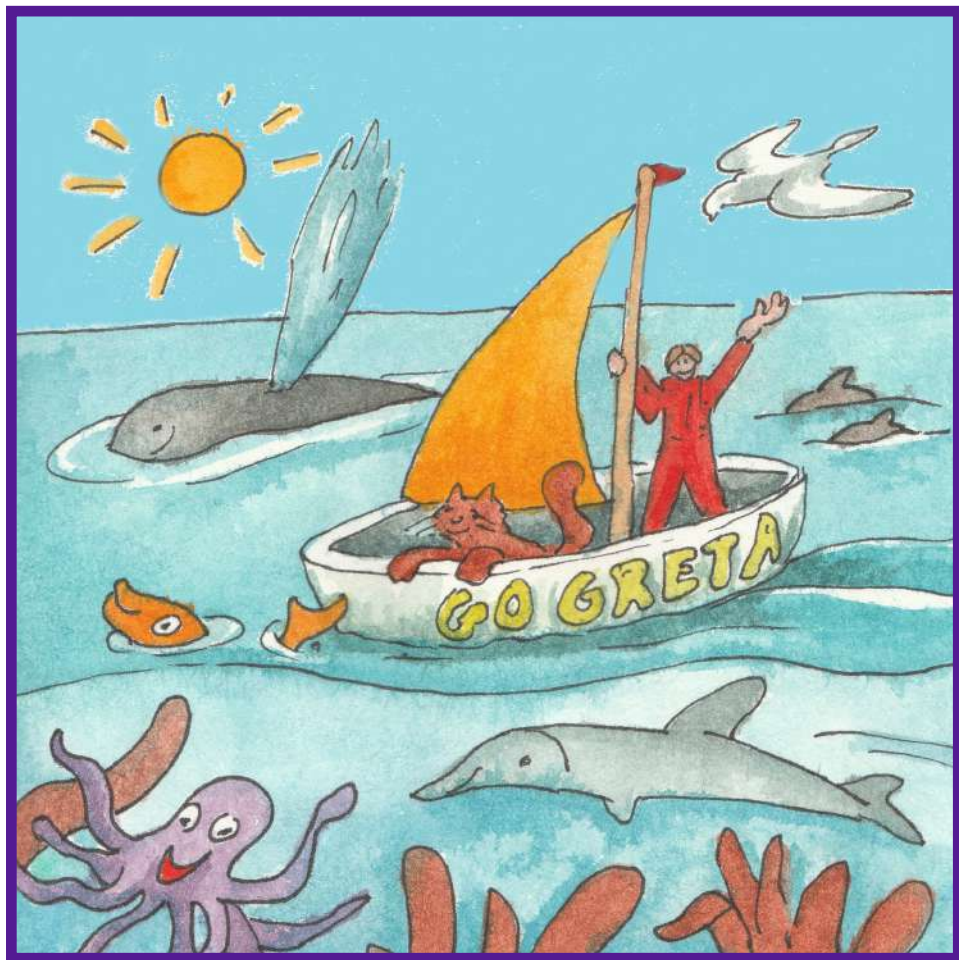


network news

a guide to inspiring events in north wales



greta's great voyage ~ killer clowns ~ are festivals changing the world?
world future council 2019 ~ tom paine ~ those two ~ towards aquarius
exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
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September 2019

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Welcome to the September Network News. Fem's cover celebrates Greta's voyage across the Atlantic, taking her uncompromising message to the UN Climate Change Conference in New York on September 23rd. Can one person arriving on that vast continent really make a world-changing difference? History says: *YES!*

In 1774, Tom Paine made the crossing. As a tax collector in England he had called for better wages to reduce corruption. He was branded a trouble-maker so headed off for a new life in America.

He found a job on a magazine (no doubt the local *Network News...*) and began to develop a powerful and witty style of writing that made the most complex subjects absorbing and engaging. Just a year after landing, he took on the most radical cause of the day: was it time for the American colonists to break away from the greedy and war-mongering British Empire? His argument quickly grew from an article into a pamphlet, and on January 10th, 1776 his soon-to-be bestseller *Common Sense* was published.

How absurd, Tom argued, that all 3 million colonists had to effectively rush to the shoreline every time a British ship appeared just to find out how much liberty they may or may not have been granted! "*Society in every state is a blessing, but government, even in its best state, is but a necessary evil...*". Especially if it is headed by a hereditary king, because "*it is impossible to make wisdom hereditary*".

Most historians agree that Tom's pamphlet was the key to bringing about American independence. Sadly, they didn't heed his later advice to abolish slavery, embrace Native Americans, introduce a welfare state etc., but it *did* set the whole world on a new course. Now it is time for an urgent course correction. *Tell 'em, Greta!*

Blessings to all beings



Killer Clowns

George Monbiot

Everywhere the killer clowns are taking over: Boris Johnson, Nigel Farage, Donald Trump, Narendra Modi, Jair Bolsonaro, Scott Morrison, Rodrigo Duterte, Matteo Salvini, Recep Erdogan, Viktor Orban and a host of other ludicrous strongmen – or weakmen as they so often turn out to be – dominate nations that would once have laughed them off stage. The question is *why*? Why are the deathly technocrats who held sway almost everywhere a few years ago giving way to extravagant buffoons?

Social media, which is an incubator of absurdity, is certainly part of the story. But while there has been plenty of good work investigating the means, there has been surprisingly little thinking about the ends. Why are the ultra-rich, who until recently used their money and newspapers to promote charisma-free politicians, now funding this circus? Why would capital wish to be represented by middle managers one moment and jesters the next?

The reason, I believe, is that the nature of capitalism has changed. The dominant force of the 1990s and early 2000s – corporate power – demanded technocratic government. It wanted people who could simultaneously run a competent, secure state and protect profits from democratic change. By 2012, power was already shifting to a different place, but politics had not caught up.

The policies that were supposed to promote enterprise – slashing taxes for the rich, ripping down public protections, destroying trade unions – instead stimulated a powerful spiral of patrimonial wealth accumulation. **The largest fortunes are now made not through entrepreneurial brilliance but through inheritance,**

monopoly and rent-seeking: securing exclusive control of crucial assets, such as land and buildings, privatised utilities and intellectual property, and assembling service monopolies such as trading hubs, software and social media platforms, then charging user fees far higher than the costs of production and delivery. In Russia,

people who enrich themselves this way are called oligarchs. But this is not a Russian phenomenon, it is a global one. Corporate power still exists, but today it is overlain by – and is mutating into – oligarchic power.

What the oligarchs want is not the same as what the old corporations wanted. In the words of their favoured theorist Stephen Bannon, they seek the *“deconstruction of the administrative state.”* Chaos is the profit multiplier for the disaster capitalism on which the new billionaires thrive. Every rupture is used to seize more of the assets on which our lives depend. The chaos of an undeliverable Brexit, the repeated meltdowns and shutdowns of government under Trump: these are the kind of deconstructions Bannon foresaw. As institutions, rules and democratic oversight implode, the oligarchs extend their wealth and power at our expense.

The killer clowns offer the oligarchs something else too: distraction and deflection. While the kleptocrats fleece us, we are urged to look elsewhere. We are mesmerised by buffoons, who encourage us to channel the anger that should be reserved for billionaires towards immigrants, women, Jews, Muslims, people of colour and other imaginary enemies and customary scapegoats. Just as it was in the 1930s, the



new demagoguery is a con, a revolt against the impacts of capital, financed by capitalists.

The oligarch's interests always lie offshore: in tax havens and secrecy regimes. Paradoxically, these interests are best promoted by nationalists and nativists. The politicians who most loudly proclaim their patriotism and defence of sovereignty are always the first to sell their nations down the river. It is no coincidence that most of the newspapers promoting the nativist agenda, whipping up hatred against immigrants and thundering about sovereignty, are owned by billionaire tax exiles, living offshore.

As economic life has been offshored, so has political life. The political rules that are supposed to prevent foreign money from funding domestic politics have collapsed. The main beneficiaries are the self-proclaimed defenders of sovereignty, who rise to power with the help of social media ads bought by persons unknown, and thinktanks and lobbyists that refuse to reveal their funders. A recent essay by the academics Reijer Hendrikse and Rodrigo Fernandez argues that offshore finance involves "the rampant unbundling and commercialisation of state sovereignty" and the shifting of power into a secretive, extraterritorial legal space, beyond the control of any state. In this offshore world, they contend, "financialised and hypermobile global capital effectively is the state."

Today's billionaires are the real citizens of nowhere. They fantasise, like the plutocrats in Ayn Rand's terrible novel *Atlas Shrugged*, about further escape. Look at the "seasteading" venture funded by Paypal's founder Peter Thiel, that sought to build artificial islands in the middle of the ocean, whose citizens could enact a libertarian fantasy of escape from the state, its laws, regulations and taxes, and from organised labour. Scarcely a month goes by without a billionaire raising the prospect of leaving the

Earth altogether, and colonising space pods or other planets.

Those whose identity is offshore seek only to travel further offshore. To them, the nation state is both facilitator and encumbrance, source of wealth and imposer of tax, pool of cheap labour and seething mass of ungrateful plebs, from whom they must flee, leaving the wretched earthlings to their well-deserved fate.

Defending ourselves from these disasters means taxing oligarchy to oblivion. It's easy to get hooked up on discussions about what tax level maximises the generation of revenue. There are endless arguments about the Laffer curve, that purports to show where this level lies. But these discussions overlook something crucial: raising revenue is only one of the purposes of tax. Another is breaking the spiral of patrimonial wealth accumulation.

Breaking this spiral is a democratic necessity: otherwise the oligarchs, as we have seen, come to dominate national and international life. The spiral does not stop by itself: only government action can do it. This is one of the reasons why, during the 1940s, the top rate of income tax in the US rose to 94%, and in the UK to 98%. A fair society requires periodic corrections on this scale. But these days the steepest taxes would be better aimed at accumulated unearned wealth.

Of course, the offshore world the billionaires have created makes such bold policies extremely difficult: this, after all, is one of its purposes. But at least we know what the aim should be, and can begin to see the scale of the challenge. To fight something, first we need to understand it.

*George Monbiot is an activist and journalist, and author of many books including **Feral, The Age of Consent and Out of the Wreckage: a New Politics for an Age of Crisis.***

A longer version of this article was published in The Guardian and is at:

monbiot.com

The World Future Council In 2019

An Interview with founder *Jakob von Uexküll*

You initiated the Alternative Nobel Prize in 1980. What inspired you to establish the World Future Council in 2007?

What makes the World Future Council unique is that it spreads solutions. Namely, policy solutions working towards our goal to pass a healthy planet and fair societies on to our children and grandchildren. Today we need to remake every part of society to stop climate chaos, malnutrition, degradation of fertile land, and inequality, or we face devastation unparalleled in human history. Best practices can inspire but, unless they become legally binding, they risk remaining islands of hope in oceans of policy failure. This is why we

needed the World Future Council – and we still need it today.



What is your vision for the future of our world?

Sometimes it feels like there is very little hope. But I am confident that, if we work together, we can achieve sustainable development and climate justice. The threats facing us cannot be solved in isolation.

The World Future Council considers itself the voice of future generations. Why is it so important to promote it today?

“You say you love your children above all else and yet you are stealing their future in front of their very eyes” said Greta Thunberg, the Swedish teenager who initiated the climate school strikes – I couldn’t have put this better. Never before have adults thoughtlessly threatened the

very survival of their children and grandchildren. Future generations need all the support they can get. This is why our work is so important!

Every year, you award the best policy solutions with the Future Policy Award, the so-called “Policy Oscar”. How do you define a sustainable legislation? How would you define a future just solution?

Decisions taken by politicians today will have a major influence on the world of tomorrow. Everyone who is young (or unborn) will be affected by these decisions, but has no influence whatsoever – this is where our responsibility starts! A

future-just policy is a law which does not just diminish a problem but

reverses negative trends and creates a world that is worth living in. For instance, the Ethiopian law to stop desertification, honoured with the Future Policy Award 2017, did not just end but reversed the degradation of land, turned man-made desert into green, fertile land, strengthened the community and created sustainable jobs for young people. The world needs more of these solutions.

What has the World Future Council Foundation achieved so far? And what’s your hope for the future?

I believe in the transformative force of solutions. To give you an example: Maryland became the first US State to make environmental education obligatory for high-school students, and we

honoured their policy with the Future Policy Award. From an early age, learners become environmentally literate – what an impact on society as a whole! We shared this policy on various occasions with decision-makers from more than 15 countries. Just recently, a Chinese delegation visited Maryland to learn more. Peru, one of the world's mega-diverse countries, introduced outdoor education, inspired by our work. And in early 2019, we published a Policy Handbook on Education for Sustainable Development that digs even deeper, presenting positive examples from policy and practice. There is no more effective nor faster way to accelerate change than to spread solutions that work well, and help people to learn from each other.

The World Future Council is funded by donations. What can I do to support the Foundation?

Tell friends about our work, share our stories online or help us to raise funds, there are numerous ways. There were people collecting donations for us on their birthday, for example. This work is complex and needs all the support it can get. As Martin Luther King said, "*laws may not move the heart but they restrain the heartless*". I think there is a deep truth in this quote, and I hope that together we can spark more people with our approach.

Jakob von Uexkull is the founder of the World Future Council and the Right Livelihood Award, often referred to as the 'Alternative Nobel Prize'.

worldfuturecouncil.org



Inspiratrix Yoga Teacher Training with Claire Mace in 2020 on Anglesey

200-hour Yoga Teacher Training qualification accredited by Yoga Alliance Professionals, spread across six modules spaced throughout the year.

Learn basic principles to share yoga safely and inclusively with groups or individuals, increasing your understanding of the body and yoga. Also suitable if you want to deepen your yoga practice.

Want to find out more?

Come to a Taster Day

Enjoy a workshop-length yoga session in the morning, then explore teaching techniques in the afternoon, with time for your questions.

£35 for the day.

Sunday 1st September 10am-5pm

or Sunday 6th October 10am-5pm

**For more information call 07970 409 724
or visit www.inspiratrix.co.uk**



Those Two

A Short Story
Ianthe Pickles

Those two, they settled down on the path and walked. They nudged, they touched, they strutted and cooed. They billed and preened. They moved sideways and then ran forward for a while. One skipped to one side and the other followed. They looked down on the path and inspected what they saw, turned it over and explored it. They flapped their wings and landed on a branch above the path.

A wicked boy came along with a sling and took a pot-shot at them both, and they flew away together to find a safer place.

That place happened to be plentiful with food and so they spent some time pecking and scratching and looking in the grass to find the best morsels. Wherever they went, they went together; they had the same purpose in mind and they seemed instinctively to know what each other needed and wanted. They accommodated each other, each patiently waiting for the other. Whatever they encountered, they explored it or dealt with it together and there was no stopping them from their aim in life.

They made their home on the flat roof above the shops, safe from the wind and the rain. They managed to squeeze themselves alongside the spikes that were placed there to stop them from nesting, for they knew that this would truly be the safest place for them to raise their young! They were in agreement about what they had to do, taking it in turns to sit on the eggs.

Each knew their role, and, although they flapped and squabbled, they soon settled

to their task together, of nurturing their young and taking turns to keep them protected and fed.

Those two hardly ever walk together these days; they were too consumed in the daily business of providing for their progeny; but each knew what they had to do. It was as if they were involved in a kind of dance, of taking turns, of coming and going, of moving together and then apart. It seemed to follow a pattern, too, which comforted them both, as well as the little ones. They both nursed the young ones; feeding them special milk



from their crops and watching them grow.

It was not long before they started all over again, with a new nest and a new baby. And so, in this way, life went on, day in, day out, each honouring each other's presence, accepting and accommodating.

When the harsh weather came they huddled together for warmth. Finding food was harder and so they would flock with the other birds in the park by the lake and scavenge for scraps thrown to them by passers-by.

Their beliefs and tasks united them and they moved forward through their world, year after year, successfully keeping each other company, remaining faithful and caring for their family. They were content. It was a hard life, just surviving, but it was a pleasant one. They were in it together and they were in it for the duration. There was no question.

Ianthe Pickles is now retired and lucky enough to spend her days and nights allotment gardening, writing and singing with friends.

In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

network news

a guide to inspiring events in north wales



SEPTEMBER NOTICEBOARD



TARANTINO FILM SEASON, MOLD

Screenings of 6 Tarantino films at Theatr Clwyd, Mold 01352 344101, theatrclwyd.com See *Calendar*

NW INTERNATIONAL MUSIC FESTIVAL (NWIMF)

14th - 28th September, held in St. Asaph Cathedral. The theme is 'Mother Earth'. You can download the programme here: nwimf.com See *events in Calendar*

OCEAN FILM FESTIVAL 20th, Llandudno, see *Calendar*

WELSH-LANGUAGE BOOK CLUB

12th September - 17th October. Held at Tŷ Newydd, Llanystumdwy, nr Criccieth. Contact 01766 522811, tynewydd.wales

LLAWN - Llandudno Arts Weekend 13th - 15th September. Free multi arts festival. Our cover artist Femke will be involving people in her new art project - see *Calendar* page 14 for more info

DO THE RIGHT THING Film director, Spike Lee's masterpiece of storytelling set in the '80s, amongst an African- American community on the hottest day of the year. See *Calendar* 4th

TASTER DAY: SHAKTIDANCE Chester, 11th Sept.

THRIFT AND THREAD 18th Sept. Upcycling, recycling and mending. Parc Glynllifon, nr Caernarfon. See *Calendar* 18th.

ERIC NGALLE CHARLES: A film exploring identity, diversity, racism and tolerance. Eric appears after for a discussion. Caernarfon See *Calendar* 21st



ANGLESEY WOODLAND FESTIVAL 28th & 29 Sept. Volunteers welcome and new stall holders. If interested please visit/book: angleseywoodfest.co.uk

NORTH WALES PRINT FAIR 2020 The Fair will be held on Saturday 7th March 2020, Llandudno. Applications for stallholders will take place in Autumn 2019, if you would like to sign up to our emailing list to be kept up to date with the application process please visit: mostyn.org or regionalprintcentre.co.uk

REMOTE REBELS A group for those who want to get involved in Extinction Rebellion but have restrictions on our time, access, or mobility for whatever reason.



Remote Rebels can coordinate rebellious acts between themselves but also by contacting local groups and working groups, making requests for remote support for things they need help with (e.g digital support for materials). You can help by contacting your local group (check: rebellion.earth), or join a national working group: http://bit.ly/xr_organism_overview

OFF THE BEATEN TRACK You can still catch the BBC Wales TV programme, on BBC iPlayer, originally shown on 23rd August. It shows the Eternal Forest Trust Burial Ground in Boduan, Pwllheli. It's a really delightful watch. See *Calendar*, 1st, 7th & 15th for a events at the Eternal Forest.

IN RESPONSE

TO SOME FEEDBACK

This month, in the Calendar Section, we have printed events in North West Wales - Anglesey, Gwynedd and Conwy in **Blue**; and events in North East Wales - Denbighshire, Flintshire and Chester/Wrexham in **Green**

GŴYL GWRTHRYFEL | REBEL RISING

13- 15 SEPTEMBER / MEDI Y BORTH CEREDIGION

GWRTHRYFEL DETOCANT extinction rebelled

Coordinator posts are still vacant for the festival. We also need skilled hands: Electrician, Tent builders, Photographer, Food vendor co-ordinator. So if you're interested get in touch. Held at Ty Gwyn Campsite and Holiday Livery, Ynys-Las, Borth, Ceredigion SY24 5LA gwytrebel@protonmail.com

Regular Weekly Groups and Classes are listed in this issue pages 34 - 37 and always at network-news.org



TRIGONOS
yn Eryri in Snowdonia

Plas Baladeulyn,
Nantlle
LL54 6BW
01286 882388

SPACE to BE

*An opportunity to reflect
in your own way and at
your own pace*

These retreats are open to any individual who is looking for some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos



UP-COMING DATES:
21-24 September 2019
31 October-3rd November 2019 ...and more in 2020!

www.trigonos.org

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



TRIGONOS
yn Eryri in Snowdonia

Plas Baladeulyn,
Nantlle
LL54 6BW
01286 882388

A 3 day retreat based at Trigonos with Claire Thompson and Jonathon Stacey



Next date:
October 27th – 30th 2019

Rewilding the Mind

Contemporary interest in conservation in Britain, in Europe and beyond is being rejuvenated through the concept of “rewilding”. What can this mean, both for the countryside and to the people living within it? We will further explore – through mindfulness practice, discussion and through walks in the spectacular Dyffryn Nantlle – the concept of ReWilding the environment and the self as an approach to conserving and healing the natural world, as well as cultivating a more direct experience with Nature

www.trigonos.org



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

September Calendar

Anglesey, Gwynedd & Conwy in
Blue

Denbighshire, Flintshire, Wrexham & Chester in
Green

1st SUNDAY

Vegan Cooking Demonstration with Lee Watson. Lee will be back at Beaumaris Food Festival cooking creative and delicious vegan desserts. They're even healthy! All sugar and gluten free, but the kind of desserts everyone will love and yes, he will be using chickpeas. Pop along for a new twist on decadent desserts! We'll have some fun and you'll get to try the desserts afterwards. Lee will also be selling and signing his best-selling cookbook *Peace and Parsnips*, after the demonstration. 2 - 3pm. Beaumaris Food Festival, Anglesey. Facebook: of event name

Beaumaris Food Festival Over 100 stalls, including crafts, discovery tent, performing arts and more. £5 adult, u14s free. Closes 5pm. Beaumaris Town Centre. Info: beaumarisfoodfestival.co.uk

Corwen Walking Festival Last day to join in! Walks are varied and there are about a dozen to choose from. Most walks start in the morning; historical, navigation, local beauty walks, Drivers trail walk, and more. Full programme details: corwenwalkingfestival.co.uk

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

Clybod Acoustic Club Meets 1st Sun/month, 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

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

Yoga on the Lawn The class will focus on strengthening, stretching and relaxing. Aimed at beginners but all welcome. £3 donation welcome, bring yoga mat if you can. 11am - 12pm. Penrhyn Castle, Bangor 01248 353084, penrhyncastle@nationaltrust.org Also 8th & 15th.

Corn Dollies On this beginner's workshop, we will be looking at the history and the diverse forms the corn dolly has taken over the ages. Students will make three or four corn dollies to take home using traditional methods and old varieties of wheat. £55, deposit £30. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.co.uk

Nordic Magical Meetings Norse & Swedish myths, legends and folktales; led by Musikteater Unna. 7.30pm, £5. Felin Uchaf, Roundhouse, Rhoshirwaun, Llŷn Peninsula. 01758 780280, felinwales.org

Yoga Teacher Training Taster Day Thinking of becoming a Yoga Teacher, or taking a Yoga Teacher training to explore yoga more deeply? Join Claire Mace for a day experiencing what that would be like. Enjoy a long yoga sequence in the morning and then an afternoon introducing some aspects of teaching, finishing with time for your questions on any aspect of yoga teacher training. 10am-5pm. £35 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk See ad page 7

Red Tent Gwynedd (Moved from August) A gathering for those women interested in ritual, sacred sharing and some social time. From 1pm for tea and arrival, sharing circle at 2pm, finish at 5pm for food, home 6pm. Held in Tregarth, Bangor. Join the group on Facebook for full details and venue directions. Facebook: Red Tent Gwynedd

Open Day Tour ~ Theatr Clwyd We've a full day planned where you can come to one of our free talks about what we're planning to do with the building, plus a free 30 minute tour behind the scenes, and meet some of the team making this project a reality to ask any questions you might have. 10.15am - 4.15pm, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

1st SUNDAY - 5th THURSDAY

Pain and Glory (15) Film. A film director reflecting on the decisions he has made in life. Spanish, with subtitles. 6pm daily. 1st 12.15pm; 2nd 11am; 3rd - 5th 12pm. Storyhouse Cinema, Chester CH1 2AR, 01244 409113, storyhouse.com

Once Upon A Time in Hollywood (18) Film. Tarantino's latest set in 1966, as a TV star and his stunt man make their way round an industry they hardly recognise anymore. Various times and prices. Storyhouse Cinema, Chester CH1 2AR, 01244 409113, storyhouse.com

2nd MONDAY

A Life of Less Worry - Meditation On this short series of classes we will explore how practising meditation causes our mind to become calm and positive. We will explore practical methods for letting go of worries and anxiety during our every day lives so we can develop a more confident and positive approach to life's difficulties. Also 9th & 16th. Led by Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com

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

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

Gwen (15) Film. Rialto Film Night. A young woman tries to keep her family together amidst adversity. 7.30pm, Theatr Colwyn, Colwyn Bay 01492 872000

Charcoal Making 2nd & 3rd & 5th. Try your hand at traditional charcoal making, free charcoal for all participants. Monday – filling the kiln, Tuesday – lighting the kiln, Thursday – bagging the product. Meet at Loggerheads Car Park. 10am - 3pm. Loggerheads Country Park Office 01824 712757.

2nd MONDAY - 4th WEDNESDAY

Yoga with Lynn Dutton More from Trigonos, Nantlle. 01286 882388, info@trigonos.org ~ trigonos.org

3rd TUESDAY

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, lynnalexander@talktalk.net

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)

Women's Gathering A monthly informal get-together; bring your sewing, knitting, reading, making and doing, or just come for the craic; also a time to find out about Red Tent meetings. 12 - 4pm, Kyffin Café, Bangor. Join us on Facebook!

Meditation in Bangor On this short series of classes we will explore how practising meditation causes our mind to become calm and positive. We will explore practical methods for letting go of worries and anxiety during our every day lives so we can develop a more confident and positive approach to life's difficulties. 7 - 8.30pm, Tŷ Gwydr/Greenhouse, High St., Bangor LL57 1X. Tickets: tickettailor.com

Blasu Crefft: Gweithdy Tecstilau / Creative Textiles Workshop In this workshop. with artist Theresa Foxbyrne, participants will have the opportunity to experiment with various techniques in textiles such as hand stitching and painting on fabric to create a unique textile notebook cover. Held in English, 6.30pm, 16yrs+, Galeri, Caernarfon 01286 685222, galericarnarfon.com

The Healing Well The Gwynedd Healing & Peace Group offers hands-on-healing at Y Ganolfan, Pentrefelin (nr Crccieth) from 7 - 8.30pm. All welcome. Mayamara 01766 770874.

Gong Bath A time to slow down, and tune into the harmonic balance of the sound. All you need to do is arrive, lie on a yoga mat, snuggle in a blanket and pillow, so that you are warm and comfortable. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

The Lehman Trilogy: National Theatre Live Screening (12A) The story of a family and a company that changed the world; told in three parts in one show. 7pm, £12.50, £11.50 concs., Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

Storyhouse Women A festival for everyone that celebrates women and girls. Come along to the first social event of this kind where you will have the opportunity to meet new friends, talk about the future of Storyhouse Women and hear from two women who will share their story and present you with an 'ask' - this could be something you should be doing for yourselves or for others. During these social events, you will have the opportunity to help shape the future of Storyhouse Women events and festivals. 6.15pm onwards, in the Bar area, Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

3rd TUESDAY & 4th WEDNESDAY

How To Be Brave Siân Owen's one-woman play is about what we're made of and learning to be brave when your world's falling apart. 7.45pm, £10. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

4th WEDNESDAY

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

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

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

Do The Right Thing (15) Film. Back in cinemas on its 30th anniversary Spike Lee's masterpiece explores how racial inequality drives conflict in a predominantly African-American community on the hottest day of the summer. Lee's masterwork remains profoundly relevant 30 years later. 8.15pm, £7.50 - £5.50. Pontio, Bangor 01248 382828, pontio.co.uk

Gong Bath A time to slow down, and tune into the harmonic balance of the sound. All you need to do is arrive, lie on a yoga mat, snuggle in a blanket and pillow, so that you are warm and comfortable. 8pm, £13. Source Yoga Studio, 294 Conwy Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Vintage Matinee 1st Weds/month. Doors open at 1pm, for 1.30pm film. Denbigh Film Club, Theatr Twm o'r Nant, Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

Women's Mindful Craft Circle Wednesdays 4th, 11th & 18th September. Join Heal Earth CIC friendly Craft Facilitators and volunteers every Wednesday for 5 weeks. The artist will first go around the circle to see how everybody's feeling, do some short meditative exercises and then we will have peaceful craft activities inspired by mindfulness and nature, often using fabrics, recycled materials and others. Max of 12 spaces. 2 - 4pm. Held at Storyhouse, Chester. Contact Christine Kelly 07856 233841, clkelly81@yahoo.com *Also 11th & 18th*

Padding Around the World Join us for a free evening hearing about a life spent having an incredible time in boats, with Senior Instructor Sid Sinfield. 7.45pm. Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk



The Current War (12A) Film. The cutthroat race between electricity titans Thomas Edison & George Westinghouse to bring power to the world. 2pm, £7, £6. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Reservoir Dogs (15) Film. 6 criminals aim their guns at each other in search of the rat after a failed jewelry heist. Part of the Tarantino Season. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

4th WEDNESDAY - 7th SATURDAY

Training in Anthropospatial Medicine with Michael Evans. More from: Trigonos, Nantlle. 01286 882388, info@trigonos.org ~ trigonos.org

Educating Creatively Conference Explore and celebrate the crucial role of creativity in education and its role in people's wellbeing and mental health. For teachers, educators, drama group leaders or those working with young people. Key speakers include: Dame Evelyn Glennie, Abdelfattah Abusrour - peacemaker in Bethlehem, through the arts and culture. Charmaine Pollard brings Poetry Therapy to the day. Stavros Kokkinos performs and talks about the performing arts in moral development. £80 full; £60 2 day; £35 one day, student concs. More from Storyhouse, Chester 01244 409113, stoyhouse.com

My Fair Lady Theatre with Tip Top Productions. Eliza goes from flower seller to Duchess with the 'help' of Henry Higgins. 7.30pm daily, plus 2.30pm on 7th. Tickets from £14. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

4th WEDNESDAY - 8th SUNDAY

Songwriting Four days of songwriting tuition and inspiration with Stephen Taberner. Starting with an empty page, moving on to free associative thinking and an unjudging creative child mind, fun! No qualification needed, just a desire to write songs. Fully catered vegetarian food; accommodation included but please bring your own bedding. £375. Cae Mabon nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

5th THURSDAY

Prestatyn Reading Group 1st Thurs/month, 2pm, Prestatyn Library, King's Ave 01745 854841.

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

Illuminate Women's Music presents the Illuminate String Quartet with soprano Soul Zisso. A programme of six world-premieres by women composers commissioned by Illuminate. These composers are Caroline Bordignon, Soul Zisso, Joanna Ward, and the composers in residence Angela Elizabeth Slater, Sarah Westwood and Blair Boyd. 7.30pm, £5 - £12. Pontio, Bangor LL57 2TQ, 01248 382828, pontio.co.uk

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

Random Readers 1st Thurs/month. A friendly and relaxed reading group enjoying a good chat about their chosen books. 6-8pm, Rhyl Library, Museum and Art Centre 01745 353814.

Gwynedd Astronomy Society 1st Thurs/month, 7.30pm. Bramble Building, opposite ASDA, Bangor. Davyth Fear 01286 672882.

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

Awakened Belly Dance 7 week course. Awakened Bellydance is multi-faceted, transformative, self-awakening process which travels far beyond the realms of the usual Bellydance. It is perfect for all women who have an interest in movement for healing. (£90 if booked by 29/8); £100 or £15 per session. Mold. Book with Rachel: rachelsbellydance.wales

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

Wildlife Gardening at Aberduna Come and help us develop our wildlife garden near our new East Office. Can't make this first session? There'll be more, every first and third Thursday of the month! Tools provided, but please bring gloves. 2 - 4pm, meet at NWWT's office car park on the Maeshafn Road, half a mile from Gwynymynydd. Iwan Edwards 07584 311583, iwan.edwards@northwaleswildlifetrust.org.uk

The Laramie Project Theatre. The Laramie Project tells the true story of the brutal attack of gay student Matthew Shephard in 1998. One year later the Tectonic Theatre Company visited Laramie six times and spoke to more than 200 people. The result is an engrossing docu-drama that testifies to the seismic impact of a hate crime on a small town to the whole of America. 7.45pm, £12. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Loopers: The Caddie's Long Walk (PG) A documentary about the dynamic bonds that form between golfers and caddies. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

5th THURSDAY - 8th SUNDAY

Conscious Camp A healing festival seeking to improve peoples quality of life by providing workshops aimed at removing negative blockages, dissolving self limiting beliefs, empowerment and



fun. This is also an intoxicant free camp. Yoga, holistics therapies, kirtan, river camp fire, meditation, dance. £55, 11 - 16 yrs old free, day tickets £25. Glyndyfrdwy, Denbighshire. Facebook: of event name

Tea, Cake and Company Gardening Group Come and meet new people, learn things and relax over a piece of cake and a cup of tea. The garden will be open from 10am - 4pm. Morning activities are 10am-12.30pm, and afternoon activities 1.30-4pm.. If you want to come to both sessions you are welcome to stay with your own packed lunch. £6 for each session, or £10 both sessions. Y Plot, Pandy Farm, Tregarth, Bangor, LL57 4BB. Follow the grey signs from Felin Hen Road by the group of quarrymen cottages called Tyn Lon. Coryn: 07799 224 636, Facebook: Blodeuwedd Botanics *Also on 12th, 19th, 26th.*

6th FRIDAY

First Friday Film 7.30pm, £7, u18s £4. Theatr y Ddraig, Barmouth LL42 11EF. More from 01342 281697, dragonthatre.co.uk

Death Café Meets 1st Fri/month. A group led discussion in a friendly atmosphere. Open to all, whether currently experiencing bereavement or just wish to talk more about death. 2 - 4pm, £2 donation welcome. St. Kentigern Hospice, Upper Denbigh Rd., St Asaph, LL17 0RS. 01745 585221, stkentighospice.org.uk You can find out more from Vita Zilite 01745 774924, vita.zilite@stkentighospice.org.uk

3Hattrio Rooted in the natural world of their sacred homeland near Zion National Park in Utah, they say that their genre is "American desert music," a simple idea for a complex sound. £12, doors open 7pm for 8pm gig. Bar only, no food. Blue Sky Café, Bangor 01248 35544, blueskybangor.co.uk

Games Night A selection of board and card games. 8pm, drop-in, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Animals (15) Film. Long-time friends and party-lovers Laura and Tyler navigate life and love in Dublin, Ireland. However, the girls find themselves drifting apart when Laura becomes engaged. 5.30pm, £7.50 - £5.50. Pontio, Bangor, 01248 382828, pontio.co.uk

Bait (15) Film. A common problem explored in a very uncommon film style. We follow Martin, an aggressive Cornish fisherman who resents the incomers who have taken over his village. With the fishing industry in decline the whole community and the beautiful landscape are used as bait to catch tourists. 8.15pm, £7.50 - £5.50. Pontio, Bangor, 01248 382828, pontio.co.uk

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

Ucheldre Lit Soc A talk, reading and discussion with award-winning novelist, poet and translator Christopher Meredith, whose groundbreaking first novel 'Shifts' is regarded as a modern classic. Introduced by Fiona Owen. 1- 3pm. £5, £4 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Gong Bath A time to slow down, and tune into the harmonic balance of the sound. All you need to do is arrive, lie on a yoga mat, snuggle in a blanket and pillow, so that you are warm and comfortable. 7pm, £13. Rhuddlan Community Centre, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

6th FRIDAY & 7th SATURDAY

Blinded By The Light (12A) Film. In 1987, a British teen of Pakistani descent relates to the music of Bruce Springsteen and finds his own voice. 8pm, + 2pm 7th. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

6th FRIDAY - 8th SUNDAY

Gladfest 2019 Bringing together the most exciting contemporary writing from all over the country, and this year is no exception with history, poetry, art, memoir, nature writing, spirituality and fiction of all kinds. Plus there are spiritual reflections with Pádraig Ó Tuama and Zia Chaudhry, life reflections with actor Neil Pearson and a look to the future with Tamara Harvey and Charlie Gladstone. Download programme/costs/times from website. Gladstone's Library, Hawarden, 01244 532350, gladstoneslibrary.org

Yoga, Walking and Exploring These weekends are designed for those who love to be in the outdoors but don't want anything too strenuous so it is the chance to explore the beauty of Wales through the exploration of rivers, waterfalls, woodlands, castles, and all the hidden gems of Snowdonia. The walks will be short and of an easy grade. £275 all inclusive. Beddgelert. Morris Mountains 07541 740311, morrismountains.co.uk

Botanical Art in Coloured Pencil: Changing Seasons There will be the chance to experience and compare a wide variety of coloured pencil types and try different papers. Find out how to build up rich, vibrant colours through blending and layering. Observing closely from nature, the aim is to create a botanically accurate study. Open to all levels. £254 - £274. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

Signalling the Narrow Gauge No prior knowledge required - just an interest in railways. Why signals are required and how ideas changed from the 1860's, through the 1890's to today's railway will all be explored with talks and site visits to the FR & WHR. £264 - £284. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

Rambling for Welsh Learners An opportunity to learn something about the history of the area and some of the folklore while practicing your Welsh. On your walks, learn more about words, their meaning and how to use them. Catrin Roberts, the course leader, is a professional Welsh tutor and will take time to explain words, their meaning and use. £229 - £249. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

6th FRIDAY - 9th MONDAY

Into The Wild Nature Retreat An introduction to Shamanism, yoga classes, art therapy, Taoist energies, sacred water ceremony, meditations, arts & crafts workshops, shamanic journey practice. 3 nights accomm with veggie/vegan £250. 10 mins from Llwyg beach. Tyddyn Mon, Anglesey. Booking: Chris 07958 058191, chrisgibbons01@hotmail.com

Yoga & Wild Swimming Weekend Beautiful swimming locations, yoga sessions, healthy detoxing food; herbal teas and cakes. Plenty of relaxation time. £640 - £495. Plas Cadnant, Menai Bridge. Book: Laura Bell 07989 512859, thezestlife.co.uk

7th SATURDAY

Learn to Meditate How to make your mind calm and peaceful everyday. 10.30am - 1pm, £15 with refreshments, Veggie lunch also for £4. Kalpa Bhadra Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatnorthwales.com

Beached! Come along to learn more about the animals that strand en masse on our beaches – and how to help us monitor them. Booking essential. Bring lunch. 10am - 3.30pm, Talacre, Holywell CH8 9RP. Dawn Thomas 01248 351541, dawn.thomas@northwaleswildlifetrust.org.uk

Fern Identification Day From 10.30am - 1pm. A friendly informal session led by David Hall and the Beautiful Burial Ground Project. Free, booking essential through George 01588 673041, george@cfga.org.uk. All welcome. Held at Eternal Forest Trust, Boduan, Pwllheli, 01758 612006, eternalforest.org

Cynefin - Owen Sheers Acoustic live music, 8pm, £7.50. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Animals See 6th

Monthly Mindfulness - Tips & Techniques for Anxiety Our monthly sessions allow that time-out and stillness to move beyond the choppy waves to the calmness underneath the surface. Today's theme is: Toxic Friendships (when is it time to move on, when is it a learning process?). 11 - 12.30pm £10. Held at Beehive Healthcare, Chester CH2 2DX. Info: 07421 996393, inspireandrewire.com

Woodlands and Meadows Visit our newly expanded reserve to enjoy its mix of woodland, meadows, limestone grassland and hopefully some early waxcaps – all led by Mark Hughes. 2 - 4pm, meet at NWWT's office car park on the Maeshafn Road, half a mile from Gwernymynydd. £2 donations. Mark J D Hughes 07800 771570, mjdhughes1108@gmail.com

Gong Bath A time to slow down, and tune into the harmonic balance of the sound. All you need to do is arrive, lie on a yoga mat, snuggle in a blanket and pillow, so that you are warm and comfortable. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, Bangor LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Green Book (12A) Film. Set in 1962, the film is inspired by the true story of a tour of the Deep South by African American classical and jazz pianist Don Shirley. £4. Halkyn Mountain Community Cinema. Tickets from Blue Bell Inn, Halkyn or via website mountaincinema.org.uk

Mindfulness 8 week Course For anyone wishing to increase their general sense of well being and appreciation of life, while effectively managing tendencies towards stress and anxiety. Over the eight weekly sessions, you will be learning how to develop a greater sense of clarity, calm and kindness which supports long-term changes in how you approach life, while enhancing your mood and general well-being. The course follows the general format of the MBSR programmes, which you can learn more about. 9.30am - 12noon. Ruthin Library, Record St., LL15 1DS. Contact 07792 784451, info@artofmindfulness.co.uk

Footpath Maintenance Help to pitch stones, clear drains and remove obstacles at Bochlwyd and Cwm Tryfan. 10am, booking essential. Snowdonia Society 01286 685498, snowdonia-society.org.uk

7th SATURDAY & 8th SUNDAY

Building with Ecobricks and Cob 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, all tuition; £20 accomm extra. CAT, Machynlleth, 01654 704966, cat.org.uk

Family Weekend in the Woods We explore and learn about the woods and do some basic bushcraft and woodcraft. Activities for adults and children; mid-day meals provided; free camping available at the Centre. £65, £20 8-16 years, u8s free. Deposit: £20 per paid place. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

7th SATURDAY - 14th SATURDAY

Mindfulness Teacher Training Retreat Level (2) Deepen and develop the skills and knowledge involved in teaching mindfulness-based approaches. Our time will be spent together in silence as we practise, in small and large group reflection as we learn interactively, through our individual and collective experience. Entry requirements; see teachmindfulness.org. All inclusive: £1547 - £1390; ask for bursary. Held at Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

8th SUNDAY

Open Water Swimming Supervised open water swimming sessions to give you the opportunity to build your confidence and improve your technique with full safety boat cover. Beginners: 10am - 12pm; intermediate 1.30 - 3.30pm. All participants must be able to swim 100m. £7.50. Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.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

Yoga on the Lawn See 1st

Transit (12A) Film. An allegory set in France; a man flees by adopting the identity and papers of a dead author. 5.30pm, £7.50 - £5.50. Pontio, Bangor, 01248 382828, pontio.co.uk

Ant Middleton ~ Mind Over Muscle The show will recreate what mental strength it took behind the scenes for Ant to complete his Everest challenge. Plus throughout Ant will take the audience through a motivational journey of self-help and self-discovery. 7.45pm, £41.50 - £29.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Estyneto Join us for twice-monthly regular dance/movement sessions aimed specifically for those over the age of 60. The sessions are led by inspirational dancers/choreographers (Cai Tomos & Angharad Price Jones) and open to anyone who has the desire to stay active, fit and healthy. No previous experience or dance skills required. 1.30 - 3.30pm, £4. Galerï, Caernarfon 01286 685222, galerïcaernarfon.com Also 29th

Stephen Kovacevich (Piano) Plays monumental works by Beethoven, Bach and Schubert's last great sonata. 7.30pm, £10. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

9th MONDAY

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

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

Bats of Snowdonia An evening with Sam Dyer, chair of North Wales Mammal Group and Natural Resources Wales Mammal Ecologist who will be leading a free guided bat walk. Starts 7.45pm for short briefing before we go out. Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

Measure for Measure RSC Live Screening. A young nun is compromised by a corrupt official and she wonders what to do. 7pm, £12. 50, £11.50. Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

Bait See 6th

Transit See 8th

9th MONDAY - 13th FRIDAY

Sisters of the Wild The Sisters of the Wild Gatherings are weekend getaways where we share ancestral skills and stories, remembering the simple pleasures of living in harmony with nature. This is an opportunity to retreat from the attachments of everyday life and tune into the simplicity of gathering together in community, bonded by our love for the earth. £375. Cae Mabon nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk Visit: sistersofthewild.com



Latin Second Steps Read and understand extracts from the poets, comic playwrights and prose writers of Classical Latin literature. £440 residential, from £300 non-residential. Gladstone's Library, Hawarden, 01244 532350, gladstoneslibrary.org

9th MONDAY - 14th SATURDAY

Storytelling Retreat: The Goddess and her Consorts Exploring the mythology surrounding the Goddess. The course will explore her many manifestations in the stories of Inanna & Dumuzid; Ishtar & Tammuz; Aphrodite, Hephaestus & Ares; Modron & Ceridwen; Rhiannon, Pwyll & Manawydan; Brigid & the Morrigan; Freya; Jehovah & Sophia and more. This is a storytelling course – participants will be working on stories that they will tell at the end of the week. With Hugh Lupton and Eric Maddern. £550 - £675. Local residents can apply for a bursary. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW, 01766 522881, tynewydd.wales

10th TUESDAY

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

Goddess Book Club A group all about learning to empower yourself as women or women around you through the almighty power of books! Each month the choice will be a book about a strong or empowering woman or group of women, some will be fiction, others non-fiction. You can pick and choose which books you would like to do. 7 - 9pm. This month: The Red Tent by Anita Diamant. Buy ticket and read book beforehand! Deva Empowerment, Queens Park, Chester CH4 7AZ. Tickets: thegoddesscollective.co.uk

Margaret Atwood: Live in Cinemas A filmed documentary about Atwood's life, from the National Theatre in London, with readings from actors. Margaret will also answer questions from audiences across the UK. 7pm, £6.25, Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com Also £13, £11. Pontio Bangor, 01248 382828, pontio.co.uk Also £10, £8 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also £15, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com



Dafydd Monks: The Lady from the Lake: Herbs, Archetypes and the Collective Unconscious A look into the place where body, nerves, and soul come together; the plant allies that help us to integrate and heal. Join the Bangor Theosophical Society as we look at the origins of human consciousness and how we have co-evolved with the plant kingdom. 7.30pm, £5, TS members £3. Hiraal Hall, Ambrose St, Bangor. Enquiries: Toddy Alcock 01248 600267.

Stargazing with Members of NW Astronomical Society present an informal observing evenings. An excellent opportunity to meet other astronomers; possible with a guest speaker. 7.30 - 9.30pm. Llanelian Community Centre, Conwy LL29 8YT. Book through northwalesastro.co.uk

Sometimes Always Never (12) Rialto Film Night. A father searches tirelessly for his missing son. 7.30pm, Theatr Colwyn, Colwyn Bay 01492 556677, theatrcolwyn.co.uk

11th WEDNESDAY

Llandudno Writers Club Meets 2nd Weds/month. The group meets to discuss a chosen book. Today: Chris Reynolds - *Graphic Writing*. 2 - 4pm. Llandudno Library, Mostyn St. More info: llandudnowriters.weebly.com

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

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.

Women's Mindful Craft Circle See 4th

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. Held in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. Contact Kay 07918 663640, kaypitt40@gmail.com

Apples and Grapes A guided tour of the orchards, vineyard and mineral spring on a south-facing slope of the Nantlle Valley, followed by tasting in the café – apple juice, cider and wine. 2.30 - 4.30pm. Booking essential. £8. Pant Du Vineyard, Ffordd y Sir, Penygroes, Caernarfon, LL54 6HE. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

Occasional Cinema 2nd Weds/month. 7.30pm, £5, £3 with membership (£20 for the year). Held at Mill Bistro, Caernarfon. Details of film from: occasionalcinema.org

Women Working Together Aimed at Small, Micro and Lifestyle business & professional women who often struggle to get out and meet women in a similar situation. A chance to network and talk about your project/business. Regular monthly group. Free, for first meet then £10 per meeting. Held in Dylan's Restaurant, Criccieth, LL52 0HU. eventbrite.co.uk

Bait See 6th, except at 2pm.

Transit See 8th, except at 8.15pm.

Esoteric Healing and the Seven Major Centres

Introduction to a greater understanding of esoteric healing and the seven major chakras, and how this process unfolds and can potentially raise the consciousness of the spiritually-inclined man or woman. A talk by Teresa Keast. 7 for 7.30pm, £5.50, £3 TS members. Quaker Meeting House, Frodsham St., Chester CH1 3LF. 01244 377170, chestertheosophy.org

Blinded By The Light See 6th & 7th, except at 2pm.

Pulp Fiction (15) Film; Part of the Tarantino Season. Intertwining the lives of a boxer, two hitmen, a gangster and his wife, and 2 diner bandits. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Taster Session: Shaktidance A journey to your own self with awakening consciousness. A 90 minute class will begin with a Mantra, followed by Shakti stretches, standing movements, free dance, relaxation, meditation and closing with mantra; suitable for all ages and abilities. 7 - 8.30pm. Free first class then book 4 classes for £32 in advance. Led by Maria Pradhucharan Kaur. Held at Coworking Chester, 1 Overleigh Rd, Chester CH4 7HL. Bookings: eventbrite.com

Prestatyn Hillside - Keeping on top of things

General site maintenance, improvements and footpath work in the woodland and on the hillside. Meet at the car park below Hillside Gardens. (SJ 071 821). 10am - 3pm. Denbighshire Volunteer Programme North Denbighshire, 01824 708313.

12th THURSDAY

Hierarchies: Angels, Devas, Nature Spirits and Elementals A talk by Eric McGough and the Theosophical Society. 2pm, £5, members of TS £3. Free refreshments, book sale. Held at Parkway Community Centre, Rhos Rd., Rhos on Sea LL28 4SE. Enquiries: theosophywales@yahoo.co.uk See page 29

Pregnancy Yoga This is a 6 week course, that is suitable from 12 weeks in until birth. No previous experience necessary. Stretch, relax and connect with your baby, and meet other mothers-to-be. Course 1: 5.30 - 7pm or Course 2: 7.15 - 8.45pm; £48 per 6 week course. Quaker Meeting House, Dean Street, Bangor, LL57 1UP. Laura Knott 07914 917711, birthingmamas.co.uk

Plant Identification and Botanical Keys Delivered by Lorna Bointon, on behalf of CIEEM, with illustrated slides and 'hands-on' practical activities. This one day course will give participants the confidence to identify a wide range of common plant species, using botanical keys to identify plants, looking at the naming rules and hierarchical structure of plants, sub-species and hybrids. Field trip weather permitting. Latex free safety gloves and hand lenses will be provided. If you own a field guide, please bring it along. Tea and coffee provided, bring a packed lunch. Suitable for hobby botanists, land managers, ecologists and environmental managers, students, conservation volunteers, wardens and rangers. 9.30am - 4.30pm. Alyn Waters Country Park, Mold Road, Gwersyllt, Wrexham LL11 4AG. For more details visit: events.cieem.net

Tea, Cake and Company Gardening Group See 5th

Fleabag Screening from NT. The hilarious, award-winning, one-woman show that inspired the BBC's hit TV series, written and performed by Phoebe Waller-Bridge. 7pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com Also Pontio Bangor, 01248 382828, pontio.co.uk + 29th Sept. Also Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Olwyn Lliw / Colour Wheel Artist and tutor Jwls Williams will be leading and supporting the monthly sessions. These sessions are ideal for beginners and creatives who wish to gain new skills and experiment with new materials and techniques. 10.30am - 12.30pm. Today: 'Perspective', 16 yrs+, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Blowzella 7 piece band. They compose their own music which is influenced by English and European traditional folk music and song. An inimitable, driving, drone-based wall-of-sound – played with a fabulous sense of melody, rhythmic expertise and sheer feeling. 7.30pm, £12.50. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

Moor Path Work Come and join us for essential maintenance to the Offa's Dyke footpath as it crosses Cymr y Brian moor towards Llandegla. Meet at the layby where the National Trail leaves the road (SJ 234 495), or lift available from Market St Car Park, Llangollen at 9.30am. Denbighshire Volunteer Programme, AONB Llangollen 01824 712795.

Full Moon Sound Healing Meditation A place to just lie down and listen to the beautiful sounds of the gongs; sometimes we chant. 7.30 - 8.45pm, £9 adv, or £12 on door. Oddfellows Lodge, Chester CH4 8SG. Facebook: of event name

N.E.W. Wellbeing Network Brings together third sector organisations (local, regional and national) operating in Flintshire and Wrexham who have an interest in health, social care and wellbeing. You can present your project or service at this event. 9.30am - 12.30pm. Held at Plas Pentwyn Community Resource Centre, Castle Road, Coedpoeth, Wrexham LL11 3NA. Please contact Fran Hughes: fran.hughes@flvc.org.uk

13th FRIDAY

Jack Tysen Charels - Funks & Soul Bash Blending soul, rock, funk blues and dance music. 8pm, £7.50. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Wildlife at the Spinnies A guided walk around the nature reserve, with optional extra to visit nearby Eithinog. Bring your binoculars – and lunch! 11.30am - 3.30pm, Spinnies Aberogwen, Bangor. Janet Baker 07812 659593, jemmole@hotmail.com

Happy as Lazzaro (12A) Film. Beautiful and magical fable: an easy-going farmer befriends a rich marquis. 7pm for 7.30 screening. £6. New Dot Cinema, Town Hall, Llangollen LL20 8NU. newdotcinema.org

Holyhead Yeah! Live band night; Tea Street Band supported by Callow Youth and Caine Jones Williams. 7pm, £10. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Favourite (15) Film. The relationship between two cousins in early 18th century England, both vying to be the favourite to Queen Anne. Open 7.30pm with film at 8.15pm. £4 evening, £20 annual subs. Denbigh Film Club, Theatr Twm o'r Nant, Denbigh LL16 3DA. Lillian Jones 01745 813426.

13th FRIDAY - 15th SUNDAY

Inner Balance Yoga Retreat Step out of time for a grounding and energising weekend of yoga with experienced Forrest Yoga teacher Claire Mace. Explore what balance means to you, how you relate to it, and how you can bring more of it to your life, your emotions, and your yoga. By paying attention internally you can discern what is yours to deal with, and detach from the external stresses that knock you off balance. Then you can find a place where you feel empowered and calmer: a place of inner balance. £199-£349. Held at South Stack Coastal Retreats, Holyhead Mountain, LL65 1YH. Bookings: Claire 07970 409724, northwalesretreats.com

MaD Weekend (Make a Difference ~ Mentro a Dathlu) Join us for another action-packed weekend of volunteer activities across Snowdonia with overnight camping, music and food on the Craflwyn Estate, Beddgelert. In partnership with a host of local organisations and businesses. 10am; more info and register: snowdonia-society.org

LLAWN - Llandudno Arts Festival A marvellous mix of events during the day and night, starting Friday evening. Imaginative, inspirational and vitality full activities. Llandudno Town and Prom. Full info from the website: llawn.org

Once Upon A Time in Hollywood (18) Film. Tarantino's latest set in 1966, as a TV star and his stunt man make their way round a changing industry. 13th 6pm; 14th & 15th 7.30pm, £7, £6. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Three Days To Make A Difference Join dozens of volunteers in the heart of Snowdonia to help with a range of different activities including: tree survey, litter picks, invasive species removal, footpath maintenance and more. Plus camping, BBQ, live music from Project Cuba on Sat night. Snowdonia Society, contact claire@snowdonia-society.org.uk

14th SATURDAY

Virgo Full Moon 4:33am BST

LLAWN Festival ~ Red, Yellow, Blue - What Colour Are You? This interactive game is based around the three primary colours: red, yellow & blue. We encourage you to join the fun online, zooming into the primary colours in things around us and post your quirky, fun and dramatic findings. You can find us between 1 - 4pm during LLAWN festival in Llandudno. You will see three figures in primary colours wandering around the promenade and in town trying to find objects or people with matching colours for their 'team'. They will take pictures that will be exhibited in the building of Tacile Bosch on Sunday. This collage will also include pictures that have been posted on this page. This will show the most popular colour. You are encouraged to join the pre-fun online and of course come and join the live game by wearing one of the three colours to support the team you would like to win. This project is initiated by social artist Femke van Gent and she has formed a great team with Holly Evans & Marty Young for the performance at LLAWN. Facebook: Red, Yellow, Blue, what colour are you?

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 ellaspairs@hotmail.com

Empire - Histories and Legacies A talk by Prof. Gurminder K Bhambra. This talk will argue that there is something distinctive about European empires, specifically a distinct form of domination through the extraction of resources – including of labour through enslavement and indenture, and of land through dispossession – creating a legacy of wealth and property that continues to advantage European societies even after empire. 2.30pm, free, Mostyn, Llandudno 01492 868191, mostyn.org

NW Vegan Festival Vegan stalls, cookery demos, all day inspirational talks, yoga and children's activities; 1.30am - 4.30pm, £3 entry, u16s free. Plas Coch Sports Centre, Wrexham. Visit: veganeventsuk.co.uk

Craft Market / Marchnad Crefft We'll be hosting a pop-up craft market during Sioe Trawsfynydd Show. Stands available for local crafters and makers at just £10 each - message us! 10am - 4pm. Llys Ednowain Hostel, Trawsfynydd, Blaenau Ffestiniog LL41 4UB. 01978 759603, register: eventbrite.co.uk

Wild Food, Foraging & Wilderness Cookery This one day course looks at some of the best and tastiest ways to enjoy wild food. From our basecamp set in the ancient woodland at the National Trust's Erddig Estate we will be exploring the forest and hedges in search of "food for free." 9.30am - 4.30pm, £55. Woodland Classroom, Erddig, Wrexham. Lea & James 07876 794098, woodlandclassroom.com

September Craft Fair We have 25 stalls selling a wide range of unique, quality items. 11am - 3pm, Criccieth Memorial Hall, High St., LL52 0HB. Facebook: of event name

Pinewood's Snowdon Hike A free opportunity to have fun whilst climbing Snowdon. 6am - 9pm; route will depend on numbers booked. Led by Tiara Hemans. Register: eventbrite.co.uk

Embroidered Flora During this workshop you will learn 3 methods for adding lettering to quilts and textiles; all abilities welcome. 10am - 4pm, £35. Storiell, Bangor 01248 353368, storiell.cymru

New Routes in Greenland Instructor Paul Warnock shares his experiences of setting a number of new ascents of the cliffs and mountains of Greenland. 7.45pm, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

Welsh Language Day: Lyric Writing £35 per day. More from Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW, 01766 522881, tynewydd.wales

Gallery Talk Join exhibition curator, Elen Bonner, to explore how contemporary craft objects, through their material, making, story or use, can nurture a deep-rooted sense of belonging. 2pm, free, no booking required. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk *Also on 21st*

Welcome to Crystals This one day workshop shows you a selection of crystal healing techniques, which help you to tap into their magic. No experience is necessary, just an interest in (or perhaps growing obsession with!) crystals. 10.30am - 4.30pm, £40, booking essential, Chester Health Store, 59 Bridge St Row, Chester CH1 1NW. Bookings: cariadcrystalhealingandspiritualguidance.weebly.com

Create a Bespoke Papercut Helen will lead you through the process of creating a bespoke papercut to celebrate a special occasion. Inspired by textile 'samplers', you'll create a unique artwork incorporating personal details alongside traditional symbols and motifs. You may wish to bring a photograph of your home or lines from a poem or song to include in your design. All tools and materials will be provided. 10.30am - 1pm or 2.30 - 5pm. £30 per session. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org.uk

Kill Bill: Double Bill! (15) Film. Part of Tarantino Season. The only way to kill Bill is to do it in one sitting. See Vol. 1 & 2 back-to-back for QT's homage to Japanese martial arts epics. 7pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

NW International Musical Festival Featuring Only Boys Aloud, Doniau Cudd (Hidden Talents) from Canolfan Gerdd William Mathias - creative music project for adults who have learning difficulties, Llangollen International Musical Eisteddfod's 'Voice of the Future' 2019 and internationally renowned young piano virtuoso Luke Jones, who will perform Schumann's Waldszenen (Forest Scenes) and Ravel's Miroirs (Mirrors). 7pm, £15, £12, £10. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

14th SATURDAY & 15th SUNDAY

Beginners Meditation Retreat Take time out of your busy life to enjoy a day or two of simple meditations to calm and uplift your mind. Each day will consist of three meditation sessions guided by Resident Teacher Gen Leksang. There will be an explanation of how to practice these meditations and how to integrate them into your daily life. 10.30am - 3.30pm, with breaks. £20 one day; £30 weekend, includes lunch. Accommodation available. Kalpa Bhadra Buddhist Centre, Llandudno LL30 1Y, 01492 878778, meditatenthnorthwales.com

Picturehaus Film Club ~ Helfa Gelf Our sponsors Manorhaus in Ruthin are putting on four nights of films & food over the Helfa Gelf September weekends, with a film inspired set-menu 2 course dinner at 7pm, followed by the film screening. The ticket price of £22.50 includes 2-course meal, film and interval ice cream. **14th: The White Crow and 15th: At Eternity's Gate.** Tickets must be purchased online in advance from the box office - go to picturehausfilmclub.com and enter the password 'casablanca' to view the film information and menu. Manorhaus, Well St., Ruthin LL15 1AH, 01824 704830, manorhaus.com *Also 21st/22nd*

14th SATURDAY - 23rd MONDAY

Barmouth Walking Festival 10 Days of Guided Walks in Southern Snowdonia for all abilities. You can download the programme from: barmouthwalkingfestival.co.uk

15th SUNDAY

Fungus Foray Charles Aron will lead the identification foray. From 2pm, all welcome, Eternal Forest Trust, Boduan, Pwllheli, 01758 612006, eft@eternalforest.org ~ eternalforest.org

Red Tent Gwynedd A gathering for those women interested in ritual, sacred sharing and some social time. This month the theme is "How we find meaning in our life". From 1pm for tea and arrival, sharing circle at 2pm, finish at 5pm for food, home 6pm. Held in Bethesda. Join the group on Facebook for full details and venue directions. Facebook: Red Tent Gwynedd

Anglesey Artisans A group of like minded individuals specialising in unique crafts, arts, health, beauty products & other bespoke items. 12 - 5pm. Treaddur Bay Hotel, Holyhead LL65 2UN. Facebook: of event name

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

Yoga on the Lawn See 1st

Snowdonia Society Volunteer Day Bramble clearing - come and help! 9am - 5pm, Trigonos, Nantlle. 01286 882388, info@trigonos.org ~ trigonos.org

Pianists Galore! / Y Keyboards Kwl! An afternoon of piano music featuring pianists from all over Wales, and introduced by Iwan Llewelyn-Jones. The performers are all Iwan's students, and include national prize-winners and graduates of the Royal Academy and Royal College of Music. 3pm, £5, £4 concs, £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Dwy: Sian James a Lleuwen Steffan An evening of songs to inspire with two of Wales' leading musical artists. Sian and Lleuwen discuss and perform both their own and each other's songs, individually and together within the special atmosphere of the theatre. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Universal Ceremony of Gratitude Prayers, Meditation, Singing, Chanting, Dancing and sharing our gratitude for Life! 2.30 - 3.30pm, in the Chapel, Gladstone's Library, Hawarden. Contact Helen: helen@soul-life.co.uk

Joy4Life Wales Yoga Walk Immerse yourself in nature during a guided yoga, mindfulness and walking experience whilst learning about the unique varieties of seasonal flora and fauna within this extraordinary site. No prior experience needed, but bring a sitting mat if you have one. £5 adults (accompanied children free). Minera Quarry Nature Reserve, Maes y Ffynnon Road, Wrexham, LL11 3DE. Terry and Annette Clarke-Coyne 07739 045006, info@joy4lifewales.co.uk

15th SUNDAY - 20th FRIDAY

Society of Botanical Artists Course Course Director Simon Williams SBA will provide a very dynamic tutoring style with two different media, Watercolour or Gouache. £598 - £648. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

16th MONDAY

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

Brickfields Pond - Viewpoint Clearance Help us open up viewpoints over the pond, and cut back scrub encroachment on the footpaths. 10am - 3pm. Meet at Brickfields Office, Rhyl. LL18 2YR. Denbighshire Volunteer Programme, North Denbighshire, 01824 708313.

The Aztec Legacy: Continuity and Change A talk by Chloe Sayer and The Society of 13. 7.30pm, Grosvenor Museum, Chester. Visit: societyofthirteen.org.uk

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 for more details, amnesty.org

16th MONDAY - 21st SATURDAY

Writing a Novel Whether you are part way through a first draft or deep into a fifth, this course is designed to assist you in refining your own unique voice, deciding what form your novel should take, creating convincing characters and settings, and plotting and pacing in such a way that your reader is hooked from the opening lines. £550 - £675. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW, 01766 522881, tynewydd.wales

16th MONDAY - 22nd SUNDAY

Yoga & Wild Swimming See 6th - 9th. Menai Bridge. Book: thezestlife.co.uk

17th TUESDAY

The Healing Well The Gwynedd Healing & Peace Group offers hands-on-healing at Y Ganolfan, Pentrefelin (nr Criccieth) from 7 - 8.30pm. All welcome. Mayamara 01766 770874.

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

Prestatyn Reading Group 3rd Tues/month, 2pm, Prestatyn Library, King's Ave., LL19 9LH, 01745 854841.

Blasu Crefft: Glass Painting (with Verity Pulford) Workshop Held in English, 6.30pm, 16yrs+. More from: Galeri, Caernarfon 01286 685222, galericaernarfon.com

September: Time to Talk About Sex The SEXtember Campaign was launched in 2015 to encourage people to discuss sexual health matters openly and without embarrassment in the month of September. This year's campaign theme is Get It On! - promoting condom use. Condoms are a cheap and accessible way to prevent unplanned pregnancies and most sexually transmitted infections. This year we are promoting condom access and use, dispelling the myths around condoms, educating people on the kinds of sexual activity they can be used for and also promoting pleasurable use of condoms. To share information on the campaign and local services we are holding a half day sexual health conference. This conference is free of charge. 9.30am - 1pm. Lecture Theatre, Postgraduate Education Centre, Ysbyty Gwynedd, Bangor LL57 2PW. Register on eventbrite.co.uk / sextember.org

Gorse Clearance Help is needed to clear Gorse growing off a local scheduled ancient monument. We will provide lifts from Loggerheads Country Park. 10am - 3pm. Denbighshire Volunteer Programme, AONB Loggerheads Country Park Office 01824 712757.

17th TUESDAY & 18th THURSDAY

Dry Stone Walling - Coed Nercwys Help continue to rebuild the old forest boundary at Coed Nercwys, nr Mold. Meet at the main forest car park. (SJ 218 593). 10am - 3pm. Denbighshire Volunteer Programme, North Denbighshire, 01824 708313.

18th WEDNESDAY

Thrift and Thread Keeping the clothes you have rather than discarding them; so mending, darning, relearning/sharing old techniques, letting your clothes read the story of you. Bring sewing kit, hand sewing, items from your repair pile. Please invite anyone you feel would like to come, this is aimed at being a space for being with other women, but of course any children and passing men are welcome if they feel called in. 12 - 4pm. Black Cat Cafe, Parc Glynllifon, nr Caernarfon. Facebook: of event name

Women's Mindful Craft Circle See 4th

Reflections with Music and Poetry A time for stillness by candlelight. 7.30 - 8.15pm, donations welcome. Eglwys Llanfaelrhys Pilgrim Church, Porth Ysgo, Pen Llŷn LL53 8AN. Parking at the church or nearby layby. Susan Fogarty 01758 703039, susanofogarty@gmail.com

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

Life Drawing 10 week block class from 7pm. £90, £60 concs. RCA Conwy, Crown Lane, LL32 8AN, 01492 593413, rcaconwy.org

Margaret Atwood: Live in Cinemas There will be exclusive readings by a number of high-profile actors and filmed documentary content from throughout Atwood's life. Filmed live from the stage of the National Theatre in London, she will also answer questions from audiences across the UK in this rare appearance. 2pm, £15, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Jackie Brown (15) Film. The film that shows Tarantino can be effective without being extreme – although the threat of violence is expertly wielded. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

19th THURSDAY

Tea, Cake and Company Gardening Group See 5th

Denbighshire Volunteer Programme: Gro Isa, Corwen Help us repair the historic slate fencing and begin to renovate the hedges. 10am. Meet at the main car park, Corwen. LL21 ODN. AONB Llangollen Office 01824 712795.

NW International Musical Festival ~ Yu Kosuge Japanese classical pianist Yu Kosuge will perform pieces reflecting 'Water' and 'Wind' from her 'Four Elements' cycle, including the Venetian Gondola Songs from Mendelssohn's Songs Without Words, Janáček's In the Mists, Beethoven's Piano Sonata Op. 31 no. 2 'The Tempest' and pieces by Debussy, Ravel, Wagner and Liszt. 7pm, £15 - £10. Held at St. Asaph Cathedral. Bookings 01352 344101, theatrclwyd.com

Marianne & Leonard : Words of Love (15) Film. An in-depth look at the relationship between Leonard Cohen and lover Marianne Ihlen. 2pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

19th THURSDAY - 21st SATURDAY

Ara Deg 19: 19th - Aldous Harding, Audiobook. 20th - Mum, Jane Weaver. 21st - Gruff Rhys, Muzi, Bill Ryder-Jones. £45 for all three shows. 7pm. Neuadd Ogwen, Bethesda. neuaddogwen.com

20th FRIDAY

Ocean Film Festival This carefully curated collection of short films features sublime footage from both above and below the water's surface, showcasing the spellbinding power and beauty of our oceans. Penguins, surf, marine scientists, the Arctic, and a painting. 7.30pm, £15. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

A Walk Through Time ~ Parc Mawr 9.45am, free. A longish walk on rough terrain so a good level of fitness is necessary. Bring food and drink. 7.5 ms. Meet main rd., Parc Mawr, Henryd LL32 8EZ. Contact 0330 333 3300, Woodland Trust, Denbighshire.

Afternoon Art Art workshops for adults – discover your creativity in our informal sessions. No previous experience necessary. 2 - 4pm, £5 per session. Mostyn, Llandudno 01492 879201, mostyn.org

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.

Weeds for Wellbeing An introduction to foraging for wild plants in autumn that can be used in the treatment of common ailments. Many plants that are considered "weeds" can actually be harvested to create effective home remedies. 10am - 3pm. Woodland Classroom@ Hawarden Estate, Flintshire. Lea & James 07876 794098, woodlandclassroom.com

Geraint Lövgreen A'r Enw Da Enigmatic sounds move from soft piano to the big band sound with saxophones blazing, and subtle love songs. 8pm, £10, £8 concs., Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Yin Yoga & Gong Bath 65 minutes of Yin Yoga followed by a short comfort break and then an hours' Gong Bath. As always you are invited to stay behind (to help ground you again after the session) for tea and fruit/cake and a chat. 7.30 - 10pm. £23. Source Yoga, Nutrition and Health, 294 Conway Rd., Mochdre, Colwyn Bay LL28 5DS. Tickets: bookwhen.com

20th FRIDAY & 21st SATURDAY

Once Upon a Time in Hollywood (15) Film. Part of Tarantino Season. 8pm daily + 2pm 21st. £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

20th FRIDAY - 22nd SUNDAY

Yoga, Nutrition & Detox Retreat Create a personal health package by learning how to maintain balance through food and lifestyle changes. Experience the benefits of yoga and learn natural cleansing methods. Gain essential knowledge about how to increase your diet's nutritional content. £395 shared, £465 single. Dru Yoga, Snowdonia Mountain Lodge, Bethesda 01248 602900, druyoga.com

Pond & Stream Invertebrate Life Pond-dipping for grown-ups! Learn how to find and identify freshwater creatures, exploring their habitats and finding out about their often bizarre life cycles. Use microscopes, keys, field guides and expert tuition to get to know some of the tiny creatures that share our planet. £120, £100 concs. Course through Aberystwyth University 01970 621580. Accommodation through CAT, Machynlleth, 01654 704966, cat.org.uk Held at CAT.

Llanfrothen A Chroesor ~ Harvest School Carreg Bica music workshops - songs and tunes; £100 for 3 hours a day. Welsh language workshops ~ 'Village Life'; 4 hours a day, includes a walking tour, £80. In different locations. More info from: ceri.matho@btinternet.com; Welsh: gwefus.cymru@gmail.com

Yoga & Wild Swimming See 6th - 9th. Menai Bridge. Book: thezestlife.co.uk

In Search of the Historical Jesus In this study weekend you will look at Jesus in his historical context: his Jewish heritage, the turbulent political climate against which he lived his life, his message, friends and enemies, his execution, and ask what difference this understanding makes to us as Christians in the 21st Century. £235 residential, from £160 non-residential. Gladstone's Library, Hawarden, 01244 532350, gladstoneslibrary.org

20th FRIDAY - 29th SUNDAY

In The Seen - Only The Seen The wanderer Bahiya was the recipient of one of the Buddha's most well-known and direct teachings: 'Bahiya, train yourself like this - In the seen, there will be only the seen, in the heard, only the heard, in the sensed, only the sensed and in the cognised, only the cognised'. During this retreat we will be following in Bahiya's footsteps. By way of meditation, reflection and dialogue, we'll see just what prepared Bahiya to really hear the Buddha's teaching and - most important - what we can bring from this to our own practice. £405, £369 concs., £70 deposit. Vajraloka Buddhist Retreat, Corwen LL21 0EN, 01490 460406, vajraloka.org

21st SATURDAY

Manipura Chakra Workshop Yin/Yang Yoga Workshop with Jackie Quayle. Come and join Jackie for a 3.5 hour yoga workshop, focussing on Manipura Chakra. Manipura Chakra is our third chakra and more commonly known as 'The Fire in the Belly' and 'The Seat of Personal Power'. The element is FIRE, and this workshop will show you how to ignite your inner fire (Agni), and draw upon this fire as and when needed. 2 - 5.30pm, £40 includes vegan buffet. Source Yoga, Nutrition and Health, 294 Conway Rd., Mochdre, Colwyn Bay LL28 5DS. Tickets: bookwhen.com

Looking After Topiary Learn about the equipment and techniques used to look after Topiary. 16 yrs+, 11am - 1pm. Plas Newydd, Llangollen LL20 8AW, 01978 862834, plasnewydd@denbighshire.gov.uk

The Mountain Environment This workshop is aimed at developing your understanding of the natural world. We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. £45. Snowdonia, Nature's Work; natureswork.co.uk

Climbing Around the World Instructor Dave Evans is a passionate and committed climber who has honed his craft in some amazing places around the world Free, 7.45pm, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

Weave a 'Ring Nest' Rosie will introduce you to basic rush weaving techniques including check weave, pairing and weaving a track border - giving you the skills and confidence to make your very own 'ring nest', decorated with bulrush flowers. All tools and materials will be provided. 10.30am - 4.30pm, £60, includes lunch. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org.uk

Trigonos Sale! Includes: art materials, books, gardening equipment, kitchen equipment, picture frames, pottery, rugs, hot drinks and homemade cakes, and lots more. 10am - 3pm. Trigonos, Nantlle. 01286 882388, info@trigonos.org ~ trigonos.org

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

Reconnecting with Nature Here, at Woodland Classroom, we believe that the journey to stronger nature connection begins with 5 principles; slowing down, taking notice of the wild things, reading the landscape, giving back to the Earth and sharing our joy of nature with others. Join us around the campfire amongst the beautiful woods and parkland. 9.30am - 5pm, Woodland Classroom. Held at Hawarden Estate, Flintshire. James & Lea 07876 794098, woodlandclassroom.com

Build A Lapsteel Guitar If you've ever dreamed of making your own musical instrument, lapsteel guitars are a great place to start. During this one-day practical course you will build a simple guitar to take away with you, based mainly on reclaimed materials. 10am - 4pm, £85 all materials and lunch. CAT, Machynlleth, 01654 704966, cat.org.uk

Climb Snowdon September Exact route depends on weather and we will decide closer to the time. Learn of its explosive past and how the mountains of Snowdonia were formed. See the rare alpine plants that cling onto life after being left behind since the last ice age. 9am - 4pm, £30. Rhyd-Ddu LL54 6TP. Organised by Mountain Escapes - info@mountainescapes.co.uk

Gallery Talk See 14th

Hermitage Mindfulness Mornings Tara offers guidance in mindfulness meditation for those who are interested. Although the mornings are open to all they are ideally suited to those who already have completed an 8 week Mindfulness course. 10am - 1pm, £10 - £20. Hermitage of the Awakened Heart, Ynys Graianog, Criccieth LL52 0NT. Visit: ahs.org.uk

Stop Worrying, Start Living How to beat the worrying habit and embrace life's opportunities, with Gen Kelsang Leksang. 10.30am - 1pm, £15 refreshments. Kalpa Bhadra Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatennorthwales.com

Beach Clean, Harlech Join us as we take part in our annual Marine Conservation Society survey and beach clean at Harlech. Not only will we be clearing the beach of litter but also contributing to a global measure of litter levels. Information gathered in these litter picks has contributed towards meaningful changes; the plastic bag charge, microplastics banned in personal care products, better wet wipe labelling and massive support for tax on 'on the go' plastic single use. Booking essential. Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Hidden Figures (PG) Film. The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the US space programme. Arrive from 6.30 for 7pm showing. £5, £2 children, includes tea and cake. Rowen Memorial Hall, Conwy. rowenconwy.org.uk

Jonathan Richards ~ Classical Guitarist This evening will be shared with Kajal Sharma - Indian Classical Dancer. 7 for 7.30pm. Horeb Chapel, Rhiw Rd, Colwyn Bay. Info: 07756 197442, 01492 539589.

Mad Professor Meets Sir Coxson Othernation Leading dub engineer & producer, Mad Professor alongside legendary sound system operator & producer, Lloyd Coxson of Sir Coxson Othernation. 7pm, £15. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Eric Ngalle Charles: This is Not A Poem Film. A new film exploring identity, diversity, racism and tolerance, which is based on the works of Wales-based Cameroon-born poet Eric Ngalle Charles. Eric's work has been described as using "a unique theatrical language" by Owen Sheers, and the film will form part of an hour-long discussion about identity in a political era dominated by Brexit and discussions about Welsh independence. 7.30pm, £6, £4. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Little Sparrow - Live in The Woods Delicately crafted folk songs with strings, guitars, percussion and harmonies. 7 - 9pm, £20 per car with two free tickets; £5 each for 3rd & 4th person, to be paid on the night. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.co.uk

21st SATURDAY & 22nd SUNDAY

Helga Gelf Art Trail Open artists offering their work and opening up their studios; in Conwy, Denbighshire, Flintshire and Wrexham. Find out where and how: helfgelf.co.uk

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. Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com

Fixing Your Damp House Perfect for those looking to restore an old or traditionally built home, making it nicer to live in and more environmentally friendly. Suitable for beginners, DIY enthusiasts or professional builders without much experience with older housing. £300. Held at CAT, Machynlleth, 01654 704966, cat.org.uk

Picturehaus Film Club ~ Helfa Gelf 21st: Big Eyes, 22nd: Frida. Ruthin. See 14th & 15th for details.

The Science Behind Gardening Learn the principles of botany and the implications for how plants grow, exploring how this knowledge can help you improve your gardening techniques. If you're interested in gardening or ecology and want to know more about the underlying biological structures and processes, this course is for you. £60, £55 concs. Book course through Aberystwyth University at 01970 621 580 before booking accommodation at CAT. Held at CAT, Machynlleth, 01654 704966, cat.org.uk

Bushcraft Through the Seasons: Autumn Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. £140. Tutor is Matt McIntyre. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.co.uk

Cogwatts Steampunk Spectacular A steam train ride at Llangollen Railway 6.30pm, for full entertainment and prizes for the best picnic! Followed by The Covert Cabaret. Weekend: Steampunk Market Bazaar and the best steampunk dressed dog till 5pm! Circus, dance, music, with full entertainment until 12am. Tickets for individual events or whole weekend. Llangollen Pavilion LL20 8SW. Tickets: eventbrite.com

21st SATURDAY - 24th TUESDAY

Space to Be with Ros Tennyson These retreats are open to any individual who is looking for some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos. In small groups (up to 7 people) the retreat will run separately but alongside other groups staying at Trigonos at the same time. Using the spacious studio as the group's base, each day will start with a meeting of the group to plan the day (what individuals want to do on their own and what the group might do together) and end with another gathering to share reflections. Contact Ros: ros@rostennyson.info. Held at Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org See page 10.

21st SATURDAY - 25th WEDNESDAY

Vibrant Vegan Cooking with chef Lee Watson. This Vibrant Vegan! holiday offers a healthier approach to life and delicious plant-based food, space to rejuvenate, learn, develop and chill in beautiful surroundings, reconnect with nature and a sense of well-being. Cooking, walking, meditation, bonfire. Costs: £579, £499 shared, non-res rates available. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

22nd SUNDAY

Glaciation of Snowdonia This workshop is an introduction to regional glaciation of North Wales. We will identify and explain the formation of these features both large and small scale including features of erosion, transportation and deposition. The itinerary on the day will depend upon weather conditions and may include a lowland glacial environment. A notebook, pencil and camera would be useful to bring along. £45. Nature's Work; natureswork.co.uk

Literary Atlas / Atlas Llenyddol The Literary Atlas project explores how English language novels set in Wales contribute to our understanding of the real-and-imagined nature of the country, its history and its communities. As part of the Literary Atlas project they are running a creative writing workshop for free to the public facilitated by author Sian Northey. Add to Literary Atlas map with your own creative writing, for example a (very) short story, a short non-fictional reflection, a piece of dialogue, a poem or an extract from a longer piece of writing. English or Welsh. 2pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com

Home Preserves Course / Cwrs Cyffeithiau Cartref This course will offer a comprehensive overview of the different preserving methods available to the home grower. As well as theory of food hygiene and pickling methods. 10am - 4pm, £32.50 (£29.50 concs/Botanic Garden members). Led by Growing the Future. Held at Treborth Botanic Garden, Bangor LL57 2RX. Bookings: 01558 667150, eventbrite.co.uk

Exploring Cors Ddyga Reserve Warden Ian Hawkins guides us around this extensive reserve on the lookout for birds, insects and wild flowers. Latest news of bitterns will no doubt feature! 10am - 1pm, RSPB Cors Ddyga Nature Reserve, Pentre Berw, Gaerwen, LL60 6LB. Penny Radford 01248 713022, radfords713@btinternet.com

A Journey Through the Chakras - Heart Our Heart chakra. Universal and self love. Reconnect with the feeling of love, self love, compassion and forgiveness. On the program we have meditation, Shaktidance, drum journey, meditations and creative space. No previous experience needed. 9.30am - 3.30pm, Bishop's Lloyd Palace, Upper Row, 51-53 Watergate St., Chester CH1 2LE. Facebook: of event name

Ben Elton: Work in Progress A new stand-up show, '... things have definitely taken a funny turn.' 7pm, £27.50, 14 yrs +. William Aston Hall, Wrexham LL11 2AF. Tickets: 0844 249 1000, thewilliamastonhall.com

23rd MONDAY

Mabon / Autumn Equinox 8.50am BST. The name Mabon was coined by Aidan Kelly around 1970 as a reference to Mabon ap Modron, a character from Welsh mythology. It marks Thanksgiving for the fruits of the earth and a recognition of the need to share them to secure the blessings of the Goddess and the God during the coming winter months. The second of the three Pagan harvest festivals.

Gong Bath A time to slow down, and tune into the harmonic balance of the sound. All you need to do is arrive, lie on a yoga mat, snuggle in a blanket and pillow, so that you are warm and comfortable. 7pm, £13. Llanfairfechan Community Centre, Village Rd. Steph Healy 07534 118899, puresound.org.uk

New Moon Gong Bath A form of meditation, a sound therapy. It has been around for thousands of years as an aid in healing. During the meditation, all levels of your Being - physical, energetic, emotional, mental and spiritual - will benefit from the deep, healing resonance of the gong. 7 - 8.15pm, £13. Caernarfon venue. For more information: cat@trudrudyoga.co.uk

Autumn Equinox Tree Walk Erddig, Wrexham. James & Lea 07876 794098, woodlandclassroom.com

23rd MONDAY - 28th SATURDAY

Making Your Truth in Poems There might be a sequence or a longer poem, a story that you must tell. Inua and Pascale will share their own writing experiences, and help you find strategies to write your truth and make it compelling to the reader. £550 - £675. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW, 01766 522881, tynewydd.wales

24th TUESDAY

Red Squirrel Trust Wales Evening Join Iolo Williams along with Dr Cathleen Thomas (RSPB) and Holly Peek (Red Squirrels Trust Wales) during red squirrel awareness week for an evening of talks. Throughout the evening we will discuss different wildlife conflicts and crimes that are impacting our wildlife today and some of the steps taken to address them. 6 - 9.30pm, £7 - £13.50. Pontio, Bangor LL57 2TQ, 01248 382828, pontio.co.uk

Vale of Llangollen Walk 9.5-mile walk with AONB Officer Howard Sutcliffe with a visit to the Woodland Trust's Pen y Coed Reserve. 10am - 4pm. Meet outside Tourist Information Centre, Llangollen.

Bereavement Café Last Tues/month. A safe space to come together for a chat, cuppa, share experiences, encouragement, strength and understanding; you are not alone. 10am - 12pm, Tŷ Doctor, Nefyn. More from Rev'd Sara Roberts 07967 652981, sara@bromadryn.church

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

Moel Famau Country Park Improvements Help the Country Park ranger keep the park looking its best with access improvements and maintenance work. Meet at Bwlch Penbarras car park. (SJ 161 605). 10am - 3pm. Denbighshire Volunteer Programme, AONB Loggerheads Country Park Office 01824 712757.

Level 3 Diploma in Crystal Therapy A 10 month course. For those who have completed the Foundation Course and Certificate Levels. £800. Cloverly House, Ewloe, Flintshire CH5 3AU. Info: hope-college.co.uk

25th WEDNESDAY

Trials of Cato "... A hybrid of traditional influences in folk music". £12, doors open 7pm for 8pm gig. Bar only, no food. Blue Sky Café, Bangor 01248 35544, blueskybangor.co.uk

Willow Clearance The reserve is made up of a fantastic dune system which is home to several specialist species such as sea holly, burnet rose and skylark. Help us clear the willow which is making the dunes system unhealthy. 10am. Booking essential. Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Gong Bath A time to slow down, and tune into the harmonic balance of the sound. All you need to do is arrive, lie on a yoga mat, snuggle in a blanket and pillow, so that you are warm and comfortable. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

Tidy Up - Coed Llangwyfan Help keep the site looking its best, enjoy the beautiful views whilst you work around the forest. Meet at Coed Llangwyfan top car park, on the road between Nannerch and Llangwyfan. (SJ 139 668). 10am - 3pm. Denbighshire Volunteer Programme, North Denbighshire 01824 708313.

Rear Window (PG) Hitchcock thriller. A wheelchair-bound photographer spies on his neighbours and is convinced he's witnessed a murder. Dementia Friendly Film. Low lights, people are welcome to walk around and come and go as they please. 1pm, £4. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Inglorious Basterds (15) Film. Ripping up the conventions of Nazi-battling war films, QT goes his own way with this outrageous revenge epic. Part of the Tarantino Season. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

25th WEDNESDAY - 13th NOVEMBER, WEDS

Mindfulness 8 week course Criccieth area. Contact gwyneddmindfulness.co.uk for details. (Orientation Day on the process 18th Sept)

26th THURSDAY

The Healing Power of Thought Auras, Crystals and Angels. A talk with Susan Bayliss and the Theosophical Society. 2pm, £5, members of TS £3. Free refreshments, book sale. Held at Parkway Community Centre, Rhos Rd., Rhos on Sea LL28 4SE. Enquiries: theosophywales@yahoo.co.uk *See adverts on page 29*

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, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11am - 12.30pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £7. If you are interested to come along please email helen@soul-life.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

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.

Moorland Hike A 10-mile walk with the AONB Officer Howard Sutcliffe visiting World's End and Frozen Clock on Ruabon Moor. 10am - 4pm. Meet at the layby above World's End. Map ref: GR 223 483.

Occasional Cinema 4th Thurs/month. Food from 6.30pm. All film suggestions welcome and offers of help for the evening. Screening at 7.30pm. Blue Sky Café, Bangor 01248 35544, blueskybangor.co.uk

Taste of the 1700s An evening of period food in the company of Nia Watkin Powell. Based on recipe books from Bangor University's Archives, including Elizabeth Morgan's own. Storiell, Bangor. 01248 353368, storiell.cymru

One Man, Two Guvnors National Theatre Live Screening. Comedic tale of small time East End hood and the complications of hiding from the police. 7pm, £10, £8, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Tea, Cake and Company Gardening Group *See 5th*
Jon Boden & Elidyr Glyn Jon is the lead singer of the progressive folk juggernaut Bellowhead; here presenting songs from the albums; plus support. 7.30pm, £16, £14. Galeri, Caernarfon 01286 685222, galericarnarfon.com

26th THURSDAY & 27th FRIDAY

Call Mr. Robeson ~ A Life, With Songs Theatre. The story of the great Paul Robeson retold, by Tayo Aluko, from his pioneering and heroic activism to his close relationship with Wales. With powerful oratory and famous songs, including Ol' Man River. 7.45pm both days, £10+; Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

27th FRIDAY

Afternoon Art ~ Drawing Art Workshop *See 20th*

Pen Llŷn Ultras 2019 A short film documenting the famous Pen Llŷn Ultra Marathons. 7pm, £6, £4. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

The Goldfinch (15) Film. A 13 year old boy loses his mother. He goes through an odyssey of guilt and grief, redemption and love. Scala Cinema, 47 High St., Prestatyn LL19 9AH, 01745 850197.

Talk by Ray Wood and 2019 Photo Competition Prizes A talk by photo-journalist Ray Wood with prize-giving for the winners of the Snowdonia Society's 2019 photo competition. All welcome. 7.30pm, Plas Y Brenin, Capel Curig LL24 0ET. Snowdonia Society 01286 685498, info@snowdonia-society.org.uk

The White Crow (12A) Film. The true story of legendary dancer Rudolf Nureyev's defection to the West. 7pm for 7.30 screening. £6. New Dot Cinema, Town Hall, Llangollen LL20 8NU. newdotcinema.org

NWIMF Chamber Music Concert Featuring Ensemble Cymru, Welsh National Opera soprano Samantha Hay and other guest artists. The concert will mark National Chamber Music Day and the Love Schubert Campaign. The programme will also include Anglesey Seascapes by Gareth Glyn. 11am, £10, St Asaph's Cathedral. Bookings: Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Manu Delago 9 piece Ensemble. World renowned handpan (hang drum) player and composer Manu Delago with his band takes the listener through the cycle of sleep stages, emulating REM, light sleep, deep sleep and an abrupt awakening. Delago was inspired by the concept of individual circadian rhythms for his new record *Circadian*, due in part to his own lack of sleep. 7.30pm, £12. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

NWIMF ~ Folk Night Vri: Jordan Price Williams (cello), Patrick Rimes (violin, viola) & Aneirin Jones (violin). Vri represent Wales and its music in the fast-evolving world of 'chamber-folk'. 7pm, £15 - £10. Held at St. Asaph Cathedral. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

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

Fleabag Screening from NT. The hilarious, award-winning, one-woman show that inspired the BBC's hit TV series, written and performed by Phoebe Waller-Bridge. 4pm, £15. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

27th FRIDAY & 28th SATURDAY

Mrs Lowry and Her Son (PG) Film. A portrait of the artist L.S. Lowry and the relationship with his mother, who tries to suppress his passion. 8pm daily + 2pm 28th. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

27th FRIDAY - 29th SUNDAY

Wild Women Equinox Gathering Our connection to our beautiful Earth is vitally important in these current times. Ceremonial Cacao, Yoga, Dance, Sound Healing, Connection, nature, Crafting, heart circles, breathwork, skill sharing, healing area, sauna, fire ceremony, wild swimming, delicious vegetarian food, transformational talks, connection. Come connect and embrace your wild side! 1 - 9pm. Weekend ticket: £111, includes camping but not food; all inclusive £155. Campervan £5. Glyndyfrdwy, Denbighshire. Tickets: brownpapertickets.com Facebook: of event name

Llyn Guitar Festival Guitar music at its best. Offering world class acoustic music and tuition to the guitar enthusiast of any level; Jazz, Country, harp guitar, blues. Michael Chapman, Paul Brett, Dave Stephen, Greg Robley and more. Daytime and evening sessions. Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, llynguitarfestival.org.uk

Denbigh Open Doors Wales's largest celebration of buildings and architecture. During the weekend visitors will have the opportunity to look around many interesting buildings, some of which are not normally open to the public, or join the guided tours on offer. Free. Contact: denbighpendoors@gmail.com

The Cloth of Hope and Sorrow You are invited to a unique, immersive weekend of storytelling for adults from the world-renowned tradition bearer and storyteller Shonaleigh. She carries a living unbroken



oral tradition passed down from grandmother to granddaughter by generations of Jewish women. Shonaleigh knows around 4,000 tales that she can recall on request, using the lost art of 'stories within stories'. The Cloth of Hope and Sorrow tells of a sorcerer, the woman who is his prisoner, and how she weaves her way to freedom. £30. The Old Rectory, Llanfachraeth, Anglesey LL65 4YA. Bookings: Claire 07970 409 724, anadlu.com

27th FRIDAY - 30th MONDAY

Nomad III Come and spend three incredible days and nights under canvas on a journey surrounded by the wild and beautiful landscape of Snowdonia National Park. This is our 3 day program where we aim to reconnect participants to nature, themselves and to others. The 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! We spend time around the fire, we talk about life and our place within it, we talk about our hopes and intentions, we dream into what might come. We do of course use our feet to journey too, not only our minds! Accommodation and food is all part of the experience! Simple, stripped down but cosy and comfortable canvas structures served up with healthy hearty food cooked over a beautiful fire. Tickets and info: Tom Carter: tom@nomadwales.com ~ nomadwales.com

28th SATURDAY

Libra New Moon 6:26pm BST

Textured Silver Pendant Initially you'll experiment using copper and explore a variety of texturing techniques. You'll then develop your design in silver; with lots of hammering, followed by some sawing at the bench and silver soldering to complete your pendant. 10.30am - 4pm, £65, £60 student. Led by Karen Williams. Mostyn, Llandudno 01492 879201, mostyn.org

4 Good Comedians 7pm. Bar only, no food. More from Blue Sky Café, Bangor 01248 35544, blueskybangor.co.uk

Jonathan Richards ~ Classical Guitarist With Robert Cross - Luthier. 7 for 7.30pm. Pencychnant Nature Reserve, Sycnant Pass, Conwy LL32 8BJ. Info: 01492 592595.

Risso's Ramble A guided ramble to Point Lynas Lighthouse and back in search of seeing these usually deep-water-loving dolphins. Wrap up warm and bring a drink. 10am - 12pm. Llaneilian, Amlwch, LL68 9LT. Eve Grayson 07508 740559, eve.grayson@northwaleswildlifetrust.org.uk

Apple Day Gather up some apples from your garden, someone else's garden or crab apples from the hedgerow (windfalls are fine as long as they are not rotten) and bring them to the Centre where you can put them through our crusher and press. Bring something to take the juice away in. Booking advised. £10, 2 hrs. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Creative Writing at Kyffin Building on the success of the last two classes, Kathy, University Lecturer of a decade or more, is teaching a third class in Kyffin this autumn. She is recruiting now for her new course, 'Writing Short Stories', beginning Saturday 28th September, 10 - 12.30 in the upstairs dining room at Kyffin. 10am - 12.30pm, Kyffin Cafe Deli, Bangor. Contact Kathy: kehopewell@gmail.com

Nature Reserve Open Day with Deeside Naturalists Society. 10am - 3pm, high water @11.40am, free. Refreshments available. Nr. Connah's Quay, grid ref: SJ 271714. Visit: deenats.org.uk

Just an Ordinary Lawyer Theatre. Britain's first Black judge, Nigerian Tunji Sowande, also a fine singer and cricket lover, finds himself comfortably stranded in the Heart of Empire, but muses on worldwide Black liberation struggles. 7.45pm, £10+, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

28th SATURDAY & 29th SUNDAY

Anglesey Woodland Festival An event that showcases traditional woodland crafts and skills, with demonstrations from experienced craftspeople, locally sourced food and stalls selling handmade items. 11am - 4pm, free entry, donations welcome. Plas Newydd, Anglesey. Visit: angleseywoodfest.co.uk

Bushcraft Skills Weekend Whether you're new to bushcraft or a veteran of the outdoors, let our experienced instructors guide you through the core skill branches of bushcraft; shelter, fire, food and using edged tools. Perfect for beginners. Woodland Classroom @ Chirk Castle, Wrexham. Lea & James 07876 794098, woodlandclassroom.com

29th SUNDAY

Harmony Singing Workshop Join Susie for a day of singing with heartfelt, vibrant and deeply nourishing songs from around the world, as well as her own compositions and those of her late father Nick Prater. No experience necessary, just a willingness to open up and sing out! Bring food to share for a buffet lunch. 10.30am - 4pm, £32 adv, £35 door. Llanddulas Village Hall, Abergele. Bookings: Sara Brown 07881 463585, sarasings@ymail.com ~ naturalvoice.net

Gong Bath A time to slow down, and tune into the harmonic balance of the sound. All you need to do is arrive, lie on a yoga mat, snuggle in a blanket and pillow, so that you are warm and comfortable. 7pm, £13. Rhoscolyn Village Hall, Rhoscolyn, Holyhead LL65 2NQ. Steph Healy 07534 118899, puresound.org.uk

Estyneto See 8th.

Cainc A more intense dance/movement class suitable for beginners over the age of 60. All sessions are led by Cai Tomos who will guide participants to explore new ways of moving the body. No previous experience or dance skills required to participate. 3 - 5pm, Galeri, Caernarfon 01286 685222, galeriacarnarfon.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

Mind, Body & Spirit Festival Lots of stalls: ethnic, Fairtrade and festival clothing, crafts and gifts, vintage, upcycled, recycled and artisan stalls. Holistic therapies, readers, handmade jewellery, spiritual treatments and crystals. Hot food available. 11am - 4pm. Theatr Clwyd, Mold CH7 1YA. Visit: rainbowbiz.org.uk New stall holders always welcome - email info@rainbowbiz.org.uk

Spine Becoming Free The multi-dimensional movements of the spine and back are the basis of our flexibility, balance and overall well-being. 10am - 1pm, £30. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 4RE. Veronica Rock 07790 825783, vhrock@feldenkrais.co.uk

Fungus Foray A chance to explore the Castle's fantastic woodlands under the expert leadership of Clive Garnett and Charlotte Anderson - and hopefully some waxcaps in the grassland too. 2 - 4pm, meet in c.p. entrance, Chirk Castle, LL14 5AE. Dan Rose 07976 962251, wwwtwrexham@gmail.com

30th MONDAY

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Every month we have something different going on, including entertainment, guest speakers and activities. Refreshments are provided. The event is always free to attend, 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

30th MONDAY - 4th OCTOBER, FRIDAY

Staying Mindful An opportunity to support, inspire, deepen and/or develop a regular mindfulness practice. The retreat will have extended periods of silence. All applicants must have completed an eight-week MBSR or MBCT course. £645 shared; £695 single. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org Bookings through Mindfulness Network - mindfulness-secular-retreats.org.uk

30th MONDAY - 18th NOVEMBER, MONDAY

Nurturing Parents Course A variation of the foundation 8-Week Mindfulness-based Stress Reduction Course (MBSR). The course was designed with shorter practises to help make Mindfulness training more accessible for busy parents and carers. Please note: You do not need to be a parent to attend, the training can be beneficial for people working with children or those who are wanting to access a shorter mindfulness training programme. Taught by: Heather Cayzer, Monday evenings, 6 - 8pm for 8 sessions. Rhoscolyn School, Holyhead Rd, Holyhead LL65 2DX. Contact Heather: steadymind@outlook.com

Copydate for October issue:

September 18th

info@network-news.org

07777 688440

Are you feeling stuck in your life?

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

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

Resonance Repatterning®

01691 773806

Llangollen Natural Health Clinic

www.resonancerepatterninguk.net

Workshops in October & November

OCTOBER

- 4 - 6 **Yoga and Mountain Walking** Beddgelert. Morris Mountains 07541 740311, morrismountains.co.uk
- 4 - 6 **Yoga & Wellness Weekend** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 5 **Textured Set of Bangles** Siop Iard, Caernarfon. 01286 672472, siopiard.com
- 5 **A Crystal Journey into the Heart** Chester CH1 2LE. Bookings: hope-college.co.uk
- 5 **Weeds for Wellbeing** Chirk Castle. Woodland Classroom 07876 794098, woodlandclassroom.com
- 6 **Mindfulness in the Woods** Chirk Castle. Woodland Classroom 07876 794098, woodlandclassroom.com
- 6 **Teacher Training Taster Day** Anglesey 07970 409724, northwalesretreats.com
- 6 **Anglesey Writing Walk** Rhoscolyn, Anglesey. Contact: kehopewell@gmail.com
- 10 **Mosaic Workshop** Hillside Retreat, Rhosesmor. Contact Helen: helen@soul-life.co.uk
- 11 - 13 **Yoga & Wellness Weekend** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 11 - 14 **Autumn Singing Retreat** Trigonos, Nantlle. Bookings through Rowena Whitehead: rowena@naturalvoice.net
- 12 **The Mountain Environment** Snowdonia, Nature's Work; natureswork.co.uk
- 13 **Glaciation of Snowdonia** Nature's Work; natureswork.co.uk
- 12 **Ancestors and Family Karma** Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com
- 13 **Past Lives and Soul Healing** Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com
- 14/10-20/11 **Staying Mindful Course** Greenhouse, Bangor. More from gwyneddmindfulness.co.uk
- 15/10-1/12 **Mindfulness Based Cognitive Therapy Course** Bangor. More: gwyneddmindfulness.co.uk
- 18 - 20 **A Weekend of Yoga & Sound Healing** Colwyn Bay, 07704 437415, sourceyoga.org.uk
- 18 - 20 **Mindfulness Practices and Gentle Yoga** Held at Noddfa, Penmaenmawr. Bookings with: inessentia.co.uk/mindfulness-noddfa-october-2019
- 18 - 20 **Permaculture Design Course: Creative Connected Community** Tyddyn Teg Community, Tyddyn Berth, nr Caernarfon LL55 3PS, 07751 789948, tyddynteg.com
- 19 **Silver Stacking Rings** Siop Iard, Caernarfon. 01286 672472, siopiard.com
- 19 & 20 **Reiki 1st Degree Course** Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com
- 26 **CACH Foundation in Crystal Healing** Chester CH1 1NW. Tickets & info: cariadcrystalhealingandspiritualguidance.weebly.com
- 27 **Left/Right Symmetry** Llangollen. Veronica Rock 07790 825783, vhrock@feldenkrais.co.uk



NOVEMBER

- 2 & 3 **Reiki, 2nd Degree Course** Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com
- 3 **Yoga Day with Tracey Joscelyne** Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk *Also 15th December*
- 8 - 10 **Yoga & Relaxation Weekend** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 16 **Singing For Larks** Canolfan Penrallt Centre, Upper Bangor, LL57 2EU. Bookings: 0161 881 0855, faith@singingforlarks.co.uk
- 22 - 24 **Yoga & Relaxation Weekend** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 23 **Beaded Pendant or Brooch** Siop Iard, Caernarfon 01286 672472, siopiard.com
- 24 **Moving Forward by Going Back** Llangollen. Veronica Rock 07790 825783, vhrock@feldenkrais.co.uk



"You should sit in Nature for 20 minutes a day ... unless you're busy, then you sit for an hour."

Zen saying

The Theosophical Society
Presents

‘Hierarchies’
Angels, Devas, Nature Spirits
& Elementals.

A talk by Eric McGough

Thursday 12th September at 2pm.
Held at Parkway Community Centre,
Rhos Rd. Rhos-on-Sea.
LL28 4SE

Admission £5 ~ Members of the TS £3.
Free Refreshments ~ Book Sale
Enquiries theosophywales@yahoo.co.uk

Sponsored by The Theosophical Society Registered Charity No. 1167737

The Theosophical Society
Presents

‘The Healing Power of Thought’
Auras, Crystals and Angels
A talk by Susan Bayliss.

Thursday 26th Sept. at 2pm.
Held at Parkway Community Centre,
Rhos Rd. Rhos-on-Sea.
LL28 4SE

Admission £5 ~ Members of the TS £3.
Free Refreshments ~ Book Sale
Enquiries theosophywales@yahoo.co.uk

Sponsored by The Theosophical Society Registered Charity No. 1167737

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.co.uk

Centres in North Wales: Workshops in October & November

Centre for Alternative Technology (CAT)

Machynlleth, 01654 704966, cat.org.uk

OCTOBER

- 4 - 6 **Plant Diversity**
- 5 **Compost Toilets**
- 5 **Traditional Timber Frame Joints**
- 5 & 6 **Build a Small Wind Turbine**
- 6 **Reedbeds & Waste Water Management**
- 8 - 11 **Social Forestry OCN**
- 12 **Willow Basket Making**
- 12 & 13 **Self-Build Project Management**
- 12 - 14 **Introduction to Permaculture**
- 14 - 18 **Low Energy Buildings (Part A)**
- 25 - 28 **Eco-Refurbishment**
- 26 **Spoon Carving**

NOVEMBER

- 9 **Build a Lapsteel Guitar**
- 23 **Compost Toilets**
- 24 **Reedbeds & Waste Water Management**

Cae Mabon

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

OCTOBER

- 4 - 6 **Pixi Camp**
- 11 - 13 **Divine Feminine Retreat**
- 18 - 20 **Introduction to Permaculture**
- 28/10 - 3/11 **Autumn Working Party**

Field Studies Council

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

OCTOBER

- 4 - 6 **Exploring Painting - Snowdonia**
- 7 - 9 **Hill and Moorland Leader Award Training**
- 21 - 26 **Discover Snowdonia Residential**
- 25 - 27 **GIS Skills for Geography Teachers**
- 26/10-1/11 **Real Adventure Holidays**

Gladstone's Library

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

OCTOBER

- 27 **A Writing Masterclass: Change, Climate, Landscapes, Planets**

NOVEMBER

- 3 - 8 **Writing Fiction: GladFic**
- 15 - 17 **Liquid Faith: Spirituality of Water**
- 21 - 23 **Stages on the Way**
- 24 **Writing Masterclass: Fact into Fiction**

Kalpa Bhadra Buddhist Centre

34 Mostyn Street
Craig y Don, Llandudno LL30 1YY
01492 878778,
meditatenorthwales.com

OCTOBER

- 19 **Dealing with Difficult People** *Half day*
- 26 **Love Without Pain** *Half day*

NOVEMBER

- 2 & 3 **Healing Ourselves and Others**
- 9 **Reducing Stress & Anxiety** *Half day*
- 16 **Letting Go of Self-Criticism** *Half day*

Ruthin Craft Centre

Park Road, Ruthin LL15 1BB
01824 704774,
ruthincraftcentre.org.uk

OCTOBER

- 11 - 13 **Papier Mache** *Book via phone only*
- 19 or 20 **Stories in Stitch**

Mostyn

12 Vaughan St.,
Llandudno LL30 1AB
01492 879201, mostyn.org

OCTOBER

- 4 **Print Art Workshop**
- 11 **Print Art Workshop**
- 18 **Mixed Media Art Workshop**
- 19 **Bulrush Basket Weaving**

NOVEMBER

- 3 **Introduction to Paper Cutting**
- 30 **Mixed Media Festive Stars & Angels**

Plas Tan y Bwlch

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

OCTOBER

- 4 - 6 **Friends Weekend**
8 - 10 **Mountains and Artists**
11 - 13 **Early Railways**
11 - 14 **Create Powerful Paintings with Non-Art Implements**
18 - 20 **3 Dimensional Woven Containers**
18 - 20 **Drawing and Painting in Mixed Media**
21 - 25 **Landscape Photography**
25 - 27 **Chamber Music**
28/10-1/11 **Autumn Mountain Walking; Also Autumn in the Gardens of Snowdonia and North Wales**

NOVEMBER

- 29/11-1/12 **Tiffany Stained Glass Making**
8 - 10 **About Welsh**
22 - 24 **Discovery of Wales, the Discovery of Britain**
22 - 25 **Exploring with Mixed Media & Collage**

Trigonos Environment Centre

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

OCTOBER *see pages 10 & 37*

- 4 - 11 **The Awakening Network**
11 - 14 **Singing with Pauline Down**
17 - 20 **Weaving with Colours**
24 **Microsoft Excel Tips & Tricks**
27 - 30 **ReWilding the Mind**
31/10-3/11 **Space To Be: A Trigonos Retreat**

NOVEMBER

- 14 - 17 **Circle Dance and Sound Healing**

Vajraloka Buddhist Retreat

Treddol, Corwen LL21 0EN
01286 882388, trigonos.org

OCTOBER

- 4 - 11 **Everyday Liberations**

NOVEMBER

- 8 - 17 **The Brahmaviharas - A Complete Path**

DECEMBER

- 7 - 14 **Wake Up - Sit Up**

Tŷ Newydd Writing Centre

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

OCTOBER

- 4 - 6 **Reviewing the Arts**
7 - 12 **Life Writing**
14 - 18 **Writing to Heal**
21 - 26 **Autumn Poetry Masterclass**
28/10-2/11 **Autumn Retreat**

NOVEMBER

- 4 - 9 **Myth & Fairytale in Fantasy Fiction**
11 - 15 **Writing Short Stories**
22 - 24 **Creative Learning for Welsh Learners**

Dru Yoga Snowdon Mountain Lodge

Nant Ffrancon, Bethesda LL57 3LX
01248 602900, druyoga.com

OCTOBER

- 14 - 17 **Karma Yoga Retreat**

NOVEMBER

- 1 **Ayurveda Health Coach Diploma**
8 - 10 **Yoga Dance Retreat**

Woodland Skills Centre

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

OCTOBER

- 5 **Make a Rustic Stool**
5 & 6 **Home Chainsaw**
6 **Rush Basket**
12 & 13 **Ash Splint Basket**
19 **Make Nest Boxes**
19 & 20 **Bowl Turning on a Pole Lathe**
20 **Make Bird Feeders; Also Peg Loom Weaving**
26 **Managing a Small Woodland; Also Shave Horse 1**
27 **Practical Woodland Tasks**

NOVEMBER

- 2 **Open Workshop**
2 & 3 **Hedge Laying**
3 **Rush Hat**
9 & 10 **Make a Pole Lathe**
16 **Coppice Crafts; Also Rush Hats 2**
16 & 17 **Make a Rustic Chair**
23 & 24 **Make a Traditional Shave Horse**
30 **Christmas Crafts**

Exhibitions



Magical Flower Carpet Throughout August and September. Inspired by the gallery exhibitions, each school has created a 'plot' with plants, flowers, weeds, insects and whatever else you might find in a magic garden. Using colourful textiles and recycled materials all the pupils involved in the project have made their own pieces to be added to each plot to create a collaborative whimsical carpet. Studio 5, Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Pensychnant Wildlife Art Exhibition Until 29th September. Exhibition of originals, prints and photographs in various styles and media, works by Philip 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

Elisabetta Benassi ~ Empire Until 27th October. An installation of terracotta bricks, hand-crafted in the UK from clay ranging in colour from red to black. The bricks are configured as a site-specific installation – the size, shape and appearance of each installation determined by its relationship to the setting; self-supporting structures assembled without mortar and in an intrinsically stable conformation. The work addresses the crux of the relationship between ancient spaces, archaeological heritage and the contemporary museum. Mostyn, Llandudno 01492 879201, mostyn.org

Solo Exhibitions: Beth Fletcher, David Lloyd Griffith & Helen Gittins Until 11th September. Ffin y Parc, Llanrwst LL26 0PT 01492 642070, welshart.net

Crossing Beaches ~ Croesi Traethau Until 19th January 2020. The Sian and Ken Owen Art Collection featuring over 80 paintings of Wales' foremost artists. Oriol Kyffin Williams, Llangefni, Anglesey 01248 724444, oriel@ynysmon.gov.uk



David Lloyd Griffith

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. Oriol Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

Mostyn Open 21 Until 27th October. Disciplines including textiles, photography, painting, sculpture, installation and film and video. Over 30 artists display their work for the Main Mostyn Award (which went to Sarah Entwistle). Mostyn, Vaughan St., Llandudno 01492 879201, mostyn.org

Quarry Women ~ Merched Chwarel Until 7th September. A collaborative exploration of who we are - the quarry women of past, present and future. Storiol, Bangor 01248 353368, storiol.cymru

Julie Roberts ~ Views of The West Until 21st October. "I mainly work in watercolour, but have a love for acrylics too, the landscape of my locality lends itself to both mediums, my favourite subjects are buildings, trees and the sea". Oriol Mon, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

NW Potters ~ Maker of the Month is Ceramicist Phil Mumford 1 High St., Conwy LL32 8DB, 01492 593590, northwalespotters.org

Ann Bridges ~ The Welcome Until 29th September.

Inspired by her travels to India, Vietnam, Singapore and Thailand, Ann Bridges fills her sketchbooks with colourful observational drawings of textiles, food, flowers, animals, objects and moments in time. These visual diaries are then developed into beautiful print-based images. Mostyn, Vaughan St., Llandudno 01492 879201, mostyn.org

Rachel Porter ~ Small Worlds Until 29th September. Rachel Porter has been inspired by the small worlds that surround in this, her first solo exhibition. In delicate watercolours Rachel draws our attention to the common plants at her feet as well as the insects and birds that create the special habitats of Pen Llŷn and Enlli. Plas Glyn y Weddow, Llanbedrog, LL53 7TT, 01758 740763, oriel.org.uk

Llonau-U / U-Boat Until 5th January 2020. The U-boat project 1914 - 18 is using the latest underwater imaging techniques to reveal wrecks from the Great War and support communities to seek out previously untold stories about their ancestor's experiences. Some community stories are displayed alongside the underwater exploration results. Oriol Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

Stiwidio Gelf Until 1st September. Jenny Holland. Oriol Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

Kieran Lyons ~ Drawings 31st August - 12th October. The pencil drawings in this show span the period 2012-2019. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com ~ keiranlyons.uk



Phil Mumford

Summer Arts Expo - The Flora & Fauna of Snowdonia

Until 15th September. A mix of over twenty artists and crafters using a range of mediums and styles that celebrate the diversity of the landscape in Snowdonia. Opening times: Tues & Thurs, 10am - 5pm and Sun 11.30am - 4.30pm. Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy, LL44 2DH. More information at tymeirion.co.uk



Ben Porter ~ Sail Against Plastic

Until 29th September. In 2018 Ben Porter was part of a collaborative sailing expedition investigating and unveiling invisible pollution in the Arctic ocean. The diverse student group on the trip comprised of passionate scientists, environmentalists, photographers, artists and videographers brought together through a shared love of the ocean and desire to protect the natural world. They utilised their collective skills to raise awareness of the hidden threats our oceans are facing. Plas Glyn y Weddw, Llanbedrog, LL53 7TT, 01758 740763, oriel.org.uk

Y Wall by Dan Pritchard Until 6th September. Focusing on the consumption of television and film as well as cultural stereotypes, the work often combines mundane cultural events and absurd occurrences in order to balance the opposing forces of solemnity and humour. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Brink ~ Ar Drothwy 28th September - 3rd November. Exploring the evolving relationship between art and modern technology, artists Jess Bugler, Ruth Cousins, Sarah Holyfield and Matthew Day, embrace this digital context within their work to question the nature of our modern world. Art Gallery, Oriel Gelf, Llangefni LL77 7TQ. 01248 724444, oriel@ynysmon.gov.uk



Aelwyd ~ Towards a Contemporary Welsh Interior Until 13th October. Aelwyd - Welsh for Hearth, synonymous with home. Through their material, making, story or use, the objects in this exhibition explore a deep-rooted sense of belonging and home. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

In-sight 17 Helfa Gelf Artists Until 29th September. A new collection of work by artists from North Wales



upstairs at MOSTYN, in partnership with Helfa Gelf Art Trail. Catherine Bailey / Elizabeth Bolloten / Jenny Ford / Eleri Jones / Nerys Jones. Open Tues - Sun, 10.30am - 5pm. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Mouse Festival Until 1st September. Volunteers and community groups from the Church have created a series of quirky installations featuring over 400 colourful knitted and crocheted mice, depicting various scenes from life within the Parish Church. Open 10am - 4pm, free. St Giles Parish Church, Wrexham LL13 8LS, 01978 355808.

Sian McGill Until 22nd September. A collection of work inspired by the beauty and drama of the Welsh Landscape, the coastal paths and mountain tracks where I feel at home. The paintings are an extreme of my love for these places; an attempt to capture something of their energy and life, how it feels to be there in the moment. Oriel Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

Summer Exhibition ~ Over 100 artists Until 29th September. A full and exciting collection of every medium you could imagine! Plas Glyn y Weddw, Llanbedrog, LL53 7TT, 01758 740763, oriel.org.uk



Basketry ~ Function & Ornament Until 13th October. This exhibition looks at current practice of some thirty makers from throughout the UK. It brings together functional vernacular work from various parts of the country, alongside pieces that are sculptural and ornamental. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Ground and Unbound ~ Catherine Taylor Parry Until 6th September. **Ground** is Catherine's paintings of ethereal glimpses of the Welsh mountains, lakes, beaches and fields filled with abstract strokes of poetry, atmosphere and memory. **Unbound** is an experimental film. Catherine imagines what it would be like to be unbound - foreseeing how her wheelchair would grow wings and soar into a blue sky, gliding above Moel Famau. Galeri, Caernarfon 01286 685222, galericaernarfon.com



137th Summer Exhibition Until 7th September. A diverse show, with something for everyone - from traditional watercolours to avant garde sculpture, cutting edge photography, reduction linocut, oil painting and pastels - all work for sale. Open Tues - Sat, 11am - 5pm. RCA Conwy, Crown Lane LL32 8AN, 01492 593413, rcaconwy.org

Malcolm McLean Throughout September. Open Mon - Sat 10am - 4pm; Sun 10am - 2pm. Oriel Ger - y Fenai, Holyhead Rd., Llanfairpwll, LL65 5YQ, 01248 541143, orielgerfenai.co.uk

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 - 3pm. 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; the only charge is £2 per week paid quarterly. St Pedrog's Church Hall, Llanbedrog. 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 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. *1st & 3rd Tuesdays*: 10.30am - 12noon, at Hwb yr Hen Ysgol, School Bank Road, Llanrwst, Conwy. Newcomers are welcome and no partner is needed. *2nd & 4th Wednesdays*: 10am - 12 noon at Y Ganolfan, Pentrefelin, nr Cricieth. Suitable for all. Maia 01492 642123.

DANCE

Shaktidance Wednesdays; 7 - 8.30pm. A journey to your own self through awakening consciousness. We will be working with mantra, yogic movements and free-dance. A 90 minute class will begin with a Mantra, followed by Shakti stretches, standing movements, free dance, relaxation, meditation and closing with mantra; suitable for all ages and abilities. 4 classes £32. Chester. Led by Maria Pradhucharan Kaur. Bookings: eventbrite.com *Taster class 11th Sept.*

Groove Dancefloor A delicious invitation to move to a variety of tunes in a fun and explorative way. All welcome. Every Thursday 6.30 - 7.30pm. Coed Mawr Community Centre, Bangor. **And** alternate Wednesdays, 7.30 - 8.30pm at Source Yoga, Mochdre. Contact Liz: ninnynumber1@gmail.com or 'connecteddanceUK' on Facebook.



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 ~ rachel bellydance.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

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, vhrack@feldenkrais.co.uk *Restarts Sept 10th*

EXERCISE

PiYo Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Fridays, 9.45am for an hour, with Simon Lacey. Source Yoga, Nutrition and Health, 294 Conway Rd., Mochdre, Colwyn Bay LL28 5DS. Tickets: bookwhen.com

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 and bring your own mug. Gardening, planting, bee and wildlife friendly activities. We have our own community plot at Mill Lane Allotments (CH5 4HF). 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 House, Capel Curig LL24 ODS. 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 /term time only. Presented by Bangor University's Confucius Institute, 01248 388555.

KUNG FU

Wing Chun Kung Fu Class Traditional Ip Man Wing Chun/Ving Tsun Kung Fu class, includes gentle stretching, cardio vascular punching and kicking and stance work, followed by classical Kung Fu forms, partner work and Chi sau "energy, sticking hands". An excellent positive influence on your life and a tool for exploring the human potential. Train in a friendly safe environment, minimum age 18 yrs old, no upper age limit. Come down and give it a go, its fun, and keeps you fit. **Mondays:** 7.30 - 9pm, £6 session. Llanddulas Village Hall, Beulah Avenue, Llanddulas, Abergele, LL22 8FH. **Thursdays:** 7.40 - 9pm, £7 a session. Eirias Park, Leisure Centre, Colwyn Bay. Contact Dave McQuillan: northwaleswingchun.co.uk dave@northwaleswingchun.co.uk

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 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, meditatenthwales.com

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

Nonviolent Communication Practice Group meetings in Bangor. For details contact Lisa at - busybees@phonecoop.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, Ruthin LL15 1JG. Contact: Jean 01824 705592.

SINGING

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/term time only. We are a small singing group who 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. This choir is inclusive - no need to read music, songs are taught by ear, but scores are also available. Garth Community Centre, Glyn Cieriog. We welcome new members! £2.50 per session, students £5 a term. Facebook: of group name

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, cheshireLGBT@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: theosophywales@yahoo.co.uk; Bangor: toddyalc@gmail.com; and for Chester 01244 277170. 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: 6.30 - 7.30pm, Glasinfryn Community Centre, Bangor. Calm the mind, improve your fitness and flexibility. 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 Fridays: 11am, £5, County Hotel, Llandudno. Rose 01407 769571, 07759 105504, roseannyoga@gmail.com, roseyoga.net

Chi Gung / Qi Gong Class Mondays. Traditional Chinese health exercises for improving physical & mental well being. Includes gentle stretching, and simple standing exercises involving slow movement linked to breath and stilling the mind. Just turn up on the night in loose clothing, beginners always welcome. 6 - 7pm, £7. Llanddulas Village Hall, Beulah Avenue, Llanddulas, Abergele, LL22 8FH. Contact Dave McQuillan, dave@northwaleswingchun.co.uk~northwaleswingchun.co.uk

Tai Chi Fridays; every week till 13th Dec 2019. 2 - 3pm. Dance Studio, Confucius Institute, Bangor Uni. Visit: bangor.ac.uk public events

Tai Chi China Bridge Many classes during the week with various teachers, at different days and times. Please visit: 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: denbighshirecountyside.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



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

YOGA FOR PREGNANCY

Pregnancy Yoga Group 2 sessions/Tuesdays at Quaker Meeting House, Dean St., Bangor. 6 week courses run regularly, £48. Laura Knott 07914 917711, laurabirthingmamas@gmail.com

YOGA

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

Dru Yoga Class Thursdays: 6.15 - 7.45 pm, all abilities welcome, £8/ £7 concessions. Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda LL57 3LX. Christiane 01248 602900 Ext 218, christianie@druworldwide.com

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. Wednesdays: 6 - 7.30pm, Llanfachraeth (contact for address). Small group basic class suitable for beginners and improvers. Thursdays: 7 - 8.30pm, Aberffraw Village Hall. Beginners and improvers welcome. Also private lessons, yoga workshops and more. Bookings: Claire 07970 409 724, claire@inspiratrix.co.uk http://www.inspiratrix.co.uk

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

Yoga & Meditation We offer Hatha Yoga with a meditative flow to focus on the mindfulness aspect of yoga. Tuesdays: 4.15 - 5.15pm, Beehive Healthcare, Chester CH2 2DX. Wednesdays: 7 - 8.15pm, Oddfellow's Hall, Saltney, Chester (Free parking at both). Book: inspireandwire.com

Yoga for Health and Wellbeing

Mondays: 7.30 - 9pm. Both beginners and those who have practised yoga before are welcome. First class FREE OF CHARGE. Held in Rowen Memorial Hall, near Conwy. Lorna: Tel 01492 641560, lornashipp@yahoo.co.uk Details <http://rowenconwy.org.uk/memorial-hall/activities-in-the-memorial-hall/yoga/>

Mindful Yoga with Elaine *Tuesdays:* 7.30 - 9.25pm at Masonic Hall, Parc Menai. *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. Llanbedrog, Abersoch, Llanor, Llanengan area. Freddie 07833 663717, simplyyoga@btinternet.com



Yoga Classes with Rose Ann

Preston *Mondays:* 10.30am; *Tuesdays:* 10.30am, held in Holyhead Sports Centre. *Mondays:* 7pm Llaingoch Community 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. See *Calendar for Workshops*

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: femkevangent.art

Next Regular Groups Listing: January 2020 but always at www.network-news.org



Trigonos
yn Eryri in Snowdonia

Trigonos Courses 2019

Space to Be with Ros Tennyson

21- 24 September & 31 October - 3 November

Some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos

Vibrant Vegan! Cooking (and much more!) with Lee Watson

21- 25 September

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

Weaving with Eta Ingham Lawrie

17-20 October

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

Microsoft Word & Excel Tip and Tricks

24 October 9:15am - 4:30pm

Spend a day improving and learning new skills with Sue Jackson of ByteBack training. The day includes lunch and refreshments

Wilding the Mind - with Jonathan Stacey & Claire Thompson

27-30 October

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

www.trigonos.org

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



We are often able to offer discounted rates for local people wishing to take part in our own courses. Get in touch to discuss non-residential rates...

Are Festivals Changing The World?

Eric Maddern

Recently I went to *Fire in the Mountain* festival outside of Aberystwyth. Fab! The weekend before I'd been to *How the Light Gets In* in Hay on Wye. Another fine festival, very different. And it occurred to me there must be a dozen festivals going on up and down the land every weekend from April to October.

I've heard it said that worldwide there are a million and a half festivals happening every year! It's not just us.

The festivals are diverse in location, theme and style. The focus may be different – literature, music, green living, storytelling, beer and cider, landrovers – but most have certain things in common. Often people are camping so roughing it, getting out of their comfort zone. It's a chance to check in with a larger community of interest, to deepen contact with old friends and to make new ones. At many – 'Fire in the Mountain' is a good example – there are people of all ages, grandparents following toddlers, fathers carrying babies, older children roaming around. Festivals often achieve extreme beauty in the construction of gates, paths, sets, stalls, venues, sculpture, signs and decoration. They are always creative places with music, poetry, storytelling, comedy, art and craft. They often try out cutting-edge methods of being low impact, of recycling and using renewable energy. They are good places to hang out, discuss ideas, take part in debates and workshops, learn new skills. They are, in short, experiments in Utopia. They have been described as petri dishes where the new culture is cultured.

The festival arises from the ancient practise of dividing time into the sacred



and the profane. There is a timeless rhythm of alternating mundane and holy days. Our profane days are when we work, engage in business as usual, suffer the daily grind. But on our sacred days we step into the sublime.

Writing about the Mayans in *Sons of the Shaking Earth* Eric Wolf describes the fiesta as 'a work of art, the creation of a magical moment in mythological time in which men and women transcend realities of everyday life in their procession through the vaulted, incense filled church, let their souls soar on the temporary trajectory of a rocket, or wash away the pain of life in holy day drunkenness...

The festival is the descendent of some of that. It carries the genetic thread of transcendence, of going from ordinary to extraordinary, of touching the sacred. It's the child of the saint's day and the church fete, the cricket game and the am dram show. And it is the child that 'grewed and grewed'. Whereas town fairs and agricultural shows may be declining in Britain, festivals are booming. They are bursting out everywhere. With vigour, originality, and a wild, elegant creativity, festivals are pushing back the boundaries of the profane and everyday, expanding utopian practise into more and more spheres of life. Soon, perhaps, the balance will tip in favour of us living a more festival-like life. Festivals are changing the world from the grass roots up and the inspired visions down.

Eric Maddern is a storyteller, writer, singer-songwriter, author of "Snowdonia Folk Tales" and founder of the beloved Cae Mabon Retreat.

caemabon.co.uk

Towards Aquarius

Michael Chown

*Affairs are now soul size.
The enterprise is exploration into God.
Where are you making for? It takes
So many thousand years to wake,
But will you wake for pity's sake!"*

Christopher Fry

Crisis ~ never without Opportunity

Thousands of years? Can we put some flesh on this wonderful verse by Christopher Fry? It is a story about you and where you are going. It begins at least 12,000 years ago, perhaps with the birth of agriculture. A moment of great abundance when the planting and herding begins to replace hunting and gathering and food becomes more readily available. The beginning of the end of 'survival motivation' for humans.

Agriculture enabled settlement, buildings and tools and all manner of new industry to evolve. Very slowly survival becomes a less dominant human force, yet so slowly that it could be said to be the norm through the Roman Empire, even up to the British Empire. Then all of a sudden in the Industrial Revolution and the age of mass production, survival is left behind. Consumerism and the age of 'outer motivation' are in full swing.

The Rope ~ re combines

Imagine a large woven rope. Hold it in both hands and start to twist against the grain so that the rope opens its strands. Keep doing it until you can see daylight between each element. Your hands are still level but one higher than the other.

Your lower hand is 12,000 years ago and the other is now. The first strand to separate is agriculture, the second, settlement and so on. Throughout history every discipline has had its moment of development and has surged forward regardless of every other subject. This is the nature of our history. We have specialised and encouraged all things to be seen separately. Now look again at the rope. All the strands are beautifully entwined to the left of your left hand - and again to the right of your right hand.

That is our destiny. Everything comes back together. Very soon!

The Precession ~ window of opportunity

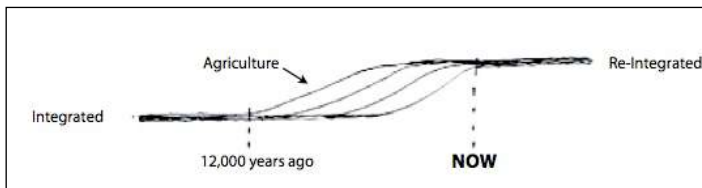
We all know that the Earth leans on its axis at 23° and it also wobbles against the heavens. This gives us the dual aspects of astrology - the annual cycle of twelve months - but also the much larger cycle of the twelve astrological ages. This is known as the Precession of the Equinoxes and an astrological year lasts 25,920 years. Hence our recent leaving the Age of Pisces after 2,100 years and entering the Age of Aquarius for a similar period.

Let's take a closer look at the transition... because we are in the middle of it!

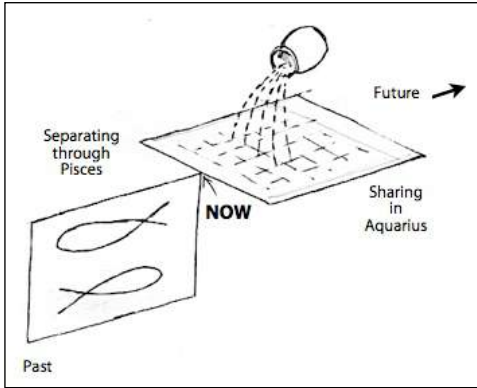
Pisces to Aquarius ~ one small step

Pisces has the symbol of two fish, one above the other and swimming in opposite directions.

Aquarius is the water bringer, pouring for all in equal measure.



The former hierarchical, dualistic and opposing whilst the latter brings the same for everyone and no one goes without.



Notice the state of the world - and which you would choose for it.

Pisces is a vertical plane where the ones at the top do alright and the rest fight to hang on. Aquarius is a horizontal plane in which all life is equal. We sit at the point where these two rub up against each other. Aquarius is waiting ...

You are choosing.

The Preparation ~ still separation

Look at what has changed as we navigate the transition. Biology - dealing with separate elements - evolved into ecology, dealing with integrated networks. Newtonian physics describing everything as matter became Quantum physics describing everything as energy.

The primaries of the painter - red, yellow & blue which make black - have been swept aside by colour screens in red, blue and green which make white light.

The dam ~ the denial

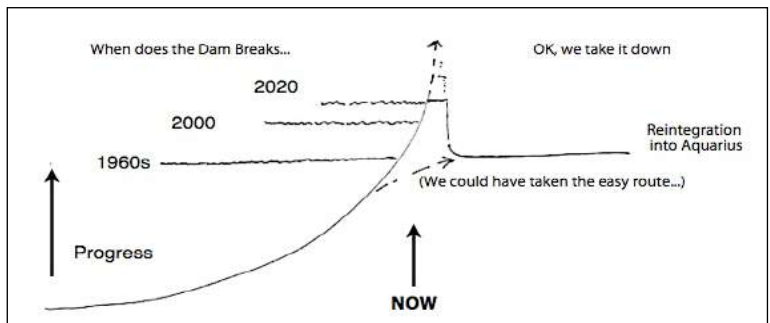
So why haven't we stepped across into the beautiful light world that is our rightful Eden?

Because we don't stand back and view the world like this. Leaders and citizens alike are engrossed in 'their world'. Enormous effort is being expended to keep 'the world as we know it' shored up for 'business as usual'. Economics, consumption, even our undemocratic 'democracy' (as we like to call it) are completely lost in solving day to day problems that don't apply any more. They are all solved - but somewhere else and it is not where we are heading. As 'progress' goes on 'up' our real potential is waiting off to the side.

The current disaster ~ for as long as you like

If I was to say "crisis" you could justifiably say "which crisis?". Economic, social, ecological? Even those things seen as crises which in fact are very good news: the end of oil, the end of the motor car, the end of central banking; all are creating fear and a sense of entrenchment. All these crises are man-made and all because we are unaware of the better life sitting next to us. Every day we drag society back into 'survival mode' inappropriately making life harder for everyone. Let go! Let the phoenix rise from its ashes.

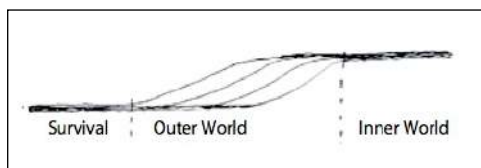
So there you have it. We will have disaster after disaster for as long as we try and shore up a dying civilisation that should have ended... before long the dam will break.



The Potential ~ to reintegrate

The hippies caught a glimpse in the Sixties. This was a perfect time to walk straight out of the old world into the new. They knew that survival was over just as they knew that outer motivation had also had its day. You are an energy. You are light. You are able to live by inner motivation, to believe and achieve.

If we revisit the rope we find Survival at the low level, Outer motivation during the climb and Inner motivation generating the reintegration.



Civilisation has worked for 12,000 years to rise to an empathy between all creatures in a harmony with all life. Outer motivation, consumption, greed, must stop. We have an abundance of everything. Yet behind the climate crisis lies a consumption resource crisis behind which is a banking debt crisis and so on. All trying to build a vast bridge to nowhere. Alternatively we might celebrate because we have arrived exactly where we had intended.

Let the future be fun - for every being - and the Earth. The choice is yours.

The Glider lets go ~ Let's Go!

To get a glider into the air it has to be towed by cable. Imagine that cable attached to a car racing down the aerodrome right to the end. As the glider rises it travels more and more steeply relative to the car. The tension increases. The turbulence increases. The noise against the wing is deafening as you fight for altitude. Then you have to act fast. Releasing that cable under stress will

catapult it straight at the car. You want to go up. You have suffered to go up but for the sake of the driver below you have to do the the last thing that suits you. You dip the nose and dive straight down, release the tension release the cable and flip the controls to level . . . into the most beautiful world you will ever know. Silence beyond the imagination, peace, sunlight, clouds and a god's eye view of all. The freedom you sought now allows you to soar with ease.

Now look again at the diagram of the dam - (exactly the same profile) - and do the one thing that contradicts your progress - head back to ground... and fly .. towards the horizon.

Awake awake for pity's sake!

Michael Chown is an Archiculturalist & Founder of Wholism

07976 155 857

wholism@outlook.com



Full Moon Meditation Network

Virgo: August 23rd ~ September 22nd

Full Moon: September 14th at 5:33am

Autumn Equinox: September 23rd at 8:50am

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.

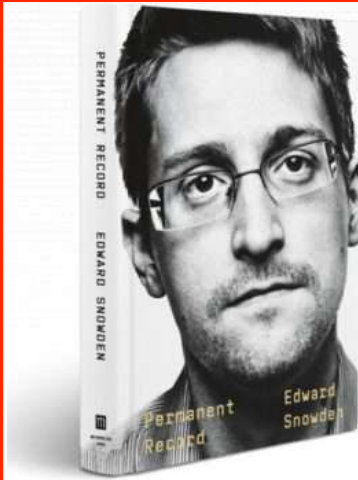
From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

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



PERMANENT RECORD

EDWARD SNOWDEN

Edward Snowden's memoir *Permanent Record* will be published globally by Macmillan Publishers on 17 September 2019. The book will tell the story of his time working as a CIA agent and NSA contractor, and the disillusionment he felt with the American intelligence establishment that led him to give up his future to share the truth about the US government's pursuit of a mass surveillance system.

In 2013, Edward Snowden, a former CIA agent and NSA contractor, shocked the world when he broke with the American intelligence establishment and revealed that the U.S. government was secretly pursuing the means to collect every phone call, text message, and email ever sent. The result would be an unprecedented system of mass surveillance with the ability to pry into the private lives of every person on earth. In *Permanent Record*, he tells his story for the very first time, bringing the reader along as he helps to create this system of mass surveillance, and then experiences the crisis of conscience that led him to try to bring it down. Order now at your local bookshop.

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A Network of Goodwill

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

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

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

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

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

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

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

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

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

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