

Hatha Flow 6.30 - 8pm (intermediate), MBCC Water St. LL59 5DD. *Saturdays:* Morning Yoga 10-11am mixed ability, MBCC, Water St. LL59 5DD. If you would like more information call/message 07775 798536, emilykyleyoga@gmail.com Facebook: emilykyleyoga

Dru Yoga with Teresa Mondays: 1.30 - 3pm; Tuesdays: 6.30 - 8pm; Wednesdays: 9.30 - 11am; followed by optional half hour meditation. All held at Oddfellows Hall, Saltney, Chester. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Yoga Class Thursdays: 5.30 - 6.30pm Chester University. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Forrest Yoga with Claire Mace Mondays: 7 - 8.30pm, St. Mary's Church Hall, Holyhead LL65 1TR. Beginners and improvers welcome. Thursdays: 10am - 11.30am, Llanfachraeth (contact for address). Small group intermediate level class. Thursdays: 12 - 1pm, Llanfachraeth (contact for address). Small group basic class suitable for beginners, pregnant ladies and people with chronic conditions. Thursdays: 7 - 8.30pm, Aberffraw Village Hall. Beginners and improvers welcome. Also small group classes, private lessons, yoga workshops and more. Bookings: Claire 07970 409 724, claire@inspiratrix.co.uk

Source Yoga Classes daily Monday through to Sunday in Mochdre and Rhuddlan. For more information ring 07704 437415, sourceyoga.org.uk

Flow Yoga Thursdays, 6.45am, and 6 - 7.15pm Beginners Yoga with Ceri Poppins. Held in Follow Your Bliss Café, 307 - 309 High St., Bangor. FYB 01248 345495. Bookings: ebbflowyoga.co.uk

Yoga for Health and Well-being Mondays: 7.30 - 9pm. Suitable for all ages. Newcomers and beginners welcome. First class free of charge. Held in Rowen Memorial Hall, nr Conwy. Lorna 01492 641560, lornashipp@yahoo.co.uk Details rowenconwy.org.uk/memorial-hall/activities-in-the-memorial-hall/yoga/

Mindful Yoga with Elaine *Tuesdays:* 7.30 - 9.25pm at Llanfair PG Primary School. *Wednesdays:* 10 - 11.55am at Capel Mawr, Menai Bridge; and 7pm - 8.55pm at Ysgol y Graig in Llangefni. *Thursdays:* 7.30 - 9.25pm in Newborough. £55 for 10 classes or £7 drop-in class. All term time only. Elaine 01248 430147, elaine.yoga@tiscali.co.uk ~ yoganorthwales.co.uk

Iyengar Yoga Class Thursdays: 7 - 8.30pm, £9 or £40 for 5 classes paid in advance. Rhoscolyn Village Hall, Anglesey. Ruth Johnson: yogamon@myphone.coop

Simply Yoga & Therapies ~ Yoga and Relaxation for people of all abilities, fitness levels and age groups, with classes tailored to the needs of each individual; all on a drop-in basis. *Mondays:* 11am - 12.15pm, £5, St. Pedrog's Church Hall, Llanbedrog, nr Pwllheli. 7pm - 8.15pm, £5, Abersoch Village Hall. *Tuesdays:* 10am -

11.15am (term time only), £6, £15 if paid in advance for 3 classes, Llannor Village Hall. 7pm - 8.15pm, £5, Llanenganan Village Hall. *Wednesdays:* 10.30am - 11.45am, £5, Abersoch Village Hall. Freddie 07833 663717, simplyyoga@btinternet.com

Yoga Classes with Rose Ann Preston *Mondays:* 10.30am; *Tuesdays:* 10.30am and 7pm, held in Holyhead Sports Centre. *Thursdays:* 12.30pm and 7.30pm, Ysgol Aberconwy Sports Centre (both council run). All classes £5 each. Rose 01407 769571, 07759 105504, roseyoga.net

Yoga with Tracey *Mondays:*

Gentle yoga class 4.15 - 5.45pm. Dynamic yoga class 6 - 7.30pm. The Arts Room, Dragon Theatre, Barmouth (term time only). *Tuesdays:* Gentle yoga class 4.15 - 5.45pm. Dynamic 6 - 7.45pm. Calon Lan Yoga Studio, Penrhyndeudraeth. *Thursdays:* Ashtanga Yoga 6 - 7.30pm. Calon Lan Yoga Studio, Penrhyndeudraeth. All classes £7.50 drop in or £30/5 weeks. Tracey 01766 770610, 07809 485323, traceyyogamassage.co.uk

ZUMBA

Zumba Dance-Fitness *Mondays:* 6 - 7pm, £5, Telford Centre, Mona Rd, Menai Bridge LL59 5EA. *Wednesdays:* 6.30 - 7.30pm, £5 & *Thursdays:* 6.30 - 7.30pm, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157, dance-classes-north-wales.co.uk

All colour illustrations: www.femkevangent.nl

Next Regular Groups Listing: September Issue but always at www.network-news.org

Finest Vegan Cuisine

*Wellness
Workshops*

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Vegan, Health
& Well-being
Festivals

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1st - 2nd June 2019

11am - 5pm

LLANGOLLEN PAVILION LL20 8SW

Holistics Therapists ~ Psychic Readers
Handmade Vegan Gifts ~ Meditations
Yoga Dance & Wellbeing Sessions
Live entertainments ~ Childrens Activities
Relaxation Area

Advance Tickets: £4 per day ~ Door £6;
Advance Weekend: £8 ~ Door £12

Angel Earth Events 07557 404793

Sui Generis: The Possibilities Of A House

Julie Upmeyer

66 projects from 62 creatives fill the entirety of Plas Bodfa, a currently empty manor house in Llangoed on the Isle of Anglesey.



This remarkably multi-disciplinary group art exhibition explores the idea of 'sui generis', a Latin phrase meaning "of its (his, her, their) own kind; in a class by itself; unique". It has been adopted by the legal profession for unusual buildings, properties that fall outside normal designation.

What are the possibilities of a house? With performance and painting, collage and ceramics, skateboarding and singing, poetry and polyrhythmic drumming, fairytales and photography, games and gramophones, sculpture and storytelling, re-enactments and a retroscope, this exhibition is a one-time opportunity to fill the currently vacant 36 room / 1,000 sqm space with creative acts, before complete renovation begins.

Plas Bodfa will eventually be home to art studios, an artist residency programme, holiday-lets, events, retreats, a family home, and cultural projects of all kinds.

Julie Upmeyer is an artist and initiator who creates sculptures and objects, performances and installations. Her artworks, projects, and exhibitions have taken her all over the world.

www.plasbodfa.com

julie@plasbodfa.com

07480 811535



13th – 28th April
11am – 5pm
Open every day, free
Plas Bodfa, Llangoed
Anglesey

Participating Local & International Creatives:

Alan Whitfield, Andy Hodges, Anna Mitchell, Anne Weshinsky, Arni Gudmundsson, Belit Sağ, Cathy Wrobel, Christopher Bond, Clare Brumby, David Garner, Debbie Budenberg, Fiona Davies, Genesis Dove, Georgia Colman, Harri Carmichael, Heather AdHudson, Helen Birnboum, Helen Danson, Helmet, Ioan Griffith, Jan Hale, Jane Ross, Jayne Lawless, Jennie Hallway, Jonathan Lewis, Jonathan Smith, Josie Jenkins, Judy Moody-Stuart, Justine Montford, Karen Ankers, Ken Davies, Lara Usherwood, Lee Duggan, Lin Cummins, Marirose Pritchard, Martin Daws, Mel Roberts, Michael Prince, Mishelle Kit, Nellie Mann, Ness Owen, Nicola Carter, Ol Guse, Pat Arnao, Peter Appleton, Peter Hughes, Philip Cassidy, Remy Dean, Rhona Bowey, Rhys Trimble, Sarah Bowker-Jones, Secil Yayali, Stephen Green, Sterly and Snell, Tammy Woodrow, Thomas Witherick, Trish Birmingham, Ülgen Semerci, Veronica Calarco, Wanda Garner, Wendy Dawson



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

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

SOURCE HEALING with Claire

Spring special offers now available...contact for details



Holistic Massage
Hawaiian Lomi Lomi Massage
Deep Tissue Massage
Aromatherapy Massage
Thai Yoga Massage
Pre & Postnatal Massage
Shamanic Drumming
Reflexology
Bach Flower Remedies



Studio in Rachub, 10mins from Bangor. Mobile service available on request

Contact Claire to book: sourcehealing.co.uk / 07426 894 640

claire.sourcehealing@gmail.com Facebook: Claire Freeman - Source Healing

The Great Gathering

Jane Fullbrookes

From April 20th, one of the most extraordinary gatherings of “trainee planetary stewards” will take place at the Findhorn Foundation in Scotland. This is the **Climate Change & Consciousness Conference**.

Conference Convener, Stephanie Mines, explains its origins:

“As I watched the US election late into the night of November 8, 2016 I was riveted by a certainty and clarity of direction. I knew without a sliver of doubt that there was one issue that I was to focus on now: climate change. I also knew, in what felt like a head-to-toe sweep of guidance, that I was to convene a major conference to develop resilient, sustainable communities and that it was to be at the Findhorn Foundation.

“In retrospect, I would call this experience a quickening. Quickening is the moment during pregnancy when fetal movements are first perceived by the mother. It is a numinous experience... This quickening sparked the birth of the conference.

“A ten-year-old girl named Aika Tsubota said ‘I think of the Earth as a gentle cradle that watches over all of the lives in it.’ The time has come to cherish this cradle of life with unremitting passion so that it continues to be the cradle of humanity for generations to come.”

Findhorn resident Graham Meltzer is in charge of the logistics. He says: “The conference has truly ‘landed’ in the community and been embraced by it. Many new projects catalysed by the coming event have recently sprung into

being, boosting our already well established sustainability practices to a new level. There is a high level of anticipation of what’s undoubtedly going to be a momentous, perhaps a landmark, event.

“The conference has been fully subscribed for many months. We have to limit the number of onsite participants to about 300 (and even that is stretching our capacity).

So we are now putting energy into live-streaming the event to enable many more people to participate.

“We are encouraging the formation of live

streaming hubs, which are organised groups, NGOs, businesses and institutions that will self-organise an event of their own, based around the live streaming.

“We have striven to attract diverse viewpoints, backgrounds and interests . And we have succeeded. The 300 ‘voices in the room’ comprise roughly equal numbers of representatives from 15 different sectors, including business, government, law and innovation. They will join with the more likely voices from science, education, health, spirituality, farming, community and the arts. Climate and social justice activists will of course also be present, as well as representatives from indigenous cultures from all parts of the world. And most significantly of all, the voices of children and youth will be loud, up front and centre at this conference.

“We hope you will be able to join us in April, one way or another.”

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Sacred Activism

Andrew Harvey

The journey of my work and of my inner understanding has led me to the vision that will now occupy the rest of my life: That of *Sacred Activism*. I have founded the Institute for Sacred Activism to implement this vision and we are in the process of co-creating a global curriculum which will be disseminated in various forms through the mass media.

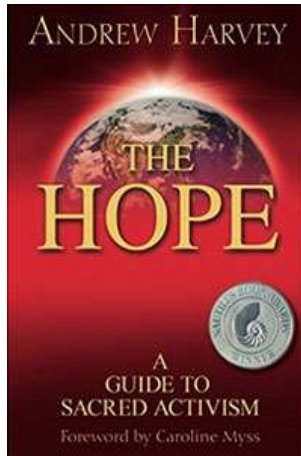
I invite you to join me in creating a new world founded in universal compassion and sacred passion for all life.

Everyone whose eyes are open knows the world is in a terrifying crisis. As many of us as possible need to undergo a massive transformation of consciousness and to find the sacred passion to act from this consciousness in every arena and on every level of reality. It is my deepest belief that only Sacred Activism – the fusion of the deepest mystical knowledge, peace, strength, and stamina with calm focused and radical action – can possibly be of use now. A mysticism that is only private and self-absorbed leaves the evils of the world intact and does little to halt the suicidal juggernaut of history; an activism that is not purified by a profound spiritual vision and psychological self-awareness and rooted in divine truth, wisdom, and compassion will only perpetuate the problem it is trying to solve, whatever it's righteous intentions. When, however, the deepest and most grounded mystical vision is married to a practical and pragmatic drive to transform all existing

political, economic, and social institutions, a holy force and power of wisdom in action is born, a force and power that can re-fashion all things in and under God, and bring humanity, even at this late desperate hour, into harmony with its self and original nature. This force of Sacred Activism I believe will be the source of the birthing power that humanity will need to create a new world from the smoking ashes of the one that is now passing away.

Hildegard of Bingen, a great Sacred

Activist of her time, wrote; "Humanity, full of creative possibilities, is God's work. Humanity is called upon to assist God. Humanity is called to co-create with God." These words by the great 12th century Christian woman saint challenge us all, whatever our religious or spiritual belief, to do three linked things: to uncover our own divine nature through prayer and meditation, to attune our hearts and will to



the will of God for the transformation of the earth, and to devote and pour out all our God-given life energies in creativity, service, and justice-making so that divine reality can be increasingly embodied in the world.

And let all of us who see the seriousness of our contemporary situation, and also the extraordinary possibilities of a new order join together as Sacred Activists to do all we can with all we are and have to transform the crisis and the world.

Andrew Harvey is Founder Director of the Institute of Sacred Activism.

<https://andrewharvey.net>

The Great Invocation

Lucis Trust



The Great Invocation was written down by Alice Bailey in 1945, as a culminating act in her collaboration with the Tibetan teacher, Djwhal

Khul. Her husband, Foster, wrote some years later:

"We may well marvel at the significance involved, and as we ponder these things we may perhaps understand a little of the tremendous responsibility accepted by the Tibetan, in his effort to put into the English language any sort of expression of this Great Invocation. The preparation which he underwent for this task involved capacities and tensions of which we can hardly guess. Through nearly thirty years of active association Mrs. Bailey qualified to assist him in writing it down. ...

"I well remember the strain of the days before the morning when, as the sun rose, Mrs. Bailey brought me the words of this Invocation as she had written them to the exact dictation of the Tibetan. It was an occasion of the most complete at-onement with him that she had probably ever achieved."

Since the Great Invocation was given out in April 1945, it has been translated into over 80 languages and dialects, and its distribution is now worldwide.

The Great Invocation voices the destiny and Plan for humanity for the new Aquarian age. It is a prayer, an invocation, and a means of alignment which provides a spiritual inflow right to the very heart of humanity and from the highest sources. In the apparent simplicity of the Great Invocation is outlined the crucial role in the divine Plan which humanity is intended to play. It is a role into which humanity will enter when it has achieved

its destined position as a fully functioning member of the planetary Triangle which also includes Shamballa, the centre where the Will of God is known, and Hierarchy, the planetary heart centre and the focal point or inlet for divine Love.

At the heart of this great Triangle stands the Coming One expected by people of all faiths and known by many names.

No one can work with this Invocation or prayer for illumination and for love without causing powerful changes in one's own attitudes, one's life intention, character and goals, we are told.

Such is the power of this great mantram that, when it is used regularly and with persistent effort to penetrate to its deeper meaning and purpose, one's life becomes altered and made spiritually useful.

The spirit of cooperation with the divine Plan for our world becomes engendered in the mind and heart of one who works intelligently with, and on behalf of, the Great Invocation.

www.lucistrust.org

Full Moon Meditation Network

Aries: March 20th ~ April 20th

Full Moon: April 19th at 12:12pm

The Great Invocation

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

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

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

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

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

www.lucistrust.org

Sister, do you see me?

Lowri Hedd

A call for women to unite in reconnecting with their wild nature, supporting one another in doing so.

Sister, do you see me?
Can you feel the soul we share?
Has this life of greed and envy
Left you too burnt out to care?

Sister, do you see me
and the stars that gave us life?
Can you rise above the narrow path
of worker, spender, wife?

Sister, do you remember
when we laughed and sang and played?
Breathing flames of divine purpose,
never dreaming we'd be swayed.

Sister do you need me?
Can we sit and breathe a while?
Forget the lists and image shit
that eat away your smile

I'm not your competition
We're not just gossip bait
I've got your back
I'll wipe your tears
'Til you awake, I'll wait



This earth needs all its women
To love, care and create
Let's turn the tides of shame filled tears
and build our heaven state.

Lowri Hedd is mother to three gentle warrior sons, a passionate creatrix seeking balance, unity and justice both within and without.

lilwlon6@gmail.com

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Naturally Pure Vegan Wellness Festival in Llangollen	07557 404 793	32
Woodland Skills Centre	01745 710 477	34
Source Healing with Claire	07426 894 640	34
Sound Healer ~ Helena Hawley	01244 683 775	34
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