

Corporate Ministry - Noddfa

In Noddfa, we welcome anyone who needs to come away to a peaceful place. Some come for Retreats or Parish weekends; others come as members of self-help groups. For the last nine years we have given a special place to Carers (those who care for relations or friends who are sick or disabled in their own homes -often 24/7).

They come for short breaks, when they can manage to find respite for the person they care for. Some have never been away, without caring responsibilities, for many years. In 1999, we saw this as a need that as not being met and were encouraged by local Carers organizations,



But Carers were not so used to the idea of getting away. Now we have many Carers who come, in small and large groups, or just on their own, to find some peace and rest from their hard lives. They come from all over N.Wales and many places in N. W. England, as well as other parts of England Scotland and Ireland.

The Carers (and others who come) enjoy the beauty of N. Wales, the mountains and sea, as well as the

house and grounds. They also appreciate the good food and the chance to speak to someone about their problems, their guilt and their pain. Mostly what they want is to relax in a welcoming, homely atmosphere.

As a community we are all involved in this work. Our door is always open and we share the anxieties and joys of those who come to us. They might think we do a lot by providing this place for them to come to, but we are frequently moved and amazed by the lives of the Carers who visit us.

Patricia, Pauline, Mary Jo and Patrice



We admire their courage and hope, their commitment to the person they care for and their love. We are blessed by their presence with us and by the way they allow us to become part of their lives



Patricia McGrath - part of the team in Noddfa - reflects on her ministry



I am privileged to be part of the team at Noddfa, N. Wales. 'Noddfa' means 'haven' or 'refuge' – a place where you can regain energy. I like to help all who come to feel at home and welcome so that each one can go away refreshed. I feel

it is important to keep the house clean, well maintained and pleasant.



I enjoy the variety of groups who visit here – from many different walks of life – and I love to use my culinary skills to greet them with a cup of tea, some nice homemade brown bread, scones or apple tarts.



Homemaking is such a valuable skill in our world today and is my way of giving life to all who come to Noddfa. The Centre here provides ample opportunity to use all my skills. This is life-giving for others but is also very life-giving for myself and renews my energies. Truly 'it is in giving that we receive'.

Patricia and Anne feed the hungry!

My life is not confined to the kitchen or the house. I need only look out of many of the windows and see the sea or the mountains. Who could not think of God in such a



place! Each day I can quote the Psalms 'I lift up my eyes to the mountains...' and 'find my strength in my God' and mean it !



I am so lucky to work and minister in such a beautiful place. It is different from my previous ministries in Ferrybank, Waterford and Choma, Zambia in many ways but in each place I have found that what is important is that people are made to feel welcome and at home. What we do is important but even more important is how we treat people and the respect and time we give them. I hope to continue to help all feel at home and welcome in Noddfa.