

network news

a guide to inspiring events in north wales



letter from covid-19 ~ capitalism ~ community routes ~ unlock your bike!
spillover ~ pisces & lent ~ no new nukes ~ home education ~ four lessons

nothing at all cancelled in north wales... *april fool!*

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in North Wales

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Welcome to the April Network News. Last year, we filled the streets with a simple cry: *The Earth can't take it any more* - at least, it can't support *materialism* any more. We must transform our lives, our communities, our cities, our work, our transport, our diet, our priorities... *everything*. And we must do it fast. Climate Change hit the front pages! Greta crossed the great water. It was COP25... but

Nothing changed.

Then, last December, in a back-street food market, a microscopic activist leapt from the animal kingdom into the human. That, it transpires, was all that was needed to bring civilisation to its knees.

Everything changed! Every leader, left and right, great and small, has been forced to bow to the new King - yes, *corona* is Latin for Crown. And every country suddenly found its "magic money tree"! Of course, they'll want to waste it bailing out the old rather than seeding the new - but it's laden with enough to fund Green New Deals and Citizens Wages for all. *So long as we insist...* And, surprise: the "key workers" turn out to be nurses, growers, homemakers and refuse collectors - not executives and stock holders. And the home educators were right: institutions are not necessary for learning.

So here we are. Curled up in our rooms, homes & burrows... We've done the caterpillar stage. Gobbled up everything in our path. We have become *pupae* - "*undergoing transformation between immature and mature stages*". Let our minds and hearts scan the world, and witness the billions of "*chrysalides*" in self-isolating contemplation.

So many planetary warriors - FDR, Buckminster Fuller, Greta *et al.* - had at least a year in silence or retreat while their power to serve gestated. Let us use this collective gestation to become the bright and beautiful butterfly that Life intends humanity to become.

Blessings to all beings



Four Lessons From Home

Bella Lack

A forewarning... I know this pandemic is fatal and far-reaching. I know lives and livelihoods are being destroyed. I know the burden is falling disproportionately on those who are vulnerable, elderly and underprivileged. But that doesn't mean we just retract into our homes and allow a little sequence of molecules to ravage our population, then return back to normal. I think we must use this as an opportunity to peel ourselves away from the society we live in and examine it thoroughly and meticulously whilst we have the chance.

Across the world humans sit in their homes, each of us neatly packaged within our four walls. In a few short weeks our species has retreated from the constant, gnawing labor of routine and we've become untethered. The machine of humanity has been grinding to a halt and our horizons have shrunk from the global neighbourhood to the achingly familiar sight of the inside of our front doors.

Our daily commute is now only a short walk from the bedroom to the living room. Our colleagues are furry and sit on our feet, wagging their tails. New terms like 'social distancing' and 'flattening the curve' have been welcomed into our daily dialect and roll off our tongues. And whilst we've all been unwillingly thrust into this storm of sickness and panic, we must find a way to steady ourselves, to survey the situation and, most importantly, learn from it.

We are all enduring the uncharted waters of this storm together, but this isn't just about preparing for another pandemic, it is about bettering the very core of humanity; redefining our values, evaluating our situation and envisioning a better future for all life on earth.

LESSON 1: If we wage war against nature, we are waging war against humanity also.

"The first crisis is ecological, the second is medical." The Coronavirus is a secondary, symptomatic crisis. We are creating a vulnerable and fragile planet, and as we do so, we become ever more vulnerable and fragile too. Our war against nature is inevitably a war against ourselves. If this pandemic will teach us anything, it must be that we cannot continue with business as usual.



Viruses and disease are environmental issues. 60% of emerging diseases are zoonotic (originate in animals), as the CoronaVirus did.

So our sickness is magnified by consuming animals, but also by destroying their habitat.

In a one year study, 618-square-miles of deforestation—the equivalent of nearly 300,000 football fields—was linked to an additional 10,000 cases of malaria. Many viruses exist harmlessly with their host animals in forests, because the animals have co-evolved with them. However, we become hosts for pathogens when we venture into and exploit or change forest habitat.

Not only are we threatened by consuming and destroying other species, but it also reduces our chances of treating ourselves when we do get sick. The meat that many eat is pumped full of antibiotics, creating a resistance within our species, which, if we don't change our habits, will lead to an estimated 10 million deaths every year globally by 2050.

This pandemic is a stark and frightening reminder of our vulnerability. It reminds us that although we've been to the moon, created the internet, concocted miraculous cures and conceived complex cultures, we're still bound to the laws of the natural world and will never be exempt from the havoc we wreak upon it.

LESSON 2: Low-carbon habits are easier than we thought.

Meetings through video conferences rather than carbon-guzzling business trips and classes moved online... these temporary changes might lead to a consistent change in behavioral patterns and lower emissions. We've realised the ease with which we can conduct daily affairs virtually. Online meetings and classes can also make work and education more equitable and accessible. For example, for participants with disabilities or those who can't travel for family or other reasons.

Behavioural psychologists say that change occurs when routine is disrupted and we're thrust out of our normal context, and since this is such an unconventional context, we should ensure that we use it as a springboard for change.

LESSON 3: We need each other a lot more than we realise.

Western society has created an atomistic model of the individual. This impassable vision is biologically and socially unsustainable. Whilst this virus has made us focus on the economic recession which is to happen, another monumental recession is the social one, the crumbling of contact and connection, which is happening and will continue to happen, but it's also making us realise how dependent we are on the social order.

You would think many of us would be content to hole up in our homes, impervious to the chaos happening outside, as we watch films and read and revel in the abundance of time. That's not the case. We've seen solidarity leaching out of every region, bridging the gap between balconies, manifesting in mass applause for medical workers across Paris, dance parties in Spain, mass workouts in Italy. In every area of London volunteers are risking

their health to help the vulnerable and the elderly. Singers are performing live virtual concerts. Authors sending out free books.

The greatest pitfall in our daily interactions with others is the fact that we take them for granted. Our interactions with strangers are usually non-existent and fleeting or blunt and boorish as we bustle past each other on the tube and the street. I've noticed a change. As I walk past someone we make sure there's a respectable distance between us, but we smile. We smile...! We know that whilst we must distance ourselves physically, we have to build a sense of community and continuity which bridge all differences if we're to get through this.

Whilst we're all locked up with one another in local quarantine, this is the opportunity to be more personable to the people around us in our communities. Perhaps this pandemic will engender the altruistic hero within us all...

LESSON 4: We're not omnipotent and indestructible

It sounds trite and obvious, but up until now we have glorified ourselves to an almost deific extent. We've ploughed on with business as usual (despite scientific warnings) because many of us feel untouchable. The climate crisis feels so intangible and distant to many because 'we have a good healthcare system, or we have a nice house, or we have money to shelter us, or we have running water and food accessible at all times'.

We can no longer live in this illusory world. If anything, I hope this virus knocks a little humility into us. I hope it makes us realise our vulnerabilities as a biological species. There is nothing wrong with being vulnerable, but there is something very wrong with believing we're invincible.

And on that note, go and wash your hands... ;)

Bella is a 17-year-old conservationist and ambassador for the Born Free Foundation, STAE, RSPCA and Jane Goodall Institute.

callfromthewild.com



Two Wise Ones Fly Home

Violet Braybrooke

Dorothy Maclean 1920 - 2020

Network News has had soulful links for many years with the Findhorn Foundation spiritual community in northeast Scotland. Dorothy, who passed on March 13th, was one of Findhorn's 3 founders. She was best known for her contacts with the consciousnesses of nature she called *devas*, embodiments of creative intelligence. Guidance from these beings and their effect on the Findhorn garden was a major element in the fame and growth of the Findhorn community.



Dorothy collected her messages from devas and angels in several books, beginning with *The Findhorn Garden* which was printed on-site and distributed widely. "Humans generally don't seem to know where they are going, or why," the pea deva told her. "If they did, what powerhouses they would be! If they were on a straight course, how could we cooperate with them!"

A different group of devas asked: "Why go around like zombies, following this or that external guide when all the time your only guide is within you?"

In 1967 she contacted the overlighting Angel of Findhorn, who told her: "Do not form a set concept of me and so keep me in limitation ... I have many parts to play and much to do."

Dorothy wrote that she sought to help shape a future where humans are active agents in co-creating the life of Earth, stating: "It is from our wholeness, our divinity, that we can then relate to anyone else and to our world." One angel message reads: "Let your dominion be over yourself, and let your expanding consciousness see

God's life in all things."

Spiritual teacher and one-time Findhorn Foundation focaliser David Spangler called Dorothy Maclean a forerunner of planetary wholeness: "Down-to-earth, practical, not given to glamour, nevertheless she has learned to expand her spirit and step beyond the purely human points of view without abandoning them either. Knowing her has been a great privilege in my life."

The Findhorn Foundation community is now the largest ecovillage in the UK and more than 30,000 visitors have attended its workshops and conferences, some of which continue Dorothy's themes of inner listening and co-creation with nature.

Dorothy moved back to Findhorn in 2009, retiring from public life the following year. Her quiet presence was felt in the community that she helped to build. Her experiences are recounted in several bestselling books, which include *Wisdoms* (1970), *To Hear the Angels Sing* (1980), *To Honor the Earth* (1991), *Choices of Love* (1998), *Seeds of Inspiration* (2004), *Call of the Trees* (2006), *Come Closer* (2007) and *Memoirs of an Ordinary Mystic* (2010).

Dorothy celebrated her 100th birthday in January this year. She received an abundance of cards and messages from all over the world. The Findhorn Community celebrated with her with a wonderful series of events including a birthday celebration in the Hall and a whole community meditation.

She is survived by her beloved community which she helped to co-found in 1962.

findhorn.org

Helena Hawley 1948 - 2020

Helena has been a Network News contributor and supporter for many years. She passed on while riding her beloved horse Avatar in Cheshire on March 12th. Here is a fragment of her autobiography:

Born in the late 1940s and brought up in the UK I developed an early love for horses, music and art. It was made clear to me that I was not talented enough at any of these to make a living out of them. Mercifully some horse-loving friends of my parents persuaded them that if I was sent somewhere to be properly trained first, then I might manage a career with horses. Thus I was spared the dreadful fate of becoming a secretary. What a relief!

The change from horses to my spiritual ventures really happened quite gradually. In the 1970s I began to become aware of my clairvoyance and that there was more to life than I had previously thought.

I took part in a ride across the Loita Hills of Africa with Linda Tellington-Jones, internationally known animal and people healer and trainer. It was not long after my return, that having viewed the African animals from horseback, I began getting psychic messages from a number of different species of them. At the time I had difficulty coming to terms with it all, and desperate to share it with someone of like mind, I telephoned Linda from England one day to share my experiences. To cut the story short, it was she who coaxed me into writing my first book about them and the beings from others realms with whom I was also in communication. Linda gave me useful help and advice without which I doubt that first book would exist.

After that, information kept on coming to me, so this book turned out to be the first of a trilogy, (*"The Other Kingdoms Speak"* series published by Capall Bann) which would include messages from

dolphins, whales, extra-terrestrials trees, crystals angels, fairies, animals and Gaia, the wonderful planet on which we live.

In July 2001, I joined one of Joan Ocean's groups in Hawaii swimming with dolphins and using toning to help us get into a suitable state for a silent meditation. I had a bad cough and throat, so I was not expecting to be able to sing very much if at all. I was truly astonished when my voice went soaring up to heights it had never reached before with amazing fluency. I knew immediately that another entity was singing through me, welcomed whomever it might be, asking her to carry on. I thought it was a one-off experience, but she kept coming back to do it again over the days that followed.

I laughed out loud when someone said something about an opera singer and suggested Maria Callas, but the following November in Alsace France, helped by Marguerite Vidal, I finally realised that this was exactly who was singing through me. The evidence it was she came through so fast after this, that before I knew it almost, I found myself writing my fourth book about her.

Eventually, when Maria felt I was ready, she helped me to understand and develop sound healing. As a natural channel and lover of mostly classical music with compatible vibrations to Maria's, it was part of my perfect destiny.

I continued to write the book about how all this came about including my early experiences leading small groups in France. Thus did my book, *"Maria Callas and I, Sound Healing, Living a Duet for Mankind"* come into being...



Spillover

Nicholas Triolo interviews David Quammen

In 2012, David Quammen published **Spillover: Animal Infections and the Next Human Pandemic**. The book charts the ecology and spread of “zoonoses,” diseases transmitted between animals and humans, and sounds the alarm for serious political and public health actions to prepare for future pandemics.

Why didn't we see this coming?

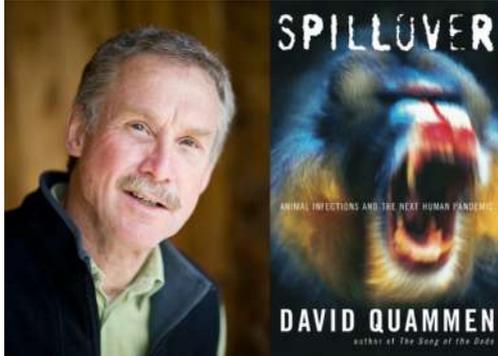
The warnings were there. The scientists who work on these things knew that coronaviruses should be high on the watch list, because coronaviruses mutate often and therefore evolve quickly. (They belong to a group known as single-stranded RNA viruses, notorious for copying errors when they replicate, and for fast evolution.) I was told ten years ago: Beware of a new virus, maybe a coronavirus, emerging from a wild animal, maybe a bat. Those were the warnings I put into *Spillover*.

You published *Spillover* in 2012. Why weren't measures taken since then to prevent something like COVID-19 from emerging and spreading?

Why did the warnings go unheeded? Because of money and politics and public indifference. The money for pandemic disease response becomes available only after the outbreak has begun. When the latest one goes away, there's never enough money available to prepare for the next one. Politicians such as our lying president don't want to admit that disaster could ever occur on their watch.

What's different about this new coronavirus than previous ones you've written about?

The nightmare scenario, going back ten years at least, has been this: It will be a new virus, probably from one of the fast-evolving families (especially those SS-RNA viruses), such as the coronaviruses, that



comes from an animal, gets into humans, transmits well human-to-human, spreads by silent or cryptic transmission (meaning that infected people may feel fine for a few days and be walking around,

riding the subway, going to work, but are meanwhile shedding the virus), and kills at a relatively high case fatality rate.

This outbreak ticks all those boxes. It is the nightmare scenario. If it spreads as widely and infects as many people as a seasonal flu, as it well might, it could kill twenty times as many people.

Our global economy and transportation apparatus seem to be at the core of COVID-19's spread, and this sort of planetary rippling reminds us of all that we share as humans, as animals, as an intermingling whole. What positive outcomes, if any, might you see emerge from this outbreak?

Correct: We are all connected, and this event reminds us of that in a gruesomely vivid way. Bats, monkeys, apes, pangolins, civets, people: We are all animals, living together on a single small planet, dependent not just upon one another but also on the ecosystems we inhabit.

If this crisis makes us permanently aware of a few points, raises them in our attention and strengthens them in our hearts, it will have some silver lining. Those points are:

- 1 Prepare for the worst, while hoping for the best.
- 2 Zoonotic spillovers will keep coming, as long as we drag wild animals to us and split them open.
- 3 A tropical forest, with its vast diversity of visible creatures and microbes, is like a beautiful old barn: knock it over with a bulldozer and viruses will rise in the air like dust.
- 4 Leave bats, in particular, the hell alone.

Are we worried enough? How much of our global panic should we actually attribute to it, versus to our collective state of anxiety, which has our hands always hovering just over the panic button?

We are worried enough but still not prepared enough. Pushing the panic button is useless. People sometimes ask me, when they know I have written about such outbreaks in the past and the inevitability that more would come: “How scared should we be?” Being scared is useless. Educate yourself about what can be done, both in the short term and the long term, and do it.

There’s a ton of noise out there, misinformation about the virus and its spread. Where do you turn for updates?

I turn to the *New York Times*, the *Washington Post*, the *Economist*, and other sensible news outlets, as well as lots of other sources I find online or that are brought to my attention. When my wife Betsy (who is an impassioned conservationist and environmental historian) tells me of a dramatic new fact, first thing I ask is: What’s the source? I also read a lot of scientific articles in the journals.

How many times an hour are you washing your hands?

I wash my hands often, out of habit, but even more so now than usual.

You seem like the kind of guy who makes his own hand sanitizer.

Hand sanitizer? I don’t use that unless I’m in a public place where there’s no soap.

What’s the number one thing to do to remain healthy—physically and psychologically?

I feel sorry for my friends and contacts in New York, Washington, and elsewhere when I hear them say “I’m working from home.” But I’ve always worked from home. It’s not a big change for me. My wife and I, and our close, extended family here in Bozeman, Montana, are doing rigorous social distancing. I haven’t seen my father-in-law for two weeks, though he’s one of my best pals and lives just a few miles away. I’ve cancelled the gym and the dentist—inconveniencing dear people who provide services I value—for the foreseeable future. I take walks with the dogs and share dinners at home with Betsy. (All this is done, not mainly to protect ourselves but to protect others and to help flatten the curve of the case load—spread it out in time—so that our health-care system will be able to handle everybody who needs care.)

I take more walks. I drink a martini in the evening, listen to Albinoni’s Adagio for the 400th time, and read a good book. It’s just us here now, at home: Betsy and me, the two dogs, the cat, and the python.

David Quammen has written 15 books of fiction and nonfiction, and has published articles for National Geographic, The New York Times, The Atlantic, Rolling Stone, and others.

davidquammen.com

This interview was first published at
orionmagazine.org

An Imagined Letter from Covid-19 to Humans

Kristin Flyntz

Stop. Just stop.

It is no longer a request. It is a mandate.

We will help you.

We will bring the supersonic, high speed merry-go-round to a halt

We will stop

the planes

the trains

the schools

the malls

the meetings

the frenetic, furied rush of illusions and "obligations" that keep you from hearing our

single and shared beating heart,

the way we breathe together, in unison.

Our obligation is to each other,

As it has always been, even if, even though, you have forgotten.

We will interrupt this broadcast, the endless cacophonous broadcast of divisions and distractions,

to bring you this long-breaking news:

We are not well.

None of us; all of us are suffering.

Last year, the firestorms that scorched the lungs of the earth

did not give you pause.

Nor the typhoons in Africa, China, Japan.

Nor the fevered climates in Japan and India.

You have not been listening.

It is hard to listen when you are so busy all the time, hustling to uphold the comforts and conveniences that scaffold your lives.

But the foundation is giving way,

buckling under the weight of your needs and desires.

We will help you.

We will bring the firestorms to your body

We will bring the fever to your body

We will bring the burning, searing, and flooding to your lungs

that you might hear:

We are not well.

Despite what you might think or feel, we are not the enemy.

We are Messenger. We are Ally. We are a balancing force.

We are asking you:

To stop, to be still, to listen;

To move beyond your individual concerns and consider the concerns of all;

To be with your ignorance, to find your humility, to relinquish your thinking minds and travel deep into the mind of the heart;

To look up into the sky, streaked with fewer planes, and see it, to notice its condition: clear, smoky, smoggy, rainy?

How much do you need it to be healthy so that you may also be healthy?

To look at a tree, and see it, to notice its condition: how does its health contribute to the health of the sky, to the air you need to be healthy?

To visit a river, and see it, to notice its condition: clear, clean, murky, polluted? How much do you need it to be healthy so that you may also be healthy? How does its health contribute to the health of the tree, who contributes to the health of the sky, so that you may also be healthy?

Many are afraid now.

Do not demonize your fear, and also, do not let it rule you. Instead, let it speak to you - in your stillness,

listen for its wisdom.

What might it be telling you about what is at work, at issue, at risk, beyond the threats of personal inconvenience and illness?

As the health of a tree, a river, the sky tells you about quality of your own health, what might the quality of your health tell you about the health of the rivers, the trees, the sky, and all of us who share this planet with you?

Stop.

Notice if you are resisting.

Notice what you are resisting.

Ask why.

Stop. Just stop.

Be still.

Listen.

Ask us what we might teach you about illness and healing, about what might be required so that all may be well.

We will help you, if you listen.

Ask us what we might teach you about illness and healing, about what might be required so that all may be well.

We will help you, if you listen.

Kristin Flyntz is a writer and editor who lives in Connecticut with a human musician and three feline teachers. As part of her longing to heal the relationship between humans and nonhuman animals, she is enrolled in the Being Sanctuary Internship with the Kerulos Center, whose vision is a world where animals live in dignity and freedom.

Facebook: Kristin Flyntz

See also:

You Can Touch Me

(an invitation from quarantine)

on Kristin's Facebook page dated March 14th.

Dark Matter: Women Witnessing publishes writing and visual art created in response to an age of massive species loss and ecological collapse. It is a home for dreams, visions, and communications with the nonhuman world, especially those with messages for how we might begin to heal our broken relationship to the earth. We welcome writing in all forms and genres as well as artwork in all mediums. All poetry and fiction must be accompanied by notes bridging to the journal's mission. Context and commentary are required for dreams, visions, and other communications. We welcome submissions by women and nonbinary writers and artists.

darkmatterwomenwitnessing.com



A "Mini" Reactor at Trawsfynydd? No Thanks!

Dan Evans



Nuclear power is a particularly capitalistic mode of energy production. It persists, despite the repeated disasters and

people's fears about nuclear holocaust, because of capitalism's relentless drive to accumulate (or 'growth' as we obliquely call it now). Once capitalism hits a physical limit, like running out of forests, or land or oil, it faces two options: stop the system of accumulation, or create new technologies to transcend these issues. Of course, capitalism's internal logic means it will never stop, so every epoch of capitalism has been driven by new technology born of necessity once capitalism exhausts the previous technology.

Nuclear is seductive precisely because it promises perpetual, 'clean' electricity that can then underwrite all other energy-intensive industrial projects. For this reason, nuclear rapidly becomes central to the pie-in-the-sky narrative of the rejuvenation of the nation's economy, increased growth, jobs for all, and so on, facilitated by politicians and their nodding dog allies in the media and academia.

Opponents of nuclear are therefore easily painted as Luddites who are against jobs and progress. As John Bellamy Foster notes, with the climate crisis and the rapid depletion of the earth's natural resources, nuclear represents an epochal technological 'fix' that is typical of capitalism, in that the 'solution' to the problem caused by capitalist over consumption and production - in this case the 'energy gap' - creates new devastating ecological problems for future

generations, i.e. cancer risks, the threat of a meltdown and the issue of waste that cannot be disposed.

While 'progressive' advocates of nuclear talk up its green credentials, the idea of nuclear itself is predicated on the assumption that there is no slowing down of capitalism, that we just need a 'baseline' power source and we can keep doing what we are doing forever: more growth, more consumption. Nuclear energy therefore represents another way for capitalism to keep going.

Of course, as Foster notes, there is a fundamental tension between the capitalist imperative for growth and the ecological, biophysical limits of the earth. Growth is what is killing the planet through climate change and species loss. Switching the energy source does not address the fundamental problem driving the ecological crisis, which is capitalism itself.

If Wales, as one small link in the global supply chain, rejected nuclear power (and instead prioritised renewable energy), it would represent a significant blow to nuclear capitalism and an inspiring example for the rest of the world to pursue safer, green energy. Rather, the risk of Wales becoming another Chernobyl has been (and will continue to be) ignored because of the promise of jobs, and with it, short term political capital. Welsh Labour's fixation with nuclear power is the inevitable, tragic outcome of their wholesale conversion to the rules of neoliberal capitalism. (Extract from article in Planet)

*Dan Evans is a recovering academic who now works as a support worker in Cardiff, and is a host of the **Desolation Radio** podcast.*

www.planetmagazine.org.uk

network news

a guide to inspiring events in north wales

APRIL
NOTICEBOARD



For 28 years, **Network News** has tried to be a voice for the “**Network of Goodwill**” in North Wales (See the back cover). It is so inspiring to witness the outpouring of mutual support, generosity of spirit and creativity we are witnessing now.

Most of the centres, galleries, shops and other gathering places that usually fill our pages are necessarily closed for the time being, but the beautiful souls who have nurtured these enterprises are all discovering alternative ways to serve and share their gifts.



There is no ordinary “calendar of events” for April, but we have tried to gather on the following pages some of the new ways we are finding to meet each others needs.

Wherever possible, our homes and rooms have become our art galleries, our temples, our exercise classes and our libraries.

We are also all connected by the World Wide Web, where (so long as we sidestep the swirls of fear and marketing and conspiracy theory!) we can find oases of wisdom and beauty from every age and culture.

We have also tried to share some useful thoughts about books, movies, podcasts and other online resources we can explore and share at this extraordinary time.

Last but not least, computer tools like Zoom & Skype enable us to keep gathering in virtual space, to vision and support each other as we support the painful birth of a new civilisation.



Conwy and Snowdonia Mutual Aid Group

We are a group for anyone who needs assistance or who is willing to offer assistance during the Covid-19 outbreak. Help can include anything from picking up shopping, dog-walking or a friendly phone-call to someone in isolation. Please join, tell your friends and neighbours and stay safe in a tricky time. Thank you so much to everyone who has signed up to offer their time and support, and to all of the businesses offering extraordinary services. This is a tricky time for us all and your generosity means that we will emerge a stronger community on the other side! Diolch yn fawr iawn.
Eleanor Harris **07853 277074**, join Facebook of group name or email eleanorharris@gmail.com

Chester Art Centre

We have just started compiling a new order of art supplies for a couple of our artists lacking canvases! If anyone needs anything, let us know! We are happy to order other stuff if anyone needs anything in preparation for the days to come. Let us know. Worst case (virus) scenario we may be able to post/deliver! Contact **01244 313700**, chesterartcentre.co.uk or **FB: Chester Art Centre**

Full Moon in Aries
8th April ~ 3.35am
New Moon in Taurus
23rd April ~ 3.26am



Cymuned Pwllheli Community

Let's help meet each others needs via
FB: of same name

Wirfoddolwyr Llyn Volunteers

Can you help?
FB: of same name

Covid 19 Mutual Aid Môn

Requests for volunteers: MedrwnMon are looking for volunteers in the Llangefni, Bodfordd, Talwrn area please. Contact MedrwnMon direct or Sheree **07961063091**.
Diolch yn fawr / Thank you very much

How's your Vitamin D intake?

Denbigh Community Choir

Would like to encourage everyone to keep singing at home! More from
FB: of same name

Llangollen Coronavirus Help Group

This group is to organise help and support for the local community residents during the Covid19 crisis. Please feel free to add friends who may be interested in helping or just want to stay informed as to what help is on offer. We are not a professional group just volunteers for those in need.
FB: of same name

Benllech Community Group

Posts from those that need help, advice and those that can offer, plus updates from local front-line workers.
FB: of same name

Ruthin Community Page

Help for those that need it, from wonderful volunteers, supporting each other in the area; ideas and videos
FB: of same name

Community & Friendship Group for 50+

Join the group for discussions and support to keep us all connected.
FB: of same name



Cyngor Ar Bopeth Conwy Citizens Advice Conwy
During our closures, if you require advice, please phone or email
01745 828705
advicecyngor@caconwy.org.uk
01492 863600
Yn ynstod ein caefeydd, os ydych angen cyngor plis ffoniwch neu e-bostiwch

9.30am - 3.30pm
Dydd Llun-Dydd Gwener (Monday-Friday)

© 2020 Citizens Advice Conwy. All rights reserved. This is a service provided by Citizens Advice Conwy. It is not a legal service. For more information, please visit www.citizensadvice.org.uk

Gwynedd Mindfulness

In these challenging times of uncertainty with the Covid 19 virus the qualities of groundedness and centredness are needed more than ever so that we can support ourselves and others. I heard a comment recently that it only needs one person in a group to embody this grounded presence to have a beneficial effect on the rest of the group. Mindfulness, amongst other things, can help us to access this kind of presence and even 5 - 10 minutes a day can make a difference. We would like to be able to bring Mindfulness to you in your own homes using Zoom - an online platform. See below for what we are offering at the moment. More sessions are likely to be available soon once we have made arrangements. Tara.
gwyneddmindfulness.co.uk
FB: of same name

Steph Healy ~ Gong Guru!

has created a YouTube channel for her singing bowls, body scans, moon gongs and more:
Access via FB: Pure Sound



The Great Indoors!

While we normally love the great outdoors, we've pulled together some inspired indoor activity ideas (if we do say so ourselves). Keep your kids learning new skills and having fun:
#TheGreatIndoors.
scouts.org.uk

Meditation

Thursday Pause Meditation

XR Buddhists invite all XR activists to a 20 minute meditation on Thursdays at 3pm on Zoom. Different meditation facilitators every week will guide you in a period of respite from the busy mind. All welcome: no experience of meditation necessary. To join Zoom Meeting: <https://zoom.us/j/964944866> Meeting ID: 964 944 866.

Online Teaching & Meditation Day

We broadcast from the Hermitage, with a teaching from Lama Shenpen at 10am. To join in online on the day the teaching and meditation link is <https://zoom.us/j/699826781>
ahs.org.uk

Children

BookTrust Cymru

You can find (short stories) children's storytelling in English & Welsh at:
booktrust.org.uk

Storytelling for Children

Professional storytellers read to Stage 1 children and upwards. Short stories 2 minutes minimum
oxfordowl.co.uk

Poetry

Poetry Wales

In these strange times...
...we would like to do what we can to support those who find themselves isolated. In light of recent library closures, we've made our digital archive of Poetry Wales issues - including our most recent issue - free to access until 23 April 2020. Please enjoy the wealth of incredible poetry, reviews and curated articles across 26 digital issues. Our magazine makes a fantastic resource for teachers and lecturers... and home educators!

poetrywales.co.uk



Advice for Accidental Home Educators

Help and advice for temporary 'school's out' parents and guardians, etc.
Visit:

raisingrevolutionaries.co.uk

There is also **North Wales Home Education Group** on Facebook for more info & help.

Have a Virtual Day at the Beach

Printable resources and online activities for you to stay connected to the coast with Home Learning and Facebook Learning,
beachacademywales.com

Cae Mabon Eco-Retreat

It looks like all those who were planning to come here over the next few months now won't be. So instead I'll bring Cae Mabon to you. Using the powers of digital technology I'll be putting up short video vignettes ('vlogs?') to share with you some of the beauty and inspiration of this blessed wonderland. I hope these little cameos will help you find courage and heart. Some vignettes (vivid + poignant) have already been posted on Facebook.

Facebook: Eric Maddern

Health & Wellbeing

Nic Waggi

Monthly mindfulness EFT tapping and more for working with anxiety via Facebook

FB: Nic Waggi

Breathworks

Mindful Self-Care for Troubling Times, free, open for self-enrolment
breathworks-mindfulness.org.uk

Peter Boyd

Qigong for lung health and peaceful mind.
FB: Yoga, Tai Chi & Qigong North Wales

Walking With The Goddess

Connect with Gillian Monks' virtual programme, links at **gillianmonks.com**

National Trust

Offering a wide range of "collections online featuring objects and exhibits; download our podcasts and videos, and catch up on what's new by registering for our newsletters. You can stay in touch with us on social media:

FB: National Trust
nationaltrust.org.uk

Yoga

Claire Mace

Virtual yoga classes using Zoom
inspiratrix.co.uk

Cathy Ibbotson

30 Minute Vinyasa Flow, Yoga for beginners and more
YT: Cathy Ibbotson

Inspire - Rewire

Is offering help "Ok, if anyone is struggling, including my previous clients, friends, others, please reach out to me, please message me and I'll try to reply as soon as I can." Plus how to stay calm and other useful videos on **Facebook page** or contact **07421 996393, inspire-rewire.com**

Spell Songs

13 songs beautifully sung complete with music; for all the lost words in Nature inspired by the book: The Lost Words
YT: The Lost Words Blessing

Creative Gwynedd Five Ways To Wellbeing!

Let's look through the window and notice the weather or the small birds. Look around your home and notice favourite items or photos.

Enjoy time to reflect, reminisce and appreciate the little things that are of comfort at the moment. You might like to write a small clip in response, draw or create a collage. Creating music, writing a diary, taking a photograph, writing a poem or anything creative is possible from home.

Please do this yourself or share it on social media.
gwyneddgreadigol.com

Dru Yoga Health & Wellbeing

Videos on strengthening our immune system
FB: Dru Snowdonia

Music & Song

Playing For Change

World music, bringing peace with music ~ an NN favourite!
playingforchange.org

Virtual Community Choir

This is a safe space for people to come together and enjoy singing
FB: Duet Yourself

Drawing Club

Look out for our new daily challenge each day on our website and social media!
www.carn.cymru

Lucis Trust

Arcane School

The Lucis Trust is home of several projects for spiritual service that have developed over the last 100 years, including the **Triangles** work encouraging us to link with two others around the world for synchronised meditation, the **World Googwill** newsletter, and the **Great Invocation** which is in every issue of NN. At the heart of it all is the **Arcane School** - a correspondence school for serious esoteric study, meditation & service. There are 3 Arcane School conferences every year, and **videos** of many of the inspiring talks are now freely available online:
lucistrust.org

Videos

So many videos, so little time... no, so MUCH time!

Look out for:

Mark Thomas

markthomas.info

TED Talks - ted.com

Elisabeth Sahtouris -

sahtouris.com

Buckminster Fuller - bfi.org

Noam Chomsky -

chomsky.info

Eckhart Tolle -

eckhartholle.com

Jeremy Rifkin - foet.org

Alice Walker -

alicewalkersgarden.com

24 Books Of Esoteric Philosophy by Alice Bailey

OK, so there's around 10,000 pages altogether, but who knows how long we'll be on lockdown?! Anyway, you can start with something relatively small like "**A Treatise On White Magic**". For the serious student of ancient and modern wisdom it is more accessible than much of the work that preceded it, and less "dumbed down" than than much of what followed it! A happy medium!
lucistrust.org

Project Gutenberg

Enormous collection of freely available books to download or read on screen
gutenberg.org

Books

OAHSPÉ

A Bible For Vegans!!

Yes, it's true, a bible written in 1883 *by automatic typing!!* that espouses a completely vegan philosophy. Oh and it also gives a complete history of heaven & earth, who the good gods and the naughty gods were and why, wonderful descriptions of interstellar craft plus a beautiful vision of the ecovillage future we can now create! Read it all and you're guaranteed to be the most cosmic person at the post-lockdown party!
(Can be read online but we recommend a printed version)
www.sacred-texts.com/oah

Podcasts

Russell Brand

From Reality TV poser to wise teacher in 10 years! Many of Russell's good words are freely findable on YouTube, but we also recommend considering subscribing to his "Under The Skin" podcasts at:
luminarypodcasts.com
russellbrand.com

Michael Moore

has had his finger on the pulse of America for years. His podcast Rumble is at
stitcher.com

The Intercept

From the folks who brought Ed Snowden's message to the world, more original reporting and fearless journalism.
theintercept.com

On Being

Big conversations to moments of discovery
onbeing.org



Claire Booker: International Women's Day readings from female authors and poets.
arachnepress.com

Tenzin Palmo

12 Years in A Cave
You can watch as a video on YouTube or read her book

Communities For Future Online Summit

In February this year, there was a major online summit featuring elders, authors, leaders and generally beautiful souls visioning the world we can cocreate. You can now watch all 30 interviews (more than 20 hours of video) to bring the whole world into your room! summit2020.ecovillage.org

Bright Future Now

In the midst of the world's upheavals, are you looking for a more positive and effective way forward – for yourself and for the world? Join us in this innovative program developed by Dr Robert Gilman, former astrophysicist and long-time sustainability thought-leader, that provides you with the frameworks, skills, experiences and community to start living a bright future now and become a potent seed-point for the emergence of the world's bright future. www.context.org/bfnow

Are you feeling stuck in your life?

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

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

Resonance Repatterning®
01691 773806

Llangollen Natural Health Clinic
resonancerepatterninguk.net

Internet Media

Democracy Now!

We produce a daily, global, independent news hour hosted by award-winning journalists Amy Goodman and Juan González. Our reporting includes breaking daily news headlines and in-depth interviews with people on the front lines of the world's most pressing issues. On Democracy Now! you'll hear a diversity of voices speaking for themselves, providing a unique and sometimes provocative perspective on global events. democracynow.org



New Dimensions Radio

Inspiring and in depth interviews spanning 40+ years... From global issues to space colonies to solar energy, from new economic alternatives to new business paradigms, from childbirth to death and dying, from remote healing to integral medicine, an infinite array of practical and creative choices are presented through the broadcast programming and other New Dimensions endeavors. Over the years, a wealth of practical knowledge and perennial wisdom has accumulated in the audio archives of New Dimensions, a virtual treasure trove of timeless wisdom. newdimensions.org

Movies

Films For Action

The Top 100 Documentaries We Can Use to Change the World. A more beautiful, just and sustainable world is possible. Use this library to inspire global change!

The Corporation (2003)

The Evolution of Ecological Consciousness (2013)

The Economics of Happiness (2011)

Requiem For The American Dream (2015)

A New Story for Humanity (2016)

Money & Life (2013)

Fall and Winter (2013)

Schooling the World (2010)

Bear of Images (2016)

A Quest For Meaning (2017)

Inhabit: A Permaculture Perspective (2015)

This Is Neoliberalism (2019)

Manufacturing Consent: Noam Chomsky and the Media (1992)

Occupy Love (2013)

Plutocracy: Political Repression In The U.S.A. (2019)

A Simpler Way: Crisis as Opportunity (2016)

FULL LIST at:

www.filmsforaction.org

Environmental Film Festival

This environmental film festival was cancelled so now the films are available for free online bringing the whole world into your room!

dceff.org

LOCAL FRESH FOOD - Deliveries (as of 24th March)

Village Veg, Waunfawr/Caernarfon Delivery Fri or Sat. Free delivery over £8.50 order. Phone Kevin 07962 214347, villageveg@sky.com

Moelyci We will take payment over the phone and will let you know when it is ready to collect from outside the shop. Facebook: Moelyci

DJ's Fruit and Vegetables, Porthmadog Email: info@djfruit.cymru for a form or call 01766 514330.

The Eating Gorilla in Penrhyndeudraeth are hoping to do takeaway and home delivery and are hoping to work with B&M taxis. Call 01766 770292

Siop a Caffi y Garreg in Llanfrothen 01766 770094 are doing grocery deliveries to vulnerable people. They can also deliver simple hot meals.

Thai Harbwr, Porthmadog are hoping to start a take away/delivery service soon. 01766 515230.

Grapes in Maentwrog are now offering take away. 01766 590365, grapeshotelsnowdonia.co.uk

Kyffin Cafe Deli (Facebook) Kyffin are making food for take away and delivery, including packs of various loose leaf tea. You can find them on Facebook or call 01248 355161.

Wildings Vegan Kitchen, Colwyn Bay Soups, main dishes and cakes; home delivery (for a small tip?) for those within 3 miles for orders over £15. Phone 07980 112698 or Facebook

Soulvegan Bakery We will go back to standard 3/4 days delivery, with the added option of special delivery. Online orders welcome. Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk

V-Topia Colwyn Bay From Fri 20th March you can order our menu to take away!! Just call us to order and we will have it ready and waiting for you. 01492 533433, Facebook: V-Topia

Sip Cafe Kitchen, Colwyn Bay Open only for take aways 10am - 3pm. Keep uptodate on Facebook or contact 01492 533433.

Ffika Environmentally conscious, mobile food and drinks truck based in North Wales. Taking online orders or via Facebook. Contact 07717 530069, ffika.com

Treddafydd Organic Farm You can order online seasonal veg bags and fruit bags and chutneys and jam. Local delivery or pick up in person. Based in Llithfaen, Pen Llŷn. Orders: treddafyddorganic.co.uk

Eat Your Greens Grown using environmentally friendly methods. Delivery service available, based in Denbigh. Order from 01745 289160, hello@eatyourgreens.wales ~ eatyourgreens.wales

Central Bakery Delivering in Anglesey. Contact 01248 810386 to place your orders, payment can be made over the phone. See Facebook: Central Bakery for more info.

Phoenix Bistro, Llangollen Operating a take away service Order via phone or email, pay over the phone, beep/call when outside, pick up your food from collection point. Enjoy! Service available 12pm & 8pm. Contact 01978 469829, thephoenixbistro2018@gmail.com Facebook: The Phoenix Bistro. The Bistro is also fundraising for delivery/orders for vulnerable people - gofundme.com

Premier Nefyn Will deliver anything from a newspaper to a full basket. Open 7am - 10pm: phone up/order/pay over phone with card, free delivery. 01758 721700

Plant-based recipes and ideas from **Beach House Kitchen** - Plenty of ideas for vital nourishment. Check out: beachhousekitchen.com or Facebook of same name





Being Creative at Home

Most Exhibition Galleries or Centres are closed for the time being but there is a huge creative explosion going on in homes across North Wales! Please follow the links on these pages to online creative sessions and just find time to play with colours, clay, paper, wood, yarns, string, paints, crayons, fabrics and find your inner creative! There are also examples of North Wales creatives here and links to their websites

Isolation Art Challenge A 14 day challenge to paint something from a given word as part of an online supportive group. Start whenever you want. Join up on Facebook

Undeb Bangor Corona Community / Cymuned Corona Undeb Bangor Join the group on Facebook to keep in touch sharing crafty and non-crafty ideas.

Watercolour Painting lessons with Rachel : watercoloursbyrachel.co.uk

The Guggenheim Museum has released over 200 Modern Art Books online for free: **mymodernmet.com** plus online art challenges

You can find online access to many exhibitions at the British Library online service. Go to their website: bl.uk

There are hundreds of "how to paint/draw" videos on YouTube covering acrylics, figures, styles, shapes, animals, charcoal - this one struck a chord of calm: **"I Made a Forest Using Two Simple Materials"** Watch how an artist draws a forest from charcoal and an eraser.



Song/Book/Art Scavenger Hunt

1. Find a book/song about Wales
2. Find a song you love to share
3. Find a book with under 100 pages
4. Find an ekphrastic picture

weareteachers.com

34 Craft Activities Using Recycled Materials

1. Wildflower seed bombs
2. Create a nature wreath
3. Construct a bug hotel
4. Fashion colourful birdhouses
5. Create Earth moss ball
6. Create a hanging garden
7. Upcycle trash into flower art
8. Chime the Wind
9. Paint paper bags
10. Create pebble art
11. Create a giant recycled art wall
- ... & much more!

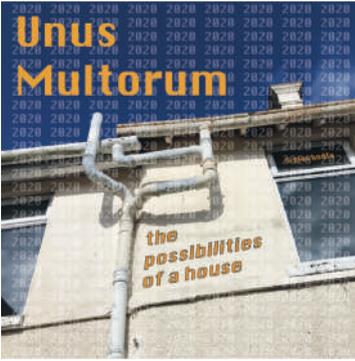


The "Mabinogion" is made from recycled materials by Chris Corfield - Normski Art. You can see more of Chris's work on Facebook: Normski Art or contact him on 01745 550180.

Free Writing
Try an exercise to free up your inner creativity: freewriterscompanion.com



Phil Jolley, NW Potters ~ philjolleyceramics.co.uk



Unus Multorum at Plas Bodfa

Our planned exhibition 'Unus Multorum' was meant to have opened on the 4th of April with projects, installations and artist multiples from 111 creative people. Transformed by the global pandemic, it has evolved into a time-less project, gently unfolding over the course of the year inside the house and here in the digital realm. Follow us here for videos, interactive works, virtual tours and much more over time:
www.plasbodfa.com/unus-multorum-2020. Facebook, Instagram: @plasbodfa

... Find your favourite piece of writing and create a picture to go alongside, or make something that sums up what the picture meant to you.

"Creativity is intelligence having fun" Albert Einstein

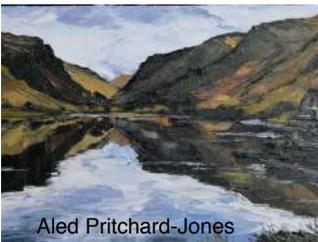


how many animals in this picture?

Ffin Y Parc gallery, Llanrwst LL26 OPT, 01492 642070

For those of you that are self-isolating, we have converted our website welshart.net into a fully buy-online experience, and as we hang each show we will be filming the exhibition and also displaying it fully on the website. I want to take this opportunity to thank you on behalf of myself and our artists for all the support you have given us over the years. We will get through this! Virtual hugs, Ralph.

Wood Engraving by:
Colin See-Poynton



Aled Pritchard-Jones

From 25th March Plas Glyn Weddw are streaming their exhibition online to show works by Aled Pritchard-Jones, Josie Russell, Janey Masters and Judith Hay.
 Keep up-to-date:
oriel.org.uk / @plasglyn



Josie Russell

josierussell.bigcartel.com



Centres in North Wales

Cae Mabon

*Holistic & eco
retreat centre*

Fachwen, nr
Llanberis
LL55 3HB

01286 871542,
caemabon.co.uk



Closed for the time being. Please contact the Centre for updates on events and workshops in the coming weeks. Eric Maddern is going to post a daily video vignette on his Facebook page to provide inspiration and connection.

Centre for Alternative Technology (CAT)

Hands-on learning for a zero carbon world
Machynlleth, 01654 704966, cat.org.uk

CAT is temporarily closed to all visitors to support social distancing measures.



We have postponed short courses that were due to run between 18 March and 30 April. If you are registered on an affected course you will be receiving an email shortly. If you do not receive this, please email courses@cat.org.uk.

Group visits from now to the end of April have been cancelled. If you have not received an email, please contact education@cat.org.uk

If you have any questions, please email us at contactus@cat.org.uk

Field Studies Council

Educational outdoor experiences
Rhyd-y-Creuwau, Draper's Field
Betws-y-Coed, Conwy LL24 0HB
01690 710494,

enquiries.rc@field-studies-council.org

We will contact customers in order of their planned arrival date to enable us

to discuss your options. Owing to the large number of bookings this process may take some time. We

will work with you to find a solution because we feel strongly that no one should be out of pocket.



Gladstone's Library

Library & meeting place of learning
Hawarden, Chester CH5 3DF
01244 532350,
gladstoneslibrary.org

While our building may be closed, we want to keep our community of local people, scholars, writers and book lovers at Gladstone's together. Our creative juices are flowing and we will be in touch shortly with details of new online activities so you can still be part of our fantastic library! We are also reviewing all our events up until the end of May and we are working with our presenters to establish whether we will cancel events or, where possible, we will get alternative dates and postpone instead to avoid disappointment. We will be in touch with anyone who has booked tickets for any cancelled event.

Dru Yoga Snowdon Mountain Lodge

*Yoga & meditation
retreats*

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

We are running daily online sessions via our Facebook page.



Henbant

*Fferm
Paramaethau/
Permaculture Farm*

Tain Lon, Clynnog Fawr
Caernarfon LL54 5DF (*sat nav LL54 5DE*)
01286 660, 07786 316413

matt@henbant.org ~ henbant.org
Please contact the Centre for updates on events and workshops in the coming weeks.

Plas Tan Y Bwlch

Art & Environmental Studies Centre
Maentwrog LL41 3YU
01766 772600,
eryri.llyw.cymru

The Centre is closed until further notice, but the gardens will remain open and free of charge. Our staff will be in touch with all who were due to attend a course at Plas over the coming months.

We aim to provide courses which are of interest to all lovers of the countryside who would like to know about this fascinating area of Wales.



Canolfan Parc Cenedlaethol Eryri
Snowdonia National Park Centre

PLAS TAN Y BWLCH

Woodland Skills Centre

Courses in traditional
crafts, bushcraft &
family holidays
The Warren, Bodfari,
Denbigh
01745 710626,



woodlandskillscentre.uk
enquiries@woodlandskillscentre.co.uk

"In these uncertain times seek refuge and peace in nature. Go for a walk, spend time in your garden or allotment, listen to the birdsong. Feel the calm and peace."

Some of our events/courses will have to be cancelled or postponed and some will still run.

If you have booked with us, we will contact you directly.

Awakened Heart Sangha

Tibetan Buddhist Centre

The Hermitage of the Awakened Heart
Ynys Graianog,

Ynys, Criccieth LL52 0NT
01766 530839, hermitage@ahs.org.uk
buddhisthermitage.wales

We are closing the Hermitage doors to all visitors for April, May and June. This means that some events are going to be online only, others cancelled or postponed.



We hope to meet our shared need for meeting, practicing, learning and sharing time through creative online participation via Zoom. Please go to the links on the website above.

Trigonos Environment Centre

Holistic, creative, social
& environmental
workshops & retreats
Plas Baladeulyn,
Nantlle LL54 6BW
01286 882388,
info@trigonos.org
trigonos.org



As of 23/3 we are closed to visitors and visiting groups. Please contact us for updates on events and workshops in the coming weeks.

Tyddyn Teg Cooperative

Organic Vegetable Farm
Tyddyn Berth LL55 3PS
07751 789948
tyddynteg.com



We think that in times like these, local community supported agriculture schemes like ours are essential, and whatever happens, we'll do everything we can make sure that you keep getting your local sustainably produced vegetables.



Snowdonia Society & National Park

Conservation Charity looking after Snowdonia

Caban, Yr Hen Ysgol,
Brynrefail, Caernarfon LL55 3NR
01286 685498
snowdonia-society.org.uk
info@snowdonia-org.uk

In co-operation with the police and local authorities the Snowdonia National Park Authority will close all its main car parks and is also exploring options to close down the most popular mountains and sites if the situation continues.



RSPB North Wales Birds & Wildlife

Conwy LL31 9XZ 01492 584091
South Stack LL65 1YH 01407 762100
Mawddach Woodlands 01654 700222
Ynys-hir SY20 8TA 01654 700222
Lake Vyrnwy SY10 0LZ 01691 870278
rspb.org.uk

It is with great sadness that we ask people to refrain from visiting our nature reserves. This means that until further notice, all of our car parks, toilets, visitor centres, hides, cafes and shops are closed to the public.



Anglesey Druid Order ~ Urdd Derwyddon Mon

The urdd will be making a decision about the urdd courses and activities in the next few weeks. We may have to delete our opening customs over the summer period. So far - keep coming to us two times a month, on the 6th day of the new moon and again over the full moon period. In the meantime, stay safe, and get in touch as much as you can - safe - with the natural world. You can find out more from our Facebook page.

**Copydate for May Network News:
April 18th**

Llyn Parc Mawr Woodland Group

Woodland walks and activities

llynparcmawr@gmail.com
llynparcmawr.org

Bringing the woods to you

With the current restrictions we realise that many of you are unable to visit woodlands, so we have decided to bring the woods to you, through regular updates of photos and information about plants that are currently growing at Llyn Parc Mawr.

You are welcome to contact us.



Canolfan Abbey Road Centre

Support service for mental health
Abbey Road, Bangor LL57 2EA
01248 354888, abbeyroadcentre.co.uk

If anyone needs phone support during this difficult time please call 07726128275 during work hours 10am till 4 pm. You can send in your paintings and drawings and we'll post them upon Facebook page! Tell your friends, DM us, take care and wash your hands.

Woodland Classroom

Reconnecting with nature in
Wrexham area



we've had to make the hard decision to postpone ALL our courses & events scheduled for March to May. If you're booked onto one of our events over the coming weeks please follow the link to read our full statement.

Stay safe everyone, get outdoors, but do so responsibly and with social distancing in place. You can find out more from James and Lea Kendall 07876 794098, hey@woodlandclassroom.com
FB: Woodland Classroom



Felin Uchaf Rhoshirwaun, Pen Llŷn

Eco-centre and Storytelling venue

The trustees have decided that we will be closed to the public until further notice.

Warmest wishes to you all.
felinwales.org

Home Education

Marie Hodgson-Scott



Remember before your children started school? You planned days depending on weather, mood and interests. It's the same now. That's how we home educate. Especially with all this anxiety and uncertainty that lowers the body's immune system - just have fun. Focus on what will relax you, make you laugh and stimulate your minds. 2h a day is the equivalent to a school day. That could be in slots of 15 min. It could be a game of cards, making pancakes or a really in-depth conversation.

First work out as an adult what you yourself need to do in the day, and when. Then see what works for you as a family. Downtime reading, gaming and playing is ok whilst parents work.

Talk about life skills, explain what you are doing when sorting the washing, loading the dishwasher...monthly outgoings... Enjoy making each other laugh, don't stress each other out with the pressure of timetables, unless they help you all. Talk about over optimistic to do lists .importance on being realistic for your mental health. Do yoga, meditation...life skills that as an adult you wish you'd learnt earlier.

Get fresh air, play board games, cards, crafts, binge watch a series and talk about it. Listen to audio stories whilst drawing. Or spend a day Lego building. A day finishing that book. Play with their toys with them. Do the things you never have time to do...

Maybe after this you will choose to home ed always or understand why some choose to home ed for their children's mental health and self esteem. Please don't worry.

You've got this.



*Marie Hodgson-Scott home educates her two young children on Anglesey. You can contact Marie on **07907 711767***



~ Riddles ~

1. I'm tall when I'm young, and I'm short when I'm old. What am I?
2. What month of the year has 28 days?
3. What is full of holes but still holds water?
4. What can you break, even if you never pick it up or touch it?
5. What has lots of eyes, but can't see?
6. What runs all around a backyard, yet never moves?
7. What word of five letters has one left when two are removed?
8. What is so fragile that saying its name breaks it?
9. I have lakes with no water, mountains with no stone and cities with no buildings. What am I?
10. A hoop by day and a snake by night - what am I?

Answers on page 34

Unlock Your Bike!

Peter Walker

It's an increasingly urgent question for those who still have to travel into work, or to collect supplies or visit vulnerable people – how can you get around without contracting – or spreading – the coronavirus? One answer could be **cycling**.

The immediate caveat to mention is that this is not a call for every trip to be made by bike. If you're going 25 miles at night to collect 50kg of supplies for a food bank ... well, you could do it with a cargo bike, but for most people it's a non-starter.

But with more than a third of trips in the UK under two miles, and more than 60% of them less than five miles, the scope is there for many more one person trips to be made by bike (or, indeed, on foot for shorter trips).

So why cycle? The coronavirus-specific paradox of a bike is that it simultaneously gets you out onto the streets, in touch with fresh air, the changing springtime climate, and other people, but it's very rare to be in over-close proximity to others. Even at a rush-hour traffic light in a city, you can almost always stake out a metre or two of your own, away from other riders and drivers.

Cycling for everyday transport has not so far been restricted outside places which have imposed hugely draconian containment measures, like China. While Italy and Spain have placed temporary bans on leisure cycling, riding a bike for permitted everyday travel is officially allowed, albeit with reports of some over-zealous police enforcement.

In March, the chief executive of British Cycling, Julie Harrington, wrote to the health secretary, Matt Hancock, urging ministers to add cycling to their list of recommended activities during the outbreak.

A few days later, a group of nearly 50 academics and experts on public health and transport wrote an open letter to the government, urging ministers to not discourage walking and cycling amid the pandemic, noting their vital importance in the wider public health issue of combating inactivity.

During any lockdown, *"all of our existing social and health risks do not simply go away"*, they wrote.

The letter added: *"In a rapidly escalating situation, policy could be adopted that largely confines the general asymptomatic population to their homes, potentially for some time. Confinement, sometimes in overcrowded accommodation with little or no private green space, and particularly during times of anxiety has health risks."*

This makes perfect sense. Coronavirus is a very obvious health crisis, and could – at the best-case predictions – kill quite a few thousand Britons.

But the longer-term, more normalised health consequences of people living excessively inactive and sedentary lives – everything from type 2 diabetes to cardiovascular disease and several types of cancer – is one of the leading causes of early death around the world, every year.



Precise figures are hard to estimate, but one often-quoted statistic suggests that in England alone, 80,000-plus people die early every year due to the health consequences of inactivity.

Rather than impeding cycle use, governments should use the coronavirus crisis to make it easier, particularly in cities, so people can avoid public transport. It would take a matter of hours to cone-off lanes to create temporary bike routes so more people could ride safely. The Colombian capital, Bogotá, has already begun to do this.

I'd also strongly argue against any bans on recreational and leisure cycling, which is so good for both physical and mental health. The rationale for these appears to be to take the strain off health services, in case a cyclist is injured and needs treatment.

This approaches the issue from the wrong way. *Cycling is an inherently safe form of transport where the danger is almost all external – that is, from drivers and other motor vehicle users. If the intention really is to prevent road casualties, then the best way, surely, would be to reduce speed limits, and urge careful driving.*

This could be made into a coherent approach. So, for example, big cities could impose blanket 20mph speed limits – better, 15mph – with space set aside on major roads for cycle use. With so many people working from or confined to home, in many cities traffic levels are falling, even with public transport off limits. This would also make walking more appealing.

One of the many effects of the pandemic has been falls in emission levels in many cities, as cars stay at home. Some have even speculated that in some countries, the death toll from coronavirus could be significantly offset by fewer people dying as a result of air pollution.

Around the world, governments are taking actions which, even a few weeks ago, they would have dismissed as fantasy. Boris Johnson's government is currently not dismissing the idea of introducing a universal basic income, an idea which, when raised by the Greens in 2017, was viewed by the Conservatives with derision.

So why not make cycling easier, not more difficult? At one stroke, you have people kept distanced during transport, and making them healthier in the long term – not to mention more likely to be able to see off respiratory infections like Covid-19.

It could be time for action.

*Peter Walker is a political correspondent for the Guardian and the author of **Bike Nation: How Cycling Can Save the World.***
@peterwalker99

This article first appeared in The Guardian's Bike Blog

Can I still ride my bike?

The government has advised that we all avoid unnecessary travel and social contact, but that doesn't mean you need to stop riding your bike for one ride a day and **Bicycle Shops are now listed by the Government as an "essential retailer"**. Dr Kate Hattersley, who works with charity Cycling UK, said for healthy riders under the age of 70:

"There is no reason for you to stop cycling at present but make sure to do so at a safe distance from others. You should carry tissues to use when cycling, disposing of them safely in a bin as soon as possible. If you do visit a food outlet, you must wash your hands before and after visiting, and again on returning home. It's also advisable to wash your cycling gloves, too. Remember to avoid touching your face if your hands are not clean."

You should also take as much food and water as possible for your ride, to help you avoid having to stop in a shop and make social contact.

Capitalism: Only Its Victims Can Save It Now

George Galloway

Franklin D. Roosevelt and John Maynard Keynes have been knocked into a cocked hat by Donald Trump, Boris Johnson, and Emmanuel Macron, the new holy trinity of *dirigiste* capitalism.

According to the laws of capitalist economics, an airline which cannot fill its seats must go to the wall. If the public's taste for ocean-going cruises dissipates either by fashion or pandemic, the cruise company goes under the relentless waves, sink or swim.

John Maynard Keynes and Franklin D. Roosevelt bucked that in the 1930s Great Depression, deciding that the fate of nations could not be left merely to the unseen hand of market forces, but that if not a heart then at least a brain must be applied. That accountancy was not economics. That was the New Deal.

The descendants of Keynes and FDR would not normally be found in either the British Conservative Party or the GOP. Reagan and Thatcher must be turning in their graves. Because in March the prevailing capitalist orthodoxy was turned on its head and eye-watering sums of public money were splashed not by Sanders or Corbyn or Melenchon, but by their polar opposites - whose whole careers have been built on denouncing the slightest bit of Keynesianism as socialism or even communism.

Unless one believes all three have experienced a Damascene conversion, **one can safely say the scale of the bail-out equals the scale of the threat perceived to capitalism itself by the coronavirus epidemic. An economy which is principally private cannot meet the needs of the human race when existential dangers arrive.**

Under capitalism, if people cannot go to work and earn money, or eat out, entertain themselves or shop, all the private enterprises dependent on these things must fail. But politics is the art of ensuring that a crash is never so apocalyptic as to raise the possibility that the people will rise up - especially not during the *Ides of March*...

Boris Johnson and his Chancellor repeatedly said they would do "whatever it takes": interest-free loans, loans at attractive rates, mortgage holidays, the protection of uninsured businesses, the scrapping of business rates for pubs, restaurants, retail and service industry businesses...

Implied is subsidy for private airlines, privately owned airports; under-review is the potential plight of tenants, hourly wage-workers, those in the gig economy. The heartless Tories even found millions for the destitute so they could be taken off the streets, and given a space in which they might "self-isolate."

Of course, within this bout of socialism, there are many footprints of some being more equal than others - Sir Richard Branson for example will fare much better than the Rickshaw driver in Piccadilly Circus.

But it nevertheless shows that in the third decade of the 21st century, after 250 years of hegemony, capitalism has left us two pay-cheques away from penury and one virus away from existential disaster. And only the money of its victims can save it.

(Edited version of original article at RT.com)

George Galloway is now leader of the Workers Party GB

georgegalloway.com

Revisoning Bangor To Caernarfon

A Rail and Community Route
Michael Chown

I have found it hard to write this article. We were going to launch this project on 17th April at a grand meeting in Galeri Caernarfon. The project? To revision the abandoned Bangor - Caernarfon Railway. Our group is only just formed, a few months old. The idea, much older. Now, with the collapse of so many systems, perhaps more necessary. But despite current 'isolation' this is a scheme to reduce all future isolation. So I ask you to think it through and see if it fits with a better world to follow...

The Greater Perspective

This is a tremendously exciting scheme because it not only carries benefits of its own but it completes years of work that you would never notice if you hadn't been involved in the grand plan! It completes circuits 40 or more years in the making.

Snowdon is the iconic 'high point' of Wales. Enormously attractive, both as beauty and magnet, to so many people that it's drowning in the pressure. But you can't just move the car parks a few miles away this year and a few more the next. This scheme enables people to arrive without their cars. In fact to be better off without them.

The Railways

The Ffestiniog Railway was one of the first railways in the world to be rebuilt. Something that began with the Tallylyn Railway of which we can be specifically proud in North Wales. Years later the Welsh Highland had just begun opening as a Lôn Las when the proposal to rebuild as a railway began, and the community route idea stood aside. As the WHR progressed it came into Caernarfon



paralleling Lôn Eifion, with room for both.

So we now have railways from Caernarfon, via Porthmadoc, Bleanau Ffestiniog and Llandudno Junction, all the way back to Bangor. There's just nine miles missing of a complete rail circuit of Snowdon.

Lônudd Glas - The Community Routes

Imagine a path that everyone can use: to walk, cycle, push a pram or guide a wheelchair? The first ever Lôn Las - in the world? - was Lon Bach out of Bangor, followed immediately by Lôn Eifion south of Caernarfon. Yet joining these two places proved difficult then and is yet to be completed. Then NCN 8 or Trans Cambrian Trail to the West and the Lôn Las Ogwen extension through Betws-y-Coed were designed and progressed. Today, via forestry links the complete circuit of Snowdon dawns - but for Bangor. Lôn Las Menai heads off on the old railway tracks from Caernarfon, stumbles through Y Felinheli but gets no further.

Complete together

The old railway was twin track allowing us now to rebuild the line with Lôn Las Menai running continuously beside. Each new bridge for the railway taking the Lôn Las closer to Bangor. We will be able to encourage tourists to arrive without a car - and we ourselves shall be able to do the same. So there can be continuous rail around the area, and continuous walking and cycling also circuiting Snowdon but running up every valley as well. Then to ensure that the Snowdon Sherpa - minibuses with trailers - run from station to station, Bangor to Beddgelert, and Caernarfon to Betws-y-Coed, completing the system.

Stillness at the centre

Back to the Snowdon perspective. Once Rail + Bike + Sherpa work, we will find we don't need cars between Capel Curig, Nant Peris and Beddgelert. These three roads are the only roads that have no parallel paths for anyone to use yet could be traffic free for the peaceful enjoyment of all. This was proposed in the 1970s as car numbers increased. Now it is possible, not by banning cars, but because we have solved the problem at source in Bangor.

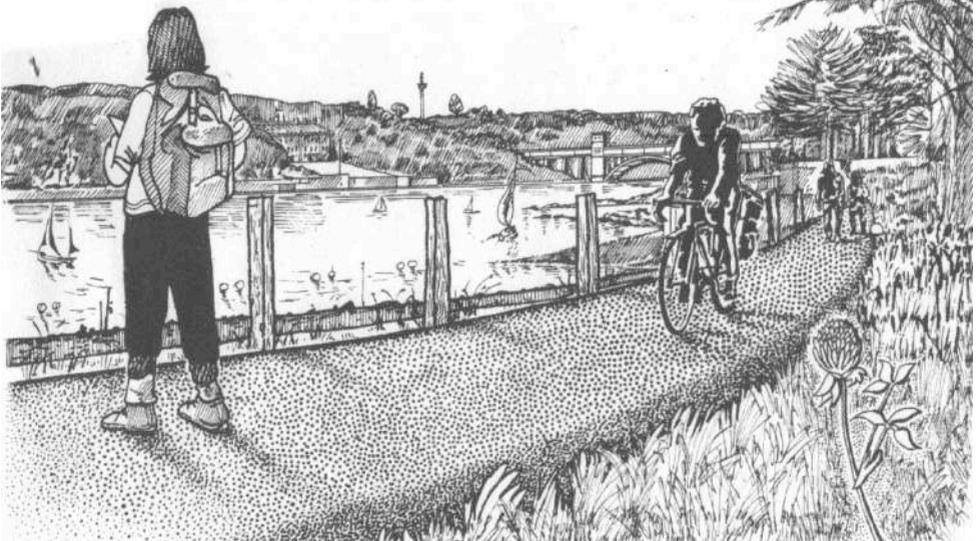
To achieve a peaceful Heart to the National Park, we must get a railway into Bangor, and both the Lôn Las and Sherpa Buses to Bangor Station.

Change is happening faster than we thought. My last article - in last month's NN - asked you to look forward many years and see where the world is going. I suggested that a crisis might occur within a year or two, which would precipitate a crash in fuel price and a return to quantitative easing to lessen the blow. Within a week fuel had fallen and within 3, QE is there in billions. We will not be going back, but are we ready to go forward? The current situation has made us all equal. Can we build on this?

If we jump forward a year or two have we learnt to work from home .. are we growing our own vegetables or are we buying them at the newly formed farmers market? Is there more within walking and cycling distance, than ever was before this dramatic upheaval? Are all these things for the better? Are we being forced into a chrysalis moment... to emerge as butterflies! If so, then the sooner we dive in, the better. No one re-emerges as a caterpillar.

Imagine Y Felinheli - newly pedestrianised - with a tram station at the centre, where the old bridge used to be. Imagine a flight of steps down to the waterside - where the cars used to be. Shops reopened, a thriving centre.

A village now with conference space, workshops, bakery, cafes, everything you need at hand.

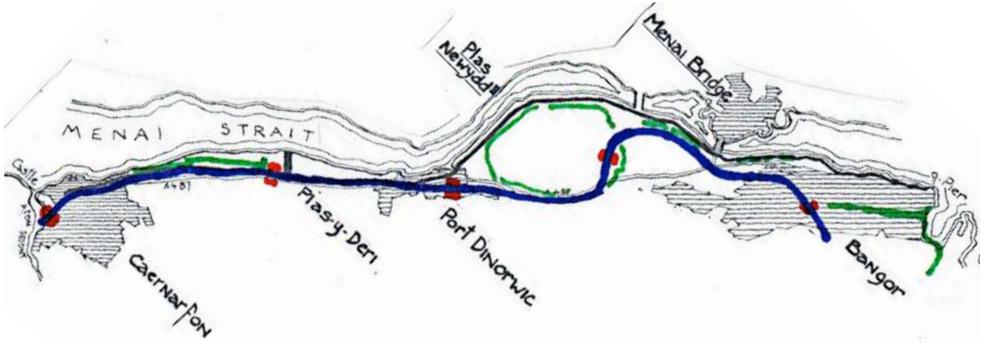


I planned this article some 3 weeks ago. A different world. Do we put life on hold? Lets start deciding how we are to recover, rebuild, and become more resilient, for the day we get back on the street.

Done in its fullness this project shows how. Localisation leads to greater control and democracy.

A resilience that we all understand.

- * Developments along the line - Pearls on the string



- * Opening the river Adda - as a Lôn Las corridor from sea front to Railway station. Inner city park through Bangor
- * University engagement in all these local projects
- * Treborth as a botanical centre to the whole route as Greenway
- * Vaenol as University/County demonstration centre; for zero housing, biodynamics, soil science,
- * Y Felinheli as demonstration pedestrianisation. Like Portmeirion or even Portofino. Piazza to waterfront.
- * The old Ferrodo factory as the new prefabrication centre. First for the bridges then the electric trams. Electric mules or bicycles. Or perhaps vegetable distribution.
- * Orchards and market gardens between the track and the sea from Felinheli to Caernarfon.

Conclusion

An opportunity to rethink everything, as the Wellbeing of Future Generations Act requires that we do.

To be ethical, ecological, and personally empowering in every action, at the level at which everyone on Earth may do the same.

We are all equal now.

Timescale

Later this year we need a Report into routes and options. Then public discussion towards the final route. We could be negotiating funding in 2023 to go on site in 2024. Money is on offer now to do a first Feasibility. Application needs to be in by June this year! This requires a discussion amongst Engineers and others immediately. ***If you are at all interested or know one who might be please contact me as below.***

Creating a Report

We will need: a Track engineer, a Permanent Way engineer, a Bridge engineer, a light electric rail specialist, an Architect and perhaps a Landscape Architect. If you are, or can cover several of these, ***then please contact me asap.***

Likewise if you have expertise that might extend the project in other ways, please be in touch. This will be a preliminary study which must illustrate the breadth of opportunity just as much as an outline of designs and costs.

wholism@outlook.com
07976 155 857

Pisces, Neptune & Lent

Phillip Lindsay

The one unprecedented fact is that the Covid-19 pandemic has forced the entire planet to slow down, the forsaking of usual routines, staying indoors, not socialising etc. The coincidence of this outbreak overlapping into the 7-weeks Christian cycle of Lent is also quite profound:

“Lent begins on Ash Wednesday and ends approximately six weeks later, before Easter Sunday. The purpose of Lent is the preparation of the believer for Easter through prayer, doing penance, mortifying the flesh [!] repentance of sins, almsgiving, and self-denial.” (Wikipedia)

Lent embraces the period of Pisces, just before Aries at Easter, the beginning of the new spiritual year. The themes of Lent are very much in the Pisces vein! Pisces is an emotionally and psychically sensitive water sign, ruled by the god of the waters Neptune, which is currently transiting through Pisces.

Hence, fear and trepidation about the Covid-19 outbreak has been unusually amplified. That fact has been compounded by the sun making its annual pilgrimage into Pisces on Feb.19, culminating with its conjunction to Neptune, on the full moon of March 9, 2020 – hence, it will have a strong impact upon the year 2020. Neptune’s position here will have two expressions:

1. More of the same – fear, confusion, panic driven markets, wild theories, misinformation, propaganda, deception, manipulation etc. This might apply to the majority of humanity, yet already so far in this crisis, some unusual calm is pervading.
2. An emerging orientation toward a new idealism and vision based upon spiritual values of a smaller but potent

group – the many millions of “people of goodwill”, who through recent traumatic experiences of isolation and death, yearn to escape the treadmill of work, production and materialism – into a better quality of life.

Even though Neptune is the ruler of the solar plexus centre, it has an intimate relation to the heart, as does Jupiter, Pisces’ other co-ruler. Hence, Neptune’s conjunction at the recent full moon festival of Pisces should engender a great deal more compassion globally, and invoke the patience for which Pisces is known ...



... A patience needed to readjust to a new routine while waiting to return to work. A patience that can “be here now” – where the illusion of time is transcended. A “softening” or a “soft revolution” may come to bear. Patience is an

expression of compassion, as is Pisces’ other familiar theme – forgiveness.

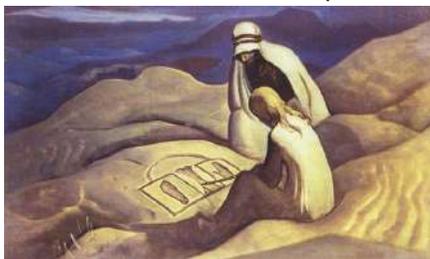
If these seeds can take deeper root in Humanity during 2020, then the previously discussed evolutionary movement from solar plexus to heart – will be greatly boosted, and a mass awakening may come into effect. The virus of fear could be replaced by a pandemic of Love – it would not really take that much to effect such a seismic shift!

Neptune is esoterically regarded as the “heart of the Sun” which pours its energies through Neptune upon Humanity.

Neptune rules mass consciousness. If this mass migration from solar plexus to heart takes place, then millions will start to “reverse the wheel” in their individual soul evolution, followed closely by the first initiation – where the first true sense of soul and higher consciousness is realised: The birth of Christ/Buddha in the heart.

Such an event would have enormous ramifications in shifting the balance in a world over-preoccupied with the lower mind, materialism and starved of compassion; it represents in many ways how Humanity must transform and prepare itself for the *Externalisation of the Hierarchy* after 2025.

Humanity paves the way for Hierarchy and Hierarchy paves the way for the Reappearance of the Christ (or the One who holds the Office of the Christ) – whose esoteric name in the West is Neptune:



“Signs of Christ” by Nicholas Roerich

“In certain ancient formulas, the great Teacher of the West and the present world Initiator, Christ, is spoken of as Neptune, Who rules the ocean, whose trident and astrological symbol signifies the Trinity in manifestation and Who is the ruler of the Piscean Age.” (Esoteric Astrology, Lucis Press)

Pisces esoteric ruler Pluto is also fully engaged at the moment, from its powerful position in Capricorn, it is destroying the ties that bind the two fishes together, so that duality can be transcended and synthesis achieved.

Many are enjoying the eerie new quiet – bliss! Less traffic noise, planes and

pollution. The air is noticeably fresher, cleaner. In fact satellite photos over various countries like China, show considerable changes to the usual dirty air that surrounds them.

“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.” (Kitty O’Meara)

Phillip Lindsay has been a student and teacher of the Ageless Wisdom and Esoteric Astrology for over thirty years, and is the author of several books. You can subscribe to his monthly newsletter at:

esotericastrologer.org

Full Moon Meditation Network

Aries: March 21st ~ April 20th
Full Moon: April 8th at 3:35am

The Great Invocation

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

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

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

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

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

www.lucistrust.org

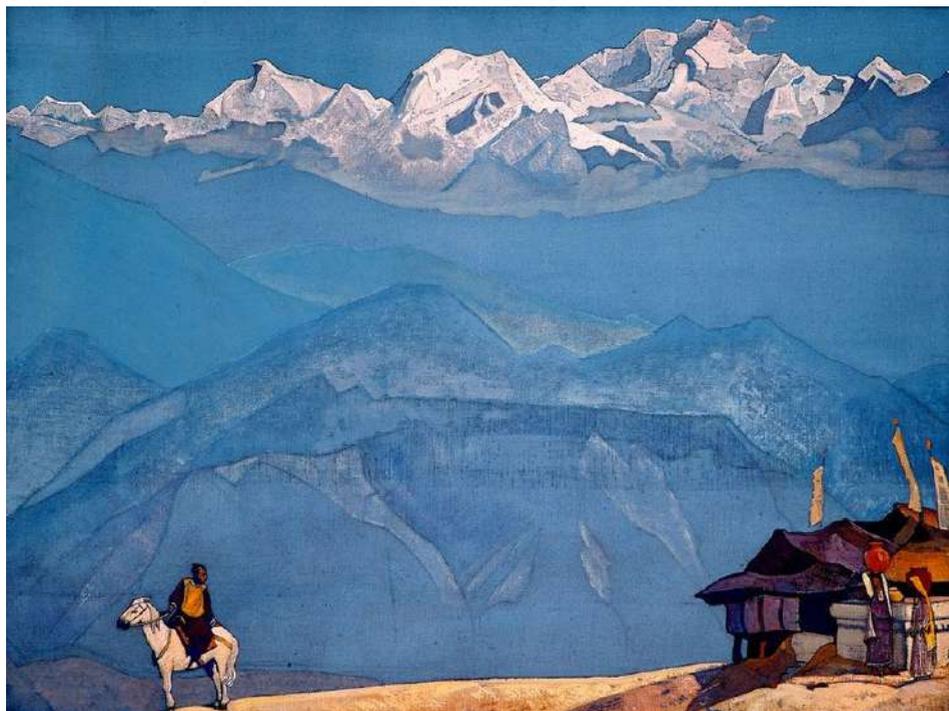
Shadow Work

As we walk through our
darkest shadows
Only our own shadows
remember
We must first learn to
dance with
And celebrate our
shadows
Because from our
shadows
Like the dawn, we are
born again

by Geraint

Gwaith Cysgod

Trwy'r cysgodion twyll
Mi gerddwn
Ond mond cysgodion
Ein hunain sy'n cofio
Mae rhaid dysgu dawnsio
Wrth ymyl ein cysgod
A'i ddatlu
Achos trwy'r cysgod
Dorra'r wawr a geni
Diwrnod newydd



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1. A candle
6. A fence

2. All of them
7. Stone

Answers to Riddles:

3. A sponge
8. Silence

4. A promise
9. A map

5. A potato
10. A belt

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Harmony with Sarah

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01407 763670



Health & Food

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LLANRWST
LL26 0LL



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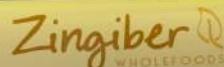
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A Network of Goodwill

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

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

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

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

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

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

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

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

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

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