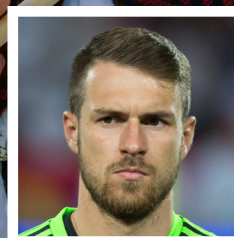


## HAPPY ST DAVID'S DAY

HOW WILL YOU  
CELEBRATE?

- WALES RUGBY LEGEND  
SHARES HIS STORY
- WHAT MADE ST DAVID GREAT?
- TRADITIONAL CAWL RECIPE
- CALON LÂN



WHAT DOES IT SAY  
ON AARON RAMSEY'S  
LEG TATTOO?  
TURN OVER TO SEE!

## AARON'S INSPIRATION

What does it say on Aaron Ramsey's leg tattoo?

The tattoo features words from the Bible in Welsh. They speak of finding courage from God in times of hardship and challenge. The words inspired Aaron as he recovered from a leg injury. Read them for yourself:

*Even though I walk  
through the darkest valley,  
I will not be afraid.  
You are with me.  
Your shepherd's rod and staff  
comfort me.*

Psalm 23 verse 4  
New International Readers' Version



## WHAT MADE ST DAVID GREAT?

When people across Wales proudly put on their yellow daffodil, and children attend school wearing traditional costume, it can only mean one thing – it must be 1st March, St David's Day.

It is thought that St David, patron saint of Wales, died on 1st March 589 A.D. at Minevia (now the cathedral city of St David's). He was said to have descended from royalty, but renounced riches to become a monk. He became known as Dewi Dyfrwr (David the Waterdrinker) because of his simple vegetarian diet of bread, water and vegetables.

It is said that he performed several miracles during his life including restoring a blind man's sight. He founded 12 monasteries including Glastonbury and one at Minevia (St Davids) in Pembrokeshire.

St David is known across Wales for sharing a message of simple Christian faith. His most famous saying is 'Do the little things'. For the people of Wales, marking St David's death on 1st March, brings the nation together and reminds us of his simple faith in Jesus, faith which still gives hope to millions of people around the world.



## RUGBY LEGEND FINDS A TRUE HERO

**Emyr Lewis met God while selling a photocopier! Here's his story**

I was born in Carmarthen and I would go to the local chapel because my parents wanted me to go. I joined the police when I was 18 and moved out. The only time I would visit a church after that would be weddings and funerals. A lot of things were filling my life: playing rugby and partying mainly. The last thing on my mind was God. I finished playing rugby in 2005. There was a sense of emptiness after that and I couldn't see how the gap could ever be filled.

I started a new job selling photocopying machines. One day I received a call from a woman who wanted a new photocopier as soon as possible. The place was in the middle of nowhere! I met the woman I'd spoken to over the phone. She explained that I was at a Christian centre where people would come together and pray. After I had finished my business there she asked 'Would you mind if I prayed for you?' I was unsure what was going on but went along with it – anything to sell a photocopier! She asked me to relax and think about what she was saying. As she was praying I felt a warm sensation through my body, and feelings of happiness. I had to sit down. When I was driving away, something made me look back. I noticed a cross with the sun's light on it, and I felt another sensation go through my body.

I went along to my friend's church. Somebody stood up and shared their story and it was more or less identical to mine! After attending church for a while I started to be more open to signs from God. I read a book which challenged me as a man, husband and father, and I realised that I had to change. Things started to become clearer to me as I listened to what the Bible had to say.

As I accepted Jesus into my life, I felt a huge weight leave my shoulders. What I have now is inner peace. As I look back over my life, that's something I didn't have when I played rugby. For me there's only one way to live and that is to follow Jesus Christ. In the rugby world, people have heroes and people try to follow their example. Jesus Christ died for us on the cross – he is the true hero who conquered death and will survive everything.



Emyr Lewis was one of Wales's rugby stars in the 1990s. He played two World Cup Championships for Wales and is now a prominent BBC and S4C rugby commentator

## TRADITIONAL CAWL RECIPE

### Ingredients

- 1lb diced Welsh beef or lamb
- 1 sliced onion
- 1 sliced leek
- 2 sliced carrots
- half small swede, chopped
- 3 potatoes chopped
- herbs – rosemary if using lamb
- 3/4 pint water
- salt and pepper to season

### Method

- Lightly brown the diced meat and onion in a large saucepan
- Add remaining ingredients and bring to the boil
- Cover with lid and cook for 1 and 1/2 hrs

For a vegetarian cawl, gently fry the onions and leeks in olive oil, add the other vegetables and cover with 1 litre of vegetable stock. Bring to the boil and simmer for 45 mins.

Serve with fresh bread and cheese.



## CALON LÂN YN LLAWN DAIONI

Next to the Welsh national anthem, the song that nearly everyone in Wales can sing is 'Calon Lân'. It's a great tune that can lift the spirits.

The prayer at the heart of the song suggests there's more to life than getting rich: *'I don't ask for a luxurious life, the world's gold or its fine pearls, I ask for a happy heart, an honest heart, a pure heart ...'*

St David, Emyr Lewis, and countless men and women through history, have discovered God's gift of a 'pure heart'.

It's not something we can earn or buy. It's a gift, bought by Jesus's death and resurrection. As we approach Easter, it's good to know that each of us can make a fresh start and find new hope in Jesus. He defeated death and rose again. Now the same power which raised Jesus from the dead is available to us today.

If you have questions about the Christian faith, or would like to explore more about following Jesus, visit your local church or find out more at [www.stdavid.cymru](http://www.stdavid.cymru)



## CALON LÂN YN LLAWN DAIONI

Ar ôl yr anthem genedlaethol, y gân mae bron pawb yng Nghymru yn gallu ymuno i'w chanu yw 'Calon Lân'. Mae'n gân grêt sy'n codi hwyliau cyn unrhyw gân yn ond mae'r weddi ar ddechrau'r gân yn awgrymu bod mwy i fywyd na bod yn gyfoethog.

'Nid wy'n gofyn bywyd moethus, aur y byd na'i beriau mân,

Gofyn wyf am galon hapus, calon onest, calon lân...

Wrth i ni agosáu at y Pasg, mae'n dda gwych fod pob un ohonon yn gallu cael dechrau newydd a dod o hyd i obaith

www.stdavid.cymru

**Cynhwysion**

- 1lb cig eidion neu gig oen wedi ei dorri'n giwbialau
- 1 nionyn wedi ei sleisio
- 1 cenhinen wedi ei sleisio
- 2 foronen wedi eu sleisio
- hanner rwdan fach wedi ei thorri
- 3 taten wedi eu torri
- ychwanegwch berlysiau – rhosmari os ydych yn defnyddio cig oen
- 3/4 pint o ddŵr
- halen a phapur fel y dymunwch

**Dull**

- Ffrwch a brownio'r cig a'r nionyn mewn sosban fawr
- Ychwanegwch weddill y cynhwysion a dod â'r cyfan i'r berw
- Rhwch y caead ar y sosban, troi'r gwres i lawr â'i fudferwi am 1½ awr

Os hoffech gawl llysiuol (heb gig), ffrwch y nionod a'r cennin mewn olew, ychwanegu'r llysiâu eraill ac ychwanegu stoc llysiuol gydag 1 litr o ddŵr. Dewch â'r cyfan i'r berw â'i fudferwi am 45 munud.

Gweinwch y cawl mewn bowlen ynghyd â bara ffres a

## RYSAIT CAWL TRADDIADOL