

Bahá'í Books UK

BOOKS FOR CHILDREN

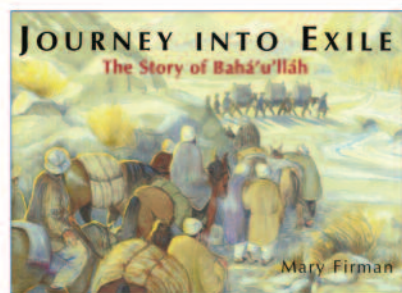


FOR YOUNGER CHILDREN

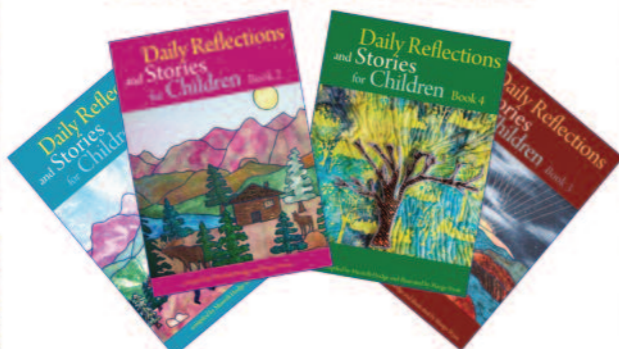


The *Basic Truths* Series are simple-text books designed to help teach children some of the abstract ideas enshrined in the Bahá'í teachings, with the basic vocabulary and concepts needed.

The *Crowned Heart* Series is an inspiring series for young readers that draws upon stories from the book *Lights of Fortitude* to introduce three beloved heroines of the Bahá'í Faith.



FOR 6 TO 10 YEAR OLDS



The *Daily Reflections and Stories for Children* series provides stories about 'Abdu'l-Bahá, Bahá'u'lláh and the Báb, prayers, passages from the scriptures and paintings to enhance children's bedtime devotions.



TO INSPIRE JUNIOR YOUTH

For junior youth there is a wide selection of books, both factual and fiction.

Your True Brother has eight letters from the Guardian to Bahá'ís passing through their adolescent years, trying to discover their talents and potential.



UNDOOD

UNITY

The official Newsletter of the Bahá'í Council for Wales

Spring 2016 - 173 B.E

Looking back Stepping Forward

"What is required from those involved ... is long-term commitment and a yearning to become so familiar with the reality of a place that they integrate into local life and, eschewing any trace of prejudice or paternalism, form those bonds of true friendship that befit companions on a spiritual journey."

*The Universal House of Justice, 29 December 2015



Celebrating Naw-Ruz 173 B.E Together

'It's a chance to...make my conversation more meaningful.'

'I was amazed by the receptivity of the youth...'

'I'm learning to follow more 'Abdu'l-Bahá's perfect example ...'

'I put a plan of action together...an exciting beginning will unfold'

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Undod is produced by the Bahá'í Council for Wales, for the Bahá'ís of Wales.

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Views expressed in Undod may not necessarily be those of the editors or the Bahá'í Council for Wales or of the National Spiritual Assembly of the Bahá'ís of the United Kingdom.

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Contributors: O'Neil, H; Abbas, T; Brocklesby, I; Hedges, S; Roberts-Jones, T; Green, R; Blyth, M, Gazal, L

Picture credits: O'Neil, H; Abbas, T; Gazal, L; Behi, A; Jones, J; BWNS; Roberts-Jones; Green, R

Editorial team: Anne Maund, Chris Abbas & Thenna Abbas

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Message from the Bahá'í Council for Wales

Dearly loved friends,

Warmest love to each one of you from the Baha'i Council for Wales during this holy festival time of Ridvan!

This year, Ridvan marks an important transition between one Five Year Plan to the next. Perhaps these days offer us the opportunity, individually and collectively, to reflect on the services rendered in our clusters and the lessons learned in His Name in the last years. It is also a time to set our sights on the requirements of the new Plan and to consider how to rededicate our efforts and energies in the coming five years.

This edition of Undod is a wonderful way of reflecting, sharing inspiring stories from across Wales of the efforts exerted by the friends to bring the previous Plan to 'a fitting conclusion' (29th Dec 2015 letter from Universal House of Justice paragraph 1). What joy it brings the Council to hear these stories, and the reliance on divine assistance that they reflect! During our quarterly meetings, we are moved to learn of extra efforts to double the number of core activities; of individuals' renewed resolve to align their lives with the phases of expansion and consolidation; of increasingly clearer personal plans to teach the Faith; and courageous efforts to reach out to new friends.

The letter dated 29th December 2015 forms the basis of our understanding of the new Five Year Plan and the contributions asked of us by the beloved Universal House of Justice. It is a flood of guidance from the highest institution, and no doubt will take us months and years to begin to absorb and apply! Perhaps this period of Ridvan and beyond could be used to study this letter more deeply, as individuals, families and communities – to reach out to each other and work through it systematically, asking for help from each other to understand it. The overall goal of the coming five years, and what this will ask of us is described here:

'In the Plan that will commence this Ridván, we are calling for growth to be accelerated in all clusters where it has begun...This combined effort should seek to raise the number of clusters where a programme of growth has become intensive to 5,000 by Ridván 2021.' (paragraph 19)

'We set this objective before the Bahá'í world conscious that it is truly formidable; that a herculean labour will be required; that many sacrifices will have to be made. But faced with the plight of a world that suffers more each day bereft of Bahá'u'lláh's elixir, we cannot, in conscience, ask anything less of His devoted followers.' (paragraph 20)

So what does this mean for us in Wales? How can the efforts we're making to raise the name of Baha'u'llah with our family, friends and neighbours intensify and contribute to this lofty goal? How can we better understand the nature of this 'truly formidable' task and the implications for our daily lives?

The Council for Wales eagerly anticipates your thoughts, questions, plans for action and requests for assistance as we strive together to understand and apply this most recent guidance, reliant as always on blessings from the Abhá Kingdom.

The Council would also like to take this opportunity to thank the out-going Undod editor, Fleur Missaghian, for her devoted, creative services over a number of years in developing a newsletter of such high quality and inspiration. Her vision of the Plan and eye for detail in editing will be missed!

**With Loving greetings,
The Bahá'í Council for Wales**

Bahá'í Council for Wales

Council Secretary: bcw@bahai.org.uk
any correspondence for the treasurer to be sent to this address also.

Publication of Photographs of Children under 18 years of age

Under the terms of the Child Protection Act images of children may only be published if parental permission has been received. Permission may be implied by the sending of a photograph by a parent or legal guardian, otherwise it must be given in writing or by email from the child's parent or legal guardian when submitting the photograph/s to Undod's editorial team. Please continue to post or email photographs to Undod accompanied by the necessary permission.

Bahá'í Council for Wales

Would you prefer to receive Undod electronically? You will need Adobe Acrobat

The software can be downloaded from
<http://www.adobe.com/products/reader/>

Please email:

Undod will not be mailed out to the friends who receive an electronic copy.

Huqúqu'lláh Representatives

South Wales - Anis Zeighamnia: anis.zgh@gmail.com
North Wales - Anne Maund:
anne.maund@btinternet.com
07811 376356

NEW Prayer app now features Welsh Language



Bahá'í prayers in Welsh are now available to read on-line by going to <https://BahaiPrayers.net> It is an app with many other languages, Welsh being the latest to be included (with the English translation underneath each prayer).



My Five Year Plan feelings

For me this last year has been so exciting I decided to turn my life around and finally go to university, which had been put on hold raising 3 children, but I did it and have now nearly completed my first year of four. So everything in my life has finally come together, plus the new Five Year Plan arrived in the 29th December message.

All I can do to explain to you how it made me feel is to quote from a Coldplay song called "Fix you". The lyrics go, "lights will guide you home and ignite your bones", and to me, as I was reading the new Plan, I knew I was at a point that I could do something. After speaking with Rachel Murray and Amy Behi, I knew from their encouragement that I could start devotionals again. And, having two grandsons aged 3 & 4 in school and nursery, I could start children's classes; and if they want to bring friends along, great! Then I'm going to start book 1 with my daughter and she may well bring friends. So I put a plan of action together and in the very near future an exciting beginning will unfold.

Izzy Brocklesby

Change of Address?

Please email: records@bahai.org.uk |
Telephone: **020 7584 2566** (office hours)

COMMUNITY

NEWS

Vera Morgan's
Legacy of Unity

Vera was born in 1927 and passed on in North Wales on 8th January 2016; a woman of strong character, a free spirit, with a great sense of humour, and with a passion for artistic creation. She loved sharing her skills especially with the young, and had a special affinity with disadvantaged youngsters. She became a Bahá'í on the anniversary of the Birth of the Báb, 20th October 2009.

Vera continually gave of herself, and operated in top gear. She hosted Bahá'í events in her home, sharing this newly found source of joy with other friends. She could revitalise all those she touched. She welcomed a wide range of friends—embroiderers, Quakers, puppeteers, as well as the Bahá'í community.

She dreamed of bringing together family, neighbours and friends from all the different facets of her life. At her funeral, we all joined together to pray and to celebrate her life. Afterwards we all jammed in to Heddfan "a place of peace", her home,—certainly a place of great warmth, love and fellowship.



The Faith has lost a generous, active soul in this world, but through her many new friendships are beginning to form.

Histories of other UK Bahá'ís can be read on-line on UK Bahá'í Histories, <https://bahaihistoryuk.wordpress.com/>

If you would like help writing down your own story please contact Chris Abbas 01495 291784

Swansea Interfaith Day

Celia Jones and Rita Green represented the Swansea Bahá'í community at this year's Interfaith event. Unlike last year which was a week-long event, this year's was a low key day at the new Bay Campus, a beautiful venue, when finished. Despite the short notice, the lack of planning and the remote location it proved to be an interesting and fruitful day.

We were able to be a presence along with representatives of Islam, Christianity, the Buddhist Faith, Peace Mala Swansea and the Equality and Discrimination Group. We had many conversations with students and faculty members, explaining who we were and what we were doing in Swansea and the wider community, focusing on service in the community and developing a world-embracing view of humanity. The students who were most interested in our literature and ideas were from China, Iran, Afghanistan and Greece.

It also enabled us to meet with the organisers and offer suggestions for future events. The Head of student services, a pastoral care role, was particularly interested in the ideas of the Faith and was keen to set up workshops on the unity of all Faiths and how we could bring out the similarities of the major religions. Needless to say we offered our help with this venture.



Rita Green

Moving in,
Moving on...

It's daunting to move your family from one county to another, but there came a point when Tris and I decided Wales had to happen. Practical considerations led to our decision; it's tricky raising children without family around. Luckily my mum always had a hankering to live by the sea, and she bravely agreed to move simultaneously! The power of friendship is a mighty salve, and knowing we'd be closer to longstanding friends also galvanised us. During our many visits to Swansea over the past 10 years, the friendly, direct and generous spirit of the people we met always made us feel comfortably at home. Despite all the challenges, it actually seemed simple.

Moving here is also part of a longer process of commitment. Raised as a Bahá'í of the 70's, the travel-teaching ethos of the time suited my parents' urge to travel. I inherited this and have been lucky enough to spend 20 years 'unrestrained as the wind' roaming the globe in service to the Faith. I presumed my eventual parenthood and all that lovely maternity leave would enable more of the same. How wrong I was; illness, exhaustion and my child's needs meant even travelling the UK was out. Over the next 10 years I had more kids and began to uncover a secret; staying in one place was not as immediately exciting, but deeper relationships grew. Now I had the privilege of accompanying friends as they investigated the Faith, witnessing its impact on their lives over time. This joy felt much more

SPIRITUAL
RETREAT

In February this year, 14 of the friends gathered together to eat, sleep and study Ruhi Book 8 Units 1 and 2, 'The Covenant of Bahá'u'lláh't

The venue where we met is particularly nostalgic for me, as it was the beautiful rustic Maerdy Cottages near Llandeilo, which I had used many times before, over the last 15 years, to run retreats for Bahá'í women and for my coaching and training business. One interesting factoid is that Bahá'ís have been praying at this venue for probably over 20 years, as I remember a much younger Tim Melville originally renting the Stables to live in all the way back then. So I imagine Bahá'í prayers have been said at this venue hundreds of times.

At this event, the group was divided into two smaller study groups. One group met in the Farmhouse to study Book 8 Unit 2, facilitated by Rachel Murray, while my group, facilitated by Azar Melville, met in the aforesaid Stables to study Book 8 Unit 1. Both study groups met from 9.30 in the morning till 8 at night and, although this was at times intensive, everyone couldn't have been happier to have had the luxury of learning and being together by a roaring log fire to study this most important central aspect of our Faith. Message to Amy Behi, Area Training Institute Coordinator: "I can't wait to attend the next one!"



Tracey Roberts-Jones

fulfilling.

So, although I've just moved again and the action appears the same, it's with different motivations. I'm look forward to continuing a different journey: developing long-lasting friendships in my local area, learning together more about how Bahá'u'lláh's teachings work in the world, and creating a happier Swansea. It's a new way that's revolutionary to me - and what could be more exciting than that!

Heather O'Neil

The Significance of the Law of Huqúqu'lláh

In one of His Tablets, Bahá'u'lláh refers to the law of Huqúqu'lláh as ranking in importance immediately after the two great obligations of recognition of the Manifestation of God and steadfastness in His Cause. Yet the introduction and implementation of this law was characterized by kindness, forgiveness, tolerance and magnanimity. Although it deals with the material things of this world, it is placed among those spiritual obligations resting on the individual soul, such as prayer and fasting, the fulfilment of which is a direct responsibility of each believer towards God and not subject to the sanctions or impositions of His institutions in this world.



"Say: O People, the first duty is to recognize the one true God – magnified be His glory – the second is to show forth constancy in His Cause and, after these, one's duty is to purify one's riches and earthly possessions according to that which is prescribed by God."
Compilation on Huqúqu'lláh, number 2

Acceptance of Huqúqu'lláh

Immediately after the Kitáb-i-Aqdas had been revealed, when a number of devoted Bahá'ís endeavoured to offer Huqúqu'lláh, their payments were accepted but returned. The Tablets of Bahá'u'lláh show His acute consciousness of the way in which material wealth has been permitted to degrade religion in the past. He preferred the Faith to sacrifice all material benefits rather than sully, to the slightest degree, its dignity and purity. However, God Himself has made progress dependent upon material means. Therefore, as awareness of the friends grew, Bahá'u'lláh permitted Huqúqu'lláh to be received, provided the donor made the offering willingly and with joy and radiance.

"Deeds must be performed with willingness, and in all circumstances high regard must be given to the dignity of the Cause of God. Formerly We have mentioned that were a person to possess the whole world and would tender his possessions at the cost of degrading the honour of the Cause, even to the extent of a grain of mustard, it would be essential and imperative to refuse to accept such wealth. Such is the Cause of God, eternal in the past, eternal in the future. Well is it with them that act accordingly."

Compilation on Huqúqu'lláh, number 8

If you have any questions or would like more information on any aspect of the sacred Law of Huqúqu'lláh, or would like to be put in contact with your nearest Deputy or Representative, please contact the Secretary:
 Parvin Morrissey Email: parvin@pmorrissey.co.uk Phone: 01786 474498 Mob: 07966 474498

Y Ffynnon

The Bahá'í Council for Wales sends loving thanks to you all for your generous contributions to the fund. These funds support the teaching work across Wales, the production of Undod and the running costs of the Council.

In regard to the Fund, paragraph 46 of the 29th of December 2015 message from the Universal House of Justice says:- 'The future civilization envisaged by Bahá'u'lláh is a prosperous one, in which the vast resources of the world will be directed towards humanity's elevation and regeneration, not its debasement and destruction. The act of contributing to the Fund, then, is imbued with profound meaning: it is a practical way of hastening the advent of that civilization, and a necessary one, for as Bahá'u'lláh Himself has explained, "He Who is the Eternal Truth—exalted be His glory—hath made the fulfilment of every undertaking on earth dependent on material means."'



Bahá'ís conduct their lives in the midst of a society acutely disordered in its material affairs. The process of community building they are advancing in their clusters cultivates a set of attitudes towards wealth and possessions very different from those holding sway in the world.

The habit of regularly giving to the Funds of the Faith—including in-kind contributions particularly in certain places—arises from and reinforces a sense of personal concern for the welfare of the community and the progress of the Cause. The duty to contribute, just like the duty to teach, is a fundamental aspect of Bahá'í identity which strengthens faith.

The sacrificial and generous contributions of the individual believer, the collective consciousness promoted by the community of the needs of the Fund, and the careful stewardship of financial resources exercised by the institutions of the Faith can be regarded as expressions of the love that binds these three actors more closely together. And ultimately, voluntary giving fosters an awareness that managing one's financial affairs in accordance with spiritual principles is an indispensable dimension of a life lived coherently. It is a matter of conscience, a way in which commitment to the betterment of the world is translated into practice.'

Building capacity is definitely stepping into a new and better way of life

What a bounty it is for Stephen and me that Winona and David Hardy have moved to near-by Penyfford! I can't really call myself an isolated believer anymore as we are so enjoying having Baha'is in the nearby village. What a blessing it is to share neighbourhood activities. Winona has been able to attend my Pontybodkin Knitting Circle, where once a month friends and neighbours gather at our home to knit and natter. We are sending items for babies to Malawi and making blankets for Syrian refugees.

This activity follows a fundraising tea afternoon for the charity, Ripple Africa, held in our garden last summer. It has led to social action plans to clean up our local environment and we are soon to start a neighbourhood children's class. Popping over to Winona and David's home to study messages from the House of Justice has been easy, natural, fulfilling and fun. Unpacking the meanings in the paragraphs and sharing our understanding is deepening our friendship as well as our knowledge. We're seeing that building capacity in ourselves is definitely stepping into a new way of life, not just for us, but for those around us too.

-- Anne Maund

Prayer Circle in North Wales

My neighbour, who is not a Bahá'í, suggested recently that it would be very powerful if the Bahá'ís could say some prayers for a dear friend who is unwell. Then I remembered "Prayer Link" from years ago and how a chain of friends had names on a list to say prayers for. Having made investigations, I've discovered it is still going strong in North Wales.

Linking loving hearts and holding another in prayer is a bounty for both the giver and the receiver. The conscious act of setting time aside to beseech divine assistance, on behalf of another, kindles one's own soul. To the one in darkness, fear, pain, doubt or shame, it is a hand reaching out without judgement. "Kindle the fire of love and burn away all things, then step thy foot into the land of the lovers." *

The Prayer Circle is a service of love that can be offered by anyone to anyone. Thanks to email, it is easy to be in touch with others and pass on the names of those expressing the need for prayer. Ysbyty Gwynedd chaplaincy recite the Long Healing Prayer at the regular devotional on the first Tuesday of the month at 6.30 pm. Some friends attend the devotional and others "tune in" at home.

As we evaluate opportunities to increase the devotional gatherings in our own locality, we may find the comfortable first step is to offer to remember friends and neighbours who are becoming close to us, when praying, and on finding a positive response, invite those souls into our homes for a simple round of prayers or perhaps a tranquillity evening with music and significant conversations.

If you would like to join the prayer circle, or have someone you wish to include as a recipient please email Alicia: aliciabancroft-lloyd@tiscali.co.uk

Anne Maund

*Bahá'u'lláh. The Seven Valleys & the Four Valleys, US Bahá'í Publishing Trust p. 11

International World Interfaith Harmony Week at Merthyr Tydfil

Volunteers were invited to take part in an activity to mark International World Interfaith Harmony Week at Merthyr Tydfil's Church of the Latter Day Saints. It was an opportunity for the faith communities to work together, rather than just talk, as 1,000 items of clothing and non-perishable foods were sorted to be sent to Women's Aid groups and food banks in south Wales. Bahá'ís and friends from the Blaenau Gwent Intercultural and Spirituality group went along to contribute to the clothing donations and share in the work with a very harmonious interfaith crowd. At the end of the evening the Bahá'ís were asked, unexpectedly, to close the event with a prayer.



(Photo of Blaenau Gwent volunteers with members of the Jewish faith and Church of Latter Day Saints)

The Writings in Welsh

Mae bywyd newydd, yn yr oes hon,
yn deffro o fewn holl bobloedd y
ddaear...

(Gleanings from the Writings of Bahá'u'lláh, p. 195)

Around the 'Big Table' in Bangor!

The Bahá'ís in the buzzing university town of Bangor are renowned for friendliness and reaching out to others with courage. A recent success has been inspired by the "Meetup" concept which combines a convenient venue with a mutual interest. Some members of the Bahá'í community began inviting friends and contacts to a regular date at Café Nero in Bangor High Street. Conversations on topics such as "Building a new society" are flagged in advance and all are welcome to come and share thoughts and views, and think about issues. This group is called "Cofi Chat Friday".

Mike says: "It's really about keeping up with old friends, making new ones, discussing issues, such as "How do we create change?" Overseas students, particularly Saudi, Kuwaiti and Chinese, use it to practice their English. I see no dichotomies! It's a chance to develop their/my capacities; to spot receptive souls and make my conversation more meaningful, once we move on from how everybody is! Friendships are continuously developing and several people come to unity feasts and other events. Two mothers have taken their junior youth to the new burgeoning Bangor Junior Youth Spiritual Empowerment Programme."



Anyone can start a Meetup Group. As it says on the website (<http://www.meetup.com/>): "Meetups are neighbours getting together to learn something, do something or share something". This is an opportunity for us to get involved in our local communities.

Mike Blyth

Sima's Story

Every Wednesday, Sima, helps out at her local lunch club, held in the community centre.

"I had a lovely teaching opportunity today. One of the trustees of the club offered me a cup of tea and I just said 'No thank you.' He then said, 'How about a biscuit?' I then had to tell him that I was fasting. He asked me lots of questions about why I fast. I explained about its benefits both, physical and spiritual. I mentioned the importance of fasting and prayers and the good actions to follow.

"I explained that it is part of all the religions of God. He agreed that a lot of the teachings of Christianity have been watered down over the years. To this I added that there was a need for a new Revelation for every age. I explained about some of the teachings of Bahá'u'lláh which were not appropriate before, but today we cannot live without them. The conversation finished and the man said he would look up the Faith tonight on the Internet; but later, as I was serving food, a woman turned to her husband and said she had heard my conversation earlier on and wanted me to explain it to her husband. I felt so good after that."

Sima Hedges



A new life is, in this age, stirring within all the peoples of the earth...

(Gleanings from the Writings of Bahá'u'lláh, p. 195)

Caerphilly Play & Pray



'One mother has recently asked if she can facilitate the classes with us, which is a really wonderful step'

It definitely feels like a long term process has begun – one where the children are engaged in spiritual education, and the parents are learning alongside them in a spirit of true friendship. It's a privilege to have these conversations together about the importance of a good character, how the world can be bettered through our actions, and the nature of friendship.

Lynn Gazal & Tessa Abbas

'O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate'.

'Abdu'l-Bahá

together on what that may look like in their localities. In the several projects that took place, efforts have been made to meet youth, have meaningful conversations with them about their role, junior youth and progress and finally try to consolidate that by inviting them to youth gatherings and eventually to the institute process. I think much has been learned and the answers to questions like "How do we address the needs of the youth by having a conversation that will shift their understanding of change and the world" are slowly-coming into light. The process of Action-Reflection-Consultation has played a major part in that and having a team to support that has been key.

Since last May, two Baha'is in Caerphilly have been working with a few local mothers to run sessions for toddlers, called 'Pray and Play'.

The sessions happen weekly (albeit with many pauses for illnesses, a reality when working with little ones it seems!) and have a lovely atmosphere. We sing prayers and practise mindfulness, read stories based on a virtue of the week, and do a game and colouring. In between the sessions, we've been becoming good friends with the mothers too, and it has been very natural to invite them to the holy days and celebrations of the Bahá'í Community. The most recent have been an Ayyám-i-Há party based on love and kindness to others, where we made cards to give to someone to bring happiness, and the Naw-Rúz party.

Slowly it feels as though the families are beginning to understand a little more about the rhythm of the Bahá'í calendar, and about our motivation behind the classes. One mother has recently asked if she can facilitate the classes with us which is a really wonderful step; another asks regularly about the Faith out of an interest sparked by the sessions, even though she can no longer attend the sessions for logistical reasons.

Nura in North Wales

It has been a blessing to be able to be part of efforts that take place in the grassroots of community building.

The Training Institute Board's visits to the community in Bangor for teaching projects have, I feel, mobilized and empowered those eager to serve. For me what is interesting is how gradual and organic this process has been in terms of every project building on the previous one. I was amazed by the receptivity of the youth in a student area in concepts like service and building communities and it has been interesting to learn how, as a collective effort, we could direct those pure hearted intentions to service that is within the conceptual framework and advance our understanding

Naw-Rúz Reflections



Well, a lot of preparation went into this particular Naw-Rúz party; two years building work to get the house ready to receive guests, for starters. You could say that was on top of 15 years living and "being" in the area, becoming part of aspects of the local community, building friendships and trust with people. Everyone knows I have my faith, but I'm not always trying to get round to it at the slightest opportunity. I'm learning to follow, more, 'Abdu'l Bahá 's perfect example and trying to start really listening to people, finding out where they're at and what bit of Bahá'u'lláh's healing medicine is most helpful for them and offering it – if I can.

A few months earlier we had the bounty of that fab group, the Training Institute, Amy, Joe and Rachel, coming to Bangor, saying prayers together, studying with us and then, taking the focus of Junior Youth groups, meeting youth to train as animators.

As a result of that surprisingly animating experience, plus our local group's study of the 29th December 2015 letter from the Universal House of Justice, letting its massive transformative power sweep over our little 'band of brothers' (and sisters) here in north west Gwynedd and Ynys Mon, we've all

started to be more aware of two things; working with each other and identifying confirmations. So when I managed about 45 minutes' study on the last day of the most recent teaching project and then took some personal reflection time, the feeling came to me that I could build my anticipated house-warming Naw-Rúz party into a more extended activity to embrace the 100th anniversary of 'Abdu'l Bahá's writing the Tablets of the Divine plan. The invites to the party went out, a fitting culmination to our Fast, and around 30 Guests, mainly my local friends, including dear Bahá'í friends who travelled over to support, with a couple of local families, a few youth, junior youth and a couple of children, came for the whole day, with a few people drifting in and out. It felt like setting the tone for things to come - the house, with its shop floor straight off the high street, is what Anne called my "proclamation" window! The cosy kitchen diner "snug" downstairs will be used to help and serve the local community. The Naw-Rúz focus ended up being more on

adults, friends of my age, so I've been very pleased to have activities for Junior youth (with support from the Training Institute team) already planned for the Easter weekend. It just seems to show that if we can be involved, in a very natural (dare I use the word "organic") way in our local communities, combined with studying the messages, -- especially with others locally in our Bahá'í groups, -- add a pinch of strong, clearly focused intensity from wonderful visiting teaching teams to support our local "whatevers", and then carry on with our daily personal practice, listening to the promptings of the spirit, following the confirmations, staying in touch and connected to the people around us and letting the love grow so that, by the grace of Bahá'u'lláh, we will be allowed to gently, carefully, wildly, madly (whatever is required) offer to our friends the healing medicine, that the world so desperately needs, however much a part of them, or of us, resists and rejects it.

Penny Kemp

UK Bahá'í Histories Project

Have you thought about writing your Bahá'í story? UK BAHÁ'Í HISTORIES are endeavouring to collect as many 'stories' as possible of how UK believers have become Bahá'ís. The Welsh Bahá'ís have done especially well to date in writing their stories. However, please don't delay in writing your own story. Not only is it going to be interesting to others, it will become a valuable part of our national Bahá'í history. Especially welcome are stories from new Bahá'ís and those young in age.

To send in your story, or for further guidance as to how to go about it, please contact:

Jenny Lockwood on **01242 676597**, or email: **bhp1uk@gmail.com**

You can also follow us on our Facebook page: <http://www.facebook.com/> or follow us on Twitter: @bahaihistoryuk