celebrating gaia ~ refugee tales ~ reclaiming the commons ~ vorticism in harlech coming to grief ~ temples for humanity ~ nuclear realities ~ a cartoon charlatan

“we are part of the earth, not her masters, conquerors, or owners”

Vandana Shiva
July 2021

Articles

Gaia: A New Look At Life On Earth  4
Some extracts to celebrate the author’s 102nd Birthday on 26/7/21
James Lovelock

The Freedom Tour  6
Gully Bujak

Coming To Grief  8
Karen Scott

Reclaiming Our Common Home  10
We are part of the Earth, not her masters, conquerors, or owners.
Vandana Shiva

Vorticism In Harlech  12
Anthony Brockway

Refugee Tales Cymru  29
Sue Hofsteede

The Stories Of A Cartoon Charlatan  30
Jonathan Lis

Temples For Humanity  32
Andrew Durham

Nuclear Energy = Nuclear Weapons  34
Jonathon Porritt

The Basis Of Non-Separateness  36
The Tibetan

Dear Woman  Back Cover
Jane Legge

This Month

Events  13 ~ 28
Online & Offline, Workshops, Exhibitions, Groups...

Full Moon Meditation Network  37

Local Fresh Food Supplies  38

Front Cover Illustration by Femke van Gent
www.femkevangent.art

Printed on 100% post consumer waste paper by
Network News cic, Pwllheli
Welcome to the July Network News. On the 26th, James Lovelock is 102! In 1969 he dared to hurl his Gaia hypothesis into the cage of materialistic science. Now the question is: *Do you speak Gaian?*

Most indigenous societies spoke Gaian fluently - and made it visible in their rituals and origin stories. Today, a few mavericks can speak a little Gaian. They are the insect lovers, jet stream watchers, fungi finders, glacier measurers, poets of nature. Others may be found among intrepid walkers, cavers, climbers, sailors and divers.

Gaia Theory gives an intellectual framework to the ancient notion that the Earth is one self-regulating organism. In a human body, all the organs and systems constantly work together to keep the whole organism functioning as happily and healthily as possible. In the planetary body, Gaia Theory sees the same holistic wisdom at work - trying to filter poisons, adjust temperatures and maintain optimum conditions for the ten million or so species it sustains.

At puberty, human bodies hit crisis as hormones are released, brain cells are “myelinated”, and risky teenage experiments are initiated. Some feel at war with their own organism. *Is this what is happening to Gaia?* As hormones are released on cue in a human, so techno-humans have been released on the planet. Total turmoil, self-harm, skimming the edge of destruction - but the potential emergence of a wiser, more integrated, creative outpost of Life on the other side.

We’re so caught up in the chatter of our local, national and cultural bubbles - yet these are of little significance if we cannot hear the voice of Gaia - within whom “we live and move and have our being”. Let’s support each other in learning this original language, to help us understand our role in sustaining the ten million species.

Blessings to all Beings
**Gaia: A New Look At Life On Earth**

Extracts from his 1979 book to celebrate the author’s 102nd Birthday on 26/7/21

*James Lovelock*

**Things have taken** a strange turn in recent years; almost a full circle since Galileo’s struggle with the theological establishment. It is the scientific establishment that now forbids heresy. I had a faint hope that *Gaia* might be denounced from the pulpit; instead I was asked to deliver a sermon on *Gaia* at the Cathedral of St John the Divine in New York! By contrast, *Gaia* was condemned as teleological by my peers, and the journals *Nature* and *Science* would not publish papers on the subject.

The idea that the Earth is alive has existed since ancient times. The name Gaia is of a living entity and was used by the Greeks two thousand years ago. The first scientific expression of a belief that the Earth was alive was from James Hutton in 1785. Hutton was the father of Geology. I wonder where and when things went wrong.

Data galore has been accumulated on every conceivable aspect of living species, from their outermost to their innermost parts, but the crux of the matter, life itself, has been almost totally ignored. At best the literature reads like a collection of expert reports, as if a group of scientists from another world had taken a television home with them and reported on it. The chemist said it was made of wood, glass and metal. The physicist said it radiated heat and light. The engineer said the supporting wheels were too small and in the wrong place for it to run smoothly on a flat surface... But nobody said what it was.

I first put forward the Gaia hypothesis at a scientific meeting about the origins of life on Earth in 1969. Perhaps it was poorly presented. It certainly did not appeal to anyone except the late Swedish chemist Lars Sillen and Lynn Margulis of Boston University. A year later, Lynn and I met again and began a most rewarding collaboration.

We have since defined Gaia as a complex entity involving the Earth’s biosphere, atmosphere, oceans and soil; the totality constituting a feedback system which seeks an optimal physical and chemical environment for life on this planet. The maintenance of relatively constant conditions by active control may be conveniently described by the term “homeostasis”.

If Gaia exists, the relationship between her and humanity, a dominant animal species in the complex living system, and the possible shifting balance of power between them are questions of obvious importance...

The Gaia hypothesis is for those who like to walk or simply stand and stare, to wonder about the Earth and the life it bears, and to speculate about the consequences of our own presence here.

It is an alternative to that pessimistic view which sees nature as a primitive force to be subdued and conquered. It is also an alternative to that equally depressing picture of our planet as a demented spaceship, forever travelling, driverless and purposeless, around an inner circle of the sun.
Most scientists live their lives in cities and have little or no contact with the natural world. Their models of the Earth are built in universities or institutions where there is all the talent and the hardware necessary, but what tends to be missing is that vital ingredient: information gathered first-hand in the real world. In these circumstances it is a natural temptation to assume that the information contained in scientific books and papers is adequate, and that if some of it does not fit the model then the facts must be wrong. From that point, the fatal step of selecting only data which fit the model is all too easy, and soon we have built an image not of a real world, which might be Gaia, but of that obsessive delusion, Galatea, Pygmalion’s fair statue.

Just as a person who experiences sensory deprivation has been shown to suffer hallucinations, it may be that the model builders who live in cities are prone to make nightmares rather than realities. No one who has experienced the intense involvement of computer modelling would deny that the temptation exists to use any data input that will enable one to continue playing what is perhaps the ultimate game of solitaire.

The Gaia hypothesis implies that the evolution of *homo sapiens*, with his technological inventiveness and increasingly subtle communications network, has vastly increased Gaia’s range of perception. She is now - through us - awake and aware of herself. She has seen the reflection of her fair face through the eyes of astronauts and the television cameras of orbiting spacecraft. Our sensations of wonder and pleasure, our capacity for conscious thought and speculation, our restless curiosity and drive are hers to share. This new interrelationship of Gaia with humanity is by no means fully established; we are not yet a truly collective species. It may be that the destiny of humanity is to become tamed, so that the fierce, destructive, and greedy forces of tribalism and nationalism are fused into a compulsive urge to belong to the Commonwealth of all creatures which constitutes Gaia. It might seem to be a surrender, but I suspect that the rewards, in the form of an increased sense of well-being and fulfilment, in knowing ourselves to be a dynamic part of a far greater entity, will be worth the loss of tribal freedom.

There can be no prescription, no set of rules, for living within Gaia. For each of our different actions there are only consequences.

*James Lovelock is an independent atmospheric scientist who lives and works deep in the English countryside. He has a knack for making discoveries of global significance. His latest book is “Novacene - the coming age of hyperintelligence.”*

[jameslovelock.org](http://jameslovelock.org)
I have never been more keenly aware of the precariousness of the concept of Britishness than I am today. As a white privileged woman, I have rarely been asked to confront the myriad contradictions and abuses upon which my national identity rests. But it is now impossible to ignore the reality of a confused country ripping at the seams.

We continue to vote for parties and politicians who explicitly hold us in contempt. We grip on to our idols - who exist only in our imaginations - with a desperate irrationality, so that a statue is worth more than a life.

And now even the three lions - those stalwarts of Britishness - seem to be on shaky ground, as the fans who just a few weeks ago stood together against financial greed in the form of the Super League now decry kneeling players as ‘Marxist’.

Like the stranger in town who feels lonely even in a crowded room, we are at war with ourselves, adrift on a dying sea.

For the group behind the Freedom Tour, it is clear we are at a crossroads. And though it is frightening, it is an opportunity we simply cannot afford to let pass us by.

With the shock of the pandemic still scrambling our wires, against a backdrop of parasitic capitalism, (relatively) sudden globalisation and our planetary ticking clock, there is a chance to relearn Britishness, to upend what we know and forge new ways of being.

We need a new model for cohabiting on our small, vulnerable island, that will help us survive what’s coming.

In a society at war with its own identity we must do the complex and unknowable work of remembering what has been lost, of shedding what does not serve us and of envisaging what comes next. We must surrender our watchful guard as Churchill’s keeper and become ancestors again, wardens of the earth and forebears to the children whose future now trembles in the heat of the midday sun.

To do this work we must take the risk of trying something new - it requires us to be brave and bold and to reconstruct the notion of people power - to find that which unites us, and harness it.

Over the years we have swallowed the lie of powerlessness sold to us by the billionaire-owned press and opportunistic politicians - it’s a lie that says other powerless people are the reason that we ourselves are powerless. It says that the
people at the top deserve to be there. It says that nothing can ever change.

In believing all this, we have fulfilled our own prophecy; in being divided we have been conquered, and we have forgotten much in the process.

We have lost precious knowledge of our radical roots, of our ancestors who depended upon each other and their environment, of our inherited struggle and the history of the underdog - ratified in cracked stone and old soil around the edges of our shopping malls.

It is time for this knowledge to be relearned. And in relearning we will collectively rebuild power where it is needed: the power of the commons, the power of listening, the power of a shared life and the relentless resilience of nature, of which we are a part.

This summer, those who are disillusioned, suspicious and afraid are being called upon and asked to entertain new ideas - ideas of collaborative rather than competitive power, ideas of true democracy, expansive belonging, and political and spiritual revolution.

Led by young people, keenly aware of what the future looks like and daring enough to try and alter our course, the Freedom Tour will travel around the country, arriving eventually in the capital. We will spend the summer of 2021 connecting existing local grassroots movements, introducing and practicing tools of participatory democracy, sharing ideas of civil disobedience and instigating crucial dialogues that will challenge us all.

A staggering 4.3 million children in the UK live in poverty, 75% from households with at least one working parent. In the North East of England, child poverty has increased by more than a third in the last 5 years. The Freedom Tour will start there. Beginning in Durham, it will head to Hull then Grimsby and reaching Plymouth by August, listening to the struggles and dreams of the people that make up Britain. It will attempt to weave together a story of our time - one that swells with the remembered potential of people power - so that we can begin to plot a path forward.

We will remember a shared history of bravery, ingenuity and kinship and we will ask you to remember with us.

We will speak of our own power, lost and found and unsteady still, and we will invite you to speak of yours.

We will ask our fellow citizens to recognise that those who stake a claim on power tell us who we are, in order to limit our potential. But it’s time to find out who we are—for ourselves. And in tearing down the poorly fabricated walls of hostility, neglect and misunderstanding, perhaps we’ll discover there’s more room on this little island than we thought.

We are the people of the Freedom Tour, and we invite you to join us...

Gully Bujak is an activist and environmental campaigner.

freedomtour.uk
There has been plenty to grieve for in my personal life. Since my late teens, I’ve experienced the deaths of many dearly loved ones, some of whom died in sudden and shocking ways (the details of which I’ll spare you). And I have only recently been fully facing and healing all of this.

It’s not as though I was ignoring, or denying grief in the past. I’ve been on a journey of healing and personal and spiritual exploration for as long as I can remember. But it seemed that most of my past explorations of grief, through counselling and other therapeutic, spiritual, or ceremonial processes haven’t fully cut the ice for me. Or perhaps I wasn’t ready to fully engage with them at the time.

My apprenticeship to grief for our world began in earnest around nine years ago, when I trained to facilitate the Work That Reconnects and hold spaces for our ‘honouring our pain for the world’.

Here are some of the personal and worldly things I’ve been grieving for lately:

- Being single and living alone, a long way from my daughter and grandchildren, during this pandemic time when human contact has been very rare,
- The growing divisions, hatred and oppression among people, which social media seems to be fuelling globally,
- The brokenness of democracy and corruption in the corridors of power,
- The dying Ash trees and the ongoing massacre of trees for railway lines, roads and houses, locally and throughout the UK,
- The continuing ‘Great Unravelling’ of both human and natural systems and how this will probably affect the future for my grandchildren and all the generations to come,
- The powerlessness, apathy, or despair that so many of us feel in response to all of this.

A gift that the pandemic gave me was the time to focus on a healing and recovery journey from my history of repeated traumatic bereavements and losses. I’ve been engaging in a gentle somatic approach to working with trauma stored in my body and deepened my practice of welcoming and letting go of emotions, thoughts and behaviour patterns. I also belong to a group of wise grief-tending women who’ve been meeting weekly for 18 months or so now. And I’m about to begin the next stage of in-depth training in holding space for grief (see my website for details).

This intense period of working with grief has brought me immense relief. It has also required of me some courage and commitment to face and sit with all the uncomfortable and painful feelings, learning the skill of staying and not falling into well-worn habits of numbing, distraction or suppression.
What can we learn from grief?
When we face and work with our grief, it can bring all manner of unexpected gifts, rewards and life lessons. Here are eight key things I’ve discovered about grieving:

1. Grieving isn’t supposed to be a private and lonesome project, the process is eased and more effective with the supportive holding space of another person, group, or community.

2. Sitting with and befriending our feelings of sadness, anger, emptiness, etc allows them to settle and dissolve. This is more beneficial than suppressing them or venting them at those closest to us.

3. Bodily aches, pains and tensions may be associated with ‘stuck’ or unresolved feelings, rather than simply being signs of ageing, or bodily stresses and strains. As we work with grief and other frozen emotional energies, the bodily symptoms can ease, bringing more freedom of movement.

4. We can learn simple and effective ways to soothe and support those parts of us that may be afraid or wary of our strong grief emotions. Grieving can be regarded as a set of skills we can learn, which is a more empowering frame than a set of emotions that we are at the mercy of.

5. Grieving isn’t necessarily a neat or linear five-stage process, as some writers have suggested, but a highly individual experience, with no right or wrong ways about it. Societal messages such as: ‘it normally takes about two years’ or ‘you should be over it by now’ are neither helpful nor true.

6. It takes as long as it takes. Grief may be resolved in a simple healing session or ceremony, or it may take many years of revisiting, layer by layer. One way is not better than another.

7. It takes some courage and commitment to face a backlog of old unresolved grief and trauma. And this can be helped by building up our resilience through self-care practices, alongside support from and connection with others.

8. Connecting with nature, the natural world and more-than-human beings can support grieving, bringing us deep solace. Sitting with your back to a tree, being by the ocean, having your hands in the soil, or being with a beloved animal companion can be soothing and comforting beyond words.

I’m not suggesting that any of the things I’ve discovered about grieving may also be true for you, or anyone else. But I do believe we are all capable of exploring grief, learning the skills of grieving well and harvesting our own gifts or lessons from it.

I’d love to hear about your experiences with grief and what has helped you. Please feel free to drop me a line if you’d like to share.

And, if this subject of grieving really has resonance for you, I’d like to invite you to join my first “Sitting with Death and Choosing Life” Foundation Course beginning in September.

Karen Scott is a Work That Reconnects facilitator in West Wales and founder of Being in Nature
BeingInNature.Net

“Sitting with Death and Choosing Life” Foundation Course
This 8-week online course offers you a safe space with a like-hearted group where you can explore, grow in confidence and move forward. The course will introduce you to some philosophical understandings and key practices and support your movement through loss and grief, to renewal, new possibilities and a place where you are ready to say a wholehearted yes to life. We believe this is vitally important not only for you as an individual but also for the future of our world.

for full details see under “Offerings” at beinginnature.net
The path to an ecological civilisation is paved by reclaiming the commons - our common home, the Earth, and the commons of the Earth family, of which we are a part. By reclaiming the commons, we can imagine possibilities for our common future, and we can sow the seeds of abundance through “commoning.”

In the commons, we care and share - for the Earth and each other. We are conscious of nature’s ecological limits, which ensure her share of the gifts she creates go back to sustain biodiversity and ecosystems. We are aware that all humans have a right to air, water, and food, and we feel responsible for the rights of future generations.

Enclosures of the commons, in contrast, are the root cause of the ecological crisis and the crises of poverty and hunger, dispossession and displacement. Extractivism commodifies for profit what is held in common for the sustenance of all life.

Air is a commons. We share the air we breathe with all species, including plants and trees. Through photosynthesis, plants convert the carbon dioxide in the atmosphere and give us oxygen. “I can’t breathe” is the cry of the enclosure of the commons of air through the mining and burning of 600 million years’ worth of fossilised carbon.

Water is a commons. The planet is 70% water. Our bodies are 70% water. Water is the ecological basis of all life, and in the commons, conservation creates abundance. The plastic water bottle is a symbol of the enclosures of the commons—first by privatising water for extractivism, and then by destroying the land and oceans through the resulting plastic pollution.

Food is a commons. Food is the currency of life, from the soil food web, to the biodiversity of plants and animals, insects and microbes, to the trillions of organisms in our gut microbiomes. Hunger is a result of the enclosure of the food commons through fossil fuel-based, chemically intensive industrial agriculture.

A History of Enclosure

The enclosure transformation began in earnest in the 16th century. The rich and powerful privateer-landlords, supported by industrialists, merchants, and bankers, had a limitless hunger for profits. Their hunger fuelled industrialism as a process of extraction of value from the land and peasants.

Colonialism was the enclosure of the commons on a global scale. When the British East India Company began its de facto rule of India in the mid-1700s, it enclosed our land and forests, our food and water, even our salt from the sea. Over the course of 200 years, the British extracted an estimated $45 trillion from India through the colonial enclosures of our agrarian economies, pushing tens of millions of peasants into famine and starvation.

Our freedom movement, from the mid-1800s to the mid-1900s, was in fact a movement for reclaiming the commons. When the British established a salt monopoly through the salt laws in 1930, making it illegal for Indians to make salt, Gandhi started the Salt Satyagraha - the civil disobedience movement against the salt laws. He walked to the sea with thousands of people and harvested the salt from the sea, saying: Nature gives it for
free; we need it for our survival; we will continue to make salt; we will not obey your laws.

While the enclosures began with the land, in our times, enclosures have expanded to cover lifeforms and biodiversity, our shared knowledge, and even relationships. The commons that are being enclosed today are our seeds and biodiversity, our information, our health and education, our energy, society and community, and the Earth herself.

The chemical industry is enclosing the commons of our seeds and biodiversity through “intellectual property rights.” Led by Monsanto (now Bayer) in the 1980s, our biodiversity was declared “raw material” for the biotechnology industry to create “intellectual property”- to own our seeds through patents, and to collect rents and royalties from the peasants who maintained the seed commons.

Reclaiming the commons of our seeds has been my life’s work since 1987.

Inspired by Gandhi, we started the Navdanya movement with a Seed Satyagraha. We declared, “Our seeds, our biodiversity, our indigenous knowledge is our common heritage. We receive our seeds from nature and our ancestors. We have a duty to save and share them, and hand them over to future generations in their richness, integrity, and diversity. Therefore we have a duty to disobey any law that makes it illegal for us to save and share our seeds.”

I worked with our parliament to introduce Article 3(j) into India’s Patent Law in 2005, which recognises that plants, animals, and seeds are not human inventions, and therefore cannot be patented. Navdanya has since created 150 community seed banks in our movement to reclaim the commons of seed. And our legal challenges to the biopiracy of neem, wheat, and basmati have been important contributions to reclaiming the commons of biodiversity and indigenous knowledge.

So, too, with water. When French water and waste management company Suez tried to privatise the Ganga River in 2002, we built a water democracy movement to reclaim the Ganga as our commons. Through a Satyagraha against CocaCola in 2001, my sisters in Plachimada, Kerala, shut down the CocaCola plant and reclaimed water as a commons.

Ecological civilisation is based on the consciousness that we are part of the Earth, not her masters, conquerors, or owners. That we are connected to all life, and that our life is dependent on others - from the air we breathe to the water we drink and the food we eat.

All beings have a right to live; that is why I have participated in preparing the draft “Declaration of the Rights of Mother Earth.” The right to life of all beings is based on interconnectedness. The interconnectedness of life and the rights of Mother Earth, of all beings, including all human beings, is the ecological basis of the commons, and economies based on caring and sharing.

Reclaiming the commons and creating an ecological civilisation go hand in hand.

Vandana Shiva is an Indian scholar, environmental activist, food sovereignty advocate, ecofeminist and author.

vandanashiva.com
Wales has long been drop-out central for artists and seekers of odd utopias. One of my favourites is American photographer Alvin Langdon Coburn (1882-1966). He is famed for his pioneering symbolist photos, heavily influenced by Japanese art. His Men of Mark books of portraiture are also well-known. These included studies of Henri Matisse, Mark Twain, Auguste Rodin, Theodore Roosevelt and many other greats of his day. In addition Coburn is noted for his vortographs. What may look like camera-shake to you and I was, in fact, a conscious attempt to bring to photography the aesthetic values of Vorticism – then in vogue in the art world. His Ezra Pound vortographs are perhaps his most famous.

In 1930 he did something strange. He gave up his Hammersmith home, destroyed almost all of his negatives, donated what was left of his photography collection to the Royal Photographic Society, and moved to Harlech to pursue an interest in Freemasonry. Maybe it was the recent death of his mother; or the loss of his treasured Pianola rolls in a flood (don’t ask!), that prompted this radical break with his past.

Coburn was actually no stranger to north Wales. He first visited Harlech in 1916 at the invitation of George Davison, a photographer and philanthropist. He was also really interested in Druidism. In fact in 1927 he was made an Honorary Ovate of the Welsh Gorsedd. He took the Welsh ceremonial name of Mab-y-Trioedd (Son of the Triads). During his stay in Wales he balanced his esoteric spiritual quests with more mundane activities. In 1935, for example, he became a lay reader for the Church in Wales. He’d practically lost all interest in photography but did take some snaps of dolmens and standing stones – many of them in Wales - circa 1937.

During WW2 he turned his home into a 15 bed hospital and was appointed honorary secretary of the Merionethshire Joint County Committee of the British Red Cross Society. It’s interesting to note that while Coburn was performing his civic duties, his former sitter, Ezra Pound, was doing propaganda broadcasts for Benito Mussolini.

After the war he moved to Colwyn Bay where he continued his interest in Freemasonry until his death in 1966. He died at Awen, Ebberstone Road East, Rhos-on-Sea. There is apparently a commemorative plaque on the house. A collection of his papers can be found at Colwyn Bay library.

Anthony Brockway writes at: babylonwales.blogspot.com
**July**

**Network News**

**Online and Offline Events, Workshops, Exhibitions & Groups**

**ourselves ❤️ our community ❤️ our world**

---

**You can see Saturn all month!**

Rings brighten at the end of July due to the Seeliger effect (the brightness of a rough surface, when illuminated directly behind the observer).

---

**Iris de Freitas**

Born in British Guyana. Studied at Aberystwyth Uni 1919; botany, Latin, law and jurisprudence. Iris was the first female lawyer in the Caribbean.

---

**Field Studies Council**

**Rhyd-y-creuau, Capel Curig**

**Seasonal Vacancies till October**

“We are looking for enthusiastic Tutors to lead and engage groups of all abilities, with previous knowledge and experience of teaching or tutoring in the great outdoors; to educate about our amazing environment.”

You can find a full job description at: [field-studies-council.org](http://field-studies-council.org)

---

**Help reach 10,000 signatures**

Sign the petition to help protect rare red squirrels from habitat loss which causes population decline. It’s illegal to kill or injure a red squirrel yet a forest felling licence is never refused.

State owned forests do not require a licence but are managed under Plans which last 10 years or more. We need to change the point that the state doesn’t have to annually assess the cumulative impact of felling on red squirrel populations.

**Go to: petitions.senedd.wales**

---

**Bangor Recycling Centre**

Re-opens 1st July, with a complete refurb plus an onsite shop for recycling and upcycling (open once the swallows have left).

You need to book: gwynedd.llyw.cymru/recycling

---

**Plastic Free July**

Provides resources and ideas to help you (and millions of others around the world) reduce single-use plastic waste everyday at home, work, school, and even at your local café. [plasticfreejuly.org](http://plasticfreejuly.org)

---

**UN International Day of Friendship**

Sharing the human spirit through friendship.

30th July

- How do you celebrate your friendships?

[un.org](http://un.org)

---

**The Heart Movement**

Is dedicated to supporting people to live with more balance, connection and emotional resilience. “We do this through mindfulness, heart intelligence training and listening spaces.” There will be a Heart Movement Bus travelling the UK later this year!

There is also an App available from their website. You can find out more at: [theheartmovement.org](http://theheartmovement.org)

---

**Drawing: femkevangent.art**

---

* Subscribe to Network News - [network-news.org](http://network-news.org) *
July events, courses & workshops

These listings are face-to-face, offline, physically distanced and subject to current Covid restrictions

1st THURSDAY
Volunteer Days Come along to our events every Thursday 10am – 3pm. Please contact us first as we’re restricting numbers. Contact 01824 712757, loggerheads.countrypark@denbighshire.gov.uk ~ clwydianrangeanddeevalleyaonb.org.uk

After Love (12A) Film; Mary’s husband Ahmed unexpectedly dies. A day after the burial, she discovers that he had a secret life across the Channel from their Dover home. 15.15pm, £8.50. Storyhouse, Chester, storyhouse.com

2nd FRIDAY
Ffeast#3 A community feast, incorporating delicious fire-cooked food, community spirit, and local talent. Each month we will be welcoming either local musicians, storytellers or a craft person who will share their skills and talents with us. Celebrating the people and the land, remembering what it is like to be in community, to meet face to face once again around the fire! We offer a vegetarian feast, that is rich and tasty, and supports local food producers. We can accommodate all dietary requirements, just let us know in the registration form. This is an alcohol free space. Ffeast is a ticketed event with limited places (due to the current regulations and venue size) and you must book and pay in advance. Please do not turn up on the day without a ticket! £15/£20/£25. Held at Bryn Llys, Coed y Parc, Bethesda LL57 4YW. Book: goleuostudio.com

Yin Yoga + Live Music An evening of movement, breath, community and music. 90 mins of yoga with Nansi Marshall, followed by 30 mins of guided meditation and music with Eve Goodman. 6.30 - 8.30pm, £27. Goleuostudio, Tyn y Coed Farm, Rowen, Conwy LL32 0YL. Book: goleuostudio.com

Rhuddlan Gong Bath Please bring a mat or something to lie on, blanket, pillow (anything to make a comfortable space), I cannot lend out any equipment. Limited numbers, 7pm, £15. Rhuddlan Community Centre, Rhuddlan, Rhyl LL18 SAW. Book: puresound.org

2nd FRIDAY - 4th SUNDAY
Conscious Camp 2021 We are very happy to invite you to Conscious Camp 2021. Dance, Meditation, Camp Fire, Holistic Therapies, Kirtan, Workshops. Restrictions have been lifted, however you must observe social distancing guidelines during this time. As always we have some amazing workshops lined up and also some live music. We are currently looking for volunteers and caterers. Please get in touch. We also need people to help on the site build before and after. Tickets will go on sale soon and are expected to be around £50 (advance), u18s free, day tickets £25, or £30 one nights camp. Gate tickets £65. Held by the river in Glyndyfrydwy, nr Corwen/ Llangollen. More from FB: Conscious Camp 2021 or consciouscamp.co.uk

2nd FRIDAY - 9th FRIDAY
The Elixir of Life Only through coming into our bodies, firmly grounded, can we open up to the qualities of the Buddhas and Bodhisattvas and hear what they have to tell us. Residential £315 or £287 concs. If online the retreat is offered on a ‘dana’ basis - check with the Centre. Vajraloka, Corwen 01490 460406, vajraloka.org

3rd SATURDAY
Pastel - Bring Your Own Photo 10am - 4pm, £60, with Paul Pigram. All materials supplied, beginners welcome. Bodnant Art Studio, Tal y Cafn, Conwy. Book with Kate: 07909 333929, katepigram@aol.co.uk

Picnic with a Porpoise Picnic with a Porpoise is back! Pack up the sandwiches, blanket and join the Living Seas team. 5 - 7pm, Bull Bay Hotel Car Park, Amlwch LL68 9SN. NWWT: northwaleswildlifetrust.org.uk

Raya and the Last Dragon (PG) Animated film. In a realm known as Kumandra, a warrior named Raya is determined to find the last dragon. Shows: 11am (£4) & 2.30pm (£5). Theatr Clwyd, Mold 01352 344101, theatrclywd.com

Solutions for Stress & Worry Online & in-person event. Benefits of daily meditation include a learned ability to deal with stress, worry and anxiety, improve concentration and the ability to quickly let go of tension and unpleasant feelings. This half day retreat will provide solutions for developing a calm peaceful state of mind free from tension. It is suitable for beginners and those wishing to deepen their experience of meditation. 10am - 1pm, held at Kalpa Bhadra Kadampa Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatenorthwales.com

Summer Bioblitz @ Top Park We’re teaming up again with ‘Get Top Park Buzzing’ with the aim of adding to their growing list of wildlife recorded at this Llandudno Junction park. Come along to make your contribution.10.30am - 3.30pm. Meet Top Park, Victoria Drive, Llandudno Junction LL31 9NY (SH 793 782). Booking: Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

N’Famady Kouyaté / The Successors of the Mandingue and Friends N’Famady Kouyaté - young master musician and talented multi-instrumentalist plays a fusion of Mandingue African and western European jazz, pop, and funk influences provided by an amazing collective of musicians. 7.30pm, £12. Neuadd Ogwen, Bethesda, 01248 208850, neuaddogwen.com
The Father (12A) Film; a man tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality. 7.30pm, £5. Theatr Clwyd, Mold 01352 344101, theatrcwlyd.com

3rd SATURDAY & 4th SUNDAY
Carve a Knife, Fork and Spoon Over a relaxing two days, David White from The Whittlings will teach you to carve your own knife, fork and spoon from freshly-cut, green wood. £190, includes course materials and lunch. Extra £12.50 for evening meal. Suitable for all. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Make A Three Legged Stool Day 1: learn the basic techniques of green woodwork - cleaving the green wood and shaping it with a draw-knife on a shave-horse to make three stool legs. Day 2: cut and prepare a solid wood seat, drill the mortices and assemble your stool. £140, £70 deposit. Woodland Skills Centre, Bodfari, Denbighshire 01745 710626, enquiries@woodlandskillscentre.co.uk

4th SUNDAY
Mindful Woodland Wander We invite you to join us for a restful and gentle morning of mindfulness, nature connection and reflections on our relationship with ourselves and with the natural world. Please come suitably dressed. Refreshments provided; small group. 10am - 12pm, £10, with Sabine Woosten. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillscentre.co.uk

Workshop with N’Famadý Kôuyâtê You are encouraged to bring any percussive instruments you have at home, but there will also be instruments available to use at Neuadd Ogwen for learning some traditional rhythms and songs. Experienced drummers and absolute beginners welcome, but pre-booking is essential 1 - 2.30pm, free. Neuadd Ogwen, Bethesda, 01248 208850, neuaddogwen.com

Open Climb Snowdon At 1085m high, it’s a tough climb to reach the summit. But, you are rewarded with tremendous views to the coast and northern Snowdonia from its lofty heights. 8.45am - 4pm, £35. Guided walk with RAW Adventures, Llanberis, LL55 4EL, 01286 870870, climb-snowdon.co.uk

Discover a ‘Secret’ Nature Reserve Blaenllechwedd Nature Reserve is a little visited gem! A SSSI (Site of Scientific Special Interest) peat bog and is home to many specialist species. 10.30am - 12.30pm. Meet at roadside adjacent Blaenllechwedd (GR SH 91134 63220) Llansannan, Denbigh LL16 5LP. NWWT Mark J D Hughes 07800 771570, mjdhughes1108@gmail.com

5th MONDAY
Menai Bridge Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space), I cannot lend out any equipment. Limited numbers, 7.30 - 8.45pm, £15, with Steph Healy. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Book: puresound.org

5th MONDAY - 9th FRIDAY
Dive into Yoga / Yoga & Wild Swimming Wild swimming, coastal walks, beach yoga, healthy picnics and evening meals. £795 - £1020. Held in Plas Cadnant, Anglesey. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 5th - 9th, 16th - 19th, 19th - 23rd.

6th TUESDAY
Book Club ‘Stump’ by Niall Griffiths. An honest and open discussion about the book. 7.30pm. Pontio, Bangor 01248 382828, pontio.co.uk

7th WEDNESDAY
The Four Noble Truths Buddha explains the spiritual path in a clear and simple way that everyone can understand and put into practice. Join us for a mini-series of meditation classes exploring Buddha’s timeless practical wisdom. 11.30am - 12.45pm, £5 per class /4 weeks on Wednesdays. Other dates are 14th, 21st & 28th. Online or offline. Kalpa Bhadra Buddhist Centre, Llandudno. 01492 878778, info@meditatenorthwales.com ~ meditatenorthwales.com

8th THURSDAY
Volunteer Days See 1st

Sunnymead Court An outdoor theatre performance of an uplifting, heartwarming queer romance set during lockdown. From £10, 7pm. Bring your own seating! Theatr Clwyd, Mold 01352 344101, theatrcwlyd.com

8th THURSDAY & 9th FRIDAY
The Father See 3rd, 2pm & 7.30pm.

8th THURSDAY - 11th SUNDAY
Community Theatre - One Act Play Festival Tickets £12/£15, Weekend £40. Theatr Clwyd, Mold 01352 344101, theatrcwlyd.com

9th FRIDAY
Dafydd Jones (tenor) and Angharad Lyddon (soprano) Rising stars of the opera and musical stage present an evening of your favourite and best known songs and arias. 7pm, from £10. Theatr Clwyd, Mold 01352 344101, theatrcwlyd.com

10th SATURDAY
NEW MOON 02:17am BST

Water-based Oils Seascape 10am - 4pm, £60, with Bill Gribble. All materials supplied, beginners welcome. Bodnant Art Studio, Tal y Cafn, Conwy. Book with Kate: katetigram@aol.co.uk

Cemlyn Tern Colony with the Warden A visit to Cemlyn Nature reserve to see nesting terns and other birds, coastal flora & fauna. 10.30am - 12.30pm. Meet Cemlyn Nature Reserve Car Park SH337932. NWWT Sue Carter 07979 732013, sue.gorad@gmail.com
Mountain Flowers of Snowdonia This course will guide you through Cwm Idwal where we will identify mountain and alpine flowers. 10am - 4pm, £47.48. Led by Jim Langley, Siabod Cafe, Capel Curig LL24 0EL. Book: eventbrite.co.uk

Day Retreat Join us at Goleuo Studio for a one day yoga retreat where you'll be given the time and space to completely reset. Full day (£150) and Half day (£75). 8.30am - 7pm. Goleuo Studio, Tyn y Coed, Rowen, Conwy LL32 8YL. Book: goleuostudio.com Also on 11th

Mynydd Llanegai Gong Bath Please bring a mat or something to lie on, blanket, pillow (anything to make a comfortable space), I cannot lend out any equipment. Limited numbers, 7pm, £15, with Steph Healy. Neuadd Goffa, Mynydd Llanegai, LL57 4LQ. Book: puresound.org

Ennio The Little Brother A mix of soulful dream pop and homemade hip-hop with soft guitar tones and evocative poetry. 7pm, £10+, outside production, bring your own seating! Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

10th SATURDAY & 11th SUNDAY

Stone Carving On this two day freestyle stone carving course you will sculpt in Maltese limestone which is relatively easy to carve with lovely results. £210 includes materials & simple lunch. Accommodation & evening meal available for extra. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

10th SATURDAY - 17th SATURDAY

Insight into Emptiness The week will consist of teachings, meditation sessions and discussion groups which are all chances to listen, reflect and meditate together. Awakened Heart Sangha, Ynys Graianog, Criccieth. Web: ahs.org.uk ~ hermitage@ahs.org.uk (Online participation possible)

11th SUNDAY

Earth~ Soul Dance A Meditation with Movement to reconnect with yourself as part of Nature. You will be offered the chance to take a Flower Essence Formula and receive the wisdom and healing of Flower Essences. We will then connect to the energy and archetype of the plant and through movement, sound and dance release all that is no longer needed. 7 - 9pm, £20. Parkfields Community Centre, Mold. More from: FB Movement Meditation & Dance Healing / North Wales / May ~ July 2021 or underthedancingtree.co.uk/shop

Something About Simon – The Paul Simon Story Gary Edward Jones is a natural storyteller, bringing together songs and stories that cross the Atlantic. He traces the sometimes poignant moments in Simon’s life and career, that occasionally mirror his own. 7pm, £10. An outdoor performance - bring your own chair! Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Little Sparrow - Live in The Woods “...delicately crafted folk songs, with guitar, vocals and percussion.” 2 - 4pm, £10. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@oodelandskillscentre.co.uk

Mold Artisan Market 2nd Sun/month. A vibrant market with plants and produce. 11am - 4pm, High St, Mold, 07938 794761.

Family Fun Activities at Eithinog Nature Reserve, Bangor Bug hunt, flower bingo and games for the whole family, all ages welcome. 4 - 5.30pm, Eithinog, Ffordd Eithinog, Bangor LL57 2GZ. Anna Williams anna.williams@northwaleswildlifetrust.org.uk 07917 455367.

Day Retreat See 10th

Nature of Snowdonia - Environmental Workshop These workshops are primarily aimed at Mountain Leaders and Instructors or trainees working towards those awards. What grows where? Geomorphology, complex geology, land use. 10am - 4pm, £45. Mike Raine, bookings: eventbrite.co.uk

Glaciation in Snowdonia Learn how glaciers have shaped today’s mountain landscapes in Britain. 10am - 4pm, £47.48. Led by Jim Langley, Siabod Cafe, Capel Curig LL24 0EL. Book: eventbrite.co.uk

12th MONDAY

Bethesda Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space), I cannot lend out any equipment. Limited numbers, 7pm, £15, with Steph Healy. Bethesda Rugby Clwb, Bethesda, Bangor LL57 3NQ. Book: puresound.org

14th WEDNESDAY

The Four Noble Truths 2nd session; see 7th

14th WEDNESDAY & 15th THURSDAY

Extracts Six of our community groups perform an evening of play extracts including work by Molieri, Chekhov and Chris Bush. 7.30pm, £5. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

15th THURSDAY

Volunteer Days See 1st

16th FRIDAY

Coastal Heathland Walk A scenic walk around the small coves of Trearddur Bay to NWWT Porth Diana reserve. Learn about the maritime heathland found here and its associated wildlife. 10am - 12pm, £2. Meet Outside the Sea Shanty Cafe, Lon St Ffraid, Trearddur Bay, Anglesey LL65 2UN. Caroline Bateson: caroline.bateson@northwaleswildlifetrust.org.uk

Snowdon for Mountain Leaders Join Mike Raine and Keith Hulse. Open only to qualified Mountain Leaders. Looking at the geology, glaciation, plant & birdlife. 9am - 5pm, £60. Book: eventbrite.co.uk

16th FRIDAY - 19th MONDAY

Dive into Yoga / Yoga & Wild Swimming See 5th - 9th

16th FRIDAY - 23rd FRIDAY

Everyday Liberations: renew and deepen On this retreat, we’ll focus on liberations which, though perhaps small, are reachable – especially if you are concerned with rediscovering your inspiration, renewing and deepening your meditation practice. Residential £315 or £287 concs. If online the retreat is offered on a dana basis, check with the Centre. Vajraloka, Corwen 01490 460406, vajraloka.org
17th SATURDAY

Mindfulness in the Clwydiens Combining mindfulness meditation & mindful walking with the power of connecting with ourselves, nature & each other. 9.30am - 4pm, £49. with Way of Mindfulness, Capel y Waen, Denbigh LL16 4BT. Book: 07851 218014. wayofmindfulness.co.uk or eventbrite.co.uk

Colwyn Bay Artisan Market Arts & crafts from local artists, designers and makers, hot and cold food. 3rd Sat/month. 10am - 4pm, Colwyn Bay LL29 8BU, 07495 585757.

Secret Life of Birds Experience Day You’ll explore everything from bird language and habitats to how you can support birds and other wildlife to thrive in your own garden. 9.30am - 5pm, £60, U16s £30, veggie lunch included, refreshments and cake. CAT, Machynlleth 01654 705950, cat.org.uk

A Wonderful Mind In this half day event we will explore four beautiful contemplations that will lead us towards a profound purpose to our life that will give us great power to help ourselves and others. With Buddhist nun Kelsang Lamchog. 10am - 1pm. Held at Kalpa Bhadra Kadampa Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatenorthwales.com

EADYTH and Izzy Rabey Welsh language electronic dance music. An outside stage. 7pm, from £10, Theatr Clwyd, Mold 01352 344101, theatrclywd.com

18th SATURDAY & 18th SUNDAY

Build A Dry Garden This course aims to show you how to create a garden that will survive arid summers, grow on sandy and well-drained soils, whilst still bringing wildlife and beauty into your home and garden. £200 all inclusive. CAT, Machynlleth 01654 705950, cat.org.uk

Bushcraft Through the Seasons ~ Summer Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. £150, £75 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk

Make A Rustic Chair We will provide some coppice hazel and silver birch from our woods and then select the pieces we want to use for the back legs, the front legs and the rails. We will cut them to length and turn tenons on the rails, drill the mortices in the legs and assemble the chairs. £140, £70 deposit. Woodland Skills Centre, Bodfari, 01745 710626, enquiries@oodlandskillcentre.co.uk

18th SUNDAY

Nature of Snowdonia - Nice to know, need to know? Environmental workshops aimed at those who want to know more and those who wish to train others. 10am - 4pm, £45. Moel Siabod Cafe, Capel Curig LL24 0EL. Book: eventbrite.co.uk

Songs of Hope & Isolation with Naomi Kilby (soprano) and Elspeth Wilkes (piano). Music by Debussy, Faure, Britten and Barber in aid of the Veranda Restoration Fund, an outdoor performance. 2 - 5pm, Tan y Garth, Pontfadog, Llangollen LL20 7AS. 0300 302 1939, tanygarthhallretrait.org

19th MONDAY - 23rd FRIDAY

Dive into Yoga / Yoga & Wild Swimming See 5th - 9th

20th TUESDAY & 21st WEDNESDAY

The Class Project Theatre performance. This is a show about belonging, tribes and families, about the place you belong because you were born there and the places in which you try to belong. It’s about class mobility and regional identity and being a Thatcher’s child. 7.30pm, from £10+; Theatr Clwyd, Mold 01352 344101, theatrclywd.com

21st WEDNESDAY

Gardening for Nature Experience Day Lay the foundations to your wildlife gardening knowledge and explore what you can do in your own garden to help nature flourish. Beginners welcome, 14yrs+, £60, £30 u16s. 9.30am - 5pm. CAT, Machynlleth 01654 705950, cat.org.uk

The Four Noble Truths 3rd session; see 7th

21st WEDNESDAY - 24th SATURDAY

A Botanical Odyssey - 300 Species in 3 Days We are going to attempt to see 300 species of vascular plants in 72 hours as we visit a variety of habitats. Walking is up to four miles and on diverse terrain. 15-18yrs old eligible for £50 discount. £235 - £395. Field Studies Council, Rhyd-y-creeau, Betws-y-Coed. Book: 01743 852100, field-studies-council.org

22nd THURSDAY

Volunteer Days See 1st

23rd FRIDAY

Family Yoga Join Ceri for a family friendly Yoga session exploring physical postures to help energise the body and mindful breathing techniques to help relax the mind. 11am & 1.15pm, free, all family members welcome. 60 mins. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

24th SATURDAY

FULL MOON 03:37am BST

Transglobal Underground Sound System / Banco de Gaia Live music and sounds from DJ Flyffilyfbybl. 8pm, £15. Neuadd Ogwen, Bethesda, 01248 208850, neuaddogwen.com

24th SATURDAY - 27th TUESDAY

Fern Identification Sites will include upland and lowland, acidic and alkaline habitats, ensuring that a variety of species from a number of families will be observed. £225, with Chris Metherell. Field Studies Council, Rhyd-y-creeau, Betws-y-Coed. Book: 01743 852100, field-studies-council.org

25th SUNDAY

Ruthin Artisan Market Outdoor artisan market exhibiting the best in local crafts, food and drink. 10am - 4pm, Ruthin Gaol, Clwyd St, Ruthin LL15 1HF, 07741 304356.

27th TUESDAY

Two of Us (12) Film with Chester Film Society. Two women meet on holiday in Rome and become inseparable. 6pm, £6, members £5.40. French w/ English subtitles. Held at Storyhouse, Chester Book: storyhouse.com
28th WEDNESDAY

Headspace on Halkyn Mountain  As I guide you through the Halkyn Mountain area, you’ll learn simple meditation techniques, connecting with nature via each of the senses. We will be walking, each in our own space, connected as a group moving through the hillside, practising each meditation & coming together to share our experiences at each stage.

9.30am - 1pm, Rhes-y-cae, CH8 8JH. Book: 07851 218014. wayofmindfulness.co.uk or eventbrite.co.uk

Powlenni Wedi’u Ffeltio à Llaw / Hand Felted Bowls  Develop your skills in wet felting to create a three-dimensional vessel, with tutor Gwen Owen.

10am - 4pm, £65. The class will be bi-lingual, Welsh/English. Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org ~ tecstiliau@gmail.com

The Four Noble Truths 4th session; see 7th

29th THURSDAY

Picnic with a Porpoise  See 3rd

The Further Adventures of Doctor Dolittle  A musical adaption of Hugh Lofting’s story. Amazing puppets and plenty of songs to sing along to! Suitable for 5yrs+.

7.15pm, £12/£15. Oriel Plas Glyn y Weddw, Llanbedrog LL53 7TT. 01758 740763, oriel.org.uk

Volunteer Days  See 1st

29th THURSDAY - 30th FRIDAY

Retreat with Inspire & Rewire  A pit stop with the focus about learning and relaxation, introducing you to a diverse range of healing approaches; peace and quiet, headspace, meals and refreshments provided in between sessions.

Cost approx £195, depending on room choice. Held at Trigonos, Nantlle. Book: meetup.com

29th THURSDAY - 1st AUGUST, Sunday

Nomad 3 - Journey Retreat  This is our original journey retreat that aims to encourage participants to reconnect with nature, themselves and to others. Listen to the voices of nature, the land and to yourself. Adventure by the campfire and walk our wild mountain challenge. All held safely with the Nomad crew, delicious food and great company! From £300. Based at Henbant, Clynog Fawr. FB: Summer Journey Retreat; nomadwales.com

30th FRIDAY

Health and Wellbeing Walks at Llyn Brenig  Join Helen Carter-Emsell our River Wellbeing officer for a gentle stroll around the lake, relax and take some time out as we connect to the environment around us.

11am - 1pm, free, meet Llyn Brenig Visitor Centre. NWWT, Helen Carter-Emsell 07375 520494, helen.carter-emsell@northwaleswildlifetrust.org.uk

30th FRIDAY & 31st SATURDAY

Rock the Lake  Summer Music Festival with a socially distanced twist; live bands, food and fun! 12.30 - 10pm, £11.25 - £25, Reindeer Lodge, Mold CH7 4SB, 01244 747686, skiddle.com

30th FRIDAY - 1st AUGUST, Sunday

U Know Festival  A family friendly Roots style festival jam packed with music tastes for everyone, from Reggae to DnB. Tasty food from vendors and live circus performers. Tickets £11.25 - £66.25 including weekend camping. Sportsmans Arms, Denbigh. Book with skiddle.com or FB U know kindred spirits

30th FRIDAY - 2nd AUGUST, Monday

North Wales Blues & Soul Festival  Enjoy fantastic music as you dance into the evening summer sun overlooking the Clwydian Range. More info/prices coming soon, visit: Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

30th FRIDAY - 10TH AUGUST, Tuesday

Uncontrived Mindfulness  During this retreat, we’ll be using the Buddha’s profound words from the Satipatthana Sutta to inform and enliven our own practice of mindfulness as a path to clear seeing. Based on instructions for working with awareness and right view, we’ll focus on how we can use mindfulness as a support to wisdom and the end of suffering. Residential £495 or £451 concs. If online the retreat is offered on a dana basis - check with the Centre. Vajraloka, Corwen 01490 460406, vajraloka.org

31st SATURDAY

Cyffylliog Full-Day Mindfulness Retreat  You’ll learn simple meditation techniques, connecting with nature via each of the senses. We will be walking, each in our own space, connected as a group moving through the hillside, practising each meditation & coming together to share our experiences at each stage.

9.30am - 4pm, £49, Cyffylliog. Ruthin LL15 2DN. Book: 07851 218014. wayofmindfulness.co.uk or eventbrite.co.uk

Copydate for August issue:  July 18th

Are you feeling stuck in your life?
Can’t make or sustain positive change? Want to change but don’t know how?

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

Resonance Repatterning®
01691 773806
Llangollen Natural Health Clinic
www.resonancerepatterninguk.net
Educate Yourself ~ Find Like-minded People ~ Have Fun ~ Never Give Up!

Gwynedd and Anglesey Climate Group / Grwp Hinsawdd Gwynedd a Mon
Gwynedd and Anglesey Climate group is a group of local people who are committed to raising awareness of the urgency of climate change and holding our representative to account to take the actions needed to reduce emissions in line with the 1.5 degrees Paris Agreement. See their FB page of same name.

Join the Group! Bangor & Ynys Mon Peace and Justice
If you would like to join us contact: mail@bangorpeace.co.uk
FB: Bangor & Ynys Môn Peace and Justice

Arbedwch Ysgol Abersoch rhag cau! Save Ysgol Abersoch from closing!
The staff of the school are incredibly passionate to keep the school open and to celebrate 100 years in 2024! The school is at the very heart of the village of Abersoch and also in the hearts of all students - former, current & future - parents and all the locals. Sign up: change.org

Food Sense Wales ~ Synnwyr Bwyd Cymru
This site offers articles, links and a response to how to be effective in our food supply of vegetables and fruit growing. There are links to places to apply for funding and information on The Big Lunch, salad gardens and the importance of veg in our diet and its accessibility. (Cardiff based but useful!) foodsensewales.org.uk
FB: Food Sense Wales / Synnwyr Bwyd Cymru

Greening up Bangor!
• More trees, flowers and plants
• Local actions for sustainable futures
• Open community group
• Where should we plant next?
Join them at FB: Green Bangor Werdd

The watermelon looks and shares the same colours as the Palestinian flag. It symbolised the people's defiance even when their voices are being silenced.

More from: FB ProtestStencil

You can find out more on FB: Gardd Cymunedol Conwy Community Garden

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”
- Anne Frank

Upcycling sessions will be held on Mondays where we will ‘do up’ any item. Members can bring their own or we can restore and sell donated items to raise funds for GG. Based in Llanrwst LL26 0AG, 01492 642110
More: golygfagwydyr.org

You can find out more on FB: Gardd Cymunedol Conwy Community Garden
Healthy Body, Mind & Soul
Regular Local Ongoing Sessions, Groups and Classes

“Without doubt, this age is about groups and groupwork, those gathered in search of finding a deeper self, moving beyond criticism and to learn new skills ... In the hands of these groups rests the fate of the world”. From The Whole Guide 2011

BOOK CLUBS
Book Club Zoom See Calendar, 6th, 7.30pm. More from pontio.co.uk
Book Club Monthly, with a business theme. 8pm. Zoom. NetworkShe: networkshe.co.uk

DANCE / MOVEMENT
Continuum Movement Practice Group FB: Lucy Parry / North Wales Continuum Movement
Farrah’s Dance Workout - Bollywood Fit at Home! More from FB: farrahsdanceworkout/live
Chakradance with Roz FB: Chakradance with Roz
Heb Ffiniau / Movement Bilingual lessons. More: pontio.co.uk
Polynesian Dancing FB: Under The Dancing Tree
Dance Classes FB: Harmony of the Heart or harmonyoftheheart.co.uk
Afro Latin Dance Class Every Monday (including Bank Holiday Monday!), Wednesday & Thursday, 5.30 - 6.30pm, £6. at the Masonic Hall Car Park, Parc Menai, opposite Table Premier Inn, LL57 4FA. All welcome, socially distanced. No need to book, just turn up. Helen McGreary 07751017157, helenmcgreary7@hotmail.com
Dance for Parkinson’s Dance has been proven to develop confidence and strength; digital classes via Zoom Tuesdays, 10 - 11.30am, throughout June £3.50 per week. More: pontio.co.uk

EXERCISE
Online Exercise Classes Clubbercise, Boogie Bounce Daily and Hoop Cahoots. Led by teachers from Aspire Fitness, Rhos on Sea: aspirefitnessstudio.co.uk
HSBC UK Breeze Fun, free bike rides for women of all abilities. FB: Breeze Network Anglesey, Gwynedd & Conwy

GARDENING
Blodeuwedd Botanics ‘Wellbeing Through Gardening’ Y Plot, Pandy Farm, LL57 4RA. FB: Blodeuwedd Botanics or 07799 224636.
Felin Uchaf Volunteers Rhosirwaun, Pen Llyn. Contact Dafydd 01758 780280, info@felinwales.org / FB: Felin Uchaf
Incredible Edible Ruthin FB: of same name
Bwyd Bendigedig Port / Incredible Edible Porthmadog FB: of same name
Incredible Edible Conway / Bwyd Bendigedig Conway FB: of same name
Incredible Edible Llanfairfechan ~ Gardening Get Togethers Thursdays, 6.30pm, Victoria Gardens Raised Bed, Llanfairfechan. Contact 01248 681697, jayne@llanfairfechan.net FB: Incredible Edible Llanfairfechan

GONG
Pure Sound ~ Steph Healy Free online relaxation and sound meditations! YT: Pure Sound / FB: Pure Sound ~ puresound.org
KUNG FU
Wing Chun Dave McQuillan, northwaleswingchun.co.uk ~ dave@northwaleswingchun.co.uk

LGBTQ+
Join our Group For those in the North Wales community. FB: LGBT+ Gwynedd, Conwy & Môn
Rustic Rainbow Group for those who love the natural beauty of North Wales; a relaxing environment to make friends. FB: Rustic Rainbow ~ rusticrainbow.wordpress.com
Gay Outdoor Club Activities include abseiling, underground exploration, scrambling, camping; walking is our main focus. Info: goc.org.uk

MEDITATION
Meditation Variety of classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St, Llandudno LL13 1YY. 01492 878778, meditatenorthwales.com
Meditation Session Mondays, 7pm for 30 mins via Zoom. Contact Alan 07816 988124. newmindfulness.net
Breathing Exercises FB: Wave Therapy / annalisalloyd@googlemail.com
Meditation Classes & Gentle Yoga OM Yoga North Wales, Colwyn Bay / omyoganorthwales.co.uk
Llangollen Buddhist Centre Online for the time being. Visit: llangollenbuddhistcentre.com

MUSIC/SOUND
Sessions every day via Zoom in use of sound, animation, graphics, field recording, etc. Run by Tape Community Arts Centre, Old Colwyn, tapemusicandfilm.co.uk

MINDFULNESS
Monthly Mindfulness FB: Inspire - Rewire / inspire-rewire.com

MUM & BABY ONLINE GROUP/ PREGNANCY
Find out about mother and baby groups, parenting and birthing stories with Laura Knott. birthingmamas.co.uk or FB group: Laura Birthings Mamas Doula, Pregnancy and Postnatal Yoga
Om Yoga North Wales Pregnancy Workshops FB: OmYoga North Wales

NONVIOLENT COMMUNICATION (NVC)
Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundle, email: busybees@phonecoop.coop
SOCIAL
Canolfan Felin Fach Pwllheli. Contact 01758 701611 or FB: Canolfan Felin Fach
Actif Conwy (for children) FB: Actif Conwy
Coffee Connections 2nd Tues/month; networkshe.co.uk
Anglesey & Gwynedd Widowed - Gweddwon Ynys Mon a Gwynedd Coping with grief and loss and enjoying life to the fullest. For those 50+ living in Anglesey & Gwynedd for regular get-togethers, mutual empathy for each other’s loss whilst moving forward. This is not a dating service! Become a member and enjoy activities. More: meetup.com
North Wales Africa Society For those from the African diaspora community and those who have an interest in Africa. FB: North Wales African Society

STORYTELLING
Caffi Stori Llangollen and Blue Bell Story Group Conwy are currently emailing members until they can meet again. If you would like to be on our email list please write to: suemoore@me.com

TAI CHI & QI GONG
Internal Arts Academy in Daoist and Buddhist Studies, Martial Arts & Medicine lotusneigong.com
Tai Chi North Wales See: taiji-online.co.uk
Qi Gong Classes via Zoom; contact taichiphil@outlook.com
Self Connection Qigong with Rik Midgley. Details from choosecompassion.uk/qigong
The 18 Movements of Tai Chi Qigong with Phil East. Tues 11-12pm., Bodnant Welsh Food, Colwyn Bay LL28 5RP. Bookings: bookwhen.com

WALKING GROUPS

WOMEN’S GROUPS
Circle of the Feminine Women’s spaces and activities in North Wales. FB: Circle of the Feminine
Red Tent Gwynedd Pabell Goch FB: Red Tent Gwynedd Pabell Goch
Online Sister Circles Meditations; sisterscircletemple.com / FB: Sisters Circle Under the Dancing Tree
NetworkShe For women in business. More from: networkshe.co.uk ~ FB: Network She Mothership
Women’s Gatherings Gwynedd Genod Gyda’n Gilydd Join in on their FB page of same name
Women’s Full Moon Circle Monthly group, meditation, yoga and circle sharing. Goleu Studio, Tyn y Coed Farm, Rowen, Conwy LL32 8YL. Book: goleuostudio.com

WRITING GROUPS
Writer’s Circle ~ Colwyn Bay A writing circle which offers a weekly email submission of work within the group. If you are interested please contact Chris Hemmings; crishtrees@gmail.com
Llandudno Writers Contact the Secretary, Steve Baker at bakersteverh05@outlook.com
More from: llandudnowriters.weebly.com

YOGA
Emily Kyle Yoga Online & offline classes. Contact: 07775 798536. FB: Emily Kyle Yoga. Live classes start on 1st June, Pentraeth
Rosslyn Falconer Yoga Friends FB: Love Yoga Live Yoga / video tutorial / classes start again in Llangollen
Tru Dru Yoga Cat Stuijt 07816 103064, trudruyoga.co.uk Online classes
Claire Mace Online and offline classes on Anglesey; videos on YT, inspiratrix.co.uk - FB: Inspiratrix Yoga
OM Yoga North Wales Serenity Evenings once a month; Meditation, Yoga Nidra & special events. FB: OM Yoga North Wales
Dru Yoga North Wales Info: druysogaonline.com FB: Dru Yoga Online Studio
Source Yoga Nutrition & Health FB: Source Yoga, Nutrition and Health / sourceyoga.org.uk
Derwen Hatha Yoga FB: Derwen Yoga (North Wales) Rishicuture Ashtanga Yoga FB: Yoga North Wales Yoga Class Starting live classes now with Laura Bell on 2nd June 11am - 12pm, and Pam on 7th, 6.30 - 7.30pm. £38/5 weeks. Trefnant Village Hall, Denbigh. thezestlife.co.uk We are no longer doing Zoom classes
Tracey Yoga Contact Tracey 07809 485323, traceyjoselyn@gmail.com. Online classes only - traceytyoga@btinternet.com
Online Chair Yoga Book with Lisa 07878 113599, lisa.martindale@newmind.org.uk
Gentle Yoga & Relaxation 01352 974430, jillblanford@yahoo.co.uk
Hatha Yoga with Nalinu Yoga Weds 7.45pm & Thurs 6pm. More on FB: Nalinu Yoga
Teresa’s Yoga Class Online Weekly Dru Yoga classes in the peace of your own home, either live or via the recording any time. Contact Teresa, teresa@teresayoga.co.uk ~ teresa4yoga.co.uk/yoga
Yma Yoga Llanberis. Find out more: FB: Yma Yoga
Soullshine Yoga Hatha yoga. Based near Bangor. FB: Soullshine Yoga

ZUMBA
Zumba Afro-Latin Dance-fitness In-Person Outdoors. Every Monday, 5.45 - 6.45pm, and every Wednesday, 5.45 - 6.45pm. All welcome, just turn up. £6, at the Masonic Hall Car Park, opposite Premier Inn Table, Parc Menai, LL57 4FH. AND Zumba Afro-Latin Dance-fitness In-Person Indoors Every Thursday 5.45 - 6.45pm, at Canolfan Telford Centre, Opposite Waitrose, Menai Bridge, LL59 5EA. All welcome, just turn up. £6. Both classes: Great music & easy routines. Hip hop, Bollywood, African dance, Salsa, Jive and more! All welcome, including 2 left feet and all ages and abilities. Helen McGreary, dance-classes-north-wales.co.uk, 07751 017157.

If you would like your group listed here, contact NN at info@network-news.org or text 07777 688440

FB = Facebook    YT = YouTube
A Stitch in Time! Bridges Not Walls International artist Luke Jerram transforms the historic bridge in Llangollen from 9th July - 5th August. The artwork celebrates the idea of peace on which the International Eisteddfod festival was founded nearly 75 years ago. In a race against time, 800 squares of one metre-wide fabric, including local donations from Llangollen, are currently being stitched together to cover both sides of the 60 metre-long bridge. More: international-eisteddfod.co.uk

Janet Edwards - Ceramics Throughout July. Open daily 10am - 5pm. The North Wales Potters Gallery, 1 High Street, Conwy LL32 8DB, 01492 593590, thepottersgallery.co.uk

Darren Hughes ~ Native Places Until 3rd July, Charcoal and mixed media drawings, oil paintings and drypoint etching prints explore native places for the artist with views of Bethesda, Anglesey and the Irish Sea. Storiel, Bangor - storiel.cymru

Old Roads, Ancient Tracks A mixed exhibition by local artists exploring old roads and ancient tracks of our past. Until 26th September. Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk ~ tymeirion.co.uk

Bodnant Art Gallery A constant display of the best of Welsh artistic talent. Mon - Sat 9.30am - 4.30pm, Sunday 10.30am - 4.30pm. Colwyn Bay LL28 5RE, bodnant-artgallery.co.uk

Rob Pointon - fine art, Susan Gathercole - fine art & Kate Pasvol - glass artist Until14th July.

Summer Mixed Exhibition & Barbara Winrow - fine art. From 17th July - 11th August. Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy LL26 0PT, 01492 642070, welsh.art

The Art Quarter Gallery Original Art works by local and guest artists. Open 10.30am - 4.30pm, 18 Church St., Beaumaris LL58 8AB. theartquarter.com

Jean Samuel Liynyuy Exhibition of Cameroonian artist at Bangor Arts Initiative. These modern abstracts are a must-see if you’re heading into Bangor city centre. The gallery will be open for a few hours over the next coming weeks. Come and enjoy some vibrant visual art for those fatigued screen eyes. Deiniol Centre, Bangor. FB: Bangor Arts Initiative.

New Exhibitions: Wil Rowlands - Dal i Grafu, Kim Atkinson - Bright Field/Gweirigloedd Loyw, Janie McLeod Ar Draws y Tir / Across the Land and Paul Emmanuel - Capel o Wastadrwydd Blewog / Chapel of Hairy Flatness All until 11th July. Oriel Plas Glyn y Weddw, Llanbedrog LL53 7TT. 01758 740763, oriel.org.uk

Wini Jones Lewis ~ Life is Not Black and White “There is always some colour and blessings in daily life if we practice a grateful attitude”. Until 11th July. Oriel Ynys Mon, Llangefni, Ynys Mon LL77 7TQ. 01248 724444, orielmon.org

Monochrome Until17th July. A cross genre exhibition that highlights the subtleties of line, mark, form and texture. With work by twenty contemporary makers the exhibition looks beyond colour and considers what we would generally term the opposite: all the nuances between the polarities of black and white. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk


Tarek Lakhrissi: My Immortal 3rd July - 19th September. Film, sculpture, text and performance – creating a multi-dimensional installation across the gallery spaces. Rooted in poetry, Lakhrissi’s practice seeks to challenge contemporary constructs of language and narratives around minoritised communities. 11am - 4pm, free, MOSTYN, Llandudno LL30 1AB, 01492 879201, mostyn.org

138th Summer Exhibition & Barry Davies - St David statue maquette from July 17th - August 28th. Open Tues - Sat 11am - 5pm, Royal Cambrian Academy, Crown Lane, Conwy, LL32 8AN, 01492 593413, rcaconwy.org
Sally Matthews: From the Studio Until 10th July. “I make work in praise of animals to throw a light on their importance and to revere their being. The task gets more daunting as we move further away from them – domesticate or industrialise their presence and steal their land.” RCA Conwy, LL32 8AN, 01492 593413, rcaconwy.org

The Mobile Feminist Library: In Words, In Action, In Connection 3rd July - 19th September. (*Entry is by timed ticket. Advance booking is recommended or you can book on arrival. The ticket grants you 25 minutes access.) This will consider different activist movements at the intersection of class, disability, ecology, gender, language, neurodivergence, race and sexuality, taking these as inherent considerations of any feminism. The materials will be locally relevant to Wales, whilst acknowledging that these movements extend beyond geographical borders. The display will examine ways in which publishing and printed materials intersect with and strengthen activist movements, and will use counter-patriarchal methods of archiving and knowledge sharing. The space will act not only as a library, but as a place for gathering and communal learning. Collaborators include: Beau Beakhouse and Sadia Pineda Hameed, Butetown History and Arts Centre, Casey Duijndam and Robyn Dewhurst, Elwy Working Woods, the Feminist Library, Rebecca Jagoe, mwnwgl, Patriarchaeth. Movements and historical figures include: Black Lives Matter, Emma Goldman, Greenham Common Women’s Peace Camp, The Commune Movement, Monica Sjöö, women’s publishing collectives and cooperatives. Open 11am - 4pm, free, MOSTYN, Llandudno LL30 1AB, 01492 879201, mostyn.org

George Drought RCA: Retrospective Until 10th July. Renowned watercolourist and draughtsman, George Drought RCA is known throughout the north west for his sensitive landscape paintings and drawings of this part of the world. This exhibition is a look back at a lifetime’s work. RCA Conwy, LL32 8AN, 01492 593413, rcaconwy.org

LOGIC PUZZLES/RIDDLES
(Answers page 38)

1. How can you place a pencil on the floor in such a way that no one can jump over it? (Note that this is not a trick question. You are not allowed to place anything on top of the pencil or do anything unusual to the pencil itself.)

2. Manhole covers for sewer drains are typically circular in shape (the ones that are removable). This shape has an important advantage over a square or rectangular shape. Can you figure out what that is?

3. A man lives on the tenth floor of a building. Every day he takes the lift to go down to the ground floor to go to work. When he returns he takes the same lift to the seventh floor and walks up the stairs to reach his apartment on the tenth floor. He hates walking so why does he do it?
Climate & Nature Course
Everything you need to know about climate, nature and how to make a difference.
A live and empowering four-part course starting
12th July. We’ve brought together top-level scientists, educators, behavioural psychologists and expert communicators to teach you all you need to know about the climate, nature and how to make a difference.
£25, (but let us know if you can’t afford it!)
More: aimhi.co / eventbrite.co.uk

Climate Justice: A Just Transition
Weds 7th July, 7.30pm, free webinar with Q & A; booking essential via cat.org.uk (next meeting of Climate Justice is ‘Climate Change and Racism’ on 4th August)

Practical Ayurveda Training
4 - 25th July
Learn health-enhancing principles that you can easily apply to your life. 11am - 1pm weekly; plus Zoom tutorial group weekly plus online workshops & regular interactive engagement with tutors.
£385.
Book: druyoga.com

Group Biofield Tuning
Biofield Tuning is a method of sound therapy that can help you to release old stagnant emotions, memories, thoughts, habits and behaviours. It can facilitate you in experiencing a less stressful life with more energy and positivity. Saturday 3rd July, led by Steph Healy, 10 - 11am, Zoom, £8 - £15.
More: puresound.org.uk

Free Online Nature Sessions
Mon 10.30 - 11.30am Nature Watch
Tues 10.30 - 11.30am Foraging & Nutrition
Fri 10.30 - 11.30am Mindfulness
YT: Coed Lleol - Small Woods Wales coedlleol.org.uk / FB: Coed Lleol

Textile Project
Gill Coleman is part of Loving Earth community textile project and is giving people the opportunity to create a panel 30cm x 30cm of something they love that is being threatened by the climate crisis. The panels will then be displayed during COP26 and after globally. lovingearth-project.uk

Empathy Circle - Exploring Personal Development
Thursday 1st July
An empathy circle is a simple but powerful way for people to connect through structured dialogue, speaking and active listening in small groups. It takes about 15 minutes to understand. You don’t need any special skills or training to be involved. 1hr 30mins, free.
FB: same as event name meetup.com

Blissful Meditation, Mantra and Gong Bath
Friday 2nd July
Relaxation with healing sounds, guided by Jane Saraswati Clapham using a variety of instruments including brass and crystal bowls to soothe your mind and body. Tuning forks attuned to the 9 planets’ vibrations will help you to balance the planetary energies of this time, and bring deep calm and rest to your subtle body. £15.
Book: druyoga.com / jane@druworldwide.com

Practical Ayurveda Training 4 - 25th July
Learn health-enhancing principles that you can easily apply to your life. 11am - 1pm weekly; plus Zoom tutorial group weekly plus online workshops & regular interactive engagement with tutors.
£385.
Book: druyoga.com

Eco Refurbishment: Live Online
3rd July & 10th July
9.30am - 5pm, £130 for both days. Making our homes more energy efficient, allowing us to massively reduce our emissions use, is crucial to rapidly reducing our greenhouse gas emissions and achieving zero carbon. On this new online version of our popular Eco Refurbishment course you’ll learn from one of the UK’s leading experts on eco refurbishment and discover what key improvements you can make.
Book through CAT, Machynlleth - cat.org.uk

Climate Justice: A Just Transition
Weds 7th July, 7.30pm, free webinar with Q & A; booking essential via cat.org.uk (next meeting of Climate Justice is ‘Climate Change and Racism’ on 4th August)

Practical Ayurveda Training
4 - 25th July
Learn health-enhancing principles that you can easily apply to your life. 11am - 1pm weekly; plus Zoom tutorial group weekly plus online workshops & regular interactive engagement with tutors.
£385.
Book: druyoga.com

Group Biofield Tuning
Biofield Tuning is a method of sound therapy that can help you to release old stagnant emotions, memories, thoughts, habits and behaviours. It can facilitate you in experiencing a less stressful life with more energy and positivity. Saturday 3rd July, led by Steph Healy, 10 - 11am, Zoom, £8 - £15.
More: puresound.org.uk

Free Online Nature Sessions
Mon 10.30 - 11.30am Nature Watch
Tues 10.30 - 11.30am Foraging & Nutrition
Fri 10.30 - 11.30am Mindfulness
YT: Coed Lleol - Small Woods Wales coedlleol.org.uk / FB: Coed Lleol

Textile Project
Gill Coleman is part of Loving Earth community textile project and is giving people the opportunity to create a panel 30cm x 30cm of something they love that is being threatened by the climate crisis. The panels will then be displayed during COP26 and after globally. lovingearth-project.uk

Empathy Circle - Exploring Personal Development
Thursday 1st July
An empathy circle is a simple but powerful way for people to connect through structured dialogue, speaking and active listening in small groups. It takes about 15 minutes to understand. You don’t need any special skills or training to be involved. 1hr 30mins, free.
FB: same as event name meetup.com

Blissful Meditation, Mantra and Gong Bath
Friday 2nd July
Relaxation with healing sounds, guided by Jane Saraswati Clapham using a variety of instruments including brass and crystal bowls to soothe your mind and body. Tuning forks attuned to the 9 planets’ vibrations will help you to balance the planetary energies of this time, and bring deep calm and rest to your subtle body. £15.
Book: druyoga.com / jane@druworldwide.com

Practical Ayurveda Training
4 - 25th July
Learn health-enhancing principles that you can easily apply to your life. 11am - 1pm weekly; plus Zoom tutorial group weekly plus online workshops & regular interactive engagement with tutors.
£385.
Book: druyoga.com

Eco Refurbishment: Live Online
3rd July & 10th July
9.30am - 5pm, £130 for both days. Making our homes more energy efficient, allowing us to massively reduce our emissions use, is crucial to rapidly reducing our greenhouse gas emissions and achieving zero carbon. On this new online version of our popular Eco Refurbishment course you’ll learn from one of the UK’s leading experts on eco refurbishment and discover what key improvements you can make.
Book through CAT, Machynlleth - cat.org.uk

Climate Justice: A Just Transition
Weds 7th July, 7.30pm, free webinar with Q & A; booking essential via cat.org.uk (next meeting of Climate Justice is ‘Climate Change and Racism’ on 4th August)
**Health & Wellbeing**

**Wednesday 28th July, 8am - 6pm.** A different topic each month to share hints, tips, resources and open honesty with The Mothership for Wellbeing. Free to join: FB: The Mothership-Network She

**Llangollen Online 2021 ~ Festival & Eisteddfod**

6th - 11th July

This will be a purely digital event, which will take place during the usual Eisteddfod week. Keep in touch with developments: international-eisteddfod.co.uk

**Appreciating our Culture: an intangible heritage**

Thursday 15th July. Join Jessica John, for this online talk about how place names, oral testimony, stories and poetry can tell us more about ‘who we are’ in Eryri. In Welsh with live translation available for non-Welsh speakers. 7pm, Zoom, £5, (free for members) with Snowdonia Society. snowdonia-society.org.uk

**Total Relaxation Escape**

9th - 11th July

Gain greater insights into how to use Dru Relaxation and Yoga Nidra. The recordings will be available for you afterwards to come back to if you want the true depth that we’ll be sharing, while at the same time we aim to simply give you a holiday on your mat. £125.

Book: dru-yoga.com

**RESURGENCE**

Monthly online talks from inspirational thinkers providing analysis and solutions covering a range of issues including the environment, arts and ethical living.

Re-Imagining a Better world: a trilogy of talks, 7.30 - 9pm.

5th - Rob Hopkins From What Is to What If

12th - Satish Kumar Protest, Protect and Build with Love

19th - Clare Dubois We are the seeds of a restorative future

All with Q&A, £20 all 3. Individual talks £8 + booking fee

28th Iain McGilchrist - Who Are We? A talk/Q&A. How our minds can only be understood within the context of physical, spiritual and cultural existence. 7.30 - 9pm, £7.

**Biodynamic Association Online Workshops/Courses**

**Vitality in the Garden and Kitchen**

Join Living Nutrition expert, and founder of Greencuisine Trust, Daphne Lambert in the kitchen. Saturday 10th July, 10am – 4pm. biodynamic.org.uk

**Which sea creature loses up to 100 teeth a day?** (answer page 38)

**How do you learn?**

Naturehood

YT Channel: Topics cover butterflies, moths, ponds, urban birds, hedgehog facts, Naturehood wellbeing and much more

YT: Naturehood

**Carbon Ambassadors Course**

Started in May, but also stand-alone sessions.

2nd - Heating Guest speaker Penney Poyzer will talk about how she turned her Victorian semi into a ‘superhome’.

9th - Food Guest speaker Jonathan Smith will discuss low-carbon farming practices and his work with the Farm Carbon Cutting Toolkit.

Tickets: £15 each session

Book via link from: resurgenceevents.org

**Age Cymru Dyfed Befriending Life Links**

A weekly Zoom group Mondays and Thursdays 10.30 - 11.30am for the over 50s. The “Today’s the Day” group focuses on a different theme each week. Based in Carmarthenshire but open to all, contact Lucy Cummings 07399 861350, lucy.cummings@agencymynrudyfed.org.uk

**RESURGENCE**

Monthly online talks from inspirational thinkers providing analysis and solutions covering a range of issues including the environment, arts and ethical living.

Re-Imagining a Better world: a trilogy of talks, 7.30 - 9pm.

5th - Rob Hopkins From What Is to What If

12th - Satish Kumar Protest, Protect and Build with Love

19th - Clare Dubois We are the seeds of a restorative future

All with Q&A, £20 all 3. Individual talks £8 + booking fee

28th Iain McGilchrist - Who Are We? A talk/Q&A. How our minds can only be understood within the context of physical, spiritual and cultural existence. 7.30 - 9pm, £7.

**Biodynamic Association Online Workshops/Courses**

**Vitality in the Garden and Kitchen**

Join Living Nutrition expert, and founder of Greencuisine Trust, Daphne Lambert in the kitchen. Saturday 10th July, 10am – 4pm. biodynamic.org.uk

**Which sea creature loses up to 100 teeth a day?** (answer page 38)

**How do you learn?**

Naturehood

YT Channel: Topics cover butterflies, moths, ponds, urban birds, hedgehog facts, Naturehood wellbeing and much more

YT: Naturehood

**Carbon Ambassadors Course**

Started in May, but also stand-alone sessions.

2nd - Heating Guest speaker Penney Poyzer will talk about how she turned her Victorian semi into a ‘superhome’.

9th - Food Guest speaker Jonathan Smith will discuss low-carbon farming practices and his work with the Farm Carbon Cutting Toolkit.

Tickets: £15 each session

Book via link from: resurgenceevents.org

**RESURGENCE**

Monthly online talks from inspirational thinkers providing analysis and solutions covering a range of issues including the environment, arts and ethical living.

Re-Imagining a Better world: a trilogy of talks, 7.30 - 9pm.

5th - Rob Hopkins From What Is to What If

12th - Satish Kumar Protest, Protect and Build with Love

19th - Clare Dubois We are the seeds of a restorative future

All with Q&A, £20 all 3. Individual talks £8 + booking fee

28th Iain McGilchrist - Who Are We? A talk/Q&A. How our minds can only be understood within the context of physical, spiritual and cultural existence. 7.30 - 9pm, £7.

**Biodynamic Association Online Workshops/Courses**

**Vitality in the Garden and Kitchen**

Join Living Nutrition expert, and founder of Greencuisine Trust, Daphne Lambert in the kitchen. Saturday 10th July, 10am – 4pm. biodynamic.org.uk

**Which sea creature loses up to 100 teeth a day?** (answer page 38)

**How do you learn?**

Naturehood

YT Channel: Topics cover butterflies, moths, ponds, urban birds, hedgehog facts, Naturehood wellbeing and much more

YT: Naturehood

**Carbon Ambassadors Course**

Started in May, but also stand-alone sessions.

2nd - Heating Guest speaker Penney Poyzer will talk about how she turned her Victorian semi into a ‘superhome’.

9th - Food Guest speaker Jonathan Smith will discuss low-carbon farming practices and his work with the Farm Carbon Cutting Toolkit.

Tickets: £15 each session

Book via link from: resurgenceevents.org
AUGUST

Celf Tecstiliau Ffelt Chakra / Felted Chakra Textile Art 3rd, Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org

Know Your Trees 7th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillcentre.co.uk

Glöyn Byw Organsa / Organza Butterfly 7th, Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org

Mindful Woodland Wander 8th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillcentre.co.uk

Yoga & Meditation Retreat 9th - 13th. Held at Trigonos, Nantlle. Book with Tru Dru Yoga: trudruyoga.co.uk

Meditation on Emptiness 14th - 17th. Awakened Heart Sangha, Ynys Graianog, Criccieth. ahs.org.uk ~ hermitage@ahs.org.uk (Online participation available)

Dive into Yoga / Yoga & Wild Swimming 13th - 15th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 16th - 20th, 27th - 30th, 30th Aug - 3rd Sept.

Mindfulness Retreat Walk: Melin Y Wig 14th, with Way of Mindfulness. Book: 07851 218014. wayofmindfulness.co.uk or eventbrite.co.uk

Greenwood Side Chair Makers 14th - 18th or Arm Chair Makers / Two Stool Makers 14th - 19th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Introduction to Solar P.V. & Off-Grid Solar 14th & 15th, CAT, Machynlleth 01654 705950, cat.org.uk

Satipatthana: the Buddha’s teachings on Mindfulness 20th - 29th, Vajraloka, Conwen 01490 460406, vajraloka.org


Pit-Fired Ceramics 21st - 25th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Family Week in the Woods 23rd - 27th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillcentre.co.uk

Build A Lapsteel Guitar 28th, CAT, Machynlleth 01654 705950, cat.org.uk

Make a Cleft Oak Garden Gate 28th - 30th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

SEPTEMBER

Gardening for Nature Experience Day 4th, CAT, Machynlleth 01654 705950, cat.org.uk

Gwehyddu à llaw efo Kirsty Jean / Hand Weaving Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org

Mindful Woodland Wander 5th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillcentre.co.uk

Timber Framing Course 6th - 10th. Arfon Timber Cooperative Ltd, Caernarfon. FB: Timber Framing Course

Inspiratrix Yoga Teacher Training Starts 7th; more info from FB: Inspiratrix Yoga Teacher Training 2021, inspiratrix.co.uk

Dive into Yoga / Yoga & Wild Swimming 10th - 12th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 13th-17th, 17th-20th, 20th-24th

Meditation on Prajnaparamita, Mother of the Buddhas 10th - 19th, Vajraloka, Conwen 01490 460406, vajraloka.org

Scything 11th, Woodland Skills Centre, Bodfari, 01745 710626, enquiries@woodlandskillcentre.co.uk

Bushcraft Through the Seasons ~ Autumn 11th & 12th; Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.co.uk


The Radical Embrace 24th Sept - 1st Oct, Vajraloka, Conwen 01490 460406, vajraloka.org

The Mountain Environment of Snowdonia 25th. Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

Moth Night Experience 25th, CAT, Machynlleth 01654 705950, cat.org.uk

Glaciation in Snowdonia 26th, Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk

OCTOBER

Apple Day 2nd / 3rd, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.co.uk
Celebrating the Stupa with Rigdzin Shikpo 2nd & 3rd, Awakened Heart Sangha, Ynys Graianog, Criccieth. ahs.org.uk ~ hermitage@ahs.org.uk (Online available)

Fixing Your Damp House 2nd & 3rd. CAT, Machynlleth 01654 705950, cat.org.uk

Carve a Knife, Fork and Spoon 2nd & 3rd. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

The Other Side of Insight 6th - 17th, Vajraloka, Corwen 01490 460406, vajraloka.org

Nomad 3 7th - 10th, Henbant Bach Farm, Caernarfon LL54 5DF. Book: nomadwales.com

Fan Birds 9th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

The Mountain Environment of Snowdonia 9th. Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

Moth Night Experience 9th, CAT, Machynlleth 01654 705950, cat.org.uk

Self-build Project Management 9th & 10th, CAT, Machynlleth 01654 705950, cat.org.uk

Home Chainsaw 9th & 10th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Glaciation in Snowdonia 10th, Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk

Make A Shave Horse 10th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Photography 14th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Make a Bushcraft Knife 16th & 17th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Coppice Crafts 16th & 17th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Rewilding the Mind 21st - 24th. Trigonos, Nantlle 01286 882388, trigonos.org

Blacksmithing 23rd & 24th, Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Annual Sangha Celebration 23rd & 24th, Awakened Heart Sangha, Ynys Graianog, Criccieth. ahs.org.uk ~ hermitage@ahs.org.uk

Glass Painting 27th, Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Managing A Small Woodland 30th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Practical Woodland Tasks 31st, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

NOVEMBER

Yoga & Relaxation Weekend 5th - 7th & 12th - 14th, Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

Flat-bottomed Willow Basket Making 6th, CAT, Machynlleth 01654 705950, cat.org.uk

Hedge-laying & Make A Pole-Lathe 6th & 7th; Make A Three Legged Stool 13th & 14th; Bird Nest Boxes & Rush Hats 20th; Bird Feeders & Rush Baskets 21st; Use a Pole Lathe & Christmas Crafts 27th; all at Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

DECEMBER

Retreat into Winter 2nd - 5th, Source Yoga, Mochdre, Colwyn Bay; sourceyoga.org.uk

Christmas Crafts 4th; & Rustic Chair 4th & 5th. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Blacksmithing - Door Knocker & Door Pull 4th & 5th, Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk


May you .... pick up a book you can’t put down; slow down the pace a bit, enjoy the feeling of bare feet in grass, see people you adore, try something new ...

SHORE-NANIGANS / MIRI-MOROL FAMILY CAMP
Rhoscolyn, Anglesey / Ynys Mon
Friday 6th - 8th August
Shore-nanigans will be the first event of its kind as NWWT have teamed up with Outdoor Alternative, a family run campsite with nature and the environment at its core. Rock-pooling, yoga, guided walks and inspiring talks, snorkelling, music workshops and kayak adventures, storytelling, fire-songs, along with much more. There will be plenty to dive into! You'll be heading away feeling connected with the coast and in-awe of the marine environment. Tickets £184 - £297. Contact eve.grayson@northwaleswildlifetrust.org.uk

northwaleswildlifetrust.org.uk

May you .... pick up a book you can’t put down; slow down the pace a bit, enjoy the feeling of bare feet in grass, see people you adore, try something new ...
* Watch *

The Race To Save The World
The film follows passionate activists whose single-minded focus is the creation of a sustainable world for future generations. These climate warriors, ages 15 to 72, are in the trenches fighting for a liveable future, regardless of the personal cost. £10. (You have 5 days to watch once bought) More from - theracetosavetheworld.com

Herd
An 8 day ‘Equinisty’ retreat with animals and nature. Animals and the natural world tune and raise our vibration, helping us to re-adjust our focus from the point (our ego) to the wave (the flow of all non-human life). YT: Herd - A Spiritual Journey / 52mins

Ferment in Fifteen
Make fermented kimchi at home with The Crafty Pickle Co. 15 mins / Watch on thecrafypickle.co.uk

Overview
A short film documenting astronauts’ life-changing stories of seeing the Earth from the outside. 20mins / Planetary Collective vimeo.com

The Maternal Gift Economy
A space dedicated to drawing on MGE theory: the suppressed wisdom of women, and the traditions and ethics of Indigenous societies, this integrated programme of presentations sponsored by the International Feminists for a Gift Economy Network will offer new insights, perspectives, and challenges to the underlying market-based mentality of the dominant world order. You can join up for fortnightly presentations and watch previous sessions. Info about MGE via: gift-economy.com or for the salons: maternalgifteconomymovement.org

Investigative Journalism and Independent Media
Byline Times - “Show us what is happening”. Fact, Argument, Reportage & Culture. More: bylinetimes.com

Democracy Now! An independent news programme led by Amy Goodman and Juan Gonzalez. democracynow.com

Glenn Greenwald Independent, unencumbered analysis and investigative reporting, captive to no dogma or faction. greenwald.substack.com

theCanary - Campaigning journalism that informs and empowers people to change their world. thecanary.co

The Intercept - Fearless, adversarial journalism that holds the powerful accountable : theintercept.com

Jonathan Cook - Journalist based in the Palestinian section of Israel. More: jonathan-cook.net

Declassified UK in-depth analysis and exclusive news on British foreign policy, investigating the UK military, intelligence agencies and its most powerful corporations. dailymaverick.co.za

Double Down News Alternative voices & progressive media - patreon.com/doubledownnews

The Conversation Academic rigour, journalistic flair : theconversation.com

Factchecking for more than 180 years. factcheck.afp.com

Tax Research UK Tax, accounting & political economy: taxresearch.org.uk

LGBTQymru Magazine
Up-to-date articles, stories and a place to find out about the Qommunity covering Wales. lgbtqymru.wales hello@lgbtqymru.wales FB: LGBTQymru

Articles and Information on the Menopause
Sleep problems, foggy brain, personal stories and celebrations! megsmenopause.com

What Am I?
I enter dry and get out wet; I bring warmth and joy.
(answer page 38)
Our group - Refugee Tales Cymru - is inspired by Refugee Tales, an outreach project of Gatwick Detainees Welfare Group (GDWG), whose members visit and support people in immigration detention. Help make the call for an end to indefinite detention deafening.

As you may know, the UK Government, in our names, locks people up in removal centres under immigration law. There’s no limit to how long people may be incarcerated; there’s no judicial oversight of the decision to detain, and records aren’t made of such decisions. Detainees are rendered both unheard and invisible. In truth, detention re-traumatises already traumatised people.

So far there is no official immigration removal centre in Wales, although conditions at the former army camp in Penally were little different. We think immigration detention in general and especially indefinite detention is inhumane and must end and we want to join people around Wales, the rest of the UK and worldwide to bring about this change.

In Refugee Week last month we organised a video, a walk and an online meeting to highlight the practice of indefinite detention. Refugee Tales have published three volumes of refugees’ stories and 28 of them have been recorded as videos, and are available to watch on the 28for28.org. Learn more about indefinite detention on the Refugee Tales & GDWG websites and those of many other organisations working in support of asylum seekers and refugees. The Walking Inquiry is being carried out by Refugee Tales parallel with a public inquiry into serious abuse of detainees at Brook House detention centre in 2017, carried out by G4S staff. It was filmed covertly by a whistle-blower and aired on Panorama. As its remit is limited to findings of fact, Refugee Tales decided to conduct a much more wide-ranging inquiry into immigration detention and supporters have been walking together and discussing themes since last Autumn.

Spread the word and help make the call for an end to indefinite detention deafening.

Mae ein grwp - Refugee Tales Cymru - wedi'i ysbyrdoi gan Refugee Tales, prosiect sy'n deilio o waith y Gatwick Detainees Welfare Group – mudiaid sy'n ymweld a chefnogi mudwyr sydd o dan glo mewn canolfannau symd. Fel y gywymoch efallai, mae Llywodraeth y DU, yn ein henwau ni, yn cloi pobl mewn canolfannau symd mewn sydd o dan gyfraith mewnfundd. Nid oes cyflyngiadau ar ba mor hir y gall pobl gael eu cardhru; nid oes unrhyw achos gyfreithiol neu orychiwliaeth farnwrol cyn eu rhyo dan glo, ac ni wneir cofnodion o benderfyniadau o'r fath. Mae mudwyr sy'n cael eu rhyo dan glo yn anhysbys ac yn anweledig. Mewn gwirionedd, mae cadw yn ail-drawmateiddio pobl sydd eisoes wedi eu trawmateiddio.

Hyd yn hyn nid oes canolfan symud mewn sydd sywddogol yng Nghymru, er nad oedd yr amodau yn hen wersyll y fyddin ym Mhenally fawr gwahanol. Rydym ni'n credu bod cardhru mudwyr, ac yn enwedig eu cardhru am dymor di-bendraw, yn annynol ac fod rhaid i hyn ddoed i ben. Rydym yn awyddus i gyd-weithio a unigolion ledled Cymru, gweddill y DU a'r byd a hyn理工大学 i'w atal.

Dros Wythnos Ffoduriaid, y fis diweddu, dan ni'n trefnu fideo, tait cerdded a chydarfed a chydfarfod ar wesan. Mae tair cyfrol o'r straeon personol yma wedi eu cyhoeddwi gan Refugee Tales. Mae 28 o'r straeon yma wedi eu cynhyrchu fel videos sydd ar gael ar wesan 28for28.org. Dysgy mwy am gadw dan glo am gyfnod dibodraw drwy wefannau megis Refugee Tales, GDWG a rhai llawer o sefydliadau eraill sy'n gweithio i gefnog ei ceiswyr lloches a fforduriaid.

Helpwch i godi'r alwad i ddoed ar amodau yma i ben drwy drafod mewn person, neu rannu’ch safbwynt ar y cyflyngau cymdeithasol.

refugeetales.org
**The Stories Of A Cartoon Charlatan**

*Jonathan Lis*

**Stories have anchored** all human cultures and societies. We use them to build and locate our identities and make sense of the world around us. The implicit paradox is that a story suggests something invented, but it is used most effectively to illuminate truth.

Shakespeare, Jane Austen and Chekhov endure not because they invented fictional characters and deceive us into thinking that they are real, but because, through the medium of something imagined, they revealed truths about the human experience.

Boris Johnson’s stories are the direct opposite. These are fictions designed not to enlighten but obfuscate; to advance not our happiness but his. The Prime Minister has instrumentalised us, not as subjects of our own story, but vehicles for his own. His story is not about a great and resilient Britain, but the genius of a cartoon charlatan. In rising to high office, he has successfully pulled off the con of the century – and a population has fallen at his feet.

It is not always a problem for stories to be untrue. Henrik Ibsen’s 1884 play *The Wild Duck* examines the notion of a ‘life-lie’ – a false narrative that we inculcate in ourselves to shape our daily lives, networks and sense of self. Sometimes the lie imprisons us in misery; other times it is what keeps us alive.

The key rests in the nature of the belief. Johnson’s rally to British self-belief encourages a denial of our history and a fantasy of our present. The toxicity of exceptionalism cannot improve a country or the lives of its people, still less advance healthy relationships with other nations. It is no good offering people a ‘story to believe in’ if it ends in harm.

The wider problem is that a generalised belief, unmoored from any moral imperative, is replacing reality altogether. In both America and Britain, this has transcended individual leaders to infect political parties and, indeed, an entire political system. The Donald Trump administration ended with its biggest lie – that it should not legitimately have ended at all. As the academic Brian Klaas has noted, “people haven’t fully come to terms with the dystopian realisation that the political base of one of two major US parties… doesn’t inhabit a fact-based reality”.

The approach of both Johnson and Trump fully discards residual facts, decency and shared values. Nothing matters unless people believe the story – and, as soon as they do, the next one can be even more extreme. This form of storytelling has ceased to have any link with objective reality and seeks ultimately to convince people that objective reality cannot exist.

And this goes further than ‘post-truth’, which relates itself to the truth in order to adapt or deny it. By contrast, this framework neither acknowledges the existence of truth nor needs to. Its real genius is to take no interest in objective fact at all.
The Prime Minister’s words may or may not be demonstrably true and it makes no difference, because he has taken no account of the truth while speaking them.

This is not simply an issue with politics, but also the media. It is no coincidence that everything in a newspaper or news broadcast is labelled a ‘story’. Not all stories are the same – and some stories are true – but both worlds share an interest in narrating them.

The problem is that Britain’s journalists are telling the stories on Boris Johnson’s terms. Too often the mainstream media has failed to identify his lies or demand accountability for them. It has reported individual incidences of alleged corruption and sleaze, but rarely joined them up to suggest or shape a theme. As a result, the key stories presented are frequently built and narrated by the Government.

It is, of course, possible to change. The media is capable of focusing on the reality that Johnson has delivered rather than the story he wishes to tell about it. It also needs a bold political opposition ready to offer those narratives.

The key point is that storytelling does not need to mean lying. There are stories to relate about Johnson and Britain – a country with rising child poverty and wealth inequality, rapidly sinking into nationalism. It simply needs more people to tell them.

Johnson’s make-believe is not normal and should not simply be accepted. It corrodes the relationship between citizens and seizes power for a political elite. Its foundation is nihilism. We all need stories to sustain our lives, but Britain’s story should be based, not on hope or belief, but the truth. In the end, Johnson can swear the sun is shining all he likes. If it is raining, we will all get wet.

Jonathan Lis is deputy director of the pro-EU think tank British Influence. This is an extract from his full article at the brilliant: bylinetimes.com
Through the last 100 years, humanity has become more and more “atomised”. Families - once the bedrock of community life - have dispersed in search of work or education or economic survival.

For many, the pandemic has simply made the emptiness of isolated lives more visible.

A significant factor often overlooked in the UK is that the churches that once played such a central role in every neighbourhood have emptied. Hardly surprising, we might say, as the beliefs and rituals they insisted on just don’t hold up in an era that has access to the spiritual traditions of every age and culture. Once we could read everyone else’s holy books in the library - the cat was out of the bag... Maybe our version of the supreme being was not necessarily the first or the best!

A rare exception is in those minority ethnic communities where religious identity can provide an essential glue and even a refuge in a vulnerable world.

If only the churches had been brave enough to transform themselves into truly inclusive centres to embrace all the emerging strands of contemporary spirituality. Instead there are cold, neglected, once beautiful buildings scattered across the landscape. A few pioneering communities have attempted to transform a local sacred building into something universal and relevant - but in most cases the tiny minority who rule the parish councils have made it impossible.

This is even more tragic when it is remembered that our sacred buildings were built and paid for by ordinary citizens, and were often constructed on more ancient sites of worship. They are, in other words: ours.

It is surprising to realise the sheer number of sacred buildings - church, chapel, mosque, synagogue, temple, monastery - in our landscape. Visualise for a moment that long past age in which all these spiritual nodes were alight and alive with song and prayer and ritual, daily, weekly and at the major festivals. For the moment we are not troubling ourselves with the contradictory and sometimes even grotesque elements in any particular theology or tradition. We are purely imagining this vast outpouring of collective human energy - humbling ourselves before some “higher power” - perhaps sublime, perhaps ridiculous - but sincerely aspiring to breathe in and share some spiritual essence. To spend a few hours, at least, beyond the mundane world, reaching for something more enduring and nourishing.

We know well the downside of religion - corruption, abuse, dogma and even war - but just for a moment let’s focus on the key element that has been lost. A shared community ritual, the strength of unison, the acceptance of that “higher power”, the selflessness of praying for others, the nourishment of song and celebration.

Without this resource, it is perhaps not surprising that our present society lacks a coherent spirituality, a moral conscience, and is no longer driven by a spirit of service. The sacred hub has been removed.
Through these last decades, this spiritual treasure chest has splintered into countless little “mind-body-spirit” groups and workshops and community choirs meeting in homes and halls and hotels. Similarly, the service element has fragmented into countless charities and volunteer organisations - all begging for scraps from the table of that dingy gambling den called The National Lottery.

These new outposts of spirituality and service are doing wonderful things in the margins of society, but we have effectively abandoned the centre ground - the core engine that drives a community - to the hustlers: the bankers, the merchants, the salesmen and the developers. At the same time, the spiritual void has been swiftly filled by an essentially atheistic and materialistic science, which took up its role with the same arrogance and intolerance as any priest of the Inquisition! Yes, there are a growing number of deeply spiritual and open-minded scientists - but they too are in the margins - they don’t run the labs or guide government policy.

It may be true that the actual quantity and quality of spirituality and service has even increased since the church held sway - but it desperately lacks cohesion, integrity, that quality of a sacred building that can weave all the threads of a human community together in collective celebration in time and space. All we get is Glasto and Burning Man!

This is a call to co-create a new kind of sacred gathering place. Thousands of years ago, a group of mysterious itinerants created vast and beautiful temples of stone across the globe. Around 1000 years ago, an equally anonymous crew somehow produced the great Cathedrals. Perhaps it is time for a third wave of magical masonry to create new centres of vision, integrity and service in the heart of our communities.

There is a growing determination to save the planet from the effects of humanity’s 500 year binge. If the primary cause of this madness was a spiritual vacuum, then that indicates the cure. We cannot leave it to the hustlers and scientists to save the world - even in their new, gaudy green outfits! It needs to arise and be sustained by a vast outpouring of spiritual vision and celebration in every community around the world. Time is short, so for the time being we may need to make do with tents and yurts and domes.

But in a thousand years, if we manage to save the Earth from the Great Fire, I predict these pioneering gathering places will have grown into inclusive, beautiful and synergetic Temples for Humanity.

Andrew Durham believes in absolutely everything - but not too seriously.

andy@network-news.org

2014: Temple of Grace at Burning Man (before and after)
I first took an interest in Greenpeace back in 1973, before I joined Friends of the Earth, CND and the Green Party (then the Ecology Party) a year later. I’d followed the campaigns against the testing of nuclear weapons in Amchitka (one of the Aleutian islands in Alaska), and then in the French nuclear testing area of Moruroa in the Pacific. I was 23 at the time, with zero in-depth knowledge, but it just seemed wrong, on so many different fronts.

That early history of Greenpeace seems much less relevant now, given all its achievements over the last 50 years in so many other areas of critical environmental concern. But it still matters. Greenpeace has been an ‘anti-nuclear organisation’ through all that time, sometimes fiercely engaged in front-line battles, sometimes maintaining more of a watching brief, and nuclear power plays no part in Greenpeace’s modelling of a rapid transition to a Net Zero carbon world. It’s been very supportive of my new report, “Net Zero Without Nuclear”.

I wrote this report partly because the nuclear industry is in full-on propaganda mode, and partly because that small caucus of pro-nuclear greens seems to be winning new supporters.

And I can see why. The Net Zero journey we’re now starting out on for real (at long last!) is by far the most daunting challenge that humankind has ever faced. Author and Army veteran Roy Scranton put it like this: “Climate change is bigger than the New Deal, bigger than the Marshall Plan, bigger than World War II, bigger than racism, sexism, inequality, slavery, the Holocaust, the end of nature, the Sixth Extinction, famine, war, and plague all put together, because the chaos it’s bringing is going to super-charge every other problem. Successfully meeting this crisis would require an abrupt, traumatic revolution in global human society; failing to meet it will be even worse.”

Not many people see it like that – as yet. But more and more will, as signals of that kind of chaos start to multiply. And we already know that the kind of radical decarbonisation on which our future depends is going to be incredibly hard.

Given the scale of the challenge we face, we need to have very strong grounds for keeping nuclear out of today’s low/zero-carbon portfolio. Not least as nuclear power, historically, has already made a huge contribution to low-carbon generation. We’d be in a much worse place today if all that electricity had been generated from burning coal or gas.

I became Director of Friends of the Earth in 1984. The same year that my first book, Seeing Green, was published. Looking back on what I said then, I was indeed fiercely critical of nuclear power, but have to admit that my advocacy of renewables (as the principal alternative) was somewhat muted. Apart from a few visionaries in the early 1980s (including Friends of the Earth’s Amory Lovins and Walt Patterson), no-one really thought that renewables would be capable of substituting for the use of all fossil fuels and all nuclear at any point in the near future. And anyone expressing such a view in official circles was rapidly put back in their box.

Happily, there is no longer any doubt about the viability of that alternative. In 2020, Stanford University issued a collection of 56 peer-reviewed journal articles, from 18 independent research groups, supporting the idea that all the energy required for electricity, transport,
heating and cooling, and all industrial purposes, can be supplied reliably with 100% (or near 100%) renewable energy.

The solutions involve transitioning ASAP to 100% renewable wind – water – solar (WWS), efficiency and storage.

The transition is already happening. To date, 11 countries have reached or exceeded 100% renewable electricity. And a further 12 countries are intent on reaching that threshold by 2030. In the UK, we can reach 100% renewable electricity by 2032. Last year, we crossed the 40% threshold.

There is of course a world of difference between electricity and total energy consumption. But at the end of April, Carbon Tracker brought out its latest analysis of the potential for renewables, convincingly explaining why solar and wind alone could meet total world energy demand 100 times over by 2050, and that fears about the huge amount of land this would require are unfounded. The land required for solar panels to provide all global energy would be 450,000 km², just 0.3% of global land area – significantly less than the current land footprint of fossil fuel infrastructures. As the Report says:

“The only impediment to change is political. At the current 15% to 20% growth rates for solar and wind, fossil fuels will be pushed out of the electricity sector by the mid-2030s, and out of total energy supply by 2050. Poor countries will be greatest beneficiaries. They have the largest ratio of solar and wind potential to energy demand, and stand to unlock huge domestic benefits.”

Nuclear plays no part in any of these projections, whether we’re talking big reactors or small reactors, fission or fusion. The simple truth is this: we should see nuclear as another 20th century technology, with an ever-diminishing role through into the 21st century, incapable of overcoming its inherent problems of cost, construction delay, nuclear waste, decommissioning, security (both physical and cyber), let alone the risk of catastrophic accidents like Chernobyl and Fukushima. My ‘Net Zero Without Nuclear’ report goes into all these problems in detail.

So why are the UK’s politicians (in all three major parties) still in thrall to this superannuated technology? It’s here we have to go back to Amchitka! Some environmentalists may still be taken aback to discover that the Government’s principal case for nuclear power in the UK today is driven by the need to maintain the UK’s nuclear weapons capability – to ensure a ‘talent pool’ of nuclear engineers and to support a supply chain of engineering companies capable of providing component parts for the nuclear industry, both civilian and military. The indefatigable work of Andy Stirling and Phil Johnston at Sussex University’s Science Policy Research Unit has established the depth and intensity of these interdependencies, demonstrating how the UK’s military industrial base would become unaffordable in the absence of a nuclear energy programme.

This means that today’s pro-nuclear greens are throwing in their lot - not just with a bottomless pit of hype and fantasy - but with a world still dangerously at risk from a continuing dependence on nuclear weapons. A weird place to be... 50 years on from the emergence of Greenpeace as a force for good in that world.

Jonathon Porritt is an environmentalist and founder director of Forum for the Future. His latest book is “Hope In Hell”.

jonathonporritt.com
The use of the creative imagination is of value here. It may not give a true picture on all points, but it will convey one great reality. The reality to which I refer is that there is no possible separateness in our manifested planetary life – or elsewhere for that matter, even beyond our planetary ring-pass-not. The concept of separateness, of individual isolation, is an illusion of the unillumined human mind.

Everything – every form, every organism within all forms, all aspects of manifested life in every kingdom in nature – is intimately related each to each through the planetary etheric body (of which all etheric bodies are integral parts) which substands all that is. Little as it may mean, and useless as it may appear, the table at which you write, the flower you hold in your hand, the horse on which you ride, the man to whom you talk, are sharing with you the vast circulatory life of the planet as it streams into, through and out of every aspect of the form nature.

The only differences which exist are those in consciousness. There is only the ONE LIFE, pouring through the mass of forms which, in their sumtotal, constitute our planet – as we know it.

All forms are related, interrelated and interdependent; the planetary etheric body holds them together so that a cohesive, coherent, expressive Whole is presented to the eye of man, or one great unfolding consciousness to the perception of the Hierarchy.

Lines of light pass from form to form. Some are bright and some are dim; some move or circulate with rapidity, others are lethargic and slow in their interplay; some seem to circulate with facility in some particular kingdom in nature and some in another; some come from one direction and some from a different one, but all are in movement all the time; it is a constant circulation. All are passing on and into and through, and there is not one single atom in the body which is not the recipient of this living, moving energy; there is no single form that is not “kept in shape and livingness” by this determined inflow and outflow, and there is therefore no part of the body of manifestation (which is an integral part of the planetary vehicle of the Lord of the World) which is not in complex but complete touch with His divine intention – through the medium of HIS three major centres: Shamballa, the Hierarchy, and Humanity.

In the multiplicity of the forms of which His great composite vehicle is composed, there is no need for Him to be in conscious touch. It is, however, possible, should He so desire it, but it would profit Him not, any more than it would profit you to be in conscious touch with some atom in some organ of your physical body.
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.

Full Moon Meditation Network
Leo: July 23rd to August 22nd
Full Moon: July 24th at 3:37am

The Tibetan Teacher, Djwhal Khul, produced 24 books of ancient wisdom teaching in collaboration with Alice A Bailey between 1919 and 1949. This extract is from the book, “Telepathy and the Etheric Vehicle”. www.lucistrust.org

He works, however, through His three major centres: Shamballa, the planetary head center; the Hierarchy, the planetary heart center; and Humanity, the planetary throat center. The play of the energies elsewhere (controlled from these three centers) is automatic. The objective of the circulating energies – as it appears to us when we seek to penetrate divine purpose – is to vivify all parts of His body, with the view of promoting the unfoldment of consciousness therein.

This is basically true from the angle of Shamballa “where the Will of God is known”; it is partially true of those Members of the Hierarchy Who sense the Purpose and formulate the Plan and then present it in an understandable form to the lesser initiates and disciples and aspirants. These two groups work entirely on the consciousness side, which motivates and directs (as needed) the moving, circulating energies.

This is not true of the bulk of humanity, who are conscious but only conscious within their ring-pass-not, and are therefore fundamentally separated off by their emphasis upon form as it exists in the three worlds – the dense physical levels of the cosmic physical plane. On the lowest of these levels, the outer physical form reacts and responds to the circulating energies through the medium of the etheric energy which comes from the lowest of the four levels of the etheric plane.

There is within the human body a wonderful symbol of distinction between the higher etheric levels and the lower so-called physical levels. The diaphragm exists, separating that part of the body which contains the heart, throat and head, plus the lungs, from all the rest of the organs of the body; these are all of them of the utmost importance from the angle of LIFE, and that which is determined in the head, impelled from the heart, sustained by the breath and expressed through the apparatus of the throat determines what the man IS.

Below the diaphragm are found organs whose use is far more objective even if of great importance; though each of these lower organs has a life and purpose of its own, their existence and functioning is impelled, determined and conditioned by the life and rhythm emanating from the higher part of the vehicle.

Just as it can be said of the soul or of the Deity, so it can be said of the energetic or vital etheric body or entity: “Having pervaded this whole universe with a fragment of myself, I remain.”

The Tibetan Teacher, Djwhal Khul, produced 24 books of ancient wisdom teaching in collaboration with Alice A Bailey between 1919 and 1949. This extract is from the book, “Telepathy and the Etheric Vehicle”.

www.lucistrust.org
VEG BOXES DELIVERIES & ORDERS

**Village Veg, Waunfawr/Caernarfon** Delivery Fri or Sat. Free delivery over £8.50 order, PayPal only. Phone 07389 815759, village-veg.com, FB: Village Veg

**DJ’s Fruit and Vegetables, Penrhyneddraeth** Mixed organic boxes. Email: info@djjfruit.cymru for a form or call 01766 514330, djfruit.cymru

**Llys Ifor Farm Shop** Check for opening hours. Deliveries to areas in Gwynedd. FB: Llys Ifor Farm Shop, 01766 530378.

**Felin Uchaf, Rhoshirwaun** For local Pen Llŷn residents: Market Garden full of organic veg, fruit and flowers/ Roadstand weigh & pay. FB: Felin Uchaf; 01758 780280, felinwales.org

**Henbant, Clynnog Fawr, Caernarfon** Permaculture based. Taking orders for their veg boxes. Sign up: henbant.org. matt@henbant.org / 07786 316413.

**Tyddyn Teg**, Bethel, Caernarfon. Organic veg. Order or drop-in. Subscribe at: tyddynmeg.com, 07737 970229, info@tyddynmeg.com; FB: Tyddyn Teg

**Tatws Bryn** Llanllechid, Bangor 07860 268410, tatwsbryn.co.uk

**Moelyci, Tregarth** Orders via phone; outside seating area now! 01248 602793, FB: Moelyci

**Siop a Caffi y Garreg in Llanfrothen** Are open! Call 01766 770094.

**Kyffin Cafe Deli, Bangor** You can find them on Facebook or call 01248 355161.

**Wildings Vegan Kitchen, Colwyn Bay** Phone 07980 112698 or Facebook

**Soulvegan Bakery** Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk FB: Soulvegan bakery

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

**Zero Food Waste and Food Share Llangollen** Pengwern Community Centre. See their page on Facebook

**Blodeuwedd Botanics** Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics

INSPIRATIONAL FOOD IDEAS

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

**eatweeds.co.uk** ~ a foraging guide to the edible and medicinal wild plants of Britain

**The Intuitive Cook** ~ Kitchen Confidence Beyond Rules and Recipes with Health & Food Llanrwst. A resource to help anybody stuck, frustrated or overwhelmed in the kitchen to reclaim the creativity and joy of cooking. Explore website: theintuitivecook.co.uk

---

**Puzzle / Riddles Answers**

**Page 11**

1. Put the pencil in a corner near the wall.
2. The manholes are circular so that they don’t fall in diagonally - which they could as a square or rectangle.
3. The man is too short to reach the 10th floor button in the lift.

**Page 13** ~ Sharks continually shed their teeth and some as many as 35,000 in a lifetime.

**Page 16** ~ a teabag!
Where you can buy NN

Dimensions Health Store
15 Holyhead Road
BANGOR
LL57 2EG
01248 351562

Health & Food
8 Denbigh Street
LLANRWST
LL26 0LL
01492 641669

Harmony with Sarah
The Square
Corwen
LL21 0DL
07725 724932

Vegonia Wholefoods
49 High Street
PORTHMADOG
LL49 9LR
01766 515195

Would you like to distribute NN?
Contact us on
07777 688440 or
info@network-news.org

RainbowBiz Hippy Shop
Unit 8,
Daniel Owen Precinct
MOLD CH7 1AP
07759 753473

Support Your Local Independent Health Food Store

Ruthin Wholefoods
58-60 Well Street
RUTHIN
LL15 1AW
01824 702778

Zingiber Wholefoods
15 Bridge Street
LLANGOLLEN LL20 8PF
01978 862676

The Natural Choice
14 Colwyn Avenue
RHOS ON SEA
LL28 4RB
01492 549520
“Your Quality, Local Health Food Shop”

SUBSCRIPTIONS
Printed & posted:
£20 for 12 issues
£12 for 6 issues
or £2 per month

PDF:
£10 for 12 issues
£6 for 6 issues

ADVERTISEMENTS
Eighth Page: £10
Quarter Page: £15
Half Page: £30
Full Page: £60
Back Cover: £100

PAYMENTS
Bank Transfers to:
Network News cic
Sort Code: 08-92-99
Account No: 65260034
or PayPal
info@network-news.org

Network News cic, Llithfaen, PWLLHELI, LL53 6PD
07777 688440
info@network-news.org ~ network-news.org
Dear woman,
fight not the tides of sadness that come
Just allow, listen, learn, discern.
This temporary storm,
the waves that crash,
and tear and erode.
This too will pass.

Come morning,
the night sky gently dissolves
In hues of rose and peach.
You will also slip into pure release,
deep down within.

Dear woman,
it will come.
It needs no instruction, no help from you
then you will float into the arms of the mother
and be renewed.
Such gifts are abundant as your blood flows.
Hush now woman,
surrender to tranquility and peace.
Let me cover you in jasmine flowers,
comb oil through your hair.

Tonight you will dream anew
and you will awaken energised,
fresh inspired in spirit,
as a new song given birth to sound,
or a glimpse of green on a winter tree.
Then you can run,
with the wild Spring breeze in your hair!

Dear One, look,
it is the rising sun!
The energy of the flames will infuse your heart
with fire and sparks.
Live, love, express wildly
the desires of your soul
with passion and grace.
But remember dear woman
This too will pass.
The cycle will turn,
your summer leaves will crinkle and fall.
Fear not to take refuge in the house of your heart
and know that the nature of life and death
resides in your soul.