



Carreg Trust Ltd  
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# Friends of Ty Encil Carreg

# Autumn

# Newsletter

# 2007

[www.carregtrust.org.uk](http://www.carregtrust.org.uk)

## NEWS FROM THE ISLAND AND ABERDARON

2007 has been a very eventful year both on the island and on Llyn. Many of you will have been keeping up with events ... but just in case you had not heard here are some of the things that have been happening this year ... as you can see it is all about some of the people who make Bardsey what it is :

**Evelyn Davies**, the founder of Carreg Trust and our first Director, retired this autumn as vicar of Aberdaron and is now living in Cricieth. Without Evelyn's inspiration and vision Carreg Trust would not have started. We owe her an immense debt of gratitude and send her all our love and blessings and very best wishes and prayers for a full and happy retirement.

**Steve and Emma Stansfield** who run the island Bird Observatory were married in October. Steve has been the island bird warden for nine years. They were married in the island chapel by a friend of theirs Bishop David Hawkins a keen ornithologist who visits the island every year. Weddings on the island are very rare due to the small island population; but we believe that the last wedding was Tim and Dot Tyne who used to be at the farm. We all wish Steve and Emma and Connor every blessing and hope that they stay on the island for many more years.

**Gareth Roberts** from Cwrt Farm, Aberdaron has successfully taken over the farming operation on Bardsey. One of the many changes that you will see is the reintroduction of some of the original Bardsey sheep stock; they are a type of Welsh Mountain breed especially suited to rugged environments. Gareth has also increased the size of the herd of Bardsey Welsh Black cattle and hopes to be able soon to have organic accreditation .. in a year or two you should be able to buy Bardsey bred organic beef.

There is a new family in Ty Pellaf who have come to help Gareth Roberts farm the island. They are **Steve and Joanna Porter** with their children

Rachel and Ben. We are really encouraged to be able to share with you all the fact that they are a lovely Christian family who will be able to bring a long term Christian presence with their regular prayer and worship on the island all through the year.

Our dear friends ... and good friends to many of you ..... **David and Libby Barnden** .. as you will all know ... left the farm and the island earlier this year.

We are pleased to be able to report that they have settled very well into their new home on another island ...the Isle of Muck (part of the 'Inner Hebrides' ) where they are now busy doing many of the wonderful things that they did on Bardsey including Bed and Breakfast at Carn Dearg. I know that they welcome visitors at their B&B ... so if you are up that way .... Why not stay with them and visit one of the most beautiful islands in the UK. (Tel. 01687 462363 )

Many of you will know of **Jim Cotter** who wrote the well known and much used book on 'Pilgrim Prayer'. Jim, formerly of Llandecwyn near Harlech, has recently been appointed as the new Priest in Charge at Aberdaron and will begin his ministry there in February.

On Saturday June 21<sup>st</sup> 2008 the Diocese of Bangor will have a **Diocesan Pilgrimage** to Aberdaron and on to Bardsey. Many of you will remember the great 1992 pilgrimage which attracted over 3000 pilgrims ! The pilgrimage culminates in a great Eucharist celebration on the beach at Aberdaron with we hope several thousand members of Diocesan congregations and visitors taking part.

And some very latest news from closer to home ..... **Nick Hawkins**, the Chairman of Carreg Trust, will be appointed as the new Priest in Charge of the Botwnnog Group of churches on Llyn. The group includes the pilgrim church at Llangwnnadr

## **'A Litany for Pilgrims to Bardsey Island'.**

**Revd. Mary Lewis.**

[Welsh translation by Cynthia Davies]

*Ynys Enlli of the tides  
We thank you for your life giving glory  
Lying in the ocean mysterious presence  
Blessed by God through time and eternity*

*O heir of resurrection  
Holy place of burial  
Alive to God's presence  
Help us and heal us this day*

*From tip of Llyn you appear to sleep  
Still and silent amidst moving waters  
But to cross the sea and walk on your back  
is to know of life in abundance*

*Rome of the West calling  
Faithful Canons Augustinian  
Methodist preachers  
Twenty thousand saints have here sung God's praises.*

*The bell tolls  
Prayer calls  
Bardsey you are glorious  
Yet with Christ your glory grows*

Mary writes .....

"I first visited Bardsey in June 1997 for a retreat with Victor and Esther de Waal. I had heard much about this holy island and was thrilled to at last have the opportunity to visit. However as so often happens it was not a smooth start. The night before we were due to cross was stormy and in the morning the wind was still blowing hard and the rain persistent. Could we get across the Sound? The question that so many pilgrims have had to ask when one seems so near and yet so far, the island more elusive than expected. At first it looked as if we would be going and preparations proceeded but then the stormy sea and high waves (and the boatman) had a different agenda! And so it was that we were made to wait another day and night before we could embark but then perhaps such wondrous gifts as this sacred place should not be too easy to reach. Maybe we needed that space to let go of our own agendas and find a different perspective with which to approach the holy island.

Once I stepped foot on the island however there was no holding back. I loved it from the first minute and climbed to the top of the mountain as soon as I could to be able to drink in the whole of this wondrous 'desert in the ocean'. The weather improved for a day or two and the island seemed to be alive with life and 'presence'. It was indeed a 'thin place' transparent to the spirit. The beauty was overwhelming. And the raw energy of the place on the day of a Force 9 gale was also, somehow, exhilarating.

When I got home I felt a deep sense of gratitude to the island for being such a holy and life-giving place where I felt rejuvenated and so I decided to write the Litany as a thanksgiving and celebration for my first week on the island. In the Litany I tried to gather up some of the history and the nature and the spirit of the place and if it helps those who visit now to give thanks and become more aware of some of the aspects of the island that is something I will give more thanks for."

Revd Mary Lewis. Brynglôcsen. Dolanog  
October 2007

Copies of Mary Lewis' book can be obtained from Carreg Trust at the cost of £5 (including postage and packing).

**A Word from the Financial Director!  
- and not a number in sight!**

What is the financial state of Carreg Trust? Well, we just about break even each year so we're alright are we not? Well, as you would expect me to say, it's not quite as simple as that! Our major source of income is from our guests who book to stay in Carreg. This is sufficient only just to cover basic running costs. The rent paid to Bardsey Island Trust for the lease takes a large portion of this – it's larger by far than other tenants on the island pay. For this we get the right to occupy the house for the year but little else. Apart from a very few of the absolutely essential repairs (eg window blowing in!) they do very little external maintenance which leaves our volunteers to do most of these jobs and this costs extra money of course.

Out of booking charges received we also have to pay the boatman and the island staff who transport our luggage. After that we have to find all the expenses that any householder knows about - cleaning, insurance, gas, gardening, repairs, painting and so the list goes on. Then we have operational costs that come from being on an island – the extra difficulties of getting any person or supplies there and our not always physically being on the island and so on.

All this has to come out of what we receive from our paying guests.

Anyone who has been to the house will know that it is fitted out to a very high standard and that it is kept that way by the dedicated work of our volunteers – overwhelmingly Janie and Nick.

They and our other directors take only the barest minimum of expenses and receive no fee for their time and effort.

After all of these commitments there is still sadly a financial short fall.

So the way in which Carreg Trust has to operate financially comes down to a simple truth. Without the donations or regular giving from you the people who so generously support us we could not carry on! This essential contribution makes up the shortfall between the very high costs we have to incur and the income from bookings and thus make it possible to keep the house and gardens in good order and also giving us the chance to consider further improvements to the facilities we offer our guests.

So this is the financial basis for Ty Encil Carreg, our Christian retreat house that we look after on Enlli.

Carreg Trust now has a larger group of Trustees and with all of them, we are looking forward with your help and support to hopefully renewing our lease with our landlords, Bardsey Island Trust, for another 7 years in 2009. Now there is another subject for your prayers . . .

Dr Martin Suter.  
Porthaethwy. Ynys Môn

**'WALKING ON WATER'**

*(praying through art and colour)*

**June 21st-28th**

**Bardsey Island**

Led by Revd. Jessica Aidley.

Fed by Liz Suter.

**Jessica writes** ..... "Colour, light and creativity are characteristics of God, and the gifts he gives us, and that's what this week is all about! We will use them, and the story of Jesus walking on water, as a springboard to a place beyond words where God can dialogue with us.

There is no need to be able to paint or draw in the conventional sense, because we will be using the materials in quite a different way. In fact, those who think they cannot draw or paint, and those who can, will find beautiful new ways of communicating with God. Apart from the first exploratory session, where we will share what we find out, all your artwork from the other sessions will be completely private to you unless you wish to share it.

We will be using a variety of media, including, sometimes, the island itself. All materials are supplied.

The art meditations will mostly be in silence, and in your own space, so that each person can be free from having to talk, and so able to listen to God. The thought of silence might be worrying to you, but those on the previous retreat came to value that time very much because they were so focused on what they were doing, and so excited by what God was showing them.

Outside of the silent times, there will be times of fellowship and sharing, as much as you wish to, and these are a very special part of the retreat for those of you who wish to join in. Alternatively you may find it best to spend most of your time on your own and that, also, is OK. Because of the size of the island there is plenty of space for solitary walking and thinking.

So, to sum up, this is a week about sharing in God's love, colour, light and creativity, having good home cooking, and being in a beautiful God-filled place, and above all, a week full of lovely surprises. "

How to book: The cost of the week will be £320 (single) or £280 (sharing a room). This is fully catered and includes accommodation, transport to the island and all art materials.

All bookings and more details through Carreg Trust.

Revd. Nick Hawkins. 01758 770582.  
nick.hawkins@btinternet.com

## **BARDSEY HEALING 2008**

### **12-26 JULY**

At the centre of the Carreg Trust programme again for 2008 is a two week retreat based upon prayer and worship for healing and wholeness. This is organised jointly by the Order of Jacob's Well, a Healing Mission based in Cwmbran South Wales, and Carreg Trust. We are there to pray for healing for all whose names are given to us and will also be inviting visitors to join our prayers in daily Celtic Healing Services. [Details from Nick Hawkins of how to join us on the island]

#### **JACOBS WELL ON BARDSEY ... a personal view from Pam Hollinshead**

Bardsey Island or Ynys Enlli has a long history of Christian Community and presence; it was felt by members of the Order of Jacob's Well, a non-denominational Order of Christian Healing and Wholeness with roots in Christianity's Celtic past, that the time had come for us to put something back into the life of the Island. And so following God's leading, since 2006 we have offered Celtic healing services during the time that the Order have been in residence on the Island. Each service lasts 35 minutes giving day visitors and Island dwellers time to 'come aside' and spend a little time in peace, listen to God and feel His healing touch on their lives. The service is designed around a central focus of a circle of chairs where folk may sit and be symbolically clothed with Christ's healing touch via a shawl, a prayer is said in unison and one may stay and soak in God's love for as long as is necessary. There is also a cairn of stones with people's names on which is added to each day, and the people named prayed for; then at the end of the Order's residence on the Island these are returned to the sea during a communion service. The uniqueness of the Island, its physical place necessitating quite a journey to reach it, and leave it; plus its flora, fauna and bird populace; its permanent residents all create a special place, a space where Heaven and earth are close, a thin place where God and people may meet without the trappings of the 21st century; where we may allow Him into our lives; all this and more have determined the return of Christian Healing to Ynys Enlli/Bardsey

#### **AND MIKE ENDICOTT, THE LEADER OF JACOBS WELL WRITES .....**

##### **The Strand**

Early Christian monks and saints began to build a Christian community on the island around fifteen hundred years ago. Since then there has always been a Christian presence there, men and women prepared to live and pray there all their lives, or at least for a greater part or a faithful part of their lives.

Twenty thousand of these saints are said to be buried here, having made pilgrimage to their chosen land of resurrection.

Giraldus Cambrensis, writing about his journey through Wales in 1188, tells us that, "beyond Lley, there is a small island inhabited by very religious monks called Caelibes or Colidei. This island, either from the healthiness of its climate, or rather from some miracle and the merits of the Saints, has this wonderful peculiarity that the oldest people die first, because diseases are uncommon, and scarcely any die except from extreme old age. Its name is Enlli, in the Welsh, and Berdsey, in the Saxon language, and very many bodies of Saints are said to be buried there, amongst them that of Daniel, Bishop of Bangor."

This is high praise indeed for the health of the community! The suggestion is that Bardsey was always a healing and wholesome place.

##### **The Weaving**

So we want to go back again to the Island. We want to weave a coloured thread of healing and wholeness back into the life-giving strands of these holy lives that have come down to us through the centuries.

Whatever we do we will try to get it right from the start but at the same time staying open to altering things as events unfold. We would want, as well, to approach this gentle long-distance motorway of island spirituality on an angled slip road and not come crashing straight into it at ninety degrees!

To this end the Order proposes to hold again quiet and blessed Celtic Healing services in 2008, the inspiration and outline of which were given on the Island in 2004.

## **JACOB'S WELL HEALING MISSION ON BARDSEY**

I have already written about my first visit to Bardsey with Jacob's Well, but this mission really began in 2005 when Mike Endicott and Graham Fry, whilst praying in the Hermitage Oratory, were led by God to weave a healing strand into the Island's fifteen hundred years of Christian witness and spirituality.

Therefore, in 2006 several of us returned, this time for 2 weeks rather than 1, with plans to hold a Celtic Healing Service on each of the central days of the fortnight. Details were sent to churches, and other Christian groups, inviting them to make pilgrimage to Bardsey and join us at a service.

We were delighted with the response, and so many came we actually needed to hold a service on most days. Each day the sun shone, and we carried rush mats and chairs from the house to the Hermitage garden and laid them round a cairn of pebbles which was gradually taking shape in the centre. Each pebble bore the name of someone for whom physical, mental or spiritual healing was requested, but who was unable to come in person. This cairn was added to each day as more people brought pebbles to be placed there during the service.

Each morning at about 10am two of our group went down to meet the boat, welcome pilgrims, and point the way to Tŷ Encil Carreg Hermitage up the path affectionately known by us as the M1! Our very first healing was that of a little wren that had flown into a window. On its release it flew into a tree and sang throughout the service!

For those who haven't experienced a Celtic Healing Service, it is a quiet non-intrusive time when we can open our mind and heart to God, and know His peace, love and healing. Each day we pray for those whose names are on the pebbles, and for the pilgrim visitors to come for healing and anointing with oil. We then encourage people to stay in God's Presence as long as they wish.

On our last day we transport the cairn down to the sea (with the use of a wheelbarrow!) A service of Holy Communion is celebrated together, and then each stone is cast back into the sea accompanied by prayer for the named person on it.

We shall be on Bardsey again in 2008. We would love to see you at one of our Celtic Healing Services!

*A Jacob's Well Minister*

### **COMING TO BARDSEY IN 2008 ?**

Carreg Trust relies upon booking the House and the Hermitage for a good number of weeks every season.

Had you thought about coming to the island in 2008 and staying at Carreg ?

All bookings are from Saturday to Saturday.

There are several ways that you can book :

1. Book the house for your group.
2. Come on your own or with your partner or friend and book a room on a self catering basis.
3. Clergy and religious can book the Hermitage for private retreat.
4. Carreg Trust can also arrange day visits to the island and pilgrimages.

To check on available dates and prices phone or Email Nick.

## BARDSEY IMPRESSIONS

This year Carreg Trust was privileged to be able to host a very special week of reflection based on singing and the inner journey led by Candy Verney  
www.candyverney.co.uk

We thank Mary Lucille, one of the group, for letting us include her reflection on the week.

“Mary Lucille Hindmarch reflects on a week spent on Ynys Enlli (Bardsey Island) a tiny outcrop off the North Wales coast. A birthing place for seals and a sanctuary for wild birds, it is one of the places the Celts call 'thin' where the veil between time and place, life and death is very fine. She journeyed with a group of eleven men and women, led by Candy Verney, a musician, and Sue Glanville, a life coach, ranging in age from teens to seventies to sing in beautiful landscape, to walk, and to reflect on their inner journeys. Coleridge's *The Rime of the Ancient Mariner* and, especially, RS Thomas's *The Bright Field* helped focus their reflection. Basic sanitation and water shortage focussed awareness on all the bounty that they take for granted as their right in the West; lack of electricity had the stars glistening with them as they sang beneath that canopy each evening. Through the night (Ar hyd y Nos!) the seals sang their eerie, mournful songs. Human voices rang by candlelight in ancient towers and on even earlier settlements on the hills. Out of nowhere, so it seemed, the right person would appear to be present to witness a need or a longing; to fill many gaps; to ease mourning and to release joy.

### **Bardsey Impressions:**

Enchanted isle: we arrive in mist, depart in mist, and in between the sun glows through our daily round. The sea shimmers, the seals sing; we sing too, opening our hearts and souls to our core, sharing ourselves, voice on voice, voice to voice, inner and outer landscapes melding.

From my window I watch a rocky outcrop shape-changing through the day; sometimes a whale, white foam at either end; sometimes tiny fragments; sometimes three lizards or a three-headed guardian of the deep, single

body submerged, awaiting our descent in this place of deeps.

Everywhere is the lighthouse – square, red, and white – always the sentinel at the channel. Built to ensure safe passage its *lighthouse attraction* lures seabirds, some to die, others to collapse exhausted at its base until collected and redirected by their guardian warden.

With each day comes increasing beauty and connection. Silk-washed rose-dawn light in the West – the full ferocious sun-rise burns East behind the mountain – bathes our early fault-lines in gentle light as, out of full glare, we strive to bid farewell to *the 'imagined past'*. Black cattle low, and marsh birds call and sing. House martins swoop and circle competing for grubs; a swallow finds its way into a house where a young boy filled with an ancient wisdom will bear it gently for release. Dry stone walls or small green mounds with narrow drainage channels surround the rich and green '*illuminated fields*'. Then sunset blazes, illuminating the far off peaks and crags of the Wicklow Mountains across the sea, as each of us draws closer to our Harbour Self. “

## CARREG PRAYER

### Can you help please ?

Carreg Trust is hoping to design and produce some prayer cards for sale in the shop at the house.

So ... we asking all our friends to select a prayer or prayers that we could use. You could either recommend an existing prayer (traditional or modern) or write one especially. The prayer needs to reflect the work of Carreg Trust with the ministries of contemplative prayer, retreat and pilgrimage, as well as the very special place that is Bardsey.

Please post or Email your contributions to Nick. The Directors will select the one they like the best and send the contributor a small 'prize' as a thank you for their help and all contributors will get one of the new prayer cards as soon as they are printed.

## Carreg Trust's new directors .....

We asked our new trustees to introduce themselves and tell us why Bardsey Island means so much to them .....

IAN AND BETTY WOOD

### Why we return to Bardsey

"I'm ready for my desert island" I used to say when life got tough in my previous existence as a head teacher. But little did I realise that within 18 months of retiring I would be making my first of many visits to Bardsey, which has surely become the island I was seeking.

Ian and I bought a house on the Llyn and started attending St. Hywyn's Church, Aberdaron. I offered my services to help with a visit to Bardsey and before I knew it I was meeting Nick and Janie and volunteering to work at Carreg. Ian came along too and it was not long before his experience as a structural engineer coupled with his excellent DIY skills made him an invaluable member of the working party. I remember sailing into the bay on the first visit, greeted by vast numbers of seals. We were greeted even more warmly by Bardsey's few inhabitants as we were the first boat to arrive for three months and they were eagerly awaiting stores and fuel. We walked up the Salt Road for the first time where so many pilgrims and a poet/priest had trod before us. The rocks, seascapes, the silence, broken only by bird cries, greeted us and we were hooked before we had even set foot in Carreg.

We have returned several times over the last five years, working on Carreg, enjoying the company with lots of laughter and Nick's cooking as well as finding time to walk and bird watch.

There is of course a deeper spiritual side of visiting Bardsey. The lifestyle which occupies most of our mainland time simply isn't there. It is a time to empty our heads of trivia and to think of the important issues in life. I have found that when I returned to the mainland, sometimes an important issue has been subconsciously solved, the solution only surfacing when I return home.

Island time is not ruled by the clock and it's easy to live at the moment, in this elemental landscape of sea, rocks and air. Time to pause, to think and appreciate the wonderful world around us. There is a great comfort in the simplicity of the short daily services and Compline in the Oratory and in just taking time out to sit there quietly.

Getting involved with the Carreg trust has added another facet to our lives here on Llyn and we look forward to becoming even more involved.

PAM AND ALAN HOLLINSHEAD

I'm Alan, along with my wife Pam, I'm looking forward to serving as trustee on Carreg Trust. I have experience of being a Charities Trustee over a number of years and bring that experience with me.

My time on Bardsey allows me to reconnect with God, to sleep and to enjoy the fantastic wildlife. Following my visit in 2006 I built the website, (**Gateway to Heaven**), bringing together all the various people and services which are connected with Bardsey. The concept of the website was originally to generate enquiries for those organisations mentioned and to raise the awareness of such a beautiful place.

Hello, I'm Pam, married to Alan.

We've been privileged to have stayed on Bardsey a number of times, mostly with Jacob's Well. We also organised a retreat for a group from our own church. For me the Island offers an opportunity to rest, to have time for myself and to get closer to God, to be rejuvenated before returning to our busy life of the mainland.

PAULINE JENNS

New director, Pauline Jenns tells us:

'Why I come to Bardsey'

My first visit was in 2003 to a retreat organised by Revd Nick Hawkins and his wife Janie, for members and friends of the Order of Jacob's Well. It proved to be exciting from the beginning as the boat was delayed for 2 days!

Nick, therefore, organised visits to several Llŷn churches, each unique and memorable. I can still smell the gorgeous herbs spread on the floor of one of them, and towering tree branches over and around us at another.

So what is it about Bardsey that draws me back each year?

Is it Nick's wonderful meals including the freshest of fresh fish he catches that day; Janie's chocolate pudding; or trips down to Tŷ Bach by torchlight?

Is it the fellowship around the table after supper with extempore prayer, praise and singing mingling with fun and laughter in the candlelight?

Is it the call of the seals drifting through the sea mists; the solitude so easily found on this island – 'Far from the Madding crowd', and yet with a 24hr shop reminiscent of the Marie Celeste?

There, there is the all-pervading sense of God's closer Presence, particularly in the Hermitage Oratory where many of us have found God's Touch and Guidance; a place of solace, love and mind-blowing reality.

So each year I book as soon as the dates are given for our next pilgrimage. I know it may be different, but it won't disappoint!

## CARREG TRUST

**PATRON.** The Right Honourable Lord Newborough of Rhug.

**FOUNDER.** Revd. Evelyn Davies MBE.

**CHAIRMAN.** Revd. Nick Hawkins

**DIRECTOR AND HOUSE KEEPER.** Mrs. Janie Hawkins

**FINANCIAL DIRECTOR.** Dr. Martin Suter

**DIRECTOR AND GIFT AID SECRETARY.** Mrs. Liz Suter

**DIRECTORS.** Ian Wood, Betty Wood, Pauline Jenns, Pam Hollinshead, Alan Hollinshead.

### GOING TO THE ISLAND AND NEED TO STOCK UP WITH FOOD ?

Please support our local shop in Aberdaron. If you are embarking at Porth Meudwy then the SPAR shop in Aberdaron can make up your food orders and box it up ready to go on the boat. Their meat and bread is particularly good. CONTACT JOHN OR SIAN on 01758 760234

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### Paterson Photography

Landscapes of Ynys Enlli  
(Bardsey Island)

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via mail order

or over the internet from

<http://www.patersonphotography.co.uk>  
on the landscapes page.

Contact us for more information.

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### BARDSEY ISLAND FERRY SERVICE

Tony Bruce offers a first class service to and from the island for residents, weekly guests and day visitors with his fast and comfortable modern boat the Highlander2.

Sailings from  
Pwllheli and Aberdaron (Porth Meudwy).

To enjoy the special magic of the island  
contact Tony for your visit.

We also run a range of voyages around the north of Cardigan Bay taking in castles, caves and stunning coastline. A chance to see Dolphin, Porpoise & many species of sea bird including Puffin & Shearwater

Tel. 08458 1136554. Mobile. 07836 293146

Email. [tonyhighlander@fuimus.fsnet.co.uk](mailto:tonyhighlander@fuimus.fsnet.co.uk)

[www.enllicharter.co.uk](http://www.enllicharter.co.uk)

Please mention the Carreg Newsletter when you contact Tony.

**Bookings and more information  
including details of travel to Bardsey from:  
Revd. Nick Hawkins.  
Bryn Mor. Llangwnadl. Pwllheli. LL53 8NS.  
Tel. 01758 770582      [nick.hawkins@btinternet.com](mailto:nick.hawkins@btinternet.com)**