network news
a guide to inspiring events in north wales

“she read books as one would breathe air, to fill up and live”
annie dillard
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A Guide to Inspiring Events in North Wales

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North Wales Network News

September 2021

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www.femkevangent.art

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Welcome to the September Network News. Events in Afghanistan and Ethiopia brought to mind a stark passage in Neil Hannon’s song *Sunrise*: “Who cares where national borders lie? Who cares whose laws you're governed by? Who cares what name you call a town? Who’ll care when you're six feet beneath the ground?”. At the time, he was thinking of The Troubles in his Irish homeland, but it is universal. Today there are 60-odd armed conflicts around the world. Remember the “former Yugoslavia”? Did anyone - Serb, Croat, Bosniak, Christian, Muslim - get what they wanted? Did the Hutus in Rwanda? Will the factions in Ethiopia? Will the Taliban? No. Just more bodies in the water or six feet beneath the ground.

In this year of 2021, Hannon’s lyrics have an added dimension: the fires and floods marking the hottest decade in history. To call it “climate change” or even “climate crisis” is itself a kind of denial. We are witnessing Planetary Systems Breakdown. On our watch. The continuance of any recognisable human civilisation beyond this century is in question. For many species it is already too late. The billionaires are climbing aboard their yachts and rocket-ships. Media can cope with disputes about borders and leaders and laws - and loves a rolling pandemic. But Planetary Systems Breakdown? It puts off advertisers and upsets viewers. All political systems have failed. All religions have failed. All corporations destroy. Every law has been broken. Protest is not enough - for in the end we are only protesting against ourselves. There is only us. You, me, our friends, those we can reach, those who are awake and those still sleeping. If we fill every gifted moment with our new commitment to living more consciously and compassionately - miracles are still possible.

Blessings to all Beings
When Writers Rebel asked me to come up with a few words that could speak to a world on the verge of environmental catastrophe, I had a minor crisis of my own. The facts are horrific, the evidence overwhelming, but still we carry on as if there were no crisis looming. What can one say to people who either don’t want to hear or have heard enough? And what can you say that does not paralyse with the sheer scale of the problem? In the end I wrote a two line poem, composed of just twelve words. The words were photosynthesised on grass grown on hessian and floated on the Thames by the artists Heather Ackroyd and Dan Harvey, aided by an extraordinary team of gifted people.

This earth that we love is in grave danger because of us. We have raped her, exploited her, abused her, destroyed her, wrecked her, disemboweled her. We blow her up, we blast her apart, we smash her, we detonate atomic bombs on her. We poison her. Our oceans are becoming acidic. Rising sea levels endangers 40 percent of the world’s population. Human pollution wipes out seven million people a year. In the last thirty years 80 million hectares of primary forest have disappeared. In the last 150 years we have lost half of our topsoil. They say we have less than two decades of fishes in the sea.

Can you hear the future weeping?

In the past we have used fear. We have thrown at people the distressing facts, the numbers, the temperatures, the loss of species. And still we drive our fossil fuel cars, and make flights round the world, and consume vast quantities of electricity. It seems to be asking too much for people to alter how they live so that life on the planet can survive. Nobody wants to turn back the clock. No one wants to regress. Fear doesn’t work. Guilt doesn’t work. So I thought that maybe love might work. With fear we act hastily, unsteadily. With love we act wisely, comprehensively. Maybe if we all did something modest real change can be achieved. Maybe it is not about going back. Maybe it is a going forward, living in harmony with our selves and the world. Maybe living simply is the evolutionary thing. Perhaps we have grown too complicated for our own good. We want more than we need.

I think love is the highest economy of life. It is the most efficient force for civilisation. If we woke up to our love for the earth we would stop doing most of the things we are doing. In the Tao te Ching there is an extraordinary passage where it says that the sage loves the world as they love their body. If the earth were our body would we do half the things to it that we are doing?
Nothing else can save our world but our love. For love is the last power that stands between us and extinction. When we act with love we act with all the powers in the human spirit. No other quality comes close to bringing out the genius of the human. Toughness will fail, and will exhausts itself in the end. Only love is cosmic. Only love is endless.

What we need now in this eleventh hour is the greatness of the human. This is the time we need to show that we are greater than our history, greater than our education, greater than all the brainwashing that’s been done to us that makes us think that we can’t be the agents of change. The greatness we need to reach for is love. There is no true greatness without love. When we love we know the right thing to do. I am not here to prescribe this or that action. Do you love this world? Do you love this earth? Then all you have to do is listen to your love. Don’t do to the earth what you won’t do to your body.

But the love I talk about is not passive. It is active. It is a love that stops something terrible happening to the one you love. It is protective.

Let’s turn the fierce force of our love to saving our life on this planet. Let’s do it one step at a time. Let’s start now, in whatever way we can.

The most powerful thing about love is its capacity to inspire change. Love changes us. The German poet Rainer Maria Rilke said famously at the end of his poem, The Archaic Torso of Apollo: “Du musst dein Leben andern.” We must change our lives. We must change our atmosphere. We must breathe good clean air again and eat food that tastes as if all the earth’s nourishment has gone into it.

We are in the last days of our history as we know it. We can’t go back and we can’t go forward anymore as we are. We have to become a new species. We have to achieve that rare thing, a quantum development in our possibilities. We need to leap now to the next stage of the human. Without this leap there is no future. In that sense, we are at a terminal point. It is either death, or transformation. It is either extinction, or we become a newer, more efficient species. Nothing ordinary can achieve this. Only love can do it.

Ben Okri is a poet, novelist, essayist, short story writer, anthologist, aphorist, and playwright.

writersrebel.com
benokri.co.uk
I was never going to get the pony I wanted, so I settled for an ant farm at an early age.

I have no idea where this interest in bugs and nature came from. Maybe it was my grandparents, who had a beautiful garden and looked out for the birds. But, despite being featured in our local paper at the age of eleven as a birdwatcher with a pair of binoculars around my neck, I was never as keen on birds as bugs. My eyes were downwards focused. Ants featured frequently in my garden wanderings, to the frustration of my mother, who poured boiling water on the nests near the house. But the ants kept coming and their social behaviour was deeply fascinating. Where were they all going and why did they carry the dead bodies of fellow ants around? I collected them from the garden and kept them in an old ice cream tub in my room to more easily observe them. However, I was untrained in the art of ant care and they failed to thrive, died or made their escape from the inhospitable world of a girl’s bedroom.

In later years, I investigated many pest species including rats, aphids, leaf miner flies and cockroaches, the last of which I developed a deep respect for. These unfairly maligned insects are remarkably sleek and fast, too, as I found when I tried to catch escapees in the laboratory. They are highly adaptable, able to live in a huge variety of habitats and feed on many different foods. Some even produce milk for their babies. I was investigating ways to control them but, really, it is us whom we need to control better.

I have spent around thirty years as an environmental campaigner, researcher and lobbyist, and through all that time, invertebrates have been such a strong motivator for carrying on when despair could easily have set in. Having children reinforced for me the need to protect the planet they would inherit. The additional joy in seeing your child’s complete fascination for a worm was a major bonus. We bred stick insects as pets for my young boys, which I know they will always remember. And my insect passion remains very much alive – I had a giraffe-necked weevil (unique to Madagascar) tattooed on my shoulder for my fiftieth birthday.

But the past decades of overuse of the world’s resources have been hugely damaging, despite the work of campaigners, scientists and communities to protect the environment and the natural beauty of this world. There is growing evidence of a major crisis in invertebrate populations and it’s clear that we can’t carry on with business as usual.

Less scientifically, but potentially driving new public interest, those of a certain age (including myself) have noticed the strange absence of bug-splattered
windscreens. When I was young and went on family trips through England, the windscreen and headlights of our car would be thick with dead bodies when we arrived at our destination. We also see far fewer butterflies or wasps around when we picnic or stroll in the countryside – the iconic stars of a huge cast of species that underpin life on earth have seemingly vanished.

This may seem overdramatic, and invertebrates as a whole are unlikely to go extinct, yet many studies at a national, and even global, scale are showing crashes in both the number and diversity of insects and other bugs. One recent study in 2019 drew from 73 reports of insect declines from around the world, echoing many other studies showing a disturbing trend. Their review suggested that over 40 per cent of insect species are in decline and so at risk of extinction over the next decades, more than twice that of vertebrate species.

There were strong critiques of the study methods, but previous analyses have shown similar declines but received less attention. We also don’t really know what we are losing. In addition to the one million identified types of insect, there may be over four million yet undiscovered species. And that is just the insects. Millions of other invertebrates, on land and sea, are also undiscovered. We have not yet catalogued far more species than those we have recorded, and they may be lost through deforestation and other actions before we get a chance to do so.

So, what do I mean by ‘rebugging’ - as in the title of my new book? My crucial proposition is that we can all rewild by rebugging, and that there is far more to rebugging than site-based actions – we need to rebug our lives, too. Rewilding is mainly defined as the reintroduction of almost-natural systems, and often missing species, into areas and then leaving nature largely to take care of itself. It has become an extremely popular and often controversial issue, given the huge pressure on land use, but there are inspiring examples of rewilding which I explore in my book. But for me rebugging means this and more. We also need to join with others and act as citizens, to make the bigger policy changes. It matters how we live, how we buy stuff and how we engage in society.

My book also aims to gladden hearts with great tales and learnings of the invertebrate world, bring awareness of their demise and, finally, give readers the tools to act. It does not pull punches when it comes to the difficult, political, social and economic issues. But if it means you notice more bugs and grubs in your life, and if it inspires you to do something, it has done a decent job.

This book is about helping everyone to do a citizen rebug. We can do this.

Vicki Hird is an award-winning author, expert, strategist and senior manager who has been working on environment, food and farming issues for over 25 years.

rebuggingtheplanet.org
I started investigating Polyrhythms in the early 1980s. At that time I was just interested in finding ways of fitting different lengths of musical phrases into the same space.

Much of my early practice occurred in random environments where ‘pop music’ was being played in the background - most pop music involves the monotony of 4 beats to the bar, so I could easily practice squeezing 3 or 5 beats into the same space until it became second nature.

Later I extended my practice to cover 7s, 9s, 10s and 11s (with these longer patterns I sometimes played them over 2 bars of 4/4). I was keen to find new ways of ‘phrasing’ my playing so that I could place notes more freely whilst still knowing where the beat was.

One of the fringe benefits of this practice was that I acquired unique skills despite my lack of traditional musical education. Another benefit is that envisioning two polyrhythmically linked patterns is quite a meditative practice and subsequently I am never bored or overstressed. I always have a mental safe space where I can go to explore new combinations and focus on something outside of my worries.

In the late 1990s I moved with my young family to Pen Llŷn and made time for a more detailed study of rhythm. My earlier work had involved one hand (finger, foot etc) playing equally spaced beats whilst the other ‘hand’ played equally spaced beats running at a different speed.

The new work investigated rhythmic patterns that had gaps or spaces between the beats - less like surreal graph paper and more like real music. It became apparent that each new rhythm had its own distinctive flavour, so I named and catalogued each pattern type, eventually collecting the first 8,712 rhythm families (all the rhythms with 16 or fewer beats).

As I put together different rhythms I noticed the importance of symmetry. Symmetrical rhythms (the same when played backwards or forwards) seemed to have qualities that more irregular patterns lacked.

Eventually I created 5 categories of polyrhythms and 25 subcategories. Meditation Polyrhythms have the most empty space, so the places where the beats lie are more closely defined. Balance Polyrhythms are in fact the least balanced, so practicing these is good for achieving balance. Healing Polyrhythms are the most balanced. Energy Polyrhythms have the most beats and thus require more energy to play. Celebration Polyrhythms are easy to learn and have the most structural beauty - they are the most fun to play with groups of people.
To date I have written 7 books on Rhythm and Polyrhythm, all of which I self-published due to not having any of the academic references which appear to be required by publishers. The Rhythm Project is my dictionary containing the first 8,712 rhythm families - it does however, read a bit like a phone book.

There are 5 books of the Ho Ho Chi Rhythm method which contain over 2,000 of the simplest polyrhythms and associated information, and I have published a short book of polyrhythms that can be played with just one hand or on any musical instrument (except perhaps a triangle). If you would like examples of my polyrhythmic work I have 150 videos on YouTube. You could jump in at random, but I would recommend the first lesson at:

YouTube: chaparralandrewhodge
hohochiheaven.co.uk
andy@hohochiheaven.co.uk

All Andy’s books are available as paperback or ebook from: www.lulu.com

Trigonos Courses 2021

Space to Be
25th - 28th November
with Ros Tennyson

Weaving Colours
21st - 24th October
with Eta Ingham-Lawrie and Jonathan Stacey and Claire Thompson

Rewilding the Mind
21st - 24th October
with Ros Tennyson

Trigonos, Plas Baladeulyn, Nantlle LL54 6BW
trigonos.org ~ 01286 882388 ~ info@trigonos.org
**Global Permayouth Project – Australia**

The Permayouth Project is based in Crystal Waters Ecovillage in Australia, as part of GEN Oceania & Asia. The Global Permayouth connects young people aged between 11-16 around the world – from Europe, Asia, Americas, Africa, Oceania and youth in refugee camps too. They gather together via zoom to explore what permaculture means in their local context, to learn about different ways of thinking about it and applying it.

This group is led by young people for young people, with Mentors from around the world too – Morag Gamble, Rosemary Morrow, Hannah Apricot Eckberg, Sierra Robinson, Charlie McGee, Fritjof Capra, Nora Bateson and many more to come.

They also organise a weekly newsletter, a monthly online festival, local camps, a youtube channel, and raise funds for the Permayouth clubs in refugee camps and villages. So far this year, around 1,000 young refugees across 10 camps and villages have received free permaculture training led by local teachers, and they have also been able to support the donation of tool and seed kits to start gardens, and/or seed-funding for local enterprises.

**Ecovillage Chitubu – Zimbabwe**

Ecovillage Chitubu is a part of the Schools and Colleges Permaculture (SCOPE) Zimbabwe, working since 1994 with young people throughout the country on practical environmental education Programme and sustainable lifestyles.

In March 2018, SCOPE established a sustainable lifestyle learning Centre, Ecovillage Chitubu which aimed at showcasing ecovillage principles and offer inspiration for regenerative solutions.

Amidst COVID19 crisis, Ecovillage Chitubu was joined by 58 female youths and their households. Among these, 29 are female-headed households struggling to meet their daily dietary needs of the families, 27 of them are caregivers of orphaned children.

**Boekel Ecovillage – Netherlands**

Dutch-based project that acts as a Living Lab, a real-life test and experimentation environment for a sustainable future. The 47 members of the ecovillage are users and producers, co-creating innovation and fostering user-driven open innovation. Their lowtech innovative heat storage system is used to store summer heat into basalt and use that stored heat to warm their 36 houses for the rest of the year. It allows them to balance out the top of energy production in the summer and energy demand in the winter!
Inkiri Community Piracanga – Brazil

Founded in 2015, the community is made up of 43 adults and 15 children. They dedicate themselves to the expansion of consciousness, realising and inspiring the transformation of the planet. Between 2020 and 2021, they distributed more than 100 baskets with basic supplies and food in 5 communities in their region, supporting more than 500 people.

Sonas Village – Cambodja

Sonas Village is a sustainable community development in Cambodia. Their first eco-village community was developed in the Takeo province of Cambodia. They have been applying the holistic eco-village model since 2013. During the pandemic, they started seven new projects in different parts of Cambodia, growing from 55 families to 250 families across 5 villages. They have also started working with the indigenous communities in Mondulkiri province to preserve their culture and create a sustainable living for the forest communities.

Musu Runakuna Community – Colombia

In March 2017, the Mocoa river flooded and destroyed the Musu Runakuna Indigenous settlement. The Colombian government resettled them in 69 hectares of degraded land for the reconstruction of their territory. Joining forces, Musu Runakuna Cabildo and CASA Latina Chapter Colombia are working on the sustainable reconstruction of the community’s settlement. Today there are 145 members in the community, including the ones living there permanently and those who have to commute to generate income.

Eco-Clean Ghana

This Non Profit recycles waste into resources and creates entrepreneurial opportunities. During the pandemic, Eco-Clean Ghana was able to recycle over 1.5 tons of plastic waste. They also recycled over 6 tons of degradable waste such as sawdust and wheat bran into edible mushrooms. They have been able to directly organise livelihood empowerment training for 76 youth and women.
Khetee Regenerative Farm – India

Khetee restores land from monoculture practices to regenerative agroforestry where they plant around 24 types of crops grown together. Between 2020 and 2021, Khetee developed 2 acres of new Agroforestry farm in the village to best showcase the model and its benefits. Under their Agroforestry Fellowship program, 11 fellows successfully completed their fellowship. They started their new batch with 30 fellows including 22 marginalised women to get trained in Agroforestry. Khetee was also able to reach out to remote and tribal areas of Bihar to distribute dry ration.

Ayrumã Ecovillage – Brasil

Sustainable settlement created in 2012 in Cerrado, the Brazilian Savannah, the community has today 42 members. They carried a collaborative permacultural design aiming at the environmental regeneration and conservation of a large portion of the land, preserving waters and native species of the Cerrado biome, one of the most biodiverse regions of the world.

Green Village Calauan – Philippines

Since 2013, excluded young adults have participated in the creation and construction of Green Village Calauan in the Philippines. They became the real actors of their own development: they learned to work as a team, to manage a budget, to hold meetings with professionals such as engineers or suppliers. 2020 marked the end of the construction period, allowing them to start the second phase of the project: to become a Sustainable entrepreneurial hub.

The 10 Projects featured here are the finalists in the 2021 Hildur Jackson Award for projects that “demonstrate regenerative best-practices in all dimensions of sustainability.”

Every day ecovillages and communities around the world are building a more authentic, connected and regenerating way of life. They want this to be their normal, and rather than wait for the world to catch up, ecovillagers go ahead and build it themselves. They know in their hearts that it is not only possible – it is also destined to be.

Esther Hirsch is the Operations Director of the Global Ecovillage Network in Europe.

ecovillage.org
sounds for an empty house - open call
You are invited to create a new audio composition for the ‘Sounds for an Empty House’ album. Use recordings from the epic 24 hour Sounds for an Empty House live-stream AND recordings from Plas Bodfa as source material for your work. Selected submissions will be released as a joint digital album with three Welsh experimental music labels: Amgueddfa Llwch, Listen to the Voice of Fire, and Recordiau Prin.
Deadline for submissions: 12am; 14 September
Visit: plasbodfa.com

Lost Along The Line Film. Uncovering the devastating impact of the HS2 rail project on our remaining ancient woodlands. Watch: lostalongtheline.com

NORTH WALES VEGAN FESTIVAL Saturday 18th SEPTEMBER - 10.30am - 4.30pm. See page 17
To book a stall, sponsor, host a demo, talk or workshop or find out more information please email veganeventsuk@gmail.com EVENTBRITE.CO.UK / veganeventsuk.co.uk

Cycling: The Tour of Britain is coming to North Wales from Cornwall on 8th September approx 11.55am - 3pm. Find out more about the race: tourofbritain.co.uk or watch in ITV 4 / Eurosport
Be prepared for some road closures in Gwynedd & Conwy as the NW route goes from Barmouth to Great Orme, Llandudno via Maentwrog

Conwy Folk Club is back! Mondays Self organising, acoustic, sing-around style - start simple and build up! Musicians and audience - all welcome! Conwy Comrades Club, 8 Church St., LL32 8AF. FB: Conwy Comrades Club

Ucheldre Centre, Holyhead is open again for children’s events and the Anglesey Arts Forum Exhibition, postponed from 2020. See Calendar

National Garden Society September continues to offer Open Gardens to enjoy during the month - see Calendar dates 1st & 11th. More dates and further information at: ngs.org.uk

Copydate for October issue: September 18th
**Family Forest Fun** Join us for creative play and woodland fun for all the family, 1 - 3pm, free. Greenfield Valley Museum Heritage Park, Holywell, CH8 7GH. Book: eventbrite.co.uk

**Aberclwyd Manor - Open Garden for NGS** 4 acre garden on a sloping hillside overlooking the Upper Clwyd Valley. The garden has many mature trees underplanted with snowdrops, fritillaries and cyclamen. An Italianate garden of box hedging lies below the house and shrubs, ponds, perennials, roses and an orchard are also to be enjoyed within this cleverly structured area. Mass of cyclamen in Sept. Abundance of spring flowers. 10am - 4pm, £3.50, children free, teas. Aberclwyd Manor, Corwen, LL21 9SF, 01824 750431, ngs.org.uk. Also open 15th & 29th Sept.

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**September events, courses & workshops**

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

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### 1st Wednesday

**Family Forest Fun** Join us for creative play and woodland fun for all the family, 1 - 3pm, free. Greenfield Valley Museum Heritage Park, Holywell, CH8 7GH. Book: eventbrite.co.uk

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### 2nd Thursday

**Family Cinema Session ~ Sesiwn Sinema i'r Teulu** Come to Canolfan Ni with your family to watch a movie of your choice: Covid safe event suitable for all ages. 2 - 4pm, free. Snacks available to buy; South Denbighshire Community Partnership, Canolfan Ni, London Rd., Corwen LL21 0DP. Book: eventbrite.co.uk

**Follies** Live transmission from the National Theatre. The story of two couples, musical theatre and how to put on a show. 7pm, screened at Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

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### 3rd Friday

**Tomos Williams Trio** Playing well known jazz standards, Welsh folk tunes and ballads. 7pm, £10; outdoor performance, bring your own chair! Theatr Clwyd, Mold 01352 344401, theatrcldwyd.com

**The Collen Players Music Hall & Variety Show** An evening of music, magic, comedy, dancing and audience participation. 6.30 - 9pm, £10, includes supper & parking. St Collen’s Community Hall, Regent Street, Llangollen LL20 8PL, 01978 861768, FB The Collen Players

**Yoga in Nature** 6 yoga classes and free annual membership to the venue, led by Cat Stuijt. 10.30 - 11.30am, join anytime during the course, other dates are: 10th, 17th, 24th, and 1st Oct. Parc Glynllifon, Caernarfon LL54 5DY. Book: eventbrite.co.uk

**Ugly House Workday** Join us and help in the gardens and woodland surrounding Ty Hyll. 10am, Snowdonia Society. Register: snowdonia-society.org.uk

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### 4th Saturday

**10th Anniversary Dawn Walk** with St. Kentigern Hospice. 6 mile walk, starting and finishing at St. Kentigern’s; dogs on a lead welcome. Entry is £25, suitable 10+ years. St. Kentigern Hospice, Upper Denbigh Rd, St Asaph LL17 0RS. Book: eventbrite.co.uk

**Ivan Campo - Live in The Woods** An indie trio, folk pop band - their songs tell tales, inspired by love, life and literature. Limited tickets because of restrictions. 7 - 9pm, £10. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**Taith Arfordir 2021 Coastal Walk** Join us for a scenic walk along the Welsh Coastal Path of Aberdaron, raising money for Marie Curie or a charity of your choice. Choice of two walks: 7.5 miles starts and finishes in Aberdaron or The Squeaky Beach of 13 miles. Organised by Pwllheli Rotary Club; for those 12 years+; good level of fitness required. Register: eventbrite.co.uk

**Big Welsh Walk ~ the Offa’s Dyke Path** A festival of 9 led walks along sections of the Offa’s Dyke Path to mark 50 years as a National Trail. The festival offers walks for all levels of fitness with a long, an intermediate and a Family Walk in each of three locations - Moel Famau, Knighton and Tintern. The ticket price includes a jumper, goodie bag and more! Up to £35. Moel Famau Lower car park, Bwlch Pen Barras, Mold CH7 5SH. Book: eventbrite.co.uk

**Gwelyddu à llaw efo Kirsty Jean / Hand Weaving with Kirsty Jean** This workshop is a perfect place to start if you are a beginner or want a basic refresher course. 10am - 5pm, £60. Tectstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tectstiliau.org

**Snowdonia Walking, Yoga & Meditation Day** Connect with like-minded people as we walk mindfully, exploring some outdoor yoga and meditation to balance our body and mind. Your hosts for this walk are Dru Yoga and Meditation tutors, who will share talks on spirituality, nature and yoga philosophy for daily life. 10.45am - 4pm, £35. Dru Yoga, Snowdonia Mountain Lodge, 01248 602900, dru.org.uk

**A Good Heart - Beginners Meditation Retreat** This beginners’ retreat introduces simple meditation techniques and includes practical advice on how to maintain the experience of inner peace in daily life, with time to discuss the ideas presented. In person and online. 10am - 1pm, £15, Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn Avenue, Llandudno, LL30 1YY, 01492 878778, meditatenorthwales.com
The Magpies - Making Waves Wherever They Play
Transatlantic neo-folk, 7 - 11pm, Blue Sky Café, Bangor, LL57 1PA. blueskybangor.co.uk

Catching Comets A performance outside - bring your own chair or rug! The show asks how we’re supposed to be big, brave and strong when we look and sound nothing like the heroes we grew up with on our screens. 8pm, 12yrs+, £10. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

PositiveFest 3 An event to boost the body and mind in a beautiful location raising money for the charity Mind. Yoga, mindful meditation, life coaches, motivation and emotional resilience interest. Talks and demonstrations with stalls. 10am - 5pm, £40. Held at St Mary’s Creative Space, Chester CH1 2DW. Book: eventbrite.co.uk / FB: PositiveFest

4th SATURDAY & 5th SUNDAY
Old Post Office Open Studio with Lucy Elizabeth Jones Art. Explore Lucy’s hidden studio, 11am - 5pm, free with tea and cake. Also work by Ashley Houston. Llanasa, Holywell CH8 9NB. Contact Lucy 075719 207060, lucyjonesstudio@gmail.com – lucyelizabethjones.com

5th SUNDAY
Morning All-level Yoga at Tide 9.15 - 10.30am, £8.92, led by Alice Kew; please bring your own mat. Halen Mon - Anglesey Sea Salt Company, Brynsiencyn. Bookings: eventbrite.co.uk Also on 12th
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. This event will include mindfulness exercises, slow-paced walks around the woodland using our senses to explore nature that surrounds us in a safe, open and relaxed setting, 10am - 12pm, £10, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Yoga Workshop Come and join me for a fun and full afternoon of yoga. Expect a balance of dynamic, Yin and restorative yoga and of course fun! Breathing practices / Pranayama to balance, chill out and relax. This workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! £30 includes homemade tasty cake and a selection of teas. Limited spaces available. Held at Plas Tan y Bwlch, Maentwrog. Book: Tracey 07809 485323, tracetyogamassage.co.uk

Regime A medley of their broad musical influences. 8pm, £13.20. Blue Sky Café, Bangor, LL57 1PA. 01248 355444, blueskybangor.co.uk

6th MONDAY
Clwb Darlunio: Adeiladau | Drawing Club: Architecture The second outdoor session wandering around Caernarfon studying the buildings and architecture around the town with artist Mike Murray. This is an opportunity to practice your skills. Yr ail sesiwn yn yr awyr agored gyda artist Mike Murray, yn crywdro o amgylch Caernarfon yn astudio’r adeiladau ac pensinaeth o amgylch y dref. Dyma gyfle i ymarfer eich sgliuai. 6 - 8pm, £6. Oriel Pendeith, Caernarfon LL55 2AY, 01286 679286.
Meditation 1st Monday/month at Hillside Retreat, Rhosesmor, Mold. All welcome. Contact helen@soul-life.co.uk or 01352 780281.

Watercolour Course for Adults Learn watercolour techniques with professional artist Peter Moore. Starts today, also on 13th, 20th & 27th. 10.30am - 3.30pm, £240, booking essential. RCA Conwy LL32 9AN, 01492 593413, rca@rcaconwy.org

Britannia Bridge Lions Walk Take a walk with Menai Lions to see the Britannia Bridge and its hidden lions. 2pm, £12-£30. Meet at far end of Ffordd Bronwydd, Treborough LL57 2NX. Bookings: eventbrite.co.uk Also on 6th, 7th, 13th, 14th, 20th, 21st, 27th, 28th

Visibility & Vision Led by Kat Massey and Lisa Williams who help and inspire female business owners; speakers and entertainment, networking and enquiry. 10.30am - 2.30pm, £30. The Celtic Arms, Northop CH7 6WA. Book: eventbrite.co.uk

6th MONDAY - 10th FRIDAY
Timber Framing Course Our programme covers the essential practical and theoretical elements of traditional post and beam carpentry. £600. Arfon Timber Cooperative Ltd, Caernarfon. FB: Timber Framing Course or arfontimber.co.uk / 07494 966879.

7th TUESDAY
New Moon 1:51am BST
Simply Meditate Anxiety and stress are increasingly common problems for people in our busy, modern world. Buddha’s timeless teachings offer a simple and yet profound alternative. Training in meditation is an effective way to transform our mind and find lasting freedom. 6 - 7pm, £6 per class. Classes and events are organised following Covid-secure guidelines, including wearing a face covering. Held at ProvStretcher, 1st Floor Studio, 112 Mostyn St, Llandudno, LL30 2SW. Contact Kalpa Bhadra Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatenorthwales.com Also 14th, 21st & 28th

Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space), and a bottle of water. 7pm, £15. Canolfan Eithinog, Rating Row, Beaumaris LL58 8AL. Book with Stehp Healy 075334 118899, puresound.org.uk

8th WEDNESDAY
Repair Café, Conwy First one ever! The Friends of the Earth-backed project, organised through Repair Café Wales, will differ from your standard Café thanks to an important idea to help stop broken items ending up in landfill. Repair Cafés are run by volunteers, some of whom are ‘fixers’, who will try to repair broken items that people bring in. Please do come along between 4 - 7pm, Conwy Comrades Club, 8 Church St, Conwy LL32 8AF. Contact repair.Cafe.conwy@gmail.com

Life Drawing Class Start today - until Weds Nov 17th. A different professional artist will lead each class which provides a diverse range of approaches and styles. 7 - 9pm, £100. Booking essential. RCA Conwy LL32 9AN, 01492 593413, rca@rcaconwy.org

9th THURSDAY
Health & Wellbeing Walk A gentle, mindful walk to explore the Reserve. 1 - 2.30pm, donations welcome. Eithinog, Ffordd Eithinog, Bangor LL57 2GZ. Contact Anna Williams 07917 455367, anna.williams@northwaleswildlifetrust.org.uk
 Retreat for One Night Nic Wagstaff, owner of Inspire - Rewire with a talk on Manifesting from the Heart, Tai Chi, Yoga or Pilates; workshops and Meditation. All meals and accommodation included. Held at Trigunos, Nantlle. £195+ (depending on room choice) Bookings: eventbrite.co.uk

 Carrie Martin ~ Country Songs, Coffee & Cake ~ Chanu Gwalad, Coffi a Cacen gyda Carrie Martin Singer-songwriter, 2 - 3pm, Eglwys St Hywyn Church, Aberdaron. Contact 01758 760334, beatricehookham@gmail.com See ad on page 39.

 10th FRIDAY

 Look at Me Don’t Look at Me A cabaret about love, art and a legacy. 7pm, £10, outdoor performance, bring your own chair! Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

 Seal Walk (Anglesey) Enjoy a lovely circular walk with Caroline Bateson, looking for seals, seabirds and other coastal wildlife – perhaps even porpoises or dolphins! Bring a picnic for a scenic lunch. 11am - 2.30pm, donations welcome. Meet at West car park, by Bryn Aber house (SH 329 935). Clemlyn, Cemaes, Anglesey LL67 0EA, 07908 728484 or mark.roberts@northwaleswildlifetrust.org.uk

 10th FRIDAY - 12th SUNDAY

 Tonnaw - Tropical Garden Party with Dele Sosimi Afrobeat Quartet featuring the Drumbago Horns; plus Racubah Sound System. £75, Held at Carreglwyd Estate, Holyhead, Anglesey LL65 4NY. More info from FB Tonnaw - Tropical Garden Party or racubah.co.uk

 10th FRIDAY - 19th SUNDAY

 Meditation on Prajnaparamita, Mother of the Buddhas We will ‘aimlessly aim’ at recognising and experiencing the essentials of the Perfection of Wisdoms sutras in those very sources within ourselves. £405 / £369 concs., Vajraloka, Corwen 01490 460406, vajraloka.org

 11th SATURDAY

 Scything Learn how to use and sharpen an Austrian scythe as we cut the grass in our heritage orchard. £25 deposit, £50. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

 Byd o Les ~ A World of Good A chance to learn about the health benefits of nature with a walk guided by Catrin from Marth Natur, followed by a pilates session with Lauren from Lauren Hill Pilates. £35. Ffestiniog. Contact: byw-bod.cymru ~ bywbod@gmail.com

 Fast Track Adventure Pro Open Day If you love the outdoors, adventure and learning, this is an opportunity to find out about the course as a chance to change or develop your career; be an outdoor instructor or just invest some time in your own personal development; the course lasts over a period of four months. 9am, free. Plas Y Brenin, Capel Curig LL24 OET, 01690 720214, pyb.co.uk

 Mindful Navigation Day for Women With a mix of mindfulness practices and techniques, you will explore the joys of finding yourself a quiet space in nature, with the knowledge of how to get there and back in wonder and safety. 10am - 4pm, £54.50. Wernog Wood, Llanbedr-Dyffryn-Clwyd, LL15 1YE. Book: eventbrite.co.uk

 ‘Selfie’ Linocut Workshop Suitable for absolute beginners or those with intermediate experience. In a selfie-filled world, we borrow the concept to create a single colour linocut self-portrait, or portrait of a family member or friend. This is a perfect beginner or intermediate course to inspire you or to address memories of rock-hard lino and not-so-sharp tools at school. £70 including all materials. Bodnant Art, Conwy. Bookings: Kate 07909 333 929, katetepigram@aol.co.uk

 Open Gardens for NGS Treborth comprises planted borders, species rich natural grassland, ponds, arboretum, Chinese garden, ancient woodland, and a rocky shoreline habitat. Six glasshouses provide specialised environments for tropical, temperate, orchid and carnivorous plant collections. 10am - 1pm, £4, children free. Treborth Botanic Garden, Bangor LL57 2RQ, 01248 388877, ngs.org.uk

 Teresa’s Yoga Dance Classes Experience the uplifting, energising benefits. 9.30 - 11.30am, Oddfellows Hall, 65 High St, Saltney, Chester, CH4 8SG. To book and pay go to: teresa4yoga.co.uk

 Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space), and a bottle of water. 7pm, £15. Neuadd Gofa, Mynydd Llandegai LL57 4LQ. Book with Steph Healy 07534 118899, puresound.org.uk

 11th SATURDAY & 12th SUNDAY

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

 The Three Spheres Lama Shenpen continues this years LAH (Living the Awakened Heart) theme with teachings on the Three Spheres. There will also be chances to join together and connect through meditation and group discussions. Online participation possible. Held at The Hermitage, Ynys Graianog, nr Criccieth LL52 0NT. Contact 01766 530839, events@ahs.org.uk / ahs.org.uk

 12th SUNDAY

 Yr Wyddfa ~ Snowdon Sunrise Trek You will set off from Llanberis in the early hours and watch the start of a brand new day. £15; pledge to raise a minimum of £80 for those affected by cancer. Sign up with Tenovus - tenovuscancercare.org.uk

 Sangha Picnic Save the date; more details to follow. Contact Kalpa Bhadra Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatenorthwales.com

 Mold Artisan Market 2nd Sunday/month. Showcasing the very best local talent, crafters, makers and creatives. Mold High Street CH7 1AZ, 08938 794761.

 Morning All-level Yoga at Tide See 5th

 13th MONDAY

 Midweek Volunteer Day Come along, meet new friends and learn new woodland skills. Refreshments will be provided, but bring a packed lunch! 11am - 3pm, meet by the container at Llyn Parc Mawr Community Woodland, Anglesey. Book: llynparcmawr.org
**13th MONDAY - 17th FRIDAY**

**Build a Traditional Mortice & Tenon Timber Framed Structure**
Over five days, you will collectively build a simple frame from start to finish using mortice and tenon joints. At the end of the course we will hopefully erect the finished frame which will be full of the character you give it. £450, accomm + food extra. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**14th TUESDAY**

**The Great British Beach Clean**
Join us at the beach stretch of Pensarn, 10 – 11am. Ty Mawr Holiday Park, Abergele. Organised by Lee Thomas 01745 832079.
More info: Marine Conservation Society - mcsuk.org

**16th THURSDAY - 11th NOVEMBER, Thursday**

**Living in the Present**
A new style of eight-week course to introduce mindfulness and well-being to adults with Gwynedd Mindfulness. The course focuses on encouraging friendly, mindful awareness in the midst of our busy lives, 6.30 – 8pm, £200. More from gwyneddmindfulness.co.uk or Sarah Silverton: sarahsilvertonmindfulness.co.uk /

**17th FRIDAY**

**Bogs, Heaths and History**
Caroline Bateson leads a very scenic walk amongst the start of autumn colour – so vivid in bogs and mires. Learn about the fascinating wildlife and mining history whilst enjoying mountain views. 10.30am - 3.30pm, meet at the reserve entrance, donations welcome. Cors Bodgynydd, Betws-y-Coed, Conwy, LL27 0YZ. 07908 728484, mark.roberts@northwaleswildlifetrust.org.uk

**Merched Mentrus Mon a Gwynedd - Dewch am drol! Walk and Talk**
Ydych chi ar hyn o bryd yn rhedeg busnes neu’n ystyrwyd cychwyn yn un Môn neu Gwynedd? Ymwnwch â ni yn ystod y sesiwn mynd am dro yma er mwyn cyfarfod, cael eich ysbrydoli a rhwydweithio à menywod yn yr un sefyllfa a chi. Cyfle i ennill cefnogaeth, chysylltu à menywod busnes eraill ym ein eich ardal a cynnig siadiadau am ddyyfodol y rhwydwaith. / Do you currently run a business or thinking of starting one in Anglesey or Gwynedd? Join us during this informal walk and talk session to meet, be inspired & network with like-minded women. An opportunity to gain support, connect with other business women in your area and offer ideas around the future of the network. Walk approx 4 miles, with tea at Fron Goch Garden Centre. 10am - 12.30pm, free. Bay View Terrace, Llanwnda LL54 5SD. Book: eventbrite.co.uk

**17th SATURDAY**

**La Cha-Cha**
Film ~ Sinema'r Byd. Set at a campsite on the Gower Peninsula. 7 - 10pm, £6. Cellb, Blaenau Ffestinog LL41 3AD. Book: cellb.square.site

**18th SATURDAY**

**The History of Opera**
with Swansea City opera, live on stage. More info from Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
The Great Big Green Week  A national week of events celebrating action on climate change. See 14th, 18th, 21st, 25th, for more event information.

19th SUNDAY

Llys-y-Gwynt - Open Garden for NGS Interesting, and very varied 2 acre garden including magnificent views of Snowdonia. An exposed site including Bronze Age burial cairn. 11am - 4pm, £5, children free. Bangor LL57 4BG, 01248 353863, ngs.org.uk

Noriko Ogawa Piano recital with music by Mozart, Beethoven, Debussy and Chopin. 7.30pm, £10. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Gardd y Coleg - Open Garden for NGS Approx ½ acre featuring raised beds planted with ornamental and native plants mulched with local slate. Benches and picnic area, pathways suitable for wheelchairs. Spectacular views. Garden created and maintained by volunteers. Development of the garden is ongoing. 11am - 3pm, £3, children free, Tea available. Gardd y Coleg, Carmel, Gwynedd LL54 7RL, ngs.org.uk

20th MONDAY - 24th FRIDAY

Dive into Yoga / Yoga & Wild Swimming Wild swimming, coastal walks, beach yoga, picnic lunches & evening meals; space for relaxation. £795 - £1020 depending on accomm booked. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

21st TUESDAY

Full Moon 00.54am BST

International Day of Peace A globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. This year’s theme is “Recovering Better for an Equitable and Sustainable World”. If there isn’t an event near you please join in the minute silence at 12noon - resulting in a “peace wave” around the world. Find out more from: internationaldayofpeace.org

Simply Meditate See 7th

The Great Big Green Week ~ Climate Action Awareness Day Organised in collaboration with Climate Cymru and North Wales Africa Society. Exploring the dynamics of the global threat – climate change (its causes, impacts and mitigations), using both seminar and visual presentations to familiarise the people of the community with live experiences of how climate change has become evident and widespread across the globe and within our immediate local community in Bangor. 12.30 - 2pm, Held at Bangor African & Caribbean Centre, 345 High St., Bangor. Contact northwalesafricansociety.org or email: nwafrica@nomadwales.com

22nd WEDNESDAY

Autumn ~ Vernal Equinox 8.20pm BST  The Autumn Equinox divides the day and night equally, and we all take a moment to pay our respects to the impending dark. We also give thanks to the waning sunlight, as we store our harvest of this year’s crops. The Druids call this celebration, Mea’n Fo’mhair, and honour The Green Man, the God of the Forest, by offering libations to trees. Wiccans celebrate the fertiliser Goddess as she passes from Mother to Crone, and her consort the God as he prepares for death and re-birth.

Miwnti Canol Tref - Bangor - Town Centre Miwtini Join our programme which covers the essential information on running a successful business and explore the Town Centre Entrepreneurship Fund. The fund will provide financial assistance for entrepreneurs and businesses who are looking to start and grow a business in one of four town centres across North Wales – Bangor, Colwyn Bay, Rhyl and Wrexham. 9.30am - 3.30pm, free. Kyffin Café Deli, 129 High St, Bangor LL57 1NT. Book: eventbrite.co.uk

Cooperatising Resources in Arable and Horticulture: North Wales Gathering Small to medium-scale horticulture and arable producers in Wales face challenges in accessing appropriate and affordable machinery and infrastructure, particularly for processing. The Landworkers’ Alliance Cymru, Sustainable Places Research Institute, and Seed Sovereignty Programme UK & Ireland are organising regional gatherings to help farmers to work together to address these challenges through cooperation. These regional gatherings follow an online panel and discussion, ‘Cooperatising Resources in Welsh Arable and Horticulture’, as part of the Ffres Veg Festival where we identified some of the key challenges facing each sector and some potential cooperative solutions. The purpose of these regional events is to make these solutions a reality by cooperating on the local level to look at what resources we have, where they are, and what we need. We will then take the first steps in creating an action plan to set up cooperative solutions whether it’s applying for funding, organising a system for machinery sharing, or beginning to establish a processing hub. 1 - 5pm, free. Henbant Permaculture, Caernarfon LL54 5DF. Book: eventbrite.co.uk

22nd WEDNESDAY - 1st DECEMBER, Wednesday

Learn How To Paint in Watercolours 10 week course with Anne Snath from H’Artworks, £150, Llandonna Village Hall, Anglesey. Book 01248 490370, hartworks@btinternet.com.

23rd THURSDAY

Working the Idwal Slabs Climbing session. “We’ll meet at 8am, aiming to get three or four different descents completed; alternative descents, what to do if the classic routes are full, some history and a bit of enviro.” Led by Mike Raine, 8am - 5pm, £75. Ogwen Cottage, Bethesda LL57 3LZ. Book: eventbrite.co.uk

Singing for the Soul Natural Voice singing led by Felicity Jones at Hillside Retreat, Rhosesmor. 4th Thursday/month 11- 12.30. Contact helen@soul-life.co.uk or 01352 780281. All singers welcome!

24th FRIDAY

Old Time Sailors Fast, vibrant folk songs, multi instrumentalists and general madness. 7pm, £15, Neuadd Ogwen, Bethesda, 01248 208850, post@neuaddogwen.com

Nomad Féast with special guest, singer-songwriter Eve Goodman, telling stories in song and voice of her new album Wave Upon Wave. Fire-cooked hearty meal and the usual welcoming Nomad team. 6 - 9pm, under 12s £7.50, 12 - 18 £10, adults £25/£20/£15. Outside and under cover; you might want to bring a blanket and wear warm layers. Bryn Llys, Coed y Parc, Bethesda, LL57 4YW. Tickets: nomadwales.com
Getting the Most out of the Milestone Buttress A workshop in how to use the Milestone Buttress effectively for teaching climbing; 4 different routes, 4 different descents. 8am - 5pm, £75. Meet Tryfan, Gwern Gof Uchaf, Capel Curig LL24 0EU. Book: eventbrite.co.uk

24th FRIDAY - 26th SUNDAY
Yoga & Adventure Getaway Weekend All ages and abilities welcome. £295 all inclusive. Open Door Adventure Ltd., Bont Newydd, St Asaph, Conwy LL17 0HN. Contact 01745 585535, ewb@opendooradventure.co.uk

24th FRIDAY - 1st OCTOBER, Friday
The Hawkmen Their influences are rhythm'n'blues, soul and rock'n'roll which they bring together in a classic, rootsy, hybrid blend. 8pm, £11. Blue Sky Café, Bangor, LL57 1PA. 01248 355444, blueskybangor.co.uk

25th SATURDAY
The Great British Beach Clean Come along for a beach clean and survey and play your part to document marine litter on our shores. 1.30 - 4pm, donations welcome. Rhosneigr, Traeth Llydan slipway, Anglesey LL64 5JE. 07584 311584, dawns.thomas@northwaleswildlifetrust.org.uk

The Mountain Environment of Snowdonia We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape; rock types, habitats and take a closer look at the wildlife which inhabit this environment. A notebook, pencil and camera would be useful to bring along. £45, Siabod Café, Capel Curig, Nature’s Work; naturework.co.uk

The Great Big Green Week ~ Beach Clean and Litter Picking Event with North Wales Africa Society. Volunteers welcome for litter picking in Bangor and beach clean-up on Benllech. Come along between 9am - 3pm. Contact northwalesafricansociety.org or email: nwafricasociety@gmail.com

Relaxation - Beginners Meditation Retreat Introducing simple meditation techniques and practical advice on how to maintain the experience of inner peace in daily life. 10am - 1pm, £15. Held at St. Marys Church Hall, Betws-y-Coed LL24 0AA. Book: Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditatenorthwales.com

Discover Fascinating Fungi at Eithinog Come and discover the amazing world of fungi with expert Charles Aron, 2 - 5pm, £5. Eithinog, Ffordd Eithinog, Bangor, LL57 2GZ. Anna Williams 07917 455367, anna.williams@northwaleswildlife trust.org.uk

Moth Night Experience Grab a bat detector and moth ID book. 8pm - midnight, £15, £5 u16s. CAT, Machynlleth 01654 705950, cat.org.uk

The Hawkmen Their influences are rhythm’n’blues, soul and rock’n’roll which they bring together in a classic, rootsy, hybrid blend. 8pm, £11. Blue Sky Café, Bangor, LL57 1PA. 01248 355444, blueskybangor.co.uk

25th SATURDAY & 26th SUNDAY
Craft Fair With the Beautiful Butterflies Group Meetup Chat Shop, variety of craft and stalls. 11am - 3pm, Ucheldre Centre, Holyhead LL65 1TE, FB: Craft Fair with the Beautiful Butterflies Group

26th SUNDAY
Glaciation in Snowdonia This workshop is an introduction to regional glaciation of North Wales. North Wales is a post-glacial environment with spectacular glacial features. We will identify and explain the formation of these features both large and small scale including features of erosion, transportation and deposition. The itinerary on the day will depend upon weather conditions and may include a lowland glacial environment. A notebook, pencil and camera would be useful to bring along. £45, Siabod Café, Capel Curig, Nature’s Work; naturework.co.uk

Confidence with Contours (navigation) A one day workshop designed to build up your confidence in contour interpretation at your own pace. Lots of walking, steep & gentle slopes. 10am - 4pm, £55. Capel Curig LL24 0EL, book: eventbrite.co.uk

Autumn Wander Easy guided walk with an introduction to the reserve’s long industrial history and its transformation into a haven for wildlife. 11am - 12.30pm or 1.30 - 3pm, £2. Minera Quarry Nature Reserve, Wrexham, LL11 3DE. 07908 728484, mark.roberts@northwaleswildlifetrust.org.uk

28th TUESDAY
Simply Meditate See 7th

Romeo & Juliet Live transmission from the National Theatre. A tale of love, family feuds and death. 7pm, screened at Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

28th TUESDAY - 2nd OCTOBER, Saturday
Snowdonia Slate Trail This Epic 83-mile Snowdonia Slate Trail takes you on a journey back in time to when Snowdonia was the centre of the slate industry. £595, Porth Penrhyn, Bangor LL57 4FL. Contact 07815 552779, breeseadventures.co.uk

29th WEDNESDAY
Mindfulness Retreat Walk “Join me on a journey into awareness on this full-day mindfulness retreat as we walk and meditate in the valley and hills. My mindful retreat walks combine mindfulness meditation & mindful walking with the power of connecting with ourselves, nature & each other.” Led by Belinda Gammon, 9.30am - 4pm, £49. Ysgol Melin-y-Wig, LL21 9RL. Contact 07851 218014, wayofmindfulness.co.uk

30th THURSDAY
Old Sea Legs A timeless tangle of tongue-twisting, brain-burrowing lyrics that can swing from a breathless barrage to a lilting lament. 8pm, £13.20. Blue Sky Café, Bangor, LL57 1PA. 01248 355444, bluesskybangor.co.uk

COPYDATE for OCTOBER ISSUE: September 18th
BOOK CLUBS
Book Club Zoom Fortnightly group, 7.30pm. More from pontio.co.uk
Book Club Monthly, with a business theme. 8pm. Zoom. NetworkShe: networkshe.co.uk

CIRCLE DANCE
Circle Dancing Sociable, joyful and good for mind, body & spirit. Rhosesmor Village Hall 1st Sunday of each month 2 – 4 pm. The Clubhouse, Park Avenue, Mold 3rd Thursday of the month 2 – 3.30pm. Contact helen@soul-life.co.uk or 01352 780281.

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 Parkinsons 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
Dance for Parkinsons Open to everyone living with Parkinsons and their carers and families. 11.45am - 1pm, free. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

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 Free bike rides for women of all abilities. FB: Breeze Network Anglesey, Gwynedd & Conwy
Online Exercise Groups in Wales Free weekly health and fitness groups via Zoom, tailored for older people. 45mins. More from: reengage.org.uk

GARDENING & NATURE
Blodeuwedd Botanics ‘Wellbeing Through Gardening’ Y Plot, Pandy Farm, LL57 4RA. FB: Blodeuwedd Botanics or 07799 224636.
Felin Uchaf Volunteers Tuesdays, please ring beforehand. Rhoshirwaun, Pen Llyn. Contact Dafydd 01758 780280, info@felinwales.org / FB: Felin Uchaf Wildlife Garden Drop-In Come and explore our wildlife garden. Watch and listen to the birds, search for minibeasts or take away some ideas to use at home. 1 - 4pm. North Wales Wildlife Trust Bangor office, Llys Garth, Garth Rd., Bangor LL57 2RT, info@northwaleswildlifetrust.org.uk
Volunteer Gardening Tuesdays or 1st Sunday/ month with Henbant, Clynnog fawr, nr Caernarfon LL54 5DF, 01286 660761, 07786 316413, matt@henbant.org ~ henbant.org
Gardening for Well-being Club Every Tuesday, 10am - 12.30pm & 1-3pm, Treborth Botanic Garden/ Gardd Fotaneg Treborth. For more information, contact: info@wildelements.org.uk ~ 07799 566533
Llangollen Community Garden Saturdays. An opportunity for local people, groups and schools to grow their own food. FB: Llangollen Community Garden
Creating a Green Space Thursdays, 10am, help ‘green-up’ the Café and kitchen garden! Ucheldre Centre, Millbank, Holyhead LL65 1TE. Alison 07918 636229; FB Creating a Green Space
Arfon Communal Gardening Club Thursdays, 10am, Catrin 07876 819185.

GONG
Pure Sound ~ Steph Healy Free online relaxation and sound meditations! YT: Pure Sound / FB: Pure Sound ~ puresound.org

INCREDIBLE EDIBLES
You can find out how the Incredible Edible Network began in 2008 from: incredibleedible.co.uk or hear the TED talk by Pam Warhurst: ted.com
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. 01248 681697, jayne@llanfairfechan.net FB: Incredible Edible Llanfairfechan

KUNG FU
Wing Chun Dave McQuillan, 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 experience.
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 1st Monday month at Hillside Retreat, Rhosendd Mor, Mold. All welcome. Contact helen@soul-life.co.uk or 01352 780281.

Crystal Wellbeing Meditation Online. Monthly group, with Jo Stuart. Go to: intuitivehealer.co.uk

Meditation Spring classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878777, meditatenorthwales.com

Teresa’s Meditation Class Online Friday 8.30 – 9am, suitable for beginners or those more experienced who wish to connect with like-minded souls. Live via zoom or watch online. To book and pay go to: teresa4yoga.co.uk

Meditation Session Mondays, 7pm for 30 mins via Zoom. Alan 07816 988124, newmindfulness.net

Breathing Exercises FB: Wave Therapy / annalisalloyd@gmail.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

Monthly Webinars on Goodwill World Goodwill is focusing a monthly webinar on the energy of goodwill, which is linked to the rhythm of the Goodwill Meditation Group. Last Wednesday of each month, this month 29th September | 5pm. Register: lucistrust.org

MEN’S SHEDS & GROUPS

Men’s Shed Llandudno Meetst Tues, Thurs & Sat 2 - 4pm. Llandudno Football Club, Builder Street West, Llandudno, LL30 1HH. 01492 621076, chair@mensshed-llandudno.co.uk

Llanrwst Men’s Shed Contact: Nerys Veldhuizen, mensshedllanrwst@gmail.com

Colwyn Bay Men’s Shed LL29 9UG, contact Malcolm Worth, 07986 315853, malcolmworth@gmail.com

MUSIC/SOUND

Sound, Animation, Graphics, Field Recording Sessions every day via Zoom. Run by Tape Community Arts Centre, Old Colwyn. Visit: tapemusicandfilm.co.uk

MINDFULNESS

Monthly Mindfulness Facebook: Inspire - Rewire / inspire-rewire.com

MUM & BABY GROUPS/ PREGNANCY

Om Yoga North Wales Pregnancy Workshops FB: OmYoga North Wales

Mother and Baby Groups Parenting and birthing sessions with Laura Knott: birthingmamas.co.uk or FB group: Laura Birthing Mamas Doula, Pregnancy and Postnatal Yoga

Boogie Babies Tues & Thursday 10-11am, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

NONVIOLENT COMMUNICATION (NVC) Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundie, email: busybees@phonecoop.coop

PILATES

Pilates with Lauren Hill, Plas Brondanw, Llanfrothen. Contact 07769 343572, FB: Lauren Hill Pilates; bydbod.cymru

SINGING

Singing for the Soul Natural Voice singing led by Felicity Jones at Hillside Retreat, Rhosendd Mor. 4th Thursday/month 11 - 12.30. Contact helen@soul-life.co.uk or 01352 780281. All singers welcome!

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 - Gweddwn Ynys Mon a Gwynedd Coping with grief and loss and enjoying life to the fullest. 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 Groups are meeting again outdoors. Contact: suemoore@me.com

TAI CHI & QI GONG

Tai Chi Weekly class on Wednesdays at 12.30 - 1.30pm. The Body Studio, John Williams House, Conway Rd, Mochdre. Contact: Eirian Stevens 07748 582380, wingsofchangeuk.com

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

THEATRE

Fuse Up Explore your own creativity and learn about theatre making. For those aged 25+ with additional learning needs. 7.30 - 9pm, £60 term; Theatr Clwyd, Mold 01352 344101, theatrclwyd.com Contact: emma.king@theatrclwyd.com

Cwmni Company 65 For those aged 65+ years; 11am - 1pm, £60 per term. Come and explore your own creativity and learn about theatre making. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com
**WALKING GROUPS**
**Walking Group** Covering Denbigh, Ruthin, Llangollen & Corwen. Info: contact Paul Hughes Walking Leader 07770 124874 or Jenny Bolton 01745 812461. FB: Bryniau Clwyd a Dyffryn Dyfrdwy - Clwydian Range and Dee Valley

**Actif Woods Anglesey**
**Weekly Walk** on Fridays, different locations. FB: Actif Woods Anglesey or vivienneroberts@smallwoods.org.uk

**WOMEN’S GROUPS**
**Circle of the Feminine** Women’s spaces and activities in North Wales on FB page, same name

**Red Tent Gwynedd Pabell Goch** on FB; same name

**Online Sister Circles & Meditations** FB: Sisters Circle Under the Dancing Tree sistercircletemple.com /

**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. Goleuo Studio, Tyn y Coed Farm, Rowen, Conwy LL32 8YL. Book: goleoustudio.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: llundudnowriters.weebly.com

**YOGA**
**Emily Kyle Yoga** Online & offline classes. Contact: 07775 798536. FB: Emily Kyle Yoga.

**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** Meditation, Yoga Nidra & special events. FB: OM Yoga North Wales

**Dru Yoga North Wales** Info: dru-yogaonline.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)

**Rishiculture Ashtanga Yoga** FB: Yoga North Wales

**Yoga Class** Mondays with Pam, all levels 11am - 12pm; or Weds with Laura 6.30 - 7.30pm, all levels. £38/5 weeks. First class free. Trefnant Village Hall, Denbigh. Go to: thezestlife.co.uk

**Tracey Yoga** Contact Tracey 07809 485323, traceyyogamassage.co.uk

**Online Chair Yoga** Book with Lisa 07878 113599, lisa.martindale@newmind.org.uk

**Gentle Yoga & Relaxation** 01352 974430, jillblandford@yahoo.co.uk

**Hatha Yoga with Nalini Yoga** Weds 7.45pm & Thurs 6pm. More on FB: Nalini Yoga

**Teresa’s Yoga Class for Inner Calm** Monday 6 - 7.30pm. Suitable for beginners and those who wish to experience the magic of Dru yoga. Westminster Park Community Centre, Five Ashes Road, Chester, CH4 7QT. To book and pay go to: teresa4yoga.co.uk

**Teresa’s Yoga Class Online** Fridays 7.30 - 8.30am. Suitable for beginners and those who wish to experience the magic of Dru yoga. Live via zoom or via YouTube recording. You build a library of yoga classes online. To book and pay: teresa4yoga.co.uk

**Yma Yoga** Llanberis. Find out more: FB: Yma Yoga

**Soulshine Hatha Yoga** Bangor. FB: Soulshine 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 4HF. AND 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. 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.

Have your group listed here, contact info@network-news.org 07777 688440

(with apologies to the ...) Standing Stones, Llanfechell, Ynys Môn from the Bronze Age. A triangular setting of upright stones; three stones form the triangle 11ft by 8ft by 9 ½ ft and have an average height of 6 ½ ft.

Ref: Gwynedd Archaeological Trust
OPEN STUDIOS ART TRAIL
3rd-5th / 10th-12th / 17th-19th / 24th-26th

The Clwydian Creatives Art Trail - Open studios. This free annual event takes place across Flintshire & Denbighshire with 21 studios hosting 41 artisans. Each studio will be inviting you in to chat about their work and watch demonstrations of their creative process. It is a unique chance for you to peek behind the scenes, ask questions, get hints & tips and be inspired!

The studios are open in a wide variety of places from people homes, community halls or purpose built studios. Please contact the individual studios if you are unsure of the directions/access information. Use the chart and trail map to plan your Art Trail route.

Mae'r digwyddiad blynyddol rhad ac am ddim hwn yn cael ei gynnal ledled Sir y Fflint a Sir Ddinbych gyda 21 stiwdio yn cynnal 41 o grefftwyr. Bydd pob stiwdio yn eich gwaithodd i mewn i sgwrsio am eu gwaith a gwylio arddangosiadau o'u proses greadigol. Mae'n gyfle unigryw i chi edrych y tu ôl i'r llenni, gofyn cwestiynau, cael awgrymiadau a syniadau a chael eich ysbrydoli!

Mae'r stiwdios ar agor mewn amrywiaeth eang o leoedd o gartrefi pobl, neuaddau cymunedol neu stiwdios pwrpasol. Cysylltwch â'r stiwdios unigol os ydych chi'n ansicr o'r cyfarwyddiadau/gwybodaeth fynediad. Defnyddiwch y map hwn i gynllunio'ch Lwybr Celf.

Download and print the studios opening times and map from clwydian-creatives-art-trail.business.sitex
Art and Exhibitions

“Art is not a plaything, but a necessity, and its essence, form, is not a decorative adjustment, but a cup into which life can be poured and lifted to the lips and be tasted”
Rebecca West, from ‘Black Lamb and Grey Falcon’, 1941.

Cymyr ar Gynfas Until 4th September. Twelve artists, twelve portraits. Original work from the television series ‘Cymyr ar Gynfas’ (Welsh on Canvas) where each episode followed one artist as they portrayed one Welsh icon in a media of their choice. In the two series of ‘Cymyr ar Gynfas’ for S4C 12 Welsh artists and 12 prominent Welsh individuals were paired with the challenge that each artist would create a portrait. In the process of making these series each artist would spend a day with their ‘subject’ in a location of their choice, then return to their studio to work on the portrait before revealing the finished work. **AND Glyn Baines & Helen Baines ~ The Two of Us** Celebrating colour, nature and life. Striking compositions of abstract collages by Glyn Baines derived from works surrounding him in his studio. Working outdoors with pencil and paper, Helen Baines is inspired by the beautiful surrounding areas of Cwmystradllyn, Oerddwr and Nantmor to name but a few. Until 2nd October. **AND J T Parry (ap Idwal) 1853 - 1913** Until 2nd October. Views of Dyffryn Ogwen, Nant Ffrancon, Cwm Idwal and the surrounding area, celebrating the Slate Landscape. Storiel, Bangor - storiel.cymru

Tarek Lakhrissi: My Immortal Until 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

The Mobile Feminist Library: In Words, In Action, In Connection Until 19th September. Different activist movements at the intersection of class, disability, ecology, gender, language, neurodivergence, race and sexuality - all inherent considerations of any feminism. The materials will be locally relevant to Wales. Individual collaborators plus Movements and historical figures, such as 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

Anghysbell ~ Manon Awst is where domains of culture and landscape, the domestic and political materialise: stratified layers which, under great pressure, create the physical world we live in. Manon is a multidisciplinary artist, working in performance, sculpture, poetry, site-specific interventions and works on paper. **AND Katherine Jones ~ Grounded** Inspired by her architecture training, she creates pen, ink and watercolour drawings of special places across Wales – and beyond. Both exhibitions are until 30th September. **AND Summer Exhibition** Until 30th September. Over 80 artists will be exhibiting their work and there will be something for everyone. Oriel Plas Glyn y Weddwl, Llanbedrog LL53 7TT. 01758 740763, oriel.org.uk

Mastery: Women in Silver Until 18th September. The Mastery exhibitors represent a large cohort of women working at the highest level of silversmithing and include long-established and mid-career artists alongside some emerging makers of exceptional promise. The work itself was chosen to highlight both the diversity of women’s practice and their largely unacknowledged role as innovators. **AND Liz Ellis ... from a dark place** Until 18th September. Multiple narrative threads encompassing Greek myths; Iron Age bodies; star constellations; archaeology; British folk tales; contemporary novels; poetry; nature; conservation and climate change are woven together through place, time and form, linking not only past and future but also the maker and life. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk / ruththomas.net

Ian Marsh ~ Ceramics “I am inspired by the colours of the trees, rocks, moors and mountains in Snowdonia National Park. All my pots are handbuilt using coils, extrusions, or slabs.” Open daily 10am - 5pm. The North Wales Potters Gallery, 1 High Street, Conwy LL32 8DB, 01492 593590, thepottersgallery.co.uk

Katherine Jones ~ Grounded

“Art is not a plaything, but a necessity, and its essence, form, is not a decorative adjustment, but a cup into which life can be poured and lifted to the lips and be tasted”
Rebecca West, from ‘Black Lamb and Grey Falcon’, 1941.

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well as video, audio and innovative contemporary and site specific work. Workshops and performance will complement the displays. **AND Tessa Lyons ~ Prominent Lines** Until 12th September. From large scale works that capture the intensity of standing amongst a vast wilderness, to smaller works focusing on the ‘lines’ that capture climbers’ imaginations, a common theme throughout is that there is something in landscape which pulls people towards, and into it. **AND Your Collection** Until 3rd October. This celebratory exhibition, to coincide with Oriel Môn’s 30th anniversary, examines its origins and presents key artworks from the collection that tells the fascinating story of its inception and its development into one of North Wales’s premier art gallery and museum. Open 10.30am - 5pm. Oriel Ynys Mon, Llangefini, Ynys Mon LL7 7TQ. 01248 724444, orielmon.org

**Old Roads, Ancient Tracks** Until 26th September. A mixed exhibition by local artists exploring old roads and ancient tracks of our past; Jewellery, Mixed Media, Printmakers, Ink & Wash, Paper Wall Sculpture, Embroidery, Ceramics. Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk ~ tymeirion.co.uk

**Luned Rhys & Sarah Carvell** Until 8th September. followed by **Pete Monghan @ 60 ~ Paintings** ; **AND David Grosevnor ~ Ceramics** 12th September - 6th October. Ffin y Parc Gallery, Betws Road, Llanrwst, Conwy LL26 0PT, 01492 642070, welshart.net

**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

**The Art Quarter Gallery** Original Art works by local and guest artists. “We have up to five Artists each month displaying their Original Art Works. Open 10.30am - 4.30pm, 18 Church St., Beaumaris LL58 8AB. theartquarter.com

**Britain’s Most Haunted House** The story of Leonora Carrington, artist who lived in Paris at the height of surrealism, along side Max Ernst, Pablo Picasso and Andre Breton, and later in Mexico. 

Watch: BBCiPlayer ~ bbc.co.uk
Interactive Webinar: Tried and tested solutions for a green recovery - Community Wealth Building
Explore community wealth building solutions and hear from experts sharing their practical experiences of local authority innovation in this field. Sept 2nd / 12.30pm / free
Sign up via: cat.org.uk

Zero Carbon Britain: Literacy for Local Authorities
Specifically developed for those working in Local Authorities, this online course will cover the science of climate change, local and global impacts and how these will affect the work and duties of Local Authorities. Sept 8th & 9th, 9.30am - 1pm, both days, £140.
Sign up via: cat.org.uk

Dru Bhakti Immersion - The golden path of love
You will join experts in Bhakti yoga who will give you an understanding of the breadth of bhakti and how to use it to enrich your yoga, meditation and prayer - in short your whole life! The weekend will include chanting, story telling, movement, meditation, mudras and sacred art. Sept 10th - 12th, various times, £108.
More from: dru.org.uk

ONLINE GONG BATHS ~ September
with Steph Healy
Wednesdays 1st, 8th, 15th, 22nd, 29th @ 7pm and Sundays 5th, 12th, 19th, & 26th @ 9am
I will play the Gongs for you while you receive the sounds from the comfort of your own home. Even though we are not in the same room, you can still soak up the frequencies on every level of your existence
Sliding scale tickets: £8 standard ticket ~ £4 concs ~ £15 Kindness ticket (pay for yourself and someone who can't afford a ticket) ~ get in touch if you need a free place.
Book: puresound.org.uk

Our World Beyond Covid
Conversations around Climate, Culture & Capitalism.
Part 2 - Culture 8th - 22nd September
We invite you to be part of this dialogue and to work together to create actionable steps towards the revolution of the climate, culture and capitalism. How can we create a sense of purpose to help us face future crises? The aim of these workshops is to create a practical 'toolkit' of things people can do, right now, to answer the question "what can we do to help?"
Each 90 minute workshop will be interactive, practice based and use a multimedia approach.
3 workshops to choose from. All events are free.
Connect through FB: Our World Beyond Covid ~ events.humanitix.com

Group Biofield Tuning Session
Biofield Tuning is a method of sound therapy. The intention for this hour is to relax and release any tension and stress, allowing for a full body, mind and emotional recalibration. Saturday 4th September 10am - 4pm, £8, £4 concs, £15 kindness (includes space for someone else). Led by Steph Healy.
Book: puresound.org.uk

Wild LIVE: Bringing Back Beavers
Thursday 16th September
With a panel of Wildlife Trust leads from across the UK, this Wild LIVE will examine just why beavers are so important in our efforts to restore nature in the UK and what further action is required to establish them in our landscapes.
7 - 8.30pm, book via northwaleswildlifetrust.org.uk or digital@wildlifetrusts.org

Digital Conference at the Gates with Campaign Against Arms Trade (CAAT) and Stop The War
Sat 11th Sept 1 - 6.30pm, free.
Learn and discuss with us how militarism and securitisation impacts STEM education and professions.
Book: eventbrite.co.uk or more from caat.org.uk

Workshop: Inquiry
September 11th & 12th
Free, with Bethan Roberts & Gemma Griffith.
An opportunity to develop understanding, skill and confidence in the inquiry process of mindfulness.
Book with: booking.mindfulness-network.org
OKHA, the Queer + Black Book Club
Friday 24th September | 7 - 9pm, free. A book club for queer and black fem primarily where the focus is literature, poetry, and plays by African, Caribbean & Afro-Latinx authors. OKHA means story/tale in the Edo language of Nigeria.
.eventbrite.co.uk

CHWARAE TEG webinars
“Not Just For Boys”
Weds 8th September 5 - 6pm, free. Inspiring girls & women to achieve successful and rewarding careers as structural engineers, building specialists and as leaders in construction.
“Change Your Thinking, Get Results”
Weds 15th September 10am - 12noon, free. Workplace preparedness for unpaid carers. A welcome to all female unpaid carers to help improve confidence to re-enter the workplace,
“Womenspire 2021”
Thurs 30th September 7 - 9pm, free. An online awards ceremony celebrating the outstanding achievements of women in Wales. Register for events:
chawraeteg.com / 07496 766804
Chwarae Teg is a charity inspiring, leading and delivering gender equality in Wales

CHWARAE TEG webinars
 murdered by a former partner.

RESURGENCE
Monthly online talks covering the environment, arts and ethical living.
Tuesday 21st September
‘Peace with People, Peace with the Planet Earth’
A talk plus Q&A with Satish Kumar: “We need to make peace with Mother Nature.” 7.30 - 9pm, £8, £4 concs.
Wednesday 29th September
‘Regenerative Fashion’ with Safia Minney, MBE, a pioneer of sustainable fashion, founder of People Tree, 7.30 - 9pm | £7.
Book via link from: resurgenceevents.org

Resurgence Readers Group
Explore our experiences and ideas about environmental issues, ethical living, wellbeing and the arts. 7 - 8pm, free, online; go to website for dates: resurgence.org

GLADFEST 2021 Literary Festival ~ 11th & 12th September.
* Katie Hale, author ‘My Name is Monster’. A novel about power, about the things that society leaves imprinted on us when the rules no longer apply, and about the strength and the danger of a mother’s love. 10.30am, £5.
* ‘Essex Girls: for profane and opinionated women everywhere’ with Sarah Perry
In this exhilarating feminist defence of the Essex girl, Sarah Perry re-examines her relationship with her much maligned home county. 12pm, £5.
* Prof Ian Bradley talks about his book: ‘The Quiet Haven: an anthology of readings on death and heaven’ The contents range from brief epitaphs to longer poems and complex philosophical musings. 2pm, £5.
* ‘The Widening Circle of Us’ A conversation with Peter Francis (director of Gladstone’s Library) and Sarah Perry Peter talks frankly with Sarah about faith, his heterodox beliefs, death, privilege, inclusion, literature, film, Gladstone and slavery as well as the past and present role of Gladstone’s Library. 12noon, £5.
* ‘The Ninth Child’ with Sally Magnusson Sally talks about her new book; “ .. an engaging mix of folklore and Victorian history.” 2pm, £5.
* ‘Light Perpetual’ with Francis Spufford - a story of the everyday, the miraculous and the everlasting. 3.30pm, £5. All tickets available to book from:
Gladstones Library, Hawarden. More: 01244 532350, gladstoneslibrary.org
In troubling times, we can turn to ritual to find guidance from the inner world; daily gratitude, breathwork and blessings. We can surround ourselves with white light to ease our stress levels, maintain boundaries and wash the toxic ones away. The need for a response to the changes necessary can be gently guided by our innate wisdom and natural resources: intuition, kindness, patience and a fiery knowledge which gives us resilience, shielding us from head-on catastrophe and burning out. Planning with the knowledge of the long-term enhances our spiritual practice, helps to calm the mind and allows loss to be honoured and healed. This is where the wildness lives; our deep connection to Earth straight from the heart.

Know Your Rights Trainings: Aimed at encouraging safe protest and informing rebels of their rights. Thursdays 9th & 23rd September online @ 6 – 8pm.

Arrestee Support Trainings: witness police behaviour/arrests. Saturday 11th September online @ 5.30 – 6.45pm.

More training topics & info available including Empathy Circle Facilitator training from: extinctionrebellion.uk

The Alzheimer’s Research & Prevention Foundation has assembled this information on the Kirtan Kriya singing exercise for medical professionals, the public, caregivers, the media, and anyone interested in improving their brain function and improving memory loss.

Kirtan Kriya exercise utilises the primal sounds – and is meant to be practiced for greater attention, concentration, focus, improved short term memory, and better mood. The primal sounds consist of:

- Saa Taa Naa Maa
- The sounds are chanted repeatedly and in order (i.e., Saa Taa Naa Maa). They come from the mantra ‘Sat Nam’, which means ‘my true essence’.
- Repeat the Saa Taa Naa Maa sounds (or mantra) while sitting with your spine straight.
- With each syllable, imagine the sound flowing in through the top of your head and out the middle of your forehead (your third eye point).
- For two minutes, sing in your normal voice.
- For the next two minutes, sing in a whisper.
- For the next four minutes, say the sound silently to yourself.
- Then reverse the order, whispering for two minutes, and then out loud for two minutes, for a total of twelve minutes.
- To come out of the exercise, inhale very deeply, stretch your hands above your head, and then bring them down slowly in a sweeping motion as you exhale.

alzheimersprevention.org

The Sitting with Death and Choosing Life Foundation Course Begins in September, via Zoom. Exploring and understanding grief. Led by Karen Scott. “If you’re interested please drop me an email”: hello@beinginnature.net ~ beinginnature.net

Someone Else’s Shoes: An Online Course on The Poetic Monologue Join us to experiment with poetry under the guidance of poet Jonathan Edwards. Our Guest Poet will be Patience Agbabi. 13th - 17th September | £400, organised by The Writing School, contact kathryn@thewritingschool.co.uk / literaturewales.org
Educate Yourself ~ Find Like-minded People ~ Have Fun ~ Never Give Up!

The Great British Beach Clean  
17th – 26th September  
A week-long citizen science event, where hundreds of beach cleans take place up and down the UK. Litter data collected drives our conservation work and also feeds into the International Coastal Clean-up (ICC).  
On every clean we ask people to run a litter survey: recording all the items of rubbish they find in a 100m stretch. We use this data to campaign for real change.  
Please go to website for resources, beach clean guides, posters and welcome booklet.  
You can email us at beachwatch@mcsuk.org or give us a call on 01989 567807.  
Marine Conservation Society ~ mcsuk.org  
See Calendar dates for local beach cleans:  
14th Abergele, 18th with 2 in Llandudno & 25th Rhosneigr, Ynys Mon

Conwy Council  
“Help us shape the future over the next 5 years and join the conversation”  
Online sessions:  
SEPTEMBER  
Housing - 6th 2 - 4pm  
Education - 13th 4 - 6pm,  
Economy - 14th 11.30am - 1.30pm  
Culture - 17th 9.30am - 11.30am  
Environment - 29th 2 - 4pm  
OCTOBER  
Feeling Safe - 1st, 2 - 4pm,  
Health & Active - 4th, 2 - 4pm  
Voice - 7th, 2 - 4pm.  
Opportunities to talk in smaller groups  
The opportunity to participate in Welsh or English. Come to as many as you want.  
Sign up: conwy.gov.uk

Conwy Community Garden  
An ambitious forest garden near Conwy town, to be used by all sectors of society, is proposed by Friends of the Earth Conwy. We need helpers to build our campaign to use Council land, particularly letters of support from potential stakeholders.  
Those interested in helping please email: gardd.conwy.garden@gmail.com  
Future updates on: https://www.facebook.com/ConwyCommunityGarden/  
Please share and complete our public survey: www.tinyurl.com/25ekkntu

“The future depends on what we do in the present”.  
Mahatma Gandhi

If you love Scooters or just the history of Colwyn Bay, Tape, Music and Film are launching an App on all platforms in September called Imagine Trail. “The app will be full of different ways to experience (or relive) moments from the past such as the amazing scooter rallies through film, art, animation and sound.” More from: tapemusicandfilm.co.uk

Download FactSheets on how to create a pond in your garden or public areas. Available in Welsh and English. Along with advice, species and plant information. You can then tell them your project and become part of the “Million Pond Project”. Details and info: freshwaterhabitats.org.uk
**OCTOBER**

**Yoga Retreat** 1st - 4th, Cors y Gedol Hall, Dyffryn Ardudwy, LL44 2RJ. Book with Tracey: traceyyogamassage.co.uk


**Cyffyllog Full-Day Mindfulness Retreat** 2nd, Denbighshire; wayofmindfulness.co.uk

**Improving Concentration Beginners Meditation Retreat** 2nd, Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn Avenue, Llandudno, LL30 1YY, 01492 878778, meditatenorthwales.com (online and in-person)

**Apple Day** 2nd / 3rd, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

**Celebrating the Stupa with Rigdzin Shikpo** 2nd & 3rd, Awakened Heart Sangha, Ynys Graianog, Criccith. 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

**Bwndeli Lliwio-Eco / Eco-Dyeing Bundles** 3rd, Tecstiliau, Y Bedol, Bethel, Caernarfon LL55 1AX. Book: tecstiliau.org

**The Other Side of Insight** 6th - 17th, Vajraloka, Corwen 01286 882388, vajraloka.org

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

**Yoga & Wellness Weekend** 8th - 10th, Laura Bell 07989 512859, info@thezestlife.co.uk ALSO 15th - 17th, 29th - 31st.

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

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

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

**Glaciation in Snowdonia** 10th, Siabod Café, 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 and Coppice Crafts** 16th & 17th, Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

**Nature of Snowdonia** with Mike Raine, 17th, Capel Curig LL24 0EL, book: eventbrite.co.uk

**Teaching Navigation** 18th, with Mike Raine, Capel Curig LL24 0EL, book: eventbrite.co.uk

**Rewinding the Mind** 21st - 24th. Trigono, 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, Criccith. 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

**A Clear Mind - Beginners Meditation Retreat** 30th, Kalpa Bhadra Kadampa Buddhist Centre, Llandudno, LL30 1YY, 01492 878778, meditatenorthwales.com

**Practical Woodland Tasks and A Sense of Place - Autumn** 31st. A day of Mindfulness, Art & Poetry 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

**Meditation - for absolute beginners** 6th. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno, LL30 1YY, 01492 878778, meditatenorthwales.com (Also online)

**Managing Hazards & Emergency Procedures in the Mountains** 7th, Capel Curig LL24 0EL, book: eventbrite.co.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

**Space to Be Retreat** 25th - 28th. Trigono, Nantlle 01286 882388, trigonos.org
**Meditation & Mantra** 27th, Kalpa Bhadra
Kadampa Buddhist Centre, 34 Mostyn Avenue, Llandudno, LL30 1YY, 01492 878778, meditatenorthwales.com (Also online)

**DECEMBER**

**Retreat into Winter ~ Yoga & Sound Healing** 2nd - 5th, held at Trigonos, Nantlle LL54 6BW. Book via sourceyoga.org.uk / puresound.org.uk

**Yoga Retreat** 3rd - 5th, Trigonos, Nantlle LL54 6BW. Book - Tracey: traceyyogamassage.co.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

**The Awakening Heart and the Divine Abodes** 11th - 19th, **AND Practice Retreat for Men** 24th - 31st and 31st Dec - 7th Jan 2022. Vajraloka, Corwen 01490 460406, vajraloka.org

**ONLINE WORKSHOPS**

**Mindfulness from Stress** 8-week course from Thursday 27th October - 15th December, 6.30 - 9pm, via Zoom. Find out more from: newmindfulness.net

**Lost Rites** Starts 31st October, 12 weekly webinars with Alexandra Derwen, 10am - 12noon, £120. FB: Winter Webinars: LOST RITES

**Mindfulness Teacher Training Level 1** 4th - 7th & 10th - 14th November, waiting list only with Bangor University & the Mindfulness Network. Book: booking.mindfulness-network.org

**Therapeutic Shamanism First Steps** Oct 11th, 18th & 25th and November 1st, 8th, 15th, 22nd & 29th. Mondays 7pm start, with Marie Edwards, Jayne Birkett & Cat Anderson. £80 for 8 weeks. What is & isn’t Shamanism; journeying, history, reconnect and healing. Online course via Zoom. Contact via: therapeutic-shamanism.co.uk (There are other stages of workshops as well)

**Amicus Mortis - A Friend in Death** 7th, 14th & 28th November. £150. Exploring the nature of death and dying. Book: angleseydruidorder.co.uk

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**Democracy Now!** An independent news programme led by Amy Goodman and Juan Gonzalez. [democracynow.com](http://democracynow.com)

**Glenn Greenwald** Independent, unencumbered analysis and investigative reporting, captive to no dogma or faction. [greenwald.substack.com](http://greenwald.substack.com)

**The Canary** - Campaigning journalism that informs and empowers people to change their world. [thecanary.co](http://thecanary.co)

**The Intercept** - Fearless, adversarial journalism that holds the powerful accountable : [theintercept.com](http://theintercept.com)

**Jonathan Cook** - Journalist based in the Palestinian section of Israel. More: [jonathan-cook.net](http://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](http://dailymaverick.co.za)

**Double Down News** Alternative voices & progressive media - [patreon.com/doubledownnews](http://patreon.com/doubledownnews)

**The Conversation** Academic rigour, journalistic flair : [theconversation.com](http://theconversation.com)

**Factchecking** for more than 180 years. [factcheck.afp.com](http://factcheck.afp.com)

**Tax Research UK** Tax, accounting & political economy: [taxresearch.org.uk](http://taxresearch.org.uk)

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* Listen / Podcasts *

**Africa Daily** 146 short daily podcasts straight from the people of African states covering many topics ~ [bbc.co.uk](http://bbc.co.uk)

**The Comb** Life stories and politics from Africa. ‘Reclaiming My Name - ‘This is Me: Embracing My African Identity.’ At birth Ciku Kimeria was given the name Carrie, but it was a name that never fitted. She later rejected it for her Kikuyu name, Wanjiku or Ciku. When Ehi Ekhator was younger, he thought swapping his Nigerian name for an English one would make his life easier but he later came to realise the value of his African name. [bbc.co.uk ~ thecomb@bbc.com](http://bbc.co.uk ~ thecomb@bbc.com)

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* Read *

**Wales Arts review** Andrew Ogun in conversation with editor Caragh Medlicott. Andrew is a writer, designer and activist and the ‘Agent for Change’ for the Arts Council of Wales. He talks about art, racism, privilege and his journey to where he is now. [walesartsreview.org](http://walesartsreview.org)

**Change The World, One Article At A Time** Scientific findings that could impact the environment & society’s most pressing problems. [springernature.com](http://springernature.com)

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The North Wales Africa Society (NWAS) was a lifeline to the Black community in North Wales during the COVID-19 pandemic.

NWAS is a constituted group established in September of 2018. We are a collective of members of the African diaspora community and people who have an interest in Africa. Our vision is to achieve a vibrant inclusive society by focusing on Social, Education and Business (SEB) issues of mutual interest between Wales and Africa. Like other charities, we have a governance structure comprising of a board of trustees, committee, and members. Our membership continues to increase, and we currently stand as 160 individuals on the WhatsApp group and 110 officially registered. Many of our members are based in Gwynedd/Anglesey and others spread across all counties in North Wales.

Initially, our activities were focused mainly on our SEB objectives. However, the unexpected COVID-19 pandemic in 2020 made us re-focus and deal with the resulting challenges of lockdown restrictions, isolation, unemployment, digital poverty among members and other related issues. NWAS had to prioritise our efforts towards supporting our members, other new people arriving in Wales and just fairly recently, deal also with the recovery process from the Pandemic.

NWAS Committee and other volunteers vigorously engaged with our community and conducted several online surveys, focus group discussions, and word of mouth information etc to explore the urgent needs in our community. With the results from our investigations, we designed several mini projects to immediately cater for the needs of our members and sought funding, including provision of culturally appropriate food for students and families struggling financially, provision of digital devices (Chrome books) for school children and students studying from home, virtual meetings and parties and in May 2021 we opened the Bangor African and Caribbean Centre (BACC) on the high street. Cont...
Several events have been hosted including children summer activities (Tuesdays and Thursdays), meetings, hang outs and love feasts. These community engagement activities are designed to reduce isolation and improve mental and physical health of NWAS members.

Between the period of June to August 2020, NWAS secured a total funding of £50,856 to carry out various mini projects to sustain the black community through the difficult period of COVID-19 pandemic. The grants were awarded by Welsh Government coronavirus resilient fund (£2000), Bangor city council (£500) and from Mantell Gwynedd (£994) among others.

At first 30 families/individuals in Bangor, Bethesda and Anglesey were provided culturally appropriate food parcels for three months. In August 2021, we secured additional funding of £8,389 under the Jamii project. The project was funded by the National Lottery Community Fund, and we worked in collaboration with Sub Saharan Advisory Panel (SSAP). With Jamii, we provided 62 culturally appropriate food parcels monthly to the Black community, including University students across North Wales: Bangor, Menai Bridge, Conway, Bethesda, and Rhyl for 7 months. In addition, Jamii project also funded the purchase of 10 digital devices, worth £3,990, for children and University students who were missing out of online learning as a result of the lockdown. In March of 2021, NWAS was again successful with the one for All funding from National lottery community fund at the value of £9,975 for NWAS to continue the culturally appropriate food parcel project for 60 families for the Black community across North Wales. Towards the end of the year 2020, we got £14,220 grant from Comic Relief through the Bawso’s BAME Covid-19 Grants Programme in Wales to acquire a multicultural centre (BACC). As we strive to support the Black community better from the impacts of COVID-19 pandemic and other socio-economic issues. So far, BACC, has been used to provide advice and support for people in the black community, Africans new to North Wales, provide links to service providers such as the local police, Public Health service, educational institutions, local council, politicians, and others. NWAS is in talks to partner with Adult Learning Wales and BLAS, Pontio to use BACC as a venue for their community engagement activities. NWAS will use the centre for other activities like learning the Welsh
Language, small business advice, food hygiene training, skills acquisition and more.

Nwas have just recently received funding from the Community Foundation Wales (£2,000) for the Healthy Life, Flourishing Project which aims to engage our community through weekly Afro-Caribbean dance sessions at BACC. This project will run for 9 months starting from September 2021. In addition, NWAS received a grant of £3,758.42 from the Mantell Gwynedd’s Community Fund for Children and Families in Gwynedd for the Diversity Makes Society Project. This grant pays for volunteer costs and communication management for 6 months, starting from 1st September 2021. Both projects will also aim to support the recovering process from the COVID-19 Pandemic and will involve activities that will improve both the mental, physical health and general wellbeing of our members.

Lastly, we have held a couple of activities including webinars by a team of medical doctors led by Dr Naa Ahiaku to raise awareness about the positive impacts of taking the COVID -19 vaccines and to address myth busting on the COVID -19 pandemic. Furthermore, NWAS Director, Dr Salamatu J. Fada was interviewed by the BBC on the hesitancy of BAME on taking the Covid -19 vaccine, in May 2021.

Many of our members continue to volunteer on different roles and at different types to ensure all our projects are effectively and timely executed. Dr Victor Ebuele, NWAS Secretary and Mr Samuel Njoku, Head of our Business Subcommittee have travelled to Manchester and Liverpool on a monthly basis to buy the culturally appropriate food that have been shared throughout the period. Mr Lamin Touray and Samuel Jean have worked recently to decorate BACC and also to organise and supervise activities at the Centre. The Chair of our Board Dr Ernest Ahiaku and the other members of the board and our committee continue to work hard to provide all the necessary support needed by the members of the Black Community in Wales.

Dr Salamatu J. Fada is a Nigerian born Conservation Scientist and Educator resident in Bangor. She is actively involved as a volunteer in local wildlife conservation.

North Wales Africa Society
Cymdeithas Affrica Gogledd Cymru

Do contact us for more information:

Twitter: @NWalesAfricaSoc
nwafricasociety@gmail.com
www.northwalesafricasociety.org
The British Empire was so powerful that it actually changed the continents in which tea, coffee and sugar were grown to satisfy British gentility and, in the process, created terrible suffering.

In the 18th Century, tea was only grown in China, where it had been drunk for a thousand years. The rich in Britain first started drinking it when Dutch merchants brought it back from the Far East a century before. By the time of the Industrial Revolution in the 19th Century, tea fuelled the poor and rich alike and became synonymous with ‘Britishness’.

Initially, the only way to get tea out of the Chinese had been to sell them opium. In the 17th and 18th Centuries there wasn’t much else that Britain produced that interested the country that had invented most things centuries before.

The East India Company, which did the Empire’s dirty work, took control of opium production in Bengal, India, and ensured that there was enough to keep the tea caddies of the aristocracy full.

Through the opium trade, Britain gained a foothold in the secretive Chinese mainland through specific ports agreed for its import – after sending a few gun boats and taking the island of Hong Kong, which it only returned in 1997. So, for every cup of tea rich Georgians drank so elegantly, an opium habit in China was fed.

In the 19th Century, as tea was democratised, trading for opium was not enough and Britain decided it needed to create tea plantations of its own. The East India Company identified Assam, in India, as the best place to start in the Empire and introduced tea plants from China. Tea growing took a lot of manual labour and with slavery banned in the Empire in 1833, men and women were made to work on the plantations as indentured labourers who, although technically ‘free’, were contracted to work for long periods in conditions that were little better than slavery. Conditions for tea pickers in Assam were still found to be appalling as recently as 2015. According to a BBC report: “Living and working conditions are so bad, and wages so low, that tea workers and their families are left malnourished and vulnerable to fatal illnesses. There was also a disregard for health and safety, with workers spraying chemicals without protection and, on some estates, child labour being used.”

In many ways, the history of coffee is even more despicable than that of tea. Coffee growing was established initially in tropical Africa, then in the British colonies of Jamaica and Barbados in the late 1700s, and then by other European Empires and trading companies in Central and South America. To ensure profitability, slave labour was used by the British with slaves imported from Africa.

When slavery ended in the British Empire in 1833, coffee was increasingly provided to Britain and Europe by Portuguese-ruled Brazil which already had
two million slaves by 1820 but didn’t abolish slavery until 1888 – by which time an estimated four million slaves had been brought from Africa.

It is estimated that the average life expectancy of slaves arriving in Brazil in 1820 was only seven years as plantation owners preferred to import new slaves rather than look after the health of their existing ones, who were often literally worked to death.

Like tea, the long shadow of the colonial mistreatment of coffee workers continues today. But both tea and coffee had nothing on sugar...

The most sought-after product of any category traded by the British, it was referred to as ‘white gold’. It was also the cruelest consumer product in the Empire, considering the amount of human suffering it led to.

The economics of it required large-scale production and huge labour input that required a continuous and cheap resource of slavery to deliver the immense profits that were so essential to the British economy.

Like tea and coffee, sugar cane was taken from its native southern Asia and replanted in the British Empire and other European territories. Preparing the ground ready to grow sugar cane and then cutting the crop with machetes was back-breaking, but nothing compared to working in the sugar mills where the cane had to be crushed and boiled to extract one ton of sugar for every 20 tons harvested. Operating the machinery was very dangerous and many slaves were injured or died. At harvest, slaves usually worked 18-hour days and some 48 hours without a break. Once enslaved, everyone was expected to work including the young and elderly. The result was that a third of slaves imported into the British Empire’s sugar plantations in the Caribbean died within three years of their arrival.

It is estimated that sugar accounted for a third of Europe’s economy in the 17th and 18th Centuries and it is likely that, directly or indirectly, many of the properties from this period now in the care of the National Trust were funded by sugar and its slavery. Some historians have even argued that the profits from the Empire’s sugar trade funded Britain’s Industrial Revolution.

Like today’s oligarchs, the sugar barons and enriched aristocracy spent huge amounts on new industries.

Those who were enriched from the British Empire’s sugar trade received significant amounts of compensation from the Government following the abolition of slavery. To do this, the Treasury borrowed £20 million (representing 40% of its annual income and 5% of the country’s GDP.)

Meanwhile, the freed slaves received nothing except a nominal change in status to indentured servitude. The debt itself certainly cast a long shadow as it was only finally paid off in 2015. But how many modern Brits have any idea of this? And how many know of the dark origins of the comforting drinks they sip and take for granted each and every day?

Stephen Colegrave is the co-founder of Byline Times, Byline Festival and Byline TV all dedicated to rediscovering great journalism. For the full version of this article visit: bylinetimes.com
For many people, the ‘space race’ currently unfolding between these three ultra-wealthy individuals is just that – a game. Many look at the trio’s excessive wealth and conclude that venturing into space is simply the next method by which those who have far too much wealth can burn through a small fraction of it. For these three men, space exploration is little more than whimsy – an attempt to play at escaping a struggling Earth by those who are responsible for much of its ills.

The motivations behind space exploration have always been rather dubious. With the initial space race in the 1950s and 60s, we saw the USSR and the US launch a series of performative spaceflights in an attempt to signal their superiority. After America successfully conducted a lunar landing, and Neil Armstrong and Buzz Aldrin became the first people to walk on the moon, US interest in lunar spaceflight declined. The number of performative space expeditions led by America and the USSR gradually began to decrease, particularly after the Soviet Union repeatedly failed to make a lunar landing.

The initial space race showed that extraterrestrial endeavours were never purely about mankind’s development. The standoff between the two countries in this field was not born of a competitive desire to learn more or save humanity, but a brute desire to show off amidst the Cold War.

It is quite easy to map this desire directly on to Bezos, Branson and Musk – all of whom now have their own space exploration companies and are leading the transfer of space exploration from national to private pursuit. Each of them is showing off to the other - the fact Branson’s flight so rankled Bezos is a clear sign of this.

It is quite easy to map this desire directly on to Bezos, Branson and Musk – all of whom now have their own space exploration companies and are leading the transfer of space exploration from national to private pursuit. As individuals whose wealth often exceeds the GDP of entire countries, the three billionaires’ obsession with space is part of a power display through which each of them wishes to signify that the universe is their oyster.

But even though space can symbolically look like a game, it is, of course, a very serious science. Space exploration is a crucial way of understanding the Earth and getting to grips with the effects of climate change. The idea that humans could inhabit a space-based location as the Earth struggles with man-made problems may seem far-fetched, but it is not inconceivable. Indeed, we know that while at university, Bezos was impressed by lectures from physicist Gerard O’Neill, who theorised that humans would one day be able to inhabit floating cylinders somewhere in between the Moon and Earth. The worlds inside these cylinders would be able to mimic the best of Earth – beautiful, calm beaches; pristine lakes; and mountain-scapes.

Though it sounds fanciful, we ought to take Bezos’ interests seriously. Because in his capitalism-first worldview, the only people fit to control the empire of floating cylinders would be entrepreneurs – the people who would enable their creation in the first place.
If we were to find ourselves in dire need of an escape from Earth (not a wholly unlikely prospect) and floating space cylinders happened to be a possible solution, we would all be in thrall to the whims and power of a few multi-billionaires with a space obsession. Jeff Bezos really would control the world.

We already know what a world under Jeff Bezos and Elon Musk looks like. We know how ordinary people working in Amazon warehouses are denied basic rights such as bathroom breaks and are stripped of their power to unionise. We know how the billionaires boast of their own apparent work ethic as a means of justifying gruelling labour conditions in their organisations.

Amazon is a bit like a country in itself – it employs nearly 1.3 million people around the world. As individual wealth surpasses that of states and is subserviently pandered to by a world that allows the wealthiest to get away without contributing to its coffers, we should not be surprised that the billionaires prefer to leave a struggling Earth.

But we should be alarmed. These billionaires, and their vast corporate empires, hold so many of us in their power. As they consolidate their wealth, and their power extends beyond the globe, we may increasingly find that we are under their control.

And, if we do get stuck up there in a Bezos-influenced space dystopia (likely powered by the toil of many so that a few individuals can enjoy unparalleled luxury), we may find that it is us who can’t come back down to Earth...

Maheen Behrana is the writer and editor-in-chief of the independent platform Backbench. maheenbehrana.carrd.co

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www.woodlandskillscentre.uk
The work of Alice Bailey and her Tibetan Teacher played a significant role in the origins of Network News in the 1990s. The 24 books of Ancient Wisdom published in her name remain very challenging for many, and little has been known about Bailey herself - a vacuum that has been filled with all sorts of internet misinformation. Luckily, Bailey scholar Isobel Blackthorn has spent many years producing a new thoroughly researched biography, *Alice A. Bailey: Life & Legacy* which is available now. Here, Isobel reflects on some of the challenges of Bailey’s work.

**A student of the Bailey teachings** may choose to carry a basket of esoteric knowledge informing their thoughts and actions. A student may take away a cultivated and refined esoteric way of knowing, and acquire a few tools to help foster intuitive perception.

And a student may embrace the esoteric principle of transformation (or initiation) and gain a fresh sense of purpose and direction. From this place, which is no particular place, aspirants may strive to transcend the illusions created in and by language, by penetrating beneath the surface of things to access deeper meanings, motives and causes.

The Bailey teachings foster the realisation that how we perceive ourselves and our world affects how we think about both in a special way. If we perceive ourselves as conscious, embodied souls, rather than personalities, then the perceptual flux we are subjected to is not simply gained through our five senses, but through our intuitive sense as well. The concepts that we use to perceive our world must then complement this perception.

In global consciousness, the concepts of inclusiveness, wholeness and interconnectedness are paramount. They are not simply abstract ideas but a whole lived reality. By placing thinking before knowing, we may be putting our personalities before our souls. By placing intuitive knowing before conceptual thinking, we have accomplished a reorientation, we have opened ourselves to a transformation and all that remains is the task of remembering, or recognising as Bailey argues, that this is so. This remembering is itself the embodiment of the new reflective state of being, one that, from a state of intuitive awareness of the essential interconnected unity of all of life, functions to include, embrace, synthesize.

The soul may be thought of as a metaphor for the state of being that is ours when we manage to reorient ourselves. As conscious, embodied entities, we cannot separate ourselves from our personalities, our clusters of habitual thinking and feeling. But we can require of our personalities,
including our conceptual thoughts, that they serve our new state of being. To do this we also face the task of recognising the difference between intuitive knowing and abstract thinking and choosing who we wish to be.

To gain even a glimpse of global consciousness as depicted in the Bailey teachings, the aspirant first becomes cognisant of their own ability to embody wisdom (gained through experience) while concomitantly growing an awareness that human thinking is often taken for granted, tacit, conditioned and tied to the personality, with its mental, emotional and physical bodies. Such thinking is typically divisive, adversarial, reductive, linear and deterministic, and seeks to separate rather than include. Such thinking fragments humanity into competing, selfishly oriented units.

So ingrained in humanity is this thinking style that transcending it is ever partial, the seeker forced to walk a razor edge of perpetual discernment. In the esoteric realm awash with abstruse metaphysics, seekers may form strong attachments to a body of knowledge and allow it to shape their thinking in a fashion that excludes other paths, other ways to construe reality.

This, too, blocks attainment of global consciousness. In this sense, the Bailey teachings taken as a whole, represent the very thing they argue against in transforming consciousness, and the only way past this is to embrace the paradoxical nature of esotericism.

To grow spiritually through following the Bailey books, the student embraces the presentation, yet the moment that presentation is regarded as unequivocally true rather than a body of knowledge to see through, something is lost. To keep walking the path, at some point we need to loosen our grip on the map. Bailey’s esotericism offers highly specialised training aiming to foster the emergence of an advanced, intuitive, soulful way of knowing, one eventually expressed in global consciousness.

Bailey does not and cannot claim ownership of the process of achieving this stage of awareness. There are many other pathways that achieve the same. For most of us, the goal of global consciousness, with its attributes of interconnectedness, wholeness and inclusivity, is out of reach. Yet recognising the goal might bring it a little bit closer.

This is a brief extract from Isabel Blackthorn’s article “The Hieroeidetic Power of Esoteric Teachings: Alice A. Bailey and Global Consciousness” published in the Summer 2020 issue of: esotericquarterly.com

Links to all Isobel Blackthorn’s work at: isobelblackthorn.com
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**A Network of Goodwill**

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

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

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

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

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

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

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

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

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

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