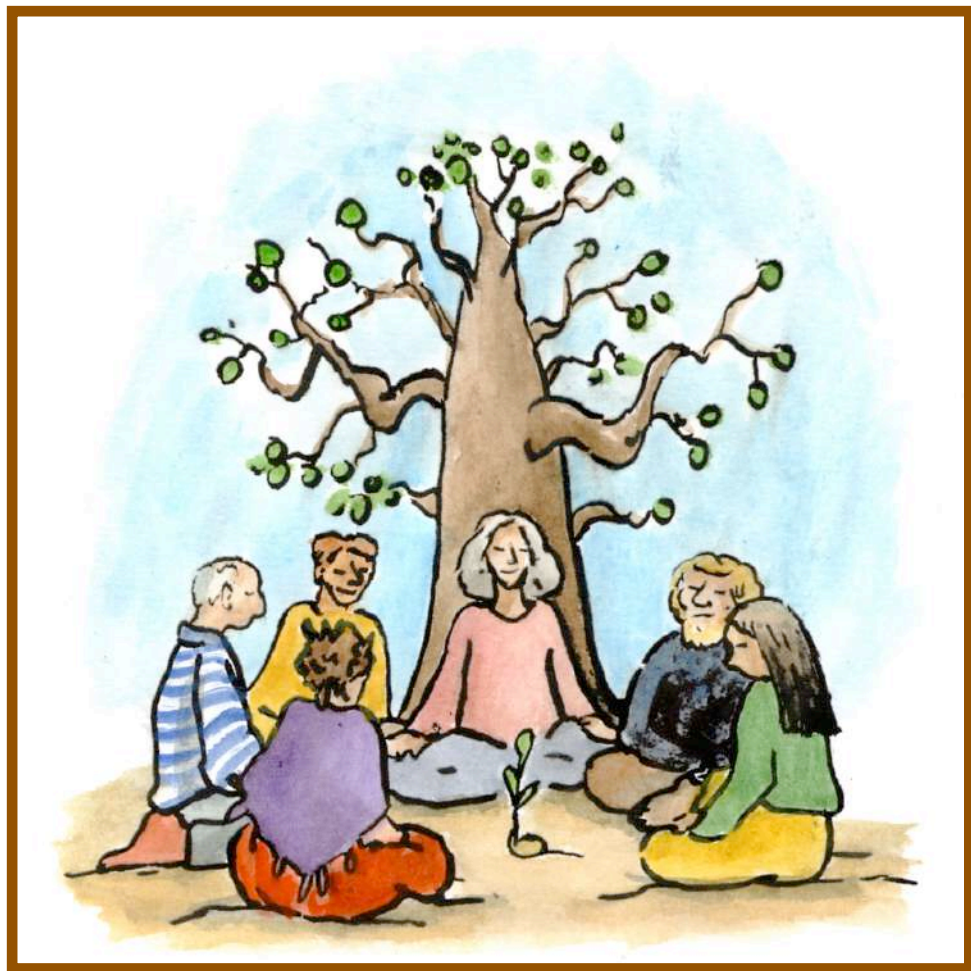


network news

a guide to inspiring events in north wales



investigating lyme disease ~ blodeuwedd botanics ~ shambhala warriors
natural climate solutions ~ white magic ~ saving the cat ~ waste in space
exhibitions ~ workshops ~ festivals ~ groups

Network News

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in North Wales

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August 2019

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Welcome to the August Network News. So it's 50 years since "we" reached the moon. It's sad NASA chose to plant an American flag instead of, say, a UN flag, but the even sadder truth is that from now on, space will be marked by *corporate logos* instead of flags. Elon Musk has already sprayed his territory by launching an actual Tesla car. He has just followed this with the first 60 of his 12,000 internet satellites. Astronomers everywhere have pointed out the blight to the night sky - but who is there to stop it? *No-one*. Right now, there is no-one in charge. Space is the new wild west. Amazon's Jeff Bezos is not far behind Musk. In a recent interview on NBC he accepted that Earth was now pretty messed up, so the obvious solution is factories in space. Virgin's Richard Branson has long been pre-selling trips to "near-space" for \$250,000 per person. Not to be left out, Emperor Trump has announced a new military "Spaceforce", which - unlike most of his earthly promises - is all too feasible. No doubt Ivanka or Eric will be put in charge of hospitality. There are already *200 tons* of human waste on the Moon - and 34,000 large pieces of junk orbiting the Earth - along with 128 million little pieces. A Pacific Gyre in space. Oh humanity... We need a Planetary Council of Elders. Not to rule, just to *give counsel*. There is a working prototype in "The Elders" formed by Nelson Mandela in 2007 - but sadly Branson has bought his way into that as well! We need to vision and create a Planetary Council that is truly "of the people, by the people and for the people". We might even encourage the boy billionaires to head off for Mars a.s.a.p. and leave the Earth in the care of those who truly love it. Blessings to all beings



From Saving The Planet To Saving The Cat

Adam May

In my time, I have marched against the bomb, and for gay rights. I have delivered Amnesty International reports to embassies to protest about torture; and dressed as a Russian bear to perform street theatre against Cruise missiles. I have sold coffee to promote fair trade; and run a soup kitchen to raise awareness of homelessness. Whilst there's been some progress on some of these issues, I do seem to have had a strong attraction for the lost cause...that is, until now.

I am campaigning for a 20mph speed limit in Llanddaniel. I want the speed limit reduced because I don't want our cat, Socs, to be killed on the road, as his brother was a couple of years ago. It seems as if everyone who has ever had a cat has a story about a cat they owned being run over. Socs The Wonder Cat knows all and sees all, he has never quite grasped the Green Cross Code. He is probably quick enough to get out of the way of a car moving at 20mph, but I'm less confident about him being quick enough to evade a car travelling at a legal 30mph through the village, let alone one speeding.

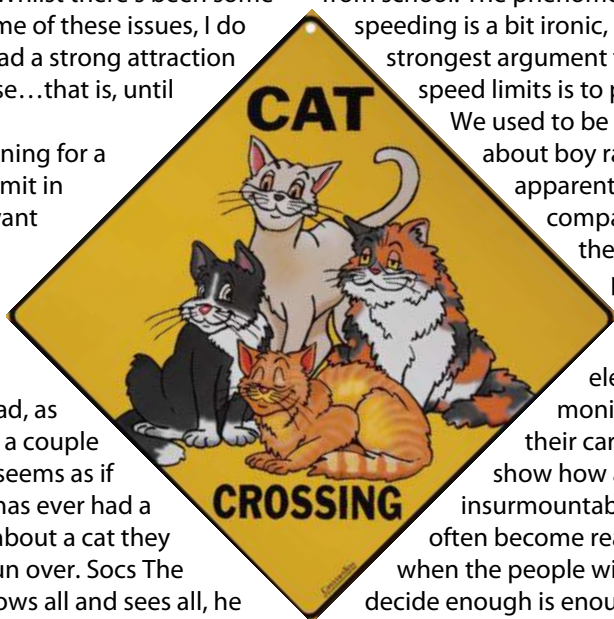
We worry about stranger danger and mad cow disease, but, just as we all have stories about cats being killed on the roads, so we all have stories about friends and relatives being injured or killed on the roads as well. Last year 103 people were killed on Welsh roads; and 5,656 people

were injured. That's a lot of people, and when you think that all of those dead and injured people had families, you realise their lives were harmed too.

Most vehicles are travelling at speed through our village just before 9am, and in the mid afternoon. That's when busy parents are transporting their kids to and from school. The phenomenon of parental speeding is a bit ironic, given that the strongest argument for reducing speed limits is to protect children.

We used to be concerned about boy racers, but apparently the insurance companies charge them lower premiums if they are willing to have electronic speed monitors fitted to their cars. This goes to show how apparently insurmountable problems often become readily soluble when the people with power decide enough is enough.

People with power seem to have decided it's time to reduce the speed limit in residential areas. The Welsh Government announced in May that it would like to see a default speed limit of 20mph in residential areas, and in 2022 all new vehicles throughout the EU will have speed limiters fitted. These will temporarily disable the accelerator if you drive over the local speed limit. Socs and I think this is all very heartening news, but we also know that reducing over-hasty driving is going to require far more than reduced speed limits.



For years, cars and roads have been designed to facilitate speedy movement. Our culture promotes speed just as it promotes “more” of just about everything. Most of us buy into the idea that more is more = more money = more consumer goods = more happiness. The Cult of More has delivered more money and more consumer goods, it’s true, but beyond a fairly moderate degree of material wellbeing, more doesn’t make us any happier, it just delivers more waste and more global warming.

We need cars and roads designed to encourage us to drive slowly and carefully. Enforcement will help, as will traffic calming, but, since over hasty driving is just one manifestation of the Cult of More, what will help is for each of us in our own time to step back from rushing through life. For most of us, a slower life would be a better life.

When I was a student in my twenties I was a young man in a rush. I couldn’t ban the bomb, establish gay equality and fair trade, sort out the problems of poverty and homelessness, or stop torture, soon enough, but, for all the energy I expended, I’m not sure I made that much difference. In my own way, I was buying into the Cult of More.

Now, towards the end of my working life, I’m inclined to think I might achieve more by doing less. I’m going to invest a bit of time trying to reduce the speed limit. Not in the world, or Wales, or even on Anglesey, but just outside my front door. This might be the first campaign where I find myself on the winning side.

Adam is a CBT psychotherapist who lives and works much more slowly than he ever used to in Llanddaniel, on Anglesey.

www.adammy.co.uk

Hendy is a stunning farmhouse on the 35-acre Tyddyn Mon farm offering solace and tranquility in the heart of the Welsh countryside.

Situated on the beautiful island of Anglesey and a 10-minute walk from the award winning Lligwy beach, it is the perfect place to unwind...

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6th – 9th September 2019
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 Art Therapy
 Taoist energy practices
 Sacred water ceremony
 Meditations
 Arts and crafts workshops
 Shamanic journey practice

3 nights accommodation and all vegetarian (orvegan) meals included in the price £250

For further information, please contact Chris:

07958 058 191

chrisgibbons@hotmail.com



Investigating Lyme Disease

Two new books reviewed

Jane Fulbrookes & Dorothy Leland

Lyme disease is caused by *Borrelia*, a spirochete bacteria. It's the most common tick-borne infectious disease in the northern hemisphere and there are multiple strains of the bacteria. Lyme disease is endemic in many parts of the United Kingdom, particularly in woodland or heath-land areas but disease carrying ticks can also be found in cities and gardens.

Two important new books on the origin and spread of Lyme disease are reviewed below.

While vacationing on Martha's Vineyard, Kris Newby was bitten by an unseen tick. That one bite changed her life forever, pulling her into the abyss of a devastating illness that took ten doctors to diagnose and years to recover from: Newby had joined the ranks of the 400,000 Americans who are afflicted with Lyme disease each year.



As a science writer, she was driven to understand why this disease is so misunderstood and its patients so mistreated. This quest led her to Willy Burgdorfer, the Lyme microbe's discoverer, who revealed that he had developed bug-borne bioweapons during the Cold War and believed that the Lyme epidemic was started by a military experiment gone wrong.

In a superb, meticulous work of narrative journalism, *Bitten* takes readers on a journey to investigate these claims, from tours of biological weapons facilities to interviews with biosecurity experts and microbiologists doing cutting-edge

research, all the while uncovering darker truths about Burgdorfer. It also leads her to uncomfortable questions about why Lyme can be so difficult to both diagnose and treat, and why the government is so reluctant to classify chronic Lyme as a disease.

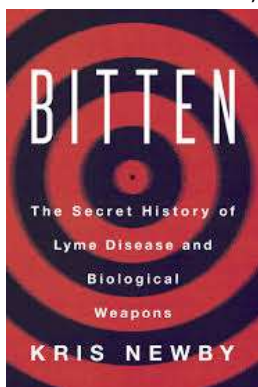
A gripping, infectious page-turner, *Bitten* will shed a terrifying new light on an epidemic that is exacting an incalculable toll on us, upending much of what we believe we know about it.

Washington, July 2019: As a result of Kris Newby's research, House lawmakers have now ordered an investigation into how the U.S. military experimented with parasites as weapons of war. The 2020 defense authorization bill requires the Pentagon's inspector general to investigate how the U.S. secretly tested disease-carrying ticks and fleas as biological weapons between 1950 and 1975.

The story of Lyme disease in the modern world is maddeningly complex. To even begin to properly tell it, you need to give context about ticks, the infections they can carry, and how those diseases affect humans and animals.

You should discuss the inadequacies of "standard" lab testing and the workings of the human immune system.

And you must explore how the medical establishment "treats" Lyme disease, how legions of sick people are abandoned by the system, and the failure of health officials to properly address a developing epidemic.



And that's just for starters.

Mary Beth Pfeiffer's new book, *Lyme: The First Epidemic of Climate Change*, does a masterful job of tackling these thorny issues - and many more. Its comprehensive look at the worldwide implications of Lyme disease fills a gaping need.

Pfeiffer started covering the Lyme disease beat while she was an investigative reporter for the Poughkeepsie Journal in New York state. Her award-winning series of articles published from 2012-2015 led to the creation of this book.



When she left the paper a few years ago to finish the project, she zeroed in on the subject matter even more. She interviewed physicians, patients and advocates on three continents, spoke to dozens of research scientists around the world, and read reams of research studies.

She adroitly weaves all that information together in a compelling narrative that leads to an inescapable conclusion:

"This is an epidemic. It is global and dangerous. It is spreading to new places on earth and affecting places in the human body, the brain for one, in ways that are not fully understood. History teaches us that medicine sometimes clings fiercely to convictions that are ultimately proven wrong. Lyme disease is one such time."

Throughout the book, she documents a variety of responses and potential solutions directed at different slices of the problem. At the end, she summarizes by listing three things that must occur, if this scourge is to be controlled:

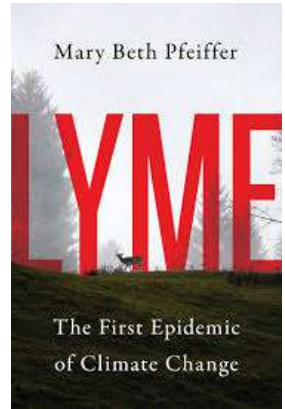
"First, the pain of tens, maybe hundreds, of thousands of long-term tick-borne disease sufferers must be recognized. Why solve a problem that has barely been acknowledged?

Second, health issues must be addressed, including the need for better tests and treatment trials, and an acceptance that the problem is tick-borne disease, not only Lyme disease.

Finally, an organized, coordinated effort must be made to tackle the problem of ticks in the environment and the harm they do."

This is a groundbreaking book. It should be read by anyone who cares about the health of our planet and the people who live on it.

lymediseaseuk.com



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

Blodeuwedd Botanics

Launch of new Tea, Cake & Company Gardening Group

Coryn Bye

Blodeuwedd Botanics are based in the Dyffryn Ogwen area. We are a small group, including a qualified Social and Therapeutic Horticulturist, who develop and create Community Gardens and outdoor spaces where we offer horticultural and nature-based activities for adults, to help improve their well-being and mental health. Our activities are linked to the Five Ways of Well being: Connect, Be Active, Take Notice, Keep Learning, Give.

We hope to encourage people who are lonely or feel isolated to come to build up their social connectedness and companionship with tea, cake and gentle activities on the allotment and in the surrounding countryside. Groups will be small, no more than 6 people, with 2 Blodeuwedd Botanics members present.

We offer morning and afternoon gardening sessions. At the beginning of each session we will remind ourselves what we did last time and outline what we will be doing this week, encouraging people to connect and take notice. The natural world is a great place to observe and take notice. Has that plant grown since last week? What was that noise? A bird. What bird? This is time to be outside, and outside ourselves, giving respite from overworking minds.

Activities are set to suit individuals, to keep them comfortable while challenging

them a bit, and we hope that we'll all learn something new from each other. It could be a place for personal change, but there will be no pressure. There will always be tea and biscuits and time for a chat - a great way for people to connect, and give to each other.

Y Plot is a small allotment set in a beautiful natural location on Pandy Farm on the edge of Tregarth. It will be open on Thursdays for our Tea, Cake and Company Gardening Group. The garden will be open from 10am till 4pm.



Morning activities are 10-12.30, and afternoon activities 1.30-4pm. Tea and cake will be provided in both activity sessions. If you want to come to both sessions you are welcome to stay over lunch, with your own packed lunch. There is a charge of £6 for each session, or £10 if you come to both morning and afternoon.

Coryn: 07799 224 636

Facebook: Blodeuwedd Botanics

Next gardening groups:

August 1,8,15,22,29,
September 5,12,19,26

Tea, Cake and Company Gardening Group.
Come and meet new people, get out, learn things, and relax over a piece of cake and a cup of tea.

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.

network news

a guide to inspiring events in north wales

MUSICAL WORKSHOPS Throughout August. Let your inner composer out! Every Sunday during summer holidays with Eve Goodman and Elin Taylor; bilingual, 45 min. free. Penrhyn Castle, Bangor LL57 4HT. Visit: eventbrite.co.uk

MOLD SINGLE USE PLASTIC REDUCTION Mold will be encouraging single use plastic reduction in stages starting with Refill, a nationwide scheme providing points where the public can refill their own water bottles for free. More than a dozen businesses are now available in and around Mold. Following this, Mold are aiming for the status of Surfers Against Sewage, a national scheme based on local businesses, schools and councils signing up to reduce some single use plastics such as straws and plastic cups. Great news too that the following food outlets will now accept customers bringing their own containers to put purchased food in.....deli counter, Tesco, Swans, Treuddyn, Jones Price wholesale grocer, Bromfield Estate, The Olive Tree deli, Mold (some products). Daniel Owen Centre are now a collection point for empty crisp packets. To get involved or find out more information please contact Cittaslow Mold or Mold Town Council 01352 758532 or events@moldtowncouncil.org.uk

NATIONAL MARINE WEEK 27th July - 11th August. More info from: wildlifetrusts.org

COLWYN BAY THEOSOPHICAL SOCIETY There is one meet this month on 22nd - a DVD presentation "This Occult Life - Adventures in Hidden Worlds"; there is no meeting on 8th. *Please see Calendar for details.*

CHATTER AND NATTER Every Thursday in August, from 10am. A space for people to talk; whether it's for 5 minutes while you have a brew, or for an hour of good conversation. We're not trying to build friendships – just simple interactions to combat loneliness and to (maybe) have an impact on someone's day. This is a free drop-in event. The Kitchen, Storyhouse, Chester ~ storyhouse.com

BLODEUWEDD BOTANICS NEW GROUP This new group meets every Thursday in August and September. Pandy Farm, Tregarth, Bangor LL57 4BB. *See article on page 8 for more information*

SUMMER CRAFT SESSIONS Throughout August. Free craft and play sessions for the under 12s. Storiol, Bangor 01248 353368, storiol.cymru

AUGUST NOTICEBOARD

FILM, SONG AND STAGE There are some great names appearing this August Summer month at a variety of events:

Film: Gigi, Colette, Gwen, Vita & Virginia, Margaret Atwood, Armstrong, Pavarotti, Henry V and Aladdin. **Music:** Lucky Peterson, Jonathan Richards, Amythyst Kiah, Elfin Bow, Cate Le Bon, Alfa. **Stage:** Frankenstein, and Ness Owen's book launch. *All event details in Calendar section.*



Universal Ceremony of Gratitude

Prayers, Meditation, Singing, Chanting, Dancing and sharing our gratitude for Life!

Sunday 15th September. 2.30 - 3.30pm, in the Chapel, Gladstone's Library, Hawarden

Contact Helen: helen@soul-life.co.uk

The Creative Fiber Art Retreat 2019 21st - 28th August

Spinning circles, campfires, wild spinning, woodland weaving, beginners yarn spinning classes, beautiful accommodation or day passes, unlimited studio time, beautiful surroundings & walks a plenty. For beginners & experienced! From £50 day passes - £450 for whole retreat with accommodation. Only a few spaces!

Adleuon Seren, Montgomeryshire

**01686 669893 ~ info@littlepentre.co.uk
adleuonseren.co.uk**

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Llangollen Natural Health Clinic

www.resonancerepatterninguk.net



You can find the ongoing
Regular Weekly Groups and Classes listed at network-news.org



August Calendar

1st THURSDAY

Lammas ~ Gŵyl Awst First harvest festival of the year. Break bread with your neighbours and friends.

Feast of Stories with Dafydd Davies-Hughes, 7.30pm, £5. The Roundhouse, Felin Uchaf, Rhoshirwaun LL53 8HS, 01758 780280, felinwales.com *See back cover*

Eglwyseg Escarpment Help is needed to build up sections of the Offa's Dyke path as it traverses along the spectacular Eglwyseg escarpment. As parking is limited, please meet at Market Street Car Park, Llangollen at 10am and we will travel to site from there. Llangollen Office 01824 712795.

Blodeuwedd Botanics A new weekly gardening group in Pandy Farm, Bangor. *See article on page 8 for more info.*

Wild Detectives Enjoy birdwatching or simply spending time getting stuck into nature in whatever way they can. Children can join us for what we hope will be an inspiring day of discovery into the wonders of the natural world. So grab your magnifying glass and become a Wild Detective. 10am - 4pm, £35. 7 - 12yr olds. (discount for siblings) Hawarden Estate Farm. With James & Lea from Woodland Classroom. 07876 794098, woodlandclassroom.com

Pop Up Vinyl Record & CD Shop 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. 12 - 7.30pm. Also a hand picked selection of CD's. Tŷ Glyndwr, 1 Stryd y Castell, Caernarfon LL55 1SE. Facebook: of event name

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

Monty Python and the Holy Grail - Outdoor Cinema Bring blanket/chair/rug and watch the movie! Open 7pm for film at 9pm; refreshments available before film. £16 inclusive. Chirk Castle LL14 5AF. Contact 01692 777701.

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.

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

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

1st THURSDAY - 4th SUNDAY

Boundaries & Space A Forrest Yoga retreat with Sandra Robinson and Claire Mace. In this retreat you will work with how you experience your own boundaries: where they are, how you set them and what happens when they get crossed. You will also explore the crucial relationship between boundaries and your power to say "yes" or "no". Forrest Yoga, guided walks, veggie food, other events available. £346 (non-residential) - £799. Held at Trigonos, Nantlle LL54 6BW. Bookings: northwalesretreats.com

Gŵyl Gelf Calon Gwynedd / Heart of Gwynedd Art Festival Continuing the Festival exhibiting talented artistic work from all mediums showing in Penrhyndeudraeth, Borth y Gest, Porthmadog, Llanfrothen, Maentwrog, Croesor, Blaenau Ffestiniog and Minffordd Station. For full programme and details visit gwylgelfcalongwynedd.com ~ heartofgwyneddartfestival.co.uk

Chester Music Festival The festival continues with music and song and the Big Jam-Along on 4th from 2pm. Also includes lunchtime concerts at 12.30 every day. Storyhouse, Chester. Full details from storyhouse.com

Real Adventure Holidays A programme of activities; 1st - Rock Climbing; 2nd - Mountain Walk; 3rd - Gorge Scrambling; 4th - Mine Exploration. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org *Also 10th - 14th.*

1st THURSDAY - 5th MONDAY

Conscious Tribal Gathering 2019 Engaging speakers - Life skill workshops - Holistic Practitioners - Vegan food outlets - Stalls - Live music - Compost Loos! Family friendly event connecting like minded souls and exploring the inner and outer spaces of our human existence and beyond. De-camp midday on 5th. Glyndyfrdwy, Denbighshire. We support the Ugandan Albino Orphanage Charity. Facebook: of event name. Tickets: conscious-tribal.uk

2nd FRIDAY

Quiet Day Experience the power of Spirit in your life through connection to nature, meditation, sharing, creativity and body energy work. Why not give yourself the space to reflect on your inner life in a safe, held environment? 10am - 4pm, Hillside Retreat, Rhosesmor. Contact Helen: helen@soul-life.co.uk

Creative Workshops ~ Women's Wall / Wal y Ferch We will be making a permanent artwork to celebrate women's histories and asking the question "who are the quarry women of the past, present and future?" The workshops will see women drilling into and sewing patterns onto the slate, creating their own individual designs. These pieces of slate will come together to create one whole sculpture. Free, 2 - 6pm. In partnership with Merched Chwarel. Led by Lisa Santana. Llys Dafydd, Bethesda. Bookings: cynfuna@gwynedd.llyw.cymru *Also in Storiell, Bangor on 22nd.*

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

Henry V Outdoor Theatre performance 7.30pm, various dates throughout August. Held in Grosvenor Park Open Air Theatre, Chester. storyhouse.com

Vita & Virginia (12A) Film about the love affair between socialite and popular author. 7pm, £7, £6. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

2nd FRIDAY - 4th SUNDAY

NW Blues and Soul Festival Includes Kyla Brox, Elles Bailey, The Rumblestrutters, Ruby & The Revelators, One Eyed Crow, Skariad, Yubaba and more! Various prices and times, held at Theatr Clwyd, Mold. Camping and glamping available: Bookings/ Programme: 01352 344101, theatrclwyd.com

Write it Out! LGBT+ Writing This weekend course offers a supportive environment with two authors whose work addresses LGBT+ lives, experiences and histories. We will look at what makes a queer story, what we have in common, and what might be unique to each of us. £240 - £325. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

2nd FRIDAY - 5th MONDAY

Fruits of Inner Awareness We move towards the holding of energy within, through the autumn and winter cycle, to emerge anew in the spring. Process oriented inner work focuses on following the flow of one's own experiences by noticing the most obvious body movements and signals, as well as subtler dreamlike experiences, and the most subtle feelings and tendencies occurring within and around us. £390 includes all accom and all meals. Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk More info: iona@processworkuk.org

3rd SATURDAY

Climbing Around the World Instructor David Evans is a climber, and shares his stories from all around the world. 7.45pm, free. Lecture theatre, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

Bat Box Checks & Pipstrelle Trapping A rare chance to see bats up close and hear about important survey work. Join the NWMG during the day to check some bat boxes. You may be able to see bats on your hand so you can appreciate these marvellous creatures up close. Free for members, £5 for non-members. Plas Tan Y Bwlch. Email for bookings and timings: northwalesmammalgroup@gmail.com

Glorious Glyderau On this walk, we will take on Glyder Fach and Glyder Fawr, two of the 14 peaks that make up the Welsh 3000s. 9am - 5pm, £30, accompanied u14s free. Contact 07958 365122.

Pitch In ~ Footpath Maintenance and A Walk Please come prepared for a day on the mountain. Stout footwear, warm, waterproof clothing and sun lotion. Bring plenty of water and a packed lunch. 9am - 3pm, free. Y Garn, Beddgelert, LL55 4YB. Booking details & meeting point contact 07985 396284, ned.feeseey@national.trust.org.uk

Big Wild Sleepout 2 An amazing opportunity to sleep out on the reserve overnight! Just bring your tent and food, and we'll provide the adventure. 6pm - 10am Sunday morning. RSPB £24, £12 child; Non-members £30, £15 child. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Vita & Virginia See 2nd, except at 2pm, with subtitles.

Paul & Liz's Summer Soiree A regular get together for Flintshire Gardeners. Takes place roughly 3 - 11.30pm. Come when you can and leave when you please. BYO drinks/refreshments. Contact Liz to book catering needs. Liz 01352 780178, 07921 399216.

Introduction to Patchwork with Alison Chapman Workshop for beginners - make your own patchwork Tote bag using basic geometric shapes. 10am - 4pm, £35. Storiell, Bangor 01248 353368, storiell.cymru

Contemporary Love Spoon You'll learn how to bond delicate fibres to make a contemporary love spoon - formed on a lichen or thorny twig. 10.30am - 1pm, 2.30 - 5pm, £30 each session. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

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

3rd SATURDAY & 4th SUNDAY

Menai Food Festival Food & drink producers, Craft Stalls and street food stands. Held on the recreation field in surrounding areas of Menai Bridge. open 9.30 - 6pm. Facebook: of event name

Aladdin (PG) Film; live version of Disney's classic. 10.30am both days, £9.50, £8.50 U26 £7/£6. Storyhouse, Chester, storyhouse.com

1960s Weekend Relive the sights and sounds of the 60's. Visitors are encouraged to dress up! During the day there will be music at Llangollen; plus steam trains! Llangollen Railway Station. Also Vintage rail replacement Bus Service in operation between Llangollen-Glyndyfrdwy-Carrog. From 10am. Various costs. Contact 01978 860979.

3rd SATURDAY - 10th SATURDAY

The National Eisteddfod The Welsh Language Arts Event. Everything from Circus evening, songs, dance, music and local folk tales to Yoga, Science, Engineering, Create a Lego model, Folk Session, Friends of Dementia, Picnic, Poetry for Children, Writers, Welsh Folk Dance, Planetarium Session. Various ticket prices. Held mostly in Y Maes, Llanrwst but also other venues around the town. Full programme, info and bookings: eisteddfod.wales

4th SUNDAY

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

Glyndebourne: The Magic Flute Live screening of Mozart's magical comedy. 5.30pm, £19.50 - £14.50. Storyhouse, Chester, storyhouse.com Also Pontio, Bangor 01248 382828, pontio.co.uk Also Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Llandudno Dolls House and Miniature Fair A multitude of items for all Dolls' House needs! 10.30am - 3pm, £2.50, children 50p. Craig y Don Community Centre, Queen's Rd., Llandudno LL30 1TE. More info: mgmfairs.co.uk

Women's Gatherings A monthly informal, friendly gathering - bring your lovely self, your knitting, sewing, art, conversation, reading, books and songs! 12 - 4pm, Black Cat Café, Glynllifon, nr Caernarfon. Facebook: Womens Gatherings Gwynedd.

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

Agora Health & Wellbeing Day Agora comes from the ancient Greek word meaning "gathering place" or "open space". We will be covering the 5 ways to wellbeing and resilience, stress management and mindfulness. 10am - 4pm. £45. Rowen Memorial Hall, Conwy LL32 8YA. Details: sueahodges@gmail.com

Orchids, Twayblades and Helleborines This well used but under-rated site hosts some really interesting plants, including a 'forest' of twayblades and plenty of dune and green-flowered helleborines. Kipper Davies will make sure we find everything. 2 - 4pm, £2, Meet c.p. on Llay side, Alyn Waters Country Park, Wrexham, LL12 0PW. Dan Rose 07976 962251, nwww.wrexham@gmail.com

Plant Recording in Denbighshire You just need an interested in plants! Lift from Ruthin Rugby Club to Worthenbury, Wrexham. Or meet on the road junction at SJ 420460. Organised by Botanical Society of Britain & Ireland: cofnod.org.uk. Contact Delyth 07974 699484, delyth@siriollbryn.co.uk

Map Reading for Trail Runners Meet Tafarn y Fic; have a look at the maps and then climb up Yr Eifl; a maze of paths and which one to choose! Aimed at runners but is not a running event; you receive the loan of a compass and a free copy of the local map! 9am - 1pm, £27.50. Llithfaen LL53 6PA. Bookings: nomadrunning.com / eventbrite.co.uk

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

Feast of Stories See 1st

4th SUNDAY - 9th FRIDAY

Transforming the Artist This workshop is a creative approach for students who feel their paintings need the vitality and verve demonstrated in contemporary art, including abstraction. A ready-made answer for those who do not know where to begin or for those whose efforts have failed to impress. £533 - £583. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

4th SUNDAY - 10th SATURDAY

Mindfulness-based Compassionate Living Daily meditation, formal guided practice, Interpersonal Mindfulness practices, individual silent sitting. Formal sessions include cultivating healthy balance between "threat, drive and soothing", understanding flight, fight, freeze and befriend; over-identifying and common humanity practice. Exercises, yoga and

walking. Aimed at those with Mindfulness experience and practice. Shared £875, single £975. Tutors are Erik van den Brink and Bridgette O'Neill. *Bookings and more info: mindfulness-secular-retreats.org.uk* Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

5th MONDAY

Sacred Site Guided Walk and Meditation On the eve of the cross quarter day (or Llammas) a sacred site walk, talk and meditation. This time at Moel Ty Uchaf Stone Circle (free car park at Llandrillo LL21 0TG). Approx 50 min walk to the circle. 6.45 - 9.45pm, free event but donations to Llangollen Museum welcome. The area is near Corwen in Y Berwen National Nature Reserve. Facebook: of event name.

Pop Up Vinyl Record & CD Shop Over See 1st for details. 12pm - 7pm. Canolfan Ebeneser, Bridge St., Llangefni, Anglesey. Contact 01248 722110, Facebook: of event name

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, nwcacpsg@gmail.com

5th MONDAY - 9th FRIDAY

Family Week in the Woods The main programme for the children will include exploring the woodland, learning about the trees, plants and wildlife, building shelters, fire lighting and camp cooking and a range of arts and crafts activities. There will be days when the adults can do some more advanced green woodwork and make a stool using traditional craft tools and techniques. A simple mid-day meal will be provided on each day. £150 adult; £50 child; U8s free. Deposit £50; Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

5th MONDAY - 11th SUNDAY

Hebrew in a Week Enjoy and understand Biblical Hebrew in this week-long course with Lyn Bechtel. No experience needed - all we ask is that you familiarise yourself with the Hebrew alphabet and read the preface of the course textbook before the course begins. £625, £440 non-res. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

6th TUESDAY

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

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. 7pm in Centre for Cultural Engagement, 10 Greenfield Rd Colwyn Bay LL29 8EL. Secretary Efa Wulle: conwypeace@gmail.com, donsandersopt@aol.com (chair)

Gwen (15) Film. 2.15pm, £6, £5, £3.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com See 16th for film info.

Are You Proud? (15) Film. Documentary combining rare archive footage with interviews from across a spectrum of activists celebrating the progress achieved through movements such as Pride, and asking questions about the future of the Pride celebrations which take place in locations right across the UK. This screening will feature a post-show Q&A with director Ashley Joiner, who will be joined by LGBTQ+ activist Joan Burnett. 6.30pm, £9.50, U26s £7. Storyhouse, Chester, storyhouse.com

Romeo and Juliet with the Royal Ballet. Screening of Shakespeare's star-crossed lovers encounter passion and tragedy in Kenneth MacMillan's 20th-century ballet masterpiece. 7pm, £15. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

6th TUESDAY & 7th WEDNESDAY

Lime Mortar Workshop Learn a new skill whilst protecting a piece of history. 2 days lime stone mortar workshop at the Old Shepherd's Cottage, Coed Nercwys. Booking essential. Coed Nercwys. Book: Loggerheads Country Park 01824 712757.

Scything Help out at the wildflower meadow to continue management of this Coronation Meadow. 10am - 3/4pm. Piw Gwyn, Nannerch. flintshare.org

7th 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

Stories of the Seashore Join us for a family-friendly selection of seashore activities, including immersing yourself in the ocean through our virtual reality experience! We will be out on the beach looking for creatures and sharing stories about them along the way. 10am - 4pm, Nova Centre, Prestatyn, LL19 7EY. Eve Grayson 07508 740559, eve.grayson@northwaleswildlifetrust.org.uk

Vita & Virginia See 2nd, except at 2pm.

Vintage Matinee 1st Weds/month. £4 per film or £20 for 10 films. Denbigh Film Club, Theatr Twm o'r Nant, Station Square, Denbigh LL16 3DA. Contact Lilian Jones 01745 813426, denbighfilmclub.couk

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, ellaspiers@hotmail.com

7th WEDNESDAY & 8th THURSDAY

The Edge (15) A British documentary about the England Test cricket team's rise through the world rankings between 2009 and 2013. 7pm, £7, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

7th WEDNESDAY - 12th MONDAY

Nomad 5 ~ Journey with Purpose This is an extended version of our three day journey retreat. More miles covered, deeper connection, more time to unwind by the fire. Come and decompress! Hearty food, campfires, five days of learning practical skills and resetting yourself. £460+. Contact: nomadwales.com Facebook: Nomad 5 - August

8th THURSDAY

In Vino Fabula - Stories of Wine, Food and Fortune With Raccontaminastoria from Italy and David Ambrose, from Wales. 7.30pm, £5. The Roundhouse, Felin Uchaf, Rhoshirwaun LL53 8HS, 01758 780280, felinwales.com

Gwen See 6th, except on 8.30pm.

8th THURSDAY & 9th FRIDAY

Cake and Rake Help us to turn hay ready for baling. Booking essential. Bring lunch! 8th 11am - 1pm; 9th 10am - 3pm. Piw Gwyn, Nannerch, Mold, CH7 5RQ. Amy Green 07961 698437, amy.green@northwaleswildlifetrust.org

8th THURSDAY - 11th SUNDAY

Sound Medicine: Singing & Chanting This retreat helps to develop your relationship with vibration and harmony with expressing sound. You are given five chants to learn which will be sent to you when you book. They are easy to learn and are an excellent way to begin connecting. You are asked to create lyrics to go with the chants. We also invite you to bring a song to share and a short choral practice to engage with other participants. We have a circle of songs daily for up to two hours held by Sharlene Squire and create soundscapes and healing tones using rhythms, binaural tones, songs, bells and rattles. £200. Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk. Contact Charlie - aiki.charlie@hotmail.co.uk for more information ~ thenaturalartsassociation.com

9th FRIDAY

Ness Owen: Book Launch Join us to celebrate the launch of Ness Owen's debut poetry collection, Mamiath / Mother Tongue (Arachne Press). 7pm, free. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Night-time Rockpooling Discover the hustle and bustle of the busy rockpool, as many of the creatures begin to emerge as the sun sets. It will hopefully be dark enough to use our UV torch and goggles. Booking essential. 9 - 11pm, donations. Trearddur Bay, LL65 2UN. Eve Grayson 07508 740559, eve.grayson@northwaleswildlifetrust.org.uk

9th FRIDAY & 10th SATURDAY

Pavarotti (12A) Film. A look at the life and work of opera legend, tenor Luciano Pavarotti. 7pm/9th; 2pm (subtitled) & 8pm/10th. Also 14th. Held at Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

9th FRIDAY - 11th SUNDAY

A Glimpse at the Slate Industry This course examines not only the context to labour disputes in the quarries but also the other ways in which this major industry changed regional society. £229 - £249. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

Rock the Park Music Festival 60 live acts; Dance Classic Night, bands and singers, plus fireworks to finish. Borrás Hall Lane, Wrexham LL13 9SG. £12.50, u12s free. Contact 07960 196090, tickets: rockthepark.co.uk

Llandudno Record Fair Lots of great rock and pop vinyl and plenty of vintage and retro memorabilia. 1 - 6 on 9th; 10am - 6 on Sat/Sun. Free. St John's Methodist Church, Mostyn St., Llandudno LL30 2NN. Contact 07801 564622.

9th FRIDAY - 12th TUESDAY

Yoga and Walking Retreat This yoga holiday will include mornings of Dru Yoga and Dru Meditation, followed by a delicious lunch, then afternoon guided walks in the beautiful Snowdonia National Park or along the coastal paths of Anglesey. £540 shared, £695 single. Dru Yoga, Snowdonia Mountain Lodge, Bethesda 01248 602900, druyonia.com

9th FRIDAY - 15th THURSDAY

Yesterday (12A) Film. A rock-n-roll comedy about music, dreams, friendship, and the long and winding road that leads to the love of your life. £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Blinded By The Light (12A) Film. In 1987, during the austere days of Thatcher's Britain, a Muslim teenager's world is turned upside down when he discovers Bruce Springsteen. Various times/costs. Galeri, Caernarfon 01286 685222, galericarnarfon.com

10th SATURDAY

Margaret Atwood: Live in Cinemas Award-winning and bestselling author Margaret Atwood publishes worldwide her highly anticipated new novel – The Testaments – a sequel to her most celebrated work, The Handmaid's Tale. In a unique live event on this momentous date, join us at Neuadd Dwyfor as cinema audiences worldwide will be treated to an evening in conversation with Atwood. 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. 7pm, £13, £10. Neuadd Dwyfor, Pwllheli LL53 5DE. 01758 704088, neuadddwyfor.com

Mindfulness in the Woods An introduction to Mindfulness with nature as an aid and stimulus for learners to improve their health & well-being through a stronger connection to ourselves and nature. Our qualified and experienced tutor will take you through a range of activities aimed at giving you techniques to take forward in practising Mindfulness in your own time. Over 18s, 10am - 1pm, £25. With Woodland Classroom. Held at Chirk Castle, Wrexham, 07876 794098, woodlandclassroom.com

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

Bookbinding Demonstration By the Society of Bookbinders. Includes how paper sections are sewn together, different covering materials, how the case of a book is made, finishing and how gold is applied as lettering or decoration. 10am. The Kitchen, Storyhouse, Chester, storyhouse.com

Lettering for Quilts Dorothy Russell, textile artist, leads this workshop, and you will learn three methods for adding lettering to quilts and textiles; appropriate for all levels. 10am - 4pm, £35. Storiell, Bangor 01248 353368, storiell.cymru

Dragons at Glasgoed Discover dragonflies and damselflies at this lovely local wildlife hotspot, together with wild flowers and butterflies. 2 - 5pm, donations. Glascoed Nature Reserve, Llys Edmund Prys, St Asaph Business Park, LL17 0JA. Mark Hughes, 07800 771570, mjdughes1108@gmail.com

Metamorphosis Ovid's magical tales of transformation, by Raccontaminastoria & David Ambrose. 7.30pm, £10, Plas Glyn y Weddw, Llanbedrog. More: felinwales.com

From Botanists to Hedonists A talk with Rich Gentry covering the history of climbing in North Wales. 7.45pm, free. Lecture Theatre, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

Energy Healing and the Celtic Chakra System Access healing energy which is freely available to everyone. Learn about the Celtic chakra system, how it differs from what we usually think of and how it can be used to access - and heal - deeply held problems. 10am - 5pm, £45, includes lunch and refreshments. Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com

Gypsy Crafts 1 On this one day course you will learn how to make a number of simple products : Willow stars; willow rings which can be decorated with leaves or flowers to make wreaths; tent pegs and clothes pegs. £55; deposit £30. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.co.uk

10th SATURDAY & 11th SUNDAY

The 2019 Legendary Llangollen Faery Festival A world of sparkles, colours, bubbles and faeries. Music, faery market, walkabout acts, free activities - make a wand, wings, magical storytellers, circus skills. 10am - 6pm. Llangollen Pavilion, Abbey Rd., LL20 8SW. Tickets £2 - £20; eventbrite.com ~ Facebook: of event name

10th SATURDAY - 14th WEDNESDAY

Real Adventure Holidays See 1st - 4th

11th SUNDAY

Cemaes Kayak Safari Join the Living Seas Wales team and Sea Môr Kayaking to explore the wildlife of Cemaes Bay through a guided kayak safari. 11 - 12.30pm; 1 - 2.30pm, £25. Cemaes Bay, Anglesey, LL67 0EW. Eve Grayson 07508 740559, eve.grayson@northwales.wildlifetrust.org.uk

Plant Recording Meet: SJ34 F & G Pen-y-lan a few km East of Raubon off the A539. Park by Bryn Farm SJ330 421. Lift from Ruthin. Organised by Botanical Society of Britain & Ireland: cofnod.org.uk Contact Delyth 07974 699484, delyth@siriolbryn.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

Bushcraft for Beginners Learn new skills to practice outside on your own – or share with others. Perfect for improving confidence to spend time outdoors! Booking essential. Equipment provided. 10am - 4pm, meet at NWWT's office car park on the Maeshafn Road, half a mile from Gwernymynydd. Bring lunch! Amy Green 07961 698437, amy.green@northwales.wildlifetrust.org.uk

Woodland Yoga An outdoor session led by Tracey Yoga. More details from Tracey 07809 485323, traceyyogamassage.co.uk

Skulls & Skirts

Stirring stories of adventure on the high seas, by Raccotaminastoria. 7.30pm, £5, Felin Uchaf, Rhoshirwaun, Pen Llŷn. More: felinwales.com



Beginners Contemporary Calligraphy We will learn a funky modern style of lettering and you'll make a small piece of calligraphy to take away with you. All materials are provided, but please do bring along any source material, drawings or inspirations that you may wish to work from. No prior experience is needed. 10.30am - 4pm, £45 per person, students £40. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Gypsy Crafts 2 On this one day course you will learn how to make a number of simple products : willow lanterns; Gypsy flowers and Gypsy baskets, using willow and coppice wood and learning to use a draw-knife and sahve horse. £55, deposit £30. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Earthwalking Introductory Day Meet me, the land, and the place we shall work together. Activities: psychic cleansing and protection, experiencing the elements, making a willow 'life wheel'. Free refreshments and home made lunch. Donations appreciated. Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com 1st Earthwalking weekend: 31/8 - 1/9, see Calendar

Embroidery Includes traditional counted patterns and outline stitches in red thread to create a lovely scarlet work celebration design. You'll then embellish the piece with gold work techniques using chipping and purl pearl wires to add sparkle. With Kate Barlow. 10.30am - 4.30pm, £60 includes light lunch. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Amythyst Kiah A Southern Gothic songster with African-American roots music; with banjo, acoustic guitar and full band. 8pm, £12 from Palas Print Caernarfon and Mudshark Records, Bangor. The Vic Menai Bridge LL59 5DR, 01248 712309, vicmenai.com

11th SUNDAY - 16th FRIDAY

History and Natural History of Conwy Valley - Source to Sea A series of short walks and site visits to dramatic waterfalls, historic castles and ancient woodland, to unfold the rich tapestry of wildlife, landscapes and history that defines the Conwy Valley and the surrounding area. Plus stories, traditions, natural history and cultural heritage. £450 resident; £365 concs. £310 non-res. Field Studies Council, Rhyd-y-Creuw, Draper's Field, Betws-y-Coed, LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

11th SUNDAY - 18th SUNDAY

Heritage Railways The course will look at current and proposed developments of the railways, which are located in spectacular scenery. There will also be illustrative evening talks on relevant railway topics. £725 - £795. Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

12th MONDAY

Access: The Big Issues Access for Snowdonia National Park, Peter Rutherford has worked managing access for SNP for the last 16 years. An introduction to access activities and the role of the Park in general. 7.45pm, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

Porthor Beach Fun Day We'll have either kayaking or paddle board taster sessions (a £5 charge applies and weather permitting), beach football, a sandcastle competition, rock-pooling and much more! 11am - 4pm, free. (Whistling Sands) Beach Methlem, Aberdaron. Just turn up!

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 louisai.yates@gladlib.org

I Alone Love You ~ Peter and Mary Magdelene Stories and song by Raccotaminastoria. 7.30pm, £8, St Hywyn's Church, Aberdaron. More: felinwales.com

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

The Secret Garden Evening theatre performance in the stunning setting of the World Famous Garden. Bring rug/blanket/picnic. 6.30 - 10pm, £16, 5-16 yrs £11. Bodnant Garden, Til y Cafn, Colwyn Bay LL28 5RE. 01492 577577, nationaltrust.org.uk/bodnant-garden

12th MONDAY - 17th SATURDAY

The Mousetrap Agatha Christie's classic play. The scene is set when a group of people gathered in a country house cut off by the snow discover, to their horror, that there is a murderer in their midst. Who can it be? 7.30pm, £20.50 - £32.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

12th MONDAY - 18th SUNDAY

Greenspirit Wild Week Engaged Spirituality for a Living Earth. Held at Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk See greenspirit.org.uk for more details and bookings.

Greek in a Week Robert Parker teaches Ancient Greek in this week-long course. Ideal for those wishing to learn Classical or New Testament Greek or for those wanting to revise or improve their knowledge of it. There is some studying to do beforehand. £625, £440 non-res. Gladstone's Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

13th TUESDAY

Writing: Finding Success Through Failure An evening with writer in residence Emily Morris, discussing how writing the true story of experience of unexpectedly becoming a single parent helped free her from feelings of pain, shame and failure. 8pm, £15, or £25.95 with dinner. Gladstones Library, Hawarden, 01244 532350, enquiries@gladlib.org

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

Pavarotti (12A) Film. 8.15pm, £6, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com See 14th

Colette (15) Film of true story of Colette, a French writer and her battle for recognition. 7 for 7.30pm, £6. New Dot Cinema, Llangollen. newdotcinema.org

Apocalypse Now: Final Cut (15) Film. Celebrate the 40th Anniversary of the Vietnam War epic, fully restored from the original 1979 film for the first time ever. 7pm, £9.50, u26s £7. Storyhouse, Chester, storyhouse.com

Bench Making Help construct new wooden benches for the Park from locally sourced larch. 10am - 3pm. Meet at Loggerheads Country Park, 01824 712757.

14th WEDNESDAY

XR NW Regeneration Monthly Meet Regeneration meets are part of the XR philosophy and are intended to provide a friendly forum for us to meet to share our hearts and hopes in the face of the climate crisis. Our business meetings are busy but we are feeling and vulnerable humans too. These monthly meetings are a space to meet human to human, to be scared, hopeful, angry, tiredyou name it we are it! 7 - 9pm. Alun Building, Bangor Uni. Facebook: of event name

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 Working Together Criccieth Aimed at Small, Micro and Lifestyle business & professional women who often struggle to get out and meet women in a similar situation. 9.30am - 12pm. First meeting free, then £10 each visit. Dylans Restaurant, Criccieth LL52 0HU. Facebook: of event name

Pavarotti (12A) A film about the life and work of tenor Luciano Pavarotti, 2pm, 8.15pm, £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Conscious Dance See 7th

Beeline Britain Instructor Adam Harmer shares his story of being part of the team to complete the first-ever straight-line journey from Land's End to John O'Groats - a 1,100km journey by foot, boat and bike. 7.45pm, free, lecture theatre, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

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

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

14th WEDNESDAY & 15th THURSDAY

Armstrong (PG) Film; The story of Neil Armstrong: from his childhood in Ohio to his first steps on the Moon, and beyond. 8pm/14; 7pm/15th. £7, £6. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Once Upon A Time in Hollywood (18) Film details on 23rd - 31st. 8.15pm, £6, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com

15th THURSDAY

Leo Full Moon 1:29pm BST

Awakened Belly Dance A Taster Day to find out about the 7 week forthcoming course starting 5th September. Using traditional Middle Eastern dance techniques, Sacred dances from around the world, breath and energy work, meditation, sound healing and conscious communication. 7 - 9pm, Parkfields, Mold. Enquiries: rachelsbellydance.wales

Olwyn Lliw ~ Colour Wheel/Patterns Led by artist and tutor Jwls Williams will be supporting the monthly sessions. These sessions are ideal for beginners and creatives who wish to gain new skills and experiment with new materials. 10.30am, £10, booking essential. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Ali Baba and the Forty Thieves With Illyria Theatre Productions. Young Ali Baba stumbles across an enchanted cave. £15, £12. Plas Glyn y Weddwr, Llanbedrog, LL53 7TT, 01758 740763, oriel.org.uk

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

Yesterday (12A) Film. A rock-n-roll comedy about music, dreams, friendship, and the long and winding road that leads to the love of your life. 7pm, £7, £6 u16s. Celllb, Blaenau Ffestiniog LL41 3AD, 01766 832001, celllb.org

Celtic Music Concert More info from Dragon Theatre, Barmouth 01341 281697, dragontheatre.co.uk

The Falling (15) Film. Set in an all-girls school in 1969; ordinary life is thrown into disarray when an epidemic of fainting breaks out amongst its pupils. 8.15pm, £4. Storyhouse, Chester, storyhouse.com

16th FRIDAY

Gaza (15) Documentary; what do we really know about the 2 million people of Gaza? This film is made up of interviews with people living on the 25 mile strip. 5.30pm, £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

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.

Gwen (15) Film. A young girl in Snowdonia desperately tries to keep her family together amidst growing darkness in the local community. 8.15pm, £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk *Also* 8pm, £7, £6, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com.

16th FRIDAY - 18th SUNDAY

In Fabric (15) Film; a haunting ghost story of a dress passed on from person to person with unusual consequences. 8.30pm, £9.50, U26s £7. Storyhouse, Chester, storyhouse.com

16th FRIDAY - 22nd THURSDAY (not 18th)

Yesterday (12A) A rock-n-roll comedy about music, dreams, friendship, and the long and winding road that leads to the love of your life. £6.50, u15s £5.50. Theatre Colwyn LL29 7RU, 01492 556677, theatrcolwyn.co.uk

16th FRIDAY - 23rd FRIDAY

Landscape Painting in Snowdonia Includes mountain sketching and watercolour; good walking; techniques. Led by Jeremy Yates. £550 single; £480 shared; £390 non-res. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

17th SATURDAY

Fused Glass Bird Workshop Make beautiful little hanging fused glass birds and have a relaxing and creative morning. 10am - 1pm, £50. Verity Pulford Glass, Llanerch, Mold. For booking, venue details and directions, please email: verity_pulford@hotmail.com

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

The Movable Feast Food Slam, Live Music; family fun, new veggie and vegan options, local produce, local craft stalls; dogs welcome on lead. 12pm - 9.30pm. £3. Benllech Town Centre, Anglesey LL74. movablefeast.com

Gambia '19 Fundraiser Live rock and soul covers band - Fatman Alley, food, glitter and more! We are raising money for teachers and school supplies in the Gambia. Pwllheli Rugby Club, Efailnewydd LL53 5TH. 8 - 12pm, £5 or £10 with shuttle from Abersoch. Enquiries: Liz 07545 334269; tickets: fatmanalley.co.uk

Open Floor Conscious Dance ~ Dimensions of Embodiment In this workshop we will practise giving expression to the four dimensions of our humanity: our physical being, emotions, mind and soul. Open Floor is a conscious dance and movement practice for personal development and meditation. Please bring lunch to share. 11.30 am - 5.30 pm, £35, £30 concs, £5 discount for early bird bookings. Tal-y-bont Memorial Hall, Conwy. Behind the 'Y Bedol' pub on the B5106, LL32 8QF. Nick 07779 018043, nickwalsh.net

Bushcraft Our One-Day Bushcraft Skills Introductory Course. 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. 9.30am - 4.30pm. Held at Chirk Castle, Wrexham. Woodland Classroom 07876 794098, woodlandclassroom.com

Gwen See 16th, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com 2pm & 7pm.

Botanical Art Class With artist in residence Doreen Hamilton. 10.30am - 3.30pm, Treborth Botanic Gardens LL57 2RQ. Doreen Hamilton 07508 728418.

Withnail and I (15) Film. Two friends go from London to a weekend in Cumbria but it's not a relaxing experience. 8.15pm, £4. Storyhouse, Chester, storyhouse.com

17th SATURDAY & 18th SUNDAY

Tonnau - Album Launch An all day / night event in the beautiful settings of Carreglwyd Estate with camping on the Friday and Saturday nights. Children are welcome during the day. DJs, acoustic music, Grupo Pilon, Indian veggie food available on Sat afternoon (cash only). Tickets: £25 each, includes 2 nights camping. Carreglwyd Estate, Llanfaethlu, Holyhead LL65 4NY. Tickets: ticketsource.co.uk For info: Facebook of same name

Intro to Solar PV and Off Grid Design, combine and connect a range of different systems as you get to grips with grid-connected and off-grid photovoltaics. A great introduction for anyone who wants to understand how the technology works and get some hands-on practice with different designs. £165 course only, includes meals. CAT, Machynlleth 01654 704966, cat.org.uk Accommodation extra.

17th SATURDAY - 19th MONDAY

Welsh Craft and Art Fair Premium quality crafters, all items made in Wales. 9am - 5pm, Y Ganolfan, Porthmadog LL49 9LU. Contact 07989 955541.

17th SATURDAY - 21st WEDNESDAY

Make a Windsor Chair Ben Willis will take you through every step of your chair making process, from selecting and felling a tree, through to crafting your final piece. Using traditional green woodworking techniques and hand tools only, you will craft your Windsor chair from unseasoned ash, freshly cut from the tree. 18+ years. £450 + £40 for materials. £8 per night camping, refreshments and lunch included. Wernog Woods, Ruthin LL15 1YE. Contact 07765 251531, courses@wernogwood.co.uk

18th SUNDAY

Talisman Stories with Angharad Wynne, 7.30pm, £5. Felin Uchaf, Rhoshirwaun, Pen Llŷn. More: felinwales.com

Yoga Day Expect a dynamic, challenging morning and a chilled afternoon session including restorative Yin yoga and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! During the lunch break or after the workshop, you can take the opportunity to explore the village and beaches with its wonderful gardens, shops and cafes. £30, includes light refreshments. Held in Hercules Hall, Portmeirion. Contact 07809 485323, traceyogamassage.co.uk

Plant Recording SJ13K and SJ13Q. 1 km South of Llanarmon Dyffryn Ceiriog. Meet at the crossroads in the village to rationalise cars OR meet in the carpark at 10am in Chirk SJ2913 3783. Upland. Organised by Botanical Society of Britain & Ireland: cofnod.org.uk. Contact Delyth 07974 699484, delyth@siriolbryn.co.uk

Summer Walk There's always a lot of early pine-loving fungus here at Marford Quarry's near-neighbour, which also hosts two ponds, a large variety of damselflies and dragonflies and a wide range of woodland birds (including all three woodpecker species). 2 - 4pm, £2. Meet Maes y Pant: meet at the Marford Quarry siding off Springfield Lane. Marford Quarry, Wrexham, LL12 8TG. Dan Rose 07976 962251, nwwt-wrexham@gmail.com

Harp Music in the Pin Mill Master harpist Dylan Cernyw playing in the Pin Mill. Booking not needed. 2 - 3.30pm, free. Normal entry charges apply. Bodnant Garden, Til y Cafn, Colwyn Bay LL28 5RE. 01492 577577, nationaltrust.org.uk/bodnant-garden

Gaza See 16th

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

Go Wild @ West Shore! A fun, family-friendly event that can be enjoyed by all ages! Wildlife to see and lots of activities to do – beach clean, strandline search, virtual reality experience, wildlife gardening, games, face-painting, art/craft – and so much more! 11am - 4pm, donations welcome. West Shore Promenade, Llandudno. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

Family Bushcraft: Shelter Building A whole day of shelter building skills for parents and children. Learn new skills including; advanced shelter building, crafting natural cordage, essential survival knots and more. 10am - 4pm. Chirk Castle, Wrexham. Woodland Classroom, Wrexham area. 07876 794098, woodlandclassroom.com

19th MONDAY

Chester Amnesty International 3rd Mon/month. We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, this month in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Contact Alan 01244 679185/ Facebook for more details, amnesty.org

Gwen See 16th, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com 2pm

Booksmart (15) Film. Fed up with studying, two girls set out on a mission to cram four years of fun into one night. £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

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. Contact Mary Ward merielward75@gmail.com

Pavarotti (12A) Film of master opera singer, featuring never-before-seen footage, concert performances and intimate interviews. 8.15pm, £9.50, U26s £7, £6. Storyhouse, Chester, storyhouse.com

Late Night (15) Film. A controversial late-night talk show host whose world is turned upside down when she hires her first and only female staff writer. 8.15pm, £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

19th MONDAY - 23rd FRIDAY

Building with Straw Bales If you're thinking of building your own eco home, workshop or community space, straw bales could be the answer. This five-day introduction to working with straw combines practical hands-on building workshops with talks and tours to give you an in-depth understanding of this versatile, low-impact material. £650, £600 concs., CAT, Machynlleth 01654 704966, cat.org.uk

19th MONDAY - 24th SATURDAY

Discover Snowdonia Residential The course will provide a range of challenges including climbing and abseiling, teambuilding tasks, mountain navigation, gorge scrambling up a mountain stream, a conservation challenge and an overnight expedition and wild camp (weather permitting). 16 - 18 yr olds. £240 shared. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

Poetry - The Personal and The Political This course will draw on a range of examples from contemporary poetry that could assist us to develop our own writing, as well as consider various ways in which we might respond to political circumstance, both with reference to the wider world and with issues that affect us directly. £550 - £675. Tŷ Newydd Writing Centre, Llanystumdwy, nr Criccieth LL52 0LW. 01766 522881, tynewydd.wales

Cae Mabon Open Week A chance to hang around Cae Mabon, reading, walking in the forest, swimming in the lake, lounging in the hot tub, chilling by the Roundhouse fire. We provide three meals a day (packed lunches if you prefer), storytelling, music, and, for an extra donation, massage and tarot readings. 5 nights. We prioritise those that can come for the whole time if possible. £50 per night, half price 5 - 15 years, under 5s free. Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

20th TUESDAY

Frankenstein with Illyria Theatre Productions. Brilliant young student Viktor Frankenstein discovers how to endow dead organic matter with life itself. 7.30pm, £15, £12. Plas Glyn y Weddw, Llanbedrog, LL53 7TT, 01758 740763, oriel.org.uk

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

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

Late Night See 19th, except at 5.30pm.

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

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

20th TUESDAY & 21st WEDNESDAY

Gwen (15) Film. A young girl in 19th century Snowdonia tries to keep her family together. 8.30pm, both days. £9.50, u26s £7. Storyhouse, Chester, storyhouse.com

21st WEDNESDAY

Reflections with Music and Poetry A time for stillness and candlelight. One Weds/month. 7.30 - 8.15pm, donations welcome. Eglwys Llanfaelrhys Pilgrim Church, Porth Ysgo, Pen Llŷn. Contact Susan Fogarty 01758 703039, susanafogarty@gmail.com

Jonathan Richards ~ Classical Guitarist An evening shared with Kajal Sharma ~ Indian Classical Dancer. 7 for 7.30pm, Horeb Chapel, Rhiw Rd, Colwyn Bay. Info 07756 197442, 01492 539589, jonathanrichardsguitar.co.uk

Lucky Peterson Legendary American Bluesman Lucky Peterson is celebrating his 50th Anniversary of performing professionally; here playing his own original style of contemporary blues, fusing soul, R&B, gospel and rock and roll. The show will also feature Tamara Tramel, a talented singer from Texas, who is also Lucky Peterson's wife. She performs a fascinating mix of southern soul and modern R&B which manages to also combine both tough bluesy edges and a pop sassiness. 8pm, £16, £14. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Gwen See 16th, except at 5.30pm.

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). Prestatyn Hillside. 01824 708313.

Gigi (U) Film. The platonic relationship between a rich playboy and his youthful friend starts to become something more. A Dementia Friendly screening; lights are left on low, there are no trailers and the audience members are welcome to move around the space, talk and sing along to musical numbers in the film. 1pm, £4. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

North by Northwest (PG) Film. A chance to see Hitchcock's masterpiece; a tale of mistaken identity with secrets and lies. 2pm & 8.15pm. £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

21st WEDNESDAY - 23rd FRIDAY

Dry-stone Walling Workshop Put traditional skills into practice at this restoration workshop. Booking essential. 10am - 3pm, donations. Meet at NWWT's office car park on the Maeshafn Road, half a mile from Gwynymynydd. Amy Green 07961 698437, amy.green@northwales.wildlifetrust.org

22nd THURSDAY

This Occult Life - Adventures in Hidden Worlds A DVD recording of a talk by Eric McGough. Admission £5; TS Members £3. Free refreshments. New enquirers are always welcome. The talk is being held at Parkway Community Centre, off Rhos Rd., Rhos-on-Ssea. LL28 4SE. Contact Jenny 07510 160737, 01492 339245, theosophywales@yahoo.co.uk

Creative Workshops - Women's Wall / Wal y Ferch We will be making a permanent artwork to celebrate women's histories and asking the question "who are the quarry women of the past, present and future?" The workshops will see women drilling into and sewing patterns onto the slate, creating their own individual designs. These pieces of slate will come together to create one whole sculpture. Free, 2 - 6pm. In partnership with Merched Chwarel. Led by Lisa Santana. Storiell Bangor. Bookings: cynfuna@gwynedd.llyw.cymru

Mountain Navigation Refresher For those who have used a 1:25000 map and compass before but need some practice. Led by Rob Collister, own map & compass required. Booking essential, 10am - 4pm, Sychanr Pass. Snowdonia Society 01286 685498, snowdonia-society.org.uk

Late Night See 19th.

Picnic in the Park Memorial To celebrate the life and work, and to share stories of Phyllis Lei Furumoto, Grand Master and Lineage Bearer of Usui Shiki Ryoho Reiki, who passed away on 29 March 2019. Free to attend, 1 - 5pm, bring folding chair, rug, blanket. Open to anyone interested or connected to Reiki. Held in Llangollen. Details from: lizlydenreiki@gmail.com

Feast of Stories See 1st & back cover.

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 Arches, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

23rd FRIDAY

Cate Le Bon Welsh singer/songwriter Cate makes psychedelic-flavoured dark pop. 7.30pm, 14years +, £19.25. Neuadd Ogwen, Bethesda neuaddogwen.com

Kursk: The Last Mission (12A) Film. The story of the K-141 Kursk submarine disaster and the governmental negligence that followed. 8pm, £7, £6. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Alffa + Bandiau Marathon Roc Young musicians working together to compose new songs - this is the result. Headlining tonight will be special guests, Alffa - the blues rock band from Llanrug who became the first Welsh act to stream/play over 2 million on Spotify with 'Gwenwyn'. 6pm, £6, £3 children. Galeri, Caernarfon 01286 685222, galericarnarfon.com

23rd FRIDAY - 25th SUNDAY

The Great Goddess Gathering Step away from the chaos of busy life and retreat with fellow sisters as we journey through our temple womb space, explore our creativity and connection and return to our witching ways. A safe space where we can share our gifts; yoga, meditation, water purification, Fire Intention Ceremony, drumming, chanting circles, dance. Arrive from 3pm on Friday. Bring own tents and food; BBQs welcome, compost loos provided. £111, includes camping. £44 deposit to: paypal.me/aimeepeggram Held at Treheli Farm, Rhiw LL53 8AA. Facebook: of event name

23rd FRIDAY - 26th MONDAY

Yoga, Walking & Exploration Retreat This retreat will provide you with moments to reconnect with yourself and will leave you in awe of the world's wonders. Be centered and be carried away at the same time in this wonderful opportunity to celebrate yourself and the earth you live in. Our yoga, walking and exploration weekends are designed for those who love to be in the outdoors but don't want anything to strenuous. £300. Glasfryn, Beddgelert LL55 4UY. Bookings: Morris Mountains

23rd FRIDAY - 29th THURSDAY

Blinded By The Light (12A) Film; 1987, a teenager learns about life, come to terms with his Bruce, and find his own voice through the music of Bruce Springsteen. Various times; £9.50, u26s £7. Storyhouse, Chester, storyhouse.com

23rd FRIDAY - 31st SATURDAY

Once Upon a Time in Hollywood (18) Film. One actor and his stunt double strive to achieve fame and success in the film industry during the final years on late 1960s. Various times, £7.50, £6.50 over 60 / £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

24th SATURDAY

The Movable Feast Food Slam, Live Music; family fun, new veggie and vegan options, local produce, local craft stalls; dogs welcome on lead. 12pm - 9.30pm. Amlwch Town Centre, Anglesey LL68 9DB. themovablefeast.org

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

Kursk: The Last Mission See 23rd. 2pm & 7pm, £7, £6. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Picnic with A Porpoise Enjoy a relaxing sea watch with your picnic at this prime location for porpoises and sea birds. Information on recent sightings and help with identification from Eve Grayson, NWWT's Living Seas Engagement Officer. 5 - 7pm, donations welcome. Meet behind Bull Bay Hotel. Penny Radford 01248 713022, radfords713@btinternet.com

24th SATURDAY & 25th SUNDAY

Reiki 1st Degree Course Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers

continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, nr Bangor. 01248 601388, 07771 280824, vivreiki@hotmail.com

24th SATURDAY - 26th MONDAY

TVWales Rock and Pop Music Festival TVWales presents its 7th international Rock and Pop free Music Festival on Llandudno Promenade featuring emerging recording artists from the UK and USA, the cream of North Wales talent covers bands in the North West. 12pm - 6pm, free. Llandudno Promenade. Contact 07879 070573, twwales.co.uk

24th SATURDAY - 28th WEDNESDAY

Wixarika Retreat and Teaching Course An opportunity to learn directly from an unbroken tradition from Mexico how a fully functioning shamanic society operates and keeps their ancient practices alive, even in the face of pressures that modern society exerts. For anyone committed to, or interested in, a shamanic or medicine path, or an ecological approach that has spirituality at the heart of it, this is an invitation to learn directly from an indigenous culture that stretches back thousands of years. To remind us, of what it means to be human, beneath the modern mask of civilisation and live in harmony and balance with nature and ourselves. Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

25th SUNDAY

Banda Bacana in the Courtyard Music and food to enjoy. 7 - 10pm. The Bull, Beaumaris LL58 8AP. Facebook: of event name

Family Day in the Woods We explore the woods, learn about them and do some basic bushcraft; woodcraft. If you come on a 2 or 5 day course, then there is free camping as well. Come as a family to enjoy a day in our beautiful woodland. There will be games for the children and the chance to learn about the woodland. We will provide a mid-day meal cooked over the camp-fire. £35 per adult, £10 per child 8-16, children under 8 free. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led by two inspirational dancers/choreographers - Cai Tomos and Angharad Price Jones. No previous experience or dance skills required - only the desire to stay active, fit and healthy. 1.30 - 3.30pm. Galeri, Caernarfon 01286 685222, galericarnaerfon.com

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, £8. Galeri, Caernarfon 01286 685222, galericarnaerfon.com

Pond Dipping for Adults Grab a net and rediscover your natural curiosity, as we delve into our ponds to explore the complex food chain beneath the water's surface. 2 - 3.30pm, £3 members, £4 non-members. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Feast of Stories See 1st & back cover.

Don't Look Now (15) Film; a young grieving couple visit wintry Venice. The 1973 masterpiece digitally restored. 3pm, £8.50, U26s £6. Storyhouse, Chester, storyhouse.com

26th MONDAY

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed, legal experts available each month for help with queries. Please let us know you are coming. 2 - 4pm. Kinmel Bay Community Library, Kendal Road LL18 5BT, 01745 772150, homeinstead.co.uk

One Man, Two Guvnors A theatre performance, screened from National Theatre Live. A minder ends up with a couple of dubious jobs. 7pm, £13, £10. Neuadd Dwyfor, Pwllheli LL53 5DE. 01758 704088, neuadddwyfor.com

Anglesey Artisans Selection of local stalls with handmade crafts and products. 10am - 4pm, Treaddur Bay Hotel, Holyhead LL65 2UN. Anglesey Artisans 07776 144870, angleseyartisans.com

27th TUESDAY

White Magic A talk by Ted Capstick, taking a closer look at spiritual development. Sponsored by the Theosophical Society Charity No. 1167737. Organised by Bangor Theosophical Society. 7.30pm, £5 or £3 members. Hirael Hall, Ambrose St, Bangor. Enquiries: Toddy Alcock 01248 600267, toddyalc@gmail.com See *Ted's article on page 32*.



Caffi Colled ~ Bereavement Cafe Last Tues/month. A safe space to come together for a chat, cuppa, share experiences, encouragement, strength and understanding. 10am - 12midday. Tŷ Doctor, Nefyn. Contact Revd Sara Roberts 07967 652981, sara@bromadryn.church

Pen Llŷn Ultras 2019 A short film documenting the famous Pen Llŷn Ultra Marathons; beautifully brutal. 7pm, Neuadd Dwyfor, Pwllheli LL53 5DE. 01758 704088, neuadddwyfor.com

27th TUESDAY & 28th WEDNESDAY

Fixing Your Damp House A mixture of classroom-based activities and hands-on practical sessions will help you to recognise the warning signs of damp problems and to explore the different techniques and methods you can use to reduce or eliminate the problem. £300, all inclusive. CAT, Machynlleth 01654 704966, cat.org.uk

28th WEDNESDAY

Jonathan Richards ~ Classical Guitarist 7.30pm, Pencychnant Nature Reserve, Sychnant, Conwy LL32 8BJ. Info 07756 197442, 01492 539589, jonathanrichardsguitar.co.uk

Kursk: The Last Mission See 23rd. 2pm, £7, £6. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

28th WEDNESDAY & 29th THURSDAY

Die Tomorrow (12A) Film. An anthology of short stories about the last day of people's lives inspired by newspaper headlines from 2012-2016. Film from Bangkok, Thailand, with subtitles. 7pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

28th WEDNESDAY - 6th SEPTEMBER

Ayurveda Certificate Course History of Ayurveda, the 3 'types' - Vata, Pitta and Kapha; correcting imbalances in diet, agni and ama, food plans, simple detox and the process of digestion. Meditation and mantra, stages of disease, therapies, sound therapy and attuning with nature. £1,740 residential, £1,180 non-residential. Dru Yoga, Snowdonia Mountain Lodge, Bethesda 01248 602900, druyoga.com

29th THURSDAY

Woodland Volunteering in Ysbyty Ifan Practical tasks in ancient oak woodland. 10am - 3pm. Held at Ysbyty Ifan, Conwy. Booking essential - Snowdonia Society 01286 685498, snowdonia-society.org.uk

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

Some Voices (15) Film; a young schizophrenic is released from hospital to live with his brother, who tries to take care of him. 8.30pm, £4. Storyhouse, Chester, storyhouse.com

Nowhere Are You Safe Stories and tales about the fragility of life, with Musikteater Unna from Sweden. 7.30pm, £5. Felin Uchaf, Rhoshirwaun, Pen Llŷn. More: felinwales.org

30th FRIDAY

Virgo New Moon 11:37am BST

Porthindlhaen Beach Fun Day We'll have either kayaking or paddle board taster sessions (a £5 charge applies and weather permitting), beach football, a sandcastle competition, rock-pooling and much more! 11am - 4pm, free. Morfa Nefyn, Pen Llŷn LL53 6DA. Just turn up!

Welsh & Swedish Myth and Legend with Musikteater Unna from Sweden and David Ambrose. 7.30pm, £8. St. Hywyn's Church, Aberdaron. More: felinwales.org

Elfin Bow ~ Live in the Woods A multi-instrumentalist, she brings her original songs to life with guitar, mandolin, banjo and piano. 7 - 9pm. bring chair or rug; compost loos available, be warm! £20 per car with up to 2 free tickets, £5 each for 3rd & 4th person. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

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

30th FRIDAY & 31st SATURDAY

Once Upon A Time in Hollywood (18) Film. 1969; two actors, one a stunt double, make their way around an industry they hardly recognise anymore. 2.30pm, £8.50, U26s £6. Storyhouse, Chester, storyhouse.com

Pain & Glory (15) Film. A film director reflects on the decisions he has made in life. 30th - 12pm & 6pm; 31st 12.15 & 6pm. Storyhouse, Chester, storyhouse.com

30th FRIDAY - 1st SEPTEMBER, SUNDAY

Ayurveda Rejuvenation Retreat Rasayana in Ayurveda translates as 'the nectar or inner essence' that deeply nourishes mind, body and soul. It is traditionally known to prevent disease, boost immunity and increase longevity. We will nourish Rasayana with the use of delicious, fresh cuisine, relaxation, restorative yoga, deep relaxation, gentle meditation, breath work and walking in nature. £395 shared, £465 single. Dru Yoga, Snowdonia Mountain Lodge, Bethesda 01248 602900, druyoga.com

Fields of Love 2019 One week before Conscious Camp we have another gathering of like minded souls at the fields of love. Glyndyfrdwy, Denbighshire. Facebook: of event name

Women's Retreat with Sarah Bright and Steph Magenta. Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

Bird Identification These courses begin with the basics of identifying birds by sight and progress during your stay to identifying the commoner species by songs and calls as well. Open for all. More from Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, LL24 0HB. 01690 710494, enquiries.rc@field-studies-council.org

Darwin Geologising in Snowdonia £219 - £239. More info from: Plas Tan y Bwlch, Maentwrog LL41 3YU. 01766 772600, eryri.llyw.cymru

The Current War (12A) Film. The cutthroat race between electricity titans Thomas Edison & George Westinghouse to bring power to the world. 7pm/30th; 2pm & 7pm/31st. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

30th FRIDAY - 2nd SEPTEMBER, MONDAY

Dive Into Yoga ~ Yoga and Wild Swimming Some of Wales' most beautiful wild swimming places, yoga sessions, detoxing meals, herbal teas, healthy cake, relaxation. £640 - £495. Plas Cadnant, Menai Bridge. Bookings Laura Bell 07989 512859, thezestlife.co.uk

31st SATURDAY

Gladstone 9 Fell Race A tough, scenically superb 9-mile fell race in the foothills of the Carneddau which staff members Claire and Dan will be running to raise money for the Snowdonia Society. You could either take part to fundraise, be a marshal for the day or help sweep the course after the event has finished. Claire: claire@snowdonia-society.org.uk

Snowdning Join us as we take to the water again with award-winning artist, Kim Atkinson, to snorkel and sketch what we see. Brief snorkel training is provided, artistic guidance is given throughout and all equipment provided. 3.30 - 7.30pm. Booking essential, £25. Porthdinllaen beach, Morfa Nefyn, LL53 6DB. Dawn Thomas 01248 351541, dawn.thomas@northwaleswildlifetrust.org.uk

Mindfulness in the Woods @ Hawarden Estate, Flintshire 07876 794098, woodlandclassroom.com
See 10th

Tales from the Whales Way Sea Stories from Sweden and Wales with Musikteater Unna from Sweden and David Ambrose. Open air event; 7.30pm, £8. Amphitheatre, Plas Glyn y Weddw, Llanbedrog. Plas Glyn y Weddw, Llanbedrog, LL53 7TT, 01758 740763, oriel.org.uk

The Guilty Feminist: Big Speeches Using the tools of actor training and the performer/audience relationship to increase your confidence, we begin by warming up the breath, the body and the voice. We engage with text that will allow you to access your inner leading actor. Wear comfy clothing and bring pen and paper. 11.30am, £27.50, £10 bursary. Storyhouse, Chester, storyhouse.com - Bursaries available from: nicola@storyhouse.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

31st SATURDAY - 1st SEPTEMBER, SUNDAY

Earthwalking Cycle 1 Autumn - season of harvest and thankfulness. A time to also evaluate our life and our self within it. Where do we go from here? How your own life reflects nature at this time of the year. Self, centre and sovereignty; animism, shamanism and magic. Cae Non, nr Pystyll, Pen Llŷn. Visit: gillianmonks.com

Growing and Using Medicinal Herbs You will have the opportunity to make and take home a variety of traditional herbal remedies using the plants we have grown. We will explore the history and philosophy underlying Western Herbal Medicine, and how this is used today. £100, deposit £50. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

Beumaris Food Festival There will be over 100 exhibitors, ensuring that there is something for everyone and with Local, National and International Food producers. Also craft stands, live music throughout the day, talk tents, children's activities, cooking demonstrations. £5, £7 both days, accompanied children free; park & ride available. More info from: beumarisfoodfestival.co.uk

31st SATURDAY - 2nd SEPTEMBER, MONDAY

Igniting the Core Flame: A Day of Bellydance and Yoga Exploring core connection through approaches taken from bellydance and yoga, Rachel Walker and Claire Mace will take you on a journey into the centre of your being. Open to men and women. 10am - 5pm, £50. The Old Rectory, Llanfechraeth, Anglesey. Bookings: inspiratrix.co.uk

Natural Dyeing Workshop An introduction to the skills of dyeing fibre and fabric with plant dyes. Dyes will include onion skins, weld, walnut leaves, logwood, red sanders, and fustic. 10am - 3pm. Organised with Gwynedd Guild of Weavers, Spinners and Dyers. £32.50, £29.50 concs., Treborth Botanic Garden, Bangor LL57 2RQ. Bookings: botanicgarden.wales

Copydate for September issue:
August 18th

Workshops in September & October

SEPTEMBER

- 5 - 8 **Conscious Camp** Glyndyfrdwy, Denbighshire. Facebook: of event name
- 5 **Awakened Belly Dance** 7 week course. Early bird booking by 22nd August. Mold. Book with Rachel: rachelsbellydance.wales
- 6 - 8 **Yoga, Walking and Exploring** Beddgelert. Morris Mountains 07541 740311, morrismountains.co.uk
- 6 - 9 **Into The Wild Nature Retreat** Tyddyn Mon, Anglesey. Booking: Chris 07958 058191, chrisgibbons01@hotmail.com
- 6 - 9 **Yoga & Wild Swimming Weekend** Menai Bridge. Book: thezestlife.co.uk
- 8 **Awakening Your Sacred Feminine** Mold, Flintshire. Book: iscia_espirit@hotmail.co.uk
- 14 **Embroidered Flora** Storiell, Bangor 01248 353368, storiell.cymru
- 16 - 22 **Yoga & Wild Swimming** Menai Bridge. Book: thezestlife.co.uk
- 20 - 22 **Yoga, Nutrition & Detox Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 20 - 29 **In The Seen - Only The Seen** Vajraloka Buddhist Retreat, Corwen LL21 0EN, 01490 460406, vajraloka.org
- 21 **The Mountain Environment** Snowdonia, Nature's Work; natureswork.co.uk
- 21 & 22 **Reiki 1st Degree Course** Tregarth, Bangor. Viv 01248 601388, 07771 280824, vivreiki@hotmail.com
- 22 **Glaciation of Snowdonia** Nature's Work; natureswork.co.uk
- 24/9-2/20 **Level 3 Diploma in Crystal Therapy** 10 sessions. For those who have completed The Foundation Course and Certificate Levels. Hope College, Flintshire. Info: hope-college.co.uk
- 25/9-13/11 **Mindfulness 8 week course** Criccieth area. Contact gwyneddmindfulness.co.uk (Orientation Day on the process 18th Sept)
- 22 - 26 **Earth Care Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 27 - 29 **Wild Women Equinox Gathering** Glyndyfrdwy, Denbighshire Facebook: of event name
- 28 **Textured Silver Pendant** Mostyn, Llandudno 01492 879201, mostyn.org
- 29 **Harmony Singing Workshop** Llanddulas Village Hall, Abergele. Bookings: Sara Brown 07881 463585, sarasings@ymail.com ~ naturalvoice.net

OCTOBER

- 4 - 6 **Yoga and Mountain Walking** Beddgelert. Morris Mountains 07541 740311, morrismountains.co.uk
- 4 - 11 **Everyday Liberations - Renew and Deepen** Vajraloka Buddhist Retreat, Corwen LL21 0EN, 01490 460406, vajraloka.org
- 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
- 10 **Mosaic Workshop** Hillside Retreat, Rhosesmor. Contact Helen: helen@soul-life.co.uk
- 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 - 17 **Karma Yoga Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 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 01492 623473, noddfa.org.uk 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

Centres in North Wales: Workshops in September & October

Centre for Alternative Technology (CAT)

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

SEPTEMBER

- 7 **Create A Felt Bowl**
- 7 & 8 **Building with Ecobricks and Cob**
- 9 - 14 **Sustainability & Adaption: Concepts & Planning**
- 20 - 22 **Pond & Stream Invertebrate Life**
- 21 **Build A Lapsteel Guitar**
- 21 & 22 **The Science Behind Gardening**
- 21 & 22 **Fixing Your Damp House**

OCTOBER

- 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**

Cae Mabon

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

SEPTEMBER

- 4 - 8 **Songwriting**
- 9 - 13 **Sisters of the Wild**
- 20 - 22 **Environmental Therapy**
- 25 - 29 **Dadeni 3**

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

SEPTEMBER

- 6 - 8 **Gladfest 2019**
- 9 - 13 **Latin Second Steps**
- 20 - 22 **In Search of the Historical Jesus**

OCTOBER

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

Kalpa Bhadra Buddhist Centre

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

SEPTEMBER

- 7 **Learn to Meditate**
- 14 & 15 **Beginners Meditation Retreat**
- 21 **Stop Worrying, Start Living**

OCTOBER

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

North Wales Retreat

The Old Rectory,
Llanfachraeth, Anglesey
07970 409724, northwalesretreats.com

SEPTEMBER

- 1 **Teach Training Taster Day**
- 13 - 15 **Inner Balance Yoga Retreat**

Plas Tan y Bwlch

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

SEPTEMBER

- 6 - 8 **Botanical Art in Coloured Pencil: Changing Seasons**
6 - 8 **Signalling the Narrow Gauge**
6 - 8 **Rambling for Welsh Learners**
15 - 20 **Society of Botanical Artists Course**

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**

Ruthin Craft Centre

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

SEPTEMBER

- 14 **Create a Bespoke Papercut**
21 **Weave a 'Ring Nest'**

OCTOBER

- 11 - 13 **Papier Mache** *Book via phone only*

Tŷ Newydd Writing Centre

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

SEPTEMBER

- 6 - 8 **Encil Y Stamp**
9 - 14 **Storytelling Retreat: The Goddess and her Consorts**
12 - 17 **Clwb Darllen Tŷ Newydd**
14 **Welsh Language Day: Lyric Writing**
16 - 21 **Writing a Novel**
23 - 28 **Making Your Truth in Poems**

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**

Trigonos Environment Centre

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

SEPTEMBER

- 7 - 14 **Mindfulness Teacher Training Day**
21 - 24 **Space to Be with Ros Tennyson**
21 - 25 **Vibrant Vegan Cooking** with chef Lee Watson
30/9 - 4/10 **Staying Mindful**

OCTOBER

- 17 - 20 **Weaving with Colours**
27 - 30 **ReWilding the Mind**
31/10-3/11 **Space To Be: A Trigonos Retreat**

Woodland Classroom

Wrexham area
07876 794098,
woodlandclassroom.com

SEPTEMBER

- 14 **Wild Food, Foraging & Cookery** @ Erddig, Wrexham
20 **Weeds for Wellbeing** @ Hawarden Estate, Flintshire
21 **Reconnecting with Nature** @ Hawarden Estate, Flintshire
28 & 29 **Bushcraft Skills Weekend** @ Chirk Castle, Wrexham

OCTOBER

- 5 **Weeds for Wellbeing** @ Hawarden Estate, Flintshire
6 **Mindfulness in the Woods** @ Chirk Castle, Wrexham

Woodland Skills Centre

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

SEPTEMBER

- 7 **Open Workshop** *see page 7*
7 & 8 **Family Weekend in the Woods**
14 **Apple Day**
21 & 22 **Bushcraft Through the Seasons: Autumn**
28 **Apple Day**
28 & 29 **Make a Bushcraft Knife**

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**

Exhibitions



Beth Fletcher

Solo Exhibitions: Beth Fletcher, David Lloyd Griffith & Helen Gittins 18th August - 11th September. Ffin y Parc, Llanrwst LL26 OPT 01492 642070, welshart.net

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

Fooling the Eye ~ Twyllo'r Llygad Until 31st August. Creating optical illusions and playing with perspective. A collection of 20x20 inch quilts, created by members of the Modern Quilt Group, also items by guest speakers and textile artists Dorothy Russell and Liesbeth Williams. Storiell, Bangor 01248 353368, storiell.cymru

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, Vaughan St., Llandudno 01492 879201, mostyn.org

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. Oriell 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

NW Open 2019 Until 23rd August. This large annual art exhibition features the diversity of artistic talent in North Wales, and includes painting, drawing, printmaking, photography and mixed media works. Open to submissions from professional and amateur artists over the age of 17 living in the counties of Flintshire, Denbighshire, Wrexham, Conwy, Gwynedd and Anglesey. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

NW Potters ~ Maker of the Month is Ceramicist Terry Bell-Hughes 1 High St., Conwy LL32 8DB, 01492 593590, northwalespotters.org



Terry Bell-Hughes

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

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

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". Oriell Mon, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

Pete Jones ~ Voyage Until 4th August. This exhibition explores the notion of life as a voyage and presents images of people and places important to the artist at a reflective point in his life. Oriell Mon, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

Welsh Women Until 14th August. Luned Rhys Parri, Sarah Carvell & Seren Morgan Jones, plus our Summer Mixed Exhibition. Ffin y Parc, Llanrwst LL26 OPT 01492 642070, welshart.net



Sarah Carvell



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 Weddw, Llanbedrog, LL53 7TT, 01758 740763, oriel.org.uk



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

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, environmentalist, 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

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

Denbighshire Art Society 27th August - 14th September. Community exhibition in the gallery. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

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. Mostn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Mawddach Art Group 6th - 31st August. Latest work

of the local group - painting, drawing, collage, sculpture and photography.

Open 11am - 4.30pm, Tues - Sun. St John's Hall Gallery, St Johns Hill, Barmouth LL42 1AF. Contact 01341 280822.



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. On Sun 17th August there are a range of activities in the Church grounds. St Giles Parish Church, Wrexham LL13 8LS, 01978 355808.

Heart of Gwynedd Art Festival 27th July - 4th August

Continuing the Festival exhibiting talented artistic work in Penrhyndeudraeth, Borth y Gest, Porthmadog, Llanfrothen, Maentwrog, Croesor, Blaenau Ffestiniog and Minffordd Station. For full programme and details visit gwylgelfcalongwynedd.com ~ heartofgwyneddartfestival.co.uk

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

Sian McGill 10th August - 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

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. Oriel Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

Stiwdio Gelf 1st August - 1st September. Jenny Holland. Oriel Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info



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www.helenahawley.co.uk

Shambhala Warriors

Joanna Macy

A Tibetan Legend:

"There comes a time when all life on Earth is in danger. Barbarian powers have arisen. Although they waste their wealth in preparations to annihilate each other, they have much in common: weapons of unfathomable devastation and

technologies that lay waste the world. It is now, when the future of all beings hangs by the frailest of threads, that the kingdom of Shambhala emerges.

"You cannot go there, for it is not a place. It exists in the hearts and minds of the Shambhala warriors. But you cannot recognize a Shambhala warrior by sight, for there is no uniform or insignia, there are no banners. And there are no barricades from which to threaten the enemy, for the Shambhala warriors have no land of their own. Always they move on the terrain of the barbarians themselves.

"Now comes the time when great courage is required of the Shambhala warriors, moral and physical courage. For they must go into the very heart of the barbarian power and dismantle the weapons. To remove these weapons, in every sense of the word, they must go into the corridors of power where the decisions are made.

"The Shambhala warriors know they can do this because the weapons are manomaya, mind-made. This is very important to remember, Joanna. These weapons are made by the human mind. So they can be unmade by the human mind!



The Shambhala warriors know that the dangers that threaten life on Earth do not come from evil deities or extraterrestrial powers. They arise from our own choices and relationships. So, now, the Shambhala warriors must go into training.

"How do they train?" I asked.

"They train in the use of two weapons."

"The weapons are compassion and insight. Both are necessary. We need this first one," he said, lifting his right hand, "because it provides us the

fuel, it moves us out to act on behalf of other beings. But by itself it can burn us out. So we need the second as well, which is insight into the dependent co-arising of all things. It lets us see that the battle is not between good people and bad people, for the line between good and evil runs through every human heart. We realize that we are interconnected, as in a web, and that each act with pure motivation affects the entire web, bringing consequences we cannot measure or even see.

"But insight alone," he said, "can seem too cool to keep us going. So we need as well the heat of compassion, our openness to the world's pain. Both weapons or tools are necessary to the Shambhala warrior."

Joanna Macy is a writer, an activist, and the creator of The Work That Reconnects, a methodology practiced over four decades that has helped people turn suffering into personal empowerment, strengthening them as agents of change.

workthatreconnects.org

Natural Climate Solutions: The Trees Have It

Richard Shirres

“Until you dig a hole, you plant a tree, you water it and make it survive, you haven’t done a thing. You are just talking”

Wangari Maathai (1940-2011)
who brought about the planting of more than
50 million trees in her native Kenya

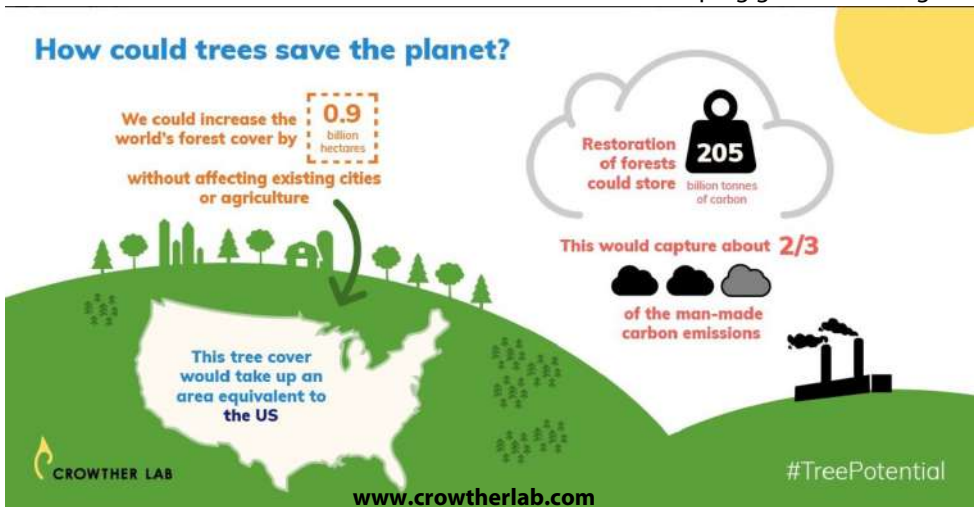
Restoration of the Earth’s forests is now confirmed as the world’s most effective solution to climate change. It has the potential to capture two thirds of man-made carbon emissions. This is from landmark research by the Crowther Lab in Switzerland, published in early July in the journal Science.

But before going on let’s row back a bit for some context. The 2015 Paris climate agreement was remarkable in that it included the aspiration to limit global temperature increase to 1.5C whilst keeping temperature below 2C. Yet this posed the question: what is the difference in impacts at these two limits? The answer came in October 2018, with publication of the Intergovernmental Panel on Climate Change (IPCC) Special Report on 1.5C. It reported a robust and significant

difference in impacts from those at 2C compared to a 1.5C global temperature rise. But last year’s Special Report also stressed the urgency for effective action.

The IPCC Special Report examined four de-carbonising pathways that might limit 21st century temperature rise to 1.5C. Unfortunately, three of the four solutions depend upon the technology of sucking carbon out of the atmosphere on a massive industrial scale, essentially: carbon capture and storage (CCS). Latest research suggests that, if enacted at anything like the scale needed, it means building tens of thousands of major CCS installations that would consume a quarter of global energy demand by 2100. Then there’s the carbon footprint of creating such infrastructure. The feasibility of CCS to make a dint in our GHG emissions can be dismissed this side of mid-century.

We have already passed 1°C global temperature rise with a warming at more than 0.2°C per decade. That IPCC Special Report suggested that even for a one-in-two chance of keeping global warming



below 1.5°C, emissions need to be reduced to around half their present level by 2030. This is a mighty challenge and one that needs proven effective solutions capable of being implemented now. But there was one other de-carbonising pathway in that IPCC report that did just that and relied greatly on natural climate solutions – using the carbon sequestration potential of nature. For climate adaptation, restoration of mangroves, saltmarsh and peat lands also yield valuable carbon sequestration. But research cited by the IPCC report showed reforestation to have by far the greatest global potential for carbon sequestration.

So getting back to this important study, what we did not understand until now, is the actual potential for global tree restoration. This study is the first to quantify how many trees the Earth can really support, where they could exist and how much carbon they could store. It finds that there is potential to increase the world's forest land by a third (circa 9 billion hectares or 90 million sq.km.) without affecting existing urban areas or agriculture.

Such new forestation, as it matured, could store 205 billion tonnes of carbon (Currently, global man-made emissions are injecting almost 10 billion tonnes every year). This offers a plausible prospect of returning to 350 parts per million of atmospheric CO₂, last seen in the 1980s, and which many scientists believe is a sustainable level for the climate to safeguard humankind's future.

Professor Tom Crowther, senior author of the study said: "We all knew restoring forests could play a part in tackling climate change, but we had no scientific understanding of what impact this could make. Our study shows clearly that forest restoration is the best climate change

solution available today and it provides hard evidence to justify investment."

For the study, researchers analysed tree cover in protected forest areas largely unaffected by human activity across the Earth's ecosystems, from Arctic tundra to equatorial rainforest, studying nearly 80,000 high resolution satellite photographs. This derived the natural level of tree cover in each ecosystem.

Then, using soil and climate variables across those ecosystems, a computer model was developed to map potential tree cover worldwide under current environmental conditions in areas with minimal human activity. How potential climate change by 2050 could affect viability of tree cover was considered.

Ms. Christiana Figueres, Founding Partner, Global Optimism and Former Executive Secretary, UN Climate Convention, responded to the work: *"Finally an authoritative assessment of how much land we can and should cover with trees without impinging on food production or living areas. A hugely important blueprint for governments and the private sector"*.

This extensive study is good news. Many of us already knew of the herculean challenge before us but this study proves we have the tangible natural means to help meet that challenge. It is a solution that can also restore some of our degraded biosphere, including here in Wales.



Sample of Crowther Lab Mapping showing North Wales: land available for forest restoration (excl. agricultural & urban).

Richard Shirres is a member of the United Nations Association ~ Cangen Menai Branch. (See Facebook page)

richardshirres@gmail.com

White Magic: Focusing On The Greater Good

Ted Capstick

Esoteric science understands the most basic duality of Spirit and Matter, and the process of White Magic is defined as the spiritualisation of matter in accordance with the evolutionary will and Divine Law. The "Monad" of Theosophy is pure spirit, the personality is form or matter, and the human soul is a blend of the two. So, by our definition of White Magic, the quest in the Age of Aquarius is to mediate between the polarities by expressing spiritual values, including goodwill, right human relationships and the defending of the animal kingdom, as the soul becomes the jewel in the crown of human consciousness, and mankind begins the transition from out of the Kingdom of Humanity, dominated by personality desires, into the Kingdom of Souls, expressing spiritual aspiration.

To understand our individual personality role in this, we have first to consider the role of the planet Saturn in our lives. Saturn limits, confines and restricts our personality actions until our lessons are learned and our individual karma resolved. This process, of climbing the mountain of our karma, stretching back over innumerable past lives, takes us eventually to the mountain top, and what the Masters call the Third Initiation or Transfiguration. At this point, the human soul, Mercury, meets its devic counterpart, Venus, the Solar Angel, and the two combine to form what is called esoterically the "divine

hermaphrodite".

The individual consciousness, having passed the doorkeeper of the lower synthesiser, Saturn, is then passed into the jurisdiction of the higher synthesiser, Uranus, which is symbolised as the lightning flash. This represents the First



Aspect of Divinity, the Ray or Energy of Will and Power, directing the Purpose of the Divine Plan for Humanity. At the summit, the mountain that was Karma, becomes the mountain top of Initiation. It is here that the initiate receives the "fire" of the First Ray through the rod wielded by three Masters, and he is flooded with Uranian energy giving him/her more "life" and more "consciousness".

Now the mountain has been symbolised by Saturn, which is a Third Ray Source, of Active Intelligence, and is the energy most easily expressed by humanity today. At the mountain top, the initiate is transfigured, symbolised by the Cross, and relating to the Second Aspect, by the quality of Love-Wisdom, the true nature of the Soul. As the consciousness is now fully aligned with the Soul, with no desires for the lower self, the human personality, he can experience the lightning flash, as the personality will is transformed into the Divine Will, which is now the object of the initiate's service work for all time.

Madame Blavatsky, co-founder of the Theosophical movement, often referred to the "mystery of electricity". To take an

electrical analogy of our cyclic evolution, out of the Age of Pisces and into the Age of Aquarius, we look to arrangements of electrical circuits in elementary physics. Consider two electrical resistors connected to a power source which lights a lamp, also in the circuit. The resistors can be connected either in SERIES or in PARALLEL. If they are connected in series, if one resistor breaks down, the current is stopped and the light fails. But if the resistors are connected in parallel, and one resistor fails, the light remains on.

The two resistors placed in SERIES represents the Age of PISCES, where, in order to gain illumination (light from the lamp) and connection with God (the power source) one (the first resistor) had to go through another agency, e.g. a priest (the second resistor).

The two resistors placed in PARALLEL represents the Age of AQUARIUS, where one can (just one resistor) go straight to the source of Godhead for illumination by their own efforts and inner knowledge, as an intermediate/other (human) agency is not now required; this is analogous in moving from Piscean FAITH to Aquarian KNOWLEDGE. It is not a co-incidence that the astrological or glyph for Aquarius is precisely the schematic symbol for two electrical resistors in parallel!

If we consider the symbol of the Ouroboros, the snake with its tail in its mouth, and we number the seven rays along the snake, starting with Ray 1 (Will and Power) at the head, we find that Ray 7

(Magic - the spiritualisation of matter) will be at the tail, right next to the first ray.

This illustrates the close affinities that these two Rays have



between them, and furthermore demonstrates as the action of Spiritual Fire (Ray 1) spiritualising matter (Ray 7) in a process that esotericism understands as "magic."

This is further underlined by the fact that the hierarchical ruler of Uranus is Aries, ruling electric Fire, and the orthodox ruler of Uranus is Aquarius, ruling the brotherhood of man, emphasising the understanding that the application of a spiritual impetus - *Fire* - to matter, in order to raise its vibration, is a key feature in the Age in which we are now entering.

But the work of Pluto in transforming all that is obstructive to the realisation of this New Age is currently ongoing and can be expected to continue to cause conflict and crisis as its redemptive mission on the planet continues until 2024/25.

Ted Capstick has been a student of the Ancient Wisdom for over 40 years. He is a member of the Theosophical Society and has specialised in Esoteric Astrology since 1997, and now practices this professionally. Ted worked closely with Dr. Douglas Baker, esoteric writer and author on all aspects of the Wisdom for over 10 years.

e.capstick@btinternet.com

Full Moon Meditation Network

Leo: July 23rd ~ August 22nd

Full Moon: August 15th at 1:29pm

The Great Invocation

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

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

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

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

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

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