



CREDO 60p

Volume 23 Issue 9

The Parish Magazine of Christ Church, Roath Park
Lake Road North, CARDIFF CF 23 5QN

Remembrance - 100 years after the Somme

Remembrance Day this year will have a special significance. Almost exactly a century after the Battle of the Somme finally came to its inconclusive end (18th November) we shall once again be remembering all those who have lost their lives in war, or had their lives blighted by its consequences.

The unbelievable slaughter of the Somme – more than a million men were killed or wounded – made it perhaps the bloodiest battle of human history. The incessant bombardment of heavy artillery, the suicidal waves of attack by unprotected soldiers, the introduction, a few months from its close, of the first tanks in battle all contributed to the vast number of casualties, but so did the pointless efforts of both sides to break what was in fact a five month stalemate. This was a battle nobody won but a million men lost.

This year we shall once again make our prayers for peace and our reflective remembrance against a back-drop of a world that is stubbornly inclined to think that problems can be solved by fighting over them. In the Middle East and in parts of Africa there are still too many who believe that guns and bombs can solve things, when all the evidence of history is that they can't.

Today, a hundred years after the Battle of the Somme, historians still can't decide what the Great War was actually about. And the arrival of the Second World War in 1939 tells us that whatever anyone thought it was, five years of sickening killing had not settled it.

'We will remember them', we say. Surely the finest remembrance would be a world without violence. It still seems a long way off.

David Winter - Parish Pump

November 2016



God, our refuge and strength,
bring near the day when wars shall cease,
poverty and pain shall end,
and the earth knows the peace of heaven,
through Jesus Christ, our Lord.

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Bring near the day when wars will cease,
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And the earth knows the peace of heaven,
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Sunday 13th November
REMEMBRANCE SUNDAY
10.00 am Service of Remembrance
Followed by Witness at Calvary Stone at 11.00 am



Christ Church
the Church by the Lake
where everyone is
welcome.

Visit our new informative and
updated website
let your friends and family know too!
www.christchurchcardiff.co.uk

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Articles for the **December/January 2017** edition of *Credo*
NO LATER than 20th November 2016
Handwritten, or on memory stick with a printed copy to Church
letterbox or Editor, or email ced45@btinternet.com



NOVEMBER DIARY



Tuesday 1 st	10.00 am - 12.00 noon Church open for PRAYER
Wednesday 2 nd	7.00 pm ALL SOULS DAY service for lost loved ones
Thursday 3 rd	9.30 am Holy Eucharist (<i>tea & coffee to follow</i>)
Sunday 6 th	KINGDOM 2 8.00 am Holy Eucharist 10.00 am FAMILY SERVICE 6.00 pm Service of Light
Sunday 13 th	REMEMBRANCE SUNDAY 8.00 am Holy Eucharist 10.00 am Parish Eucharist & Funky Church 11.00 am Witness at Calvary Stone 6.00 pm Taize Worship
Thursday 17 ^h	9.30 am Holy Eucharist (<i>tea & coffee to follow</i>)
Sunday 20 th	CHRIST the KING - KINGDOM 3 8.00 am Holy Eucharist 10.00 am Parish Eucharist, Funky Church and J Walkers Youth group 6.00 pm Social Justice Evening Service
Sunday 27 th	ADVENT SUNDAY 8.00 am Holy Eucharist 10.00 am Parish Eucharist, Funky Church and J Walkers Youth group 6.00 pm Celtic Night Prayer
December	
Thursday 1 st	9.30 am Holy Eucharist (<i>tea & coffee to follow</i>)
Thursday 1 st	7.00 pm Heath Residents Carol Service)
Saturday 3 rd	7.30 pm Ruthie Thomas (gospel singer) Concert

Prayers for Healing 9.30am every Saturday in Church

Other services & activities as announced in the newsletter

Buildings Renewal Fund Update: the latest tally of contributions (78 so far) is £20,563 (including £600 being part of a generous donation of £1,000 by Mr & Mrs O. Pryce in memory of Sian and £2,121 in collections at 6 events) plus the tax refunds so far received on Gift-Aided donations £3,134, making a total of **£23,697**.

Thank you to any who have recently added to this fund. Further donations or enquiries are welcomed in favour of Christ Church, Roath Park, to Gerald Bradnum or Treasurer, John Hodgson.

Various events/sales have so far raised a further **£5,217**, including **£450** from sales of garden produce, loom-bands, CrossInMyPocket, books, toys.

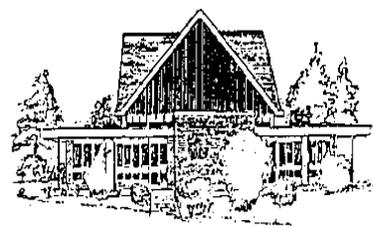
At 27th October 2016:-**Grand Total Received: £28,914**

minus **Expended or contracted for -**

(architects: scheme 1 & pre-Application Council: £7,490
scheme incurred £2,541 & budgeted £5,800: = £8,341

Re-roofing: £3,700. VAT expert £600. Bat data: £49): **£20,180**

Fund Balance in hand £ 8,734



Thought for the Month

Compassionate Father

You are Sovereign. Your plans and timing are not always easy for us to understand, but we trust you and know that you love us and only want good things for us.

At this time of Remembering, when so many are so sad, thank you for giving your only Son, Jesus, so that if we believe and trust in Him we have the promise of eternal life and reunion with all who loved Him too.

We choose to believe and trust,
in Jesus' name.

Amen.

By Daphne Kitching

Being and Living

Our life is made up of various strands.

Think of them in terms of colour.

Take **Blue** for our **work**.

Yellow for **play or leisure**

Red to represent **suffering**

And **White** just to "**Be**".

These are the interwoven strands of **Life**

In all we must **Do our best**

Whatever the circumstances - for the Glory of God. We must face facts and accept our "Lot" with **gratitude**.

Only then will we receive satisfaction.

V. Moverley

Collection

GIVING

If you prefer to give a weekly cash contribution during the various services and you are a UK taxpayer there are envelopes in the pews to enable us to reclaim the tax

an extra 25p for each £1



Our Vicar Trystan Writes : 'Gratitude'

Dear friends,

In June I took a class assembly for a group of 12 year olds. It was the morning of the EU referendum vote. I thought I'd ease them into a discussion about Brexit by asking them to list countries that they thought were in the European Union. A hand shot up. "Great", I thought, "they're engaging already". Then the lad said, "sir, is Brazil in the EU?" I wondered if he was joking, but the lack of laughter in the room quickly showed me that he wasn't. "I'm afraid not, but good guess", I said, trying to affirm him. A girl's hand then went up, and she said "what about China, sir?"

I have to confess, by that point I just sighed and said: "getting closer". That assembly wasn't exactly a roaring success. As you might imagine, I was dreading my next assembly with that class, and then, earlier this month, the day came and I went back to them.

This time, I asked them another question to start – **I asked them what they were grateful for in their lives.**

I was expecting them to struggle to list three or four things, and then we'd move on. I was to be amazed. They started shouting things out and for the next 15 minutes I was scribbling their answers on the board – **their family, their friends, a free country, a safe country, animals, countryside, sport, their talents, a roof over their heads, education...** and the list went on and on.

Some of you will be pleased to hear that they even included "**the elderly**" on the list of things they're grateful for!

Those young people may not know geography, but, boy, did they know gratitude.

At the moment, we're teaching Maccs to say "*please*" and "*thank you*". We're also potty training him, but that's another story – it's more a case of Messy Vicarage than Messy

Church! **But alongside teaching him to say "thank you" generally, we're also teaching him to pray "thank you" to God for things in his prayers at night.**

He'll lie in bed with his hands clasped together and list people and things he appreciates. Both that group of twelve year olds at the class assembly and Maccs's evening prayers have really taught me something about gratitude – it's made me stop and ask myself how often do we, as adults, express gratitude for the good things in our lives.

I think there are two principal reasons that we don't often say "**thank you**" to God.

Firstly, it sometimes seems too difficult for us to truly be thankful.

This can be that we have unhappiness in our lives – depression, illness, disability, grief – and so it's difficult for us to look at the gifts in our lives and truly give thanks. Nothing is more frustrating and annoying than when something bad happens in your life and someone says, "**yes, but look at the good things that you still have – count your blessings!**" Nothing and no one should minimize unhappiness, pain, grief, suffering. But we Christians are also people of hope, people of resurrection. So, we need to be

courageous and we need to face, and give thanks for, the moments of light we have in our lives, whether they come through family, friends, pets, nature, music, the arts, our memories.

Secondly, though, sometimes we're simply too busy to give thanks.

I once read an interview with one of the few astronauts who's walked on the moon. He was asked if he had any regrets of his time as an astronaut. He explained that he stepped on the spacecraft and looked back at earth and just stood still, in awe of its beauty and wonder. Then he suddenly thought: "*oh, I'm meant to be collecting rocks*".

How often are we too busy collecting rocks to take time out to appreciate our lives, to thank God for the blessings in our lives.

So, sometimes in the pain of life, gratitude is difficult, and sometimes in the busyness of life, gratitude is difficult. So we need to make sure we have both courage *and* time, so we can reflect on God's light in our life and thank him for what he has given us.

Can I challenge you this month, then, to be courageous and take time thinking about those things for which you have to be thankful.

As Psalm 106 puts it: "*Praise the Lord; give thanks to the Lord, for he is good; his love endures for ever*".

*Yours in Christ,
Trystan*

"GRILL-THE-VICARS"

An opportunity to ask Revd Trystan and Revd Jordan any burning theological or ethical questions you have!
Christ Church,
Roath Park

Thursday 17th November 7.30pm



From our curate
Revd Jordan Hillebert



Croeso, Keira Elizabeth!

Krisi and I are delighted to announce the birth of our daughter, Keira Elizabeth Hillebert. Keira was born on 15 October at 8:31am. She is a long-awaited gift and an answer to many, many prayers! We would like to thank the Christ Church family for extending so many prayers, well-wishes, cards, and gifts.

It is a joy to introduce Keira to such a loving congregation.

With love Revd Jordan

Almighty God, heavenly Father, you have blessed us with the joy and care of children: Give us calm strength and patient wisdom as we bring them up, that we may teach them to love whatever is just and true and good, following the example of our Saviour Jesus Christ. We pray that they may never know a day apart from you. *Amen*

Welcome to Huw Riden,



I'm married to Kate, we have two sons, Jed and Lex. The boys attend The Bishop of Llandaff school.

I grew up on a farm in North Wales, but soon joined the British army. I served with the Second Battalion of the Parachute Regiment on operations in Northern Ireland, Macedonia, Afghanistan and Iraq.

I resigned from the British army and was recruited into the United Arab Emirates Armed Forces as training officer. We spent ten enjoyable years in Dubai, but as my involvement in the church in Dubai grew more and more I began to explore the possibility of ordination as a priest in the Anglican Church. And so here I am, being trained in St. Padarn's Institute, Cardiff while expecting to go to Devon next year to start my curacy.

It has been really good to get to know some of you, and I am so pleased to be a part of your community. You are encouraging and inspirational to be with.
Many thanks, *Huw Riden*



WHO'S WHO at Christ Church Lake Road North Cardiff CF23 5QN

Priest in charge:
Rev. Trystan Owain Hughes
Tel: 20758588

Curate:
Rev. Jordan Hillebert
Tel: 07936 288330

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Denise Searle: at Parish Office

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Reader
Dominic de Saulles

P CC Secretary
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John Hodgson Tel: 20764485

Gift Aid Secretary
Gerald Bradnum Tel: 20751177

Electoral Roll Officer
David Alexander Tel: 20759704

Magazine Editor
John Griffiths Tel: 20754370

Sacristan
Len Bowker Tel: 20758493
Assistant: Haydn Hopkins
Tel: 20621280

Organist /Choir
Julie Waller Tel: 20615007

Funky Church
Karen Payne Tel: 20765428
Sandra Tel: 20758588

Flower Rota Organiser
Sylvia Dowell Tel: 20408265

Churches Together
Julie Waller Tel: 20615007



**4.00 pm Sunday 13th November
at St Denys Church, Lisvane**

REMEMBRANCE SERVICE for lost loved ones

Our partner Church St Denys is holding a very special service where people are quietly invited to remember their loved ones and give thanks for them.

During the service there is an opportunity to have your loved ones names read out, light a candle in their memory, write a card for the Remembrance Wall and leave a message in the Condolence Book.

Following the service, refreshments will be served in the Church hall.

Everyone is most welcome



Messy Harvest,

was a really fun time on Saturday 1st October with about 35 children attending.

Bread making led by Derek Burston was the

most popular, but we had many other harvest crafts on offer and the children and parents all joined in with gusto.

They had a great time in church as Sue and Sandra led some action songs. Jordan gave a fun talk and then they



all enjoyed our harvest food.



A great time was had by all. Thanks yet again to all our helpers, without whom it could not happen.

Linda Alexander

Around the Church Family

Our Good Wishes & Prayers to:

Enid Clarke - good to see Enid back in Church when possible

Margaret Beechey, Barry Chiles, Kay Dugdale, Richard Hill, Gloria Thomas and Robin Wood at home not so well or recovering after recent ill-health

Derek Day, seriously ill at home, and to his wife Pamela and their family

Congratulations and Good wishes to:

Krisi and Jordan Hillebert upon the birth of their first child, Keira Elizabeth, on 15th October

Linda and David Alexander celebrating their Golden Wedding Anniversary in October



Home Visits & Home Communion

Home visits and, if wished, Communion are available for parishioners including the house-bound and anyone unable to attend church due to ill-health or an accident. Communion is brought usually monthly at mutually convenient dates and times. If you, or anyone you know, would like one of our pastoral visitors to call with Communion or for prayer or a chat, please inform Gerald Bradnum (tel. 20751177) or enter your name upon the request slip in your weekly News-sheet and hand to any service welcome or clergy or into the office.

Love is

The more we love,
The more we will find,
For, only what we give away,
Will enrich us all from day to day.



Sent in by V Moverley

Christ Church Society - Wednesday September 21st at 7.30 pm



A very well attended meeting welcomed Mr John Watkins, a maker of violins, violas and cellos. Born and brought up in South Wales, John Watkins has been passionate about music throughout his life. As a youngster he played the viola in the National Youth Orchestra of Wales. He first became interested in instrument making in 1978 when his son began to show promise as a cellist. He enrolled at the Welsh School of Instrument making near Cardiff and attended classes there for three years before setting up his own workshop. He has been making violins, violas and cellos for more than twenty years.

The talk opened with a history of plucked stringed instruments, illustrated with slides, quoting

Psalm 150, Praise the Lord

Praise Him with the harp and lyre,
Praise Him with Tambourine and dancing.
Praise Him with strings and flute.



This history led to The 'Secret of Stradivari', the greatest violinmaker from Cremona in Italy. Cremona was close to centres of culture where musicians were invited to entertain wealthy people, so, the need for instrument makers. Many of these celebrated instruments are still in existence. The wood most used was the Spruce from the nearby forests of the Southern Italian Alps – wood of unusual density due to the cold weather conditions.

Mr Watkins has visited Bavaria in search of the perfect wood for him to use. We were shown a slide of the family at the sawmill offering hospitality round a large table laden with delicious looking food.

We realised what a perfectionist Mr Watkins is when he demonstrated some samples of the wood used and the tools needed. He calculated that it takes him about a hundred and twenty hours to make the instrument, which then needs about sixteen coats of varnish! To emphasise this length of time we were shown a cartoon of a man leaving a room saying to his wife "I'm just popping down to the shed for four weeks!"

After Jill's tasty buffet we were invited to ask questions, after which Mr Watkins offered a chance to play his violin. This was accepted by Julie who presented a lovely climax to a fascinating evening.

We thank Howard for this special evening, Jill for the buffet, Eric and David for serving our drinks. We are so fortunate to have Christ Church Society providing information, entertainment and fellowship.

Marjorie Walker.



Florence Nightingale

(12th May 1820 – 13th August 1910)

Florence Nightingale was born into a wealthy upper-class family in Florence, Italy, and so she was named Florence. The family moved back to England in 1821 to their mansion, Embley Park in Hampshire.

In 1838 her father took the family for a tour of Europe, where she met a Parisian hostess, Mary Clarke. Although there was a 27-year age difference between them, Florence bonded with her, and they became close friends for 40 years. Mary was a stimulating hostess who spent most of her time with male intellectuals, rejecting female company, except in the case of the Nightingale family. Clarky as she was called, showed that women could be equal to men which view Florence readily absorbed and which she would never have got from her mother.

When nearly 17 Florence had the first of several religious experiences that she believed were from God. She felt called to be a nurse but did not tell her family until she was 24 because she knew they would fiercely oppose this.

Later, when she told her family there was intense anger from her mother and sister. It was the role of women in her class to get married and have a family, and so foremost, to be a wife and mother. As a young woman Florence was attractive, slender and graceful. Her most persistent suitor was the politician Richard Milnes but after nine years of courtship she rejected him, convinced that marriage would interfere with her ability to follow her calling to be a nurse.

While in Rome in 1847 she met Sid-

ney Herbert and his wife who were on their honeymoon and they became life-long friends. Herbert would become Secretary of War during the Crimean War and he, supported by his wife, would facilitate Florence's nursing work in the Crimea. She continued her travels and while travelling up the Nile she wrote in her diary;

“God called me in the morning and asked me would I do good for him alone without reputation!”

Later she visited the Lutheran religious community in Germany where she watched Pastor Theodore Fliedner and the deaconesses working for the sick and deprived. She regarded the experience as a turning point in her life. In addition she received four months of medical training at the Institute Kaiserswerth on the Rhine for the practical training of Deaconesses.

On the 22nd August 1853 she took the post of superintendent at the Institute for the care of sick gentlewomen in Upper Harley Street, and was there for just over a year. She also had an annual income of £500 (in present day terms roughly £40,000), which allowed her to live comfortably and to pursue her career.

Then came the Crimean War; Florence was challenged after reading a graphic report in the Times by a young reporter by the name of William Howard Russell. Who reported the appalling conditions of wounded British soldiers in the poorly run and ill-equipped hospitals. She and the staff of 38 volunteers that she had trained and 15

Catholic nuns were sent (under the authorisation of Sidney Herbert) to the Ottoman Empire. The party arrived early in 1854 at Selimiye Barracks, Scutari (modern day Uskudar in Istanbul). They found that the awful conditions reported were true and that medicines were in short supply, hygiene was being neglected, that infections were common, many of the fatal. Also there was no equipment to prepare food for the soldiers.

It is interesting to note that after Florence sent a plea to the Times for a government solution to the poor conditions of the facilities, the British Government asked Isambard Kingdom Brunel to design a prefabricated hospital that could be built in England and shipped to the Dardanelles. The result was Rentkoio Hospital, which had a much lower death rate than the previous makeshift hospital. When Florence Nightingale arrived with her nurses in Scutari she immediately introduced good medical practices, such as improving hygiene, nutrition and nursing, thus relieving the overworked medical staff. Because of this overcrowding, defective sewers, and lack of ventilation, the Sanitary Commission was sent out by the British government to Scutari in March 1855, almost six months after Nightingale and her nurses had arrived. The commission flushed out the sewer and improved ventilation. Death rates were sharply reduced, by this and improved nursing of the wounded.

Thus Florence Nightingale's dedicated life to nursing brought great changes to the science of nursing and resulted in the healing of many sick patients who would otherwise have died.

Reference

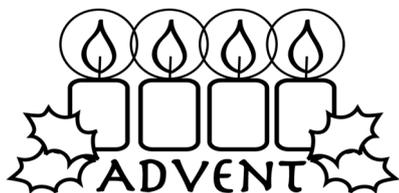
Wikipedia the free encyclopaedia.

David Gibbs

6th Nov. Illtud – patron saint of NGOs? Not many people have heard of Illtud, but perhaps we should make him the patron saint of all Christian NGOs (*Non-Government Organisations*) who work in emergency and famine relief. Illtud did not set out to be an action hero – he was a gentle and learned abbot heading up a monastery in Glamorgan. Illtud spent his days reading the Scriptures and philosophy. Yet the year that famine struck the coast of Brittany, Illtud put down his parchments and became a man of action.

Illtud issued what must have been one of the earliest ‘emergency relief appeals’, and was able to collect a great deal of corn. Illtud loaded this corn onto several small ships, and set off across the perilous Channel in order to save the people of Brittany.

Perhaps he had in mind the words of Christ: **“I was hungry and you fed me...”** (Matthew 25:35) Certainly the people of Brittany never forgot Illtud's kindness towards them: even today some Breton churches and villages bear his name. Many churches in Wales are also dedicated to this compassionate man. *Parish Pump*



Good old Advent!

On the last Sunday in November the Church celebrates Advent. In popular thought this is seen as the start of the Christmas season. Advent Calendars are on sale in the supermarkets. Christmas, our annual festival of excess, is just a few weeks away. Good old Advent!

I yield to no one in my enjoyment of Christmas, with all the trimmings, but where Advent is concerned I have to be a bit of a party-pooper. It's not the start of the 'run-up to Christmas', whatever the shops think. In any case, they've been 'running up' since September. Advent is a solemn but exciting reminder that Christmas is not the end of the Christian story, but the beginning.

The end, with which Advent is concerned, is the ultimate triumph of love and goodness over evil and cruelty. The final loving purpose of God will be achieved. The kingdom of heaven will lie before us, its gates permanently open. *'Death will be no more, mourning and crying and pain will be no more'*. God says, *'I am making everything new'*.

'Advent' simply means 'Coming'. The first Advent was Christmas, the second Advent will be when all that the coming of Jesus promised will be fulfilled. Yes, it's a bit more complicated than a cattle shed and a manger, but it's a wonderful prospect. Good old Advent!

POP

No, it does not stand for pop music, but the **Power of Prayer**.

As some of you may know I have had five different cancers during the last two years. I have had skin cancer - successfully cut out, cancer in my neck - successfully cut out, chronic lymphocytic leukaemia - sorted itself out - lung cancer - successfully cut out - and bladder cancer - successfully treated.

One cannot prove or disprove whether our prayer has anything to do with recovering from all five cancers, but I know. I know that throughout my time with these cancers I was always calm, had complete faith in the outcome, at peace, and looking forward to the future. Prayer certainly played its part. I cannot fault the NHS, I had good consultants, brilliant surgeons and treatment second to none, but as far as I was concerned Prayer played its part.

Having read a book about Aiden, Bede and Cuthbert, and how they passed the time reciting psalms. I adopted the same technique while having treatment and everyday for over four weeks I recited a psalm. The time passed quickly, many a time an attractive nurse would shake me 'come on Len - get up - we're finished!'
Len Bowker



CHA
Thomas Arthur Leonard OBE
was born 12th March 1864 in London.

His father died when he was five, so was raised by his mother, the daughter of a Congregationalist Minister. In 1884 he enrolled to study at the Congregationalist Institute in Nottingham run by Dr John Brown Paton. Afterwards, Leonard took up pastoral roles with the church. He encouraged members of his church's social guild to take *'recreative and educational'* holidays. In 1891 he organised a holiday for 32 members of his church at Ambleside in the Lake District. In 1897 he and Paton set up the Co-operative Holidays Association (CHA).

The branch of CHA in Cardiff was set up in 1926 and this year to celebrate its 90th anniversary, members have recently completed walking 90 miles of the Welsh Coastal path using public transport to access the path. A few members of our church belong to the CHA, and Claire Edwards is one of those who have walked the 90 miles.

When Leonard stepped down from CHA he founded a new organisation, the Holiday Fellowship (HF). He was also involved in setting up the Youth Hostel Association (YHA), and the Ramblers Association.

Leonard also founded the Friends of the Lake District and pressed for what is known as the Pennine way. He supported the campaign for National Parks, the National Trust and the campaign for the Protection of Rural England. What a man!

Len Bowker

Ref: Wikipedia



CHRISTMAS - THE STORY

This successful city centre nativity event, started several years ago continues to ensure that **EVERYONE** can enjoy the Nativity at Christmas. Many Cardiff church-goers come together to make it happen.

CAN YOU VOLUNTEER THIS YEAR? even if only half a day during December

You can be involved in putting on a costume (*no lines to learn so it is easy*)
Or be a steward to welcome schools and visitors.

Up to 6,000 visitors which includes many school groups come to watch.

Contact Sally Humble - Tel: 0929 20493326 or Email: sally_humble_jackson@hotmail.co.uk

Coming Events



DECEMBER DIARY DATES

6.00 pm Sunday 18th Dec. Carol Service
 10.30am-1.00 pm Mon. 19th December
 Messy Christmas
 4.00 pm 24th December Christingle & Nativity
 11.00 pm 24th December - Midnight Mass
 10.00am Sunday 25th Dec.- Christmas Communion



CAROLS & MINCE PIES

Friday 9th December 2016
 6.30 pm in the Hall

Adults £5.00
 Children £3.00

Tickets available from Ann Picken
 during November



J WALKERS

Youth Group 11-16 yr olds
 Come and join this group
 every third & fourth Sunday
 each month at the 10 am service
 20th & 27th November

Plus NEW from this November:

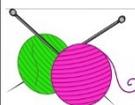
Sundays, 6th, 13th & 27th
 7.00 pm - 8.30 pm in the Church Hall

Older members 15 years & older
 Meet **4th Sunday each month** at Revd. Jordan
 & Chrisi's house 7.00 pm - 8.30 pm



CHATTERBOX

Babies and toddlers with parents/
 grandparents
 Thursdays 1.30 pm - 3.00 pm
 in Christ Church Hall during term time
 Contact Gill Barker - 20747464
 Ann Francis - 20751773



Any spare Wool?
 Contact Val Jones 20747021

Or leave in a labelled bag in the church porch

Also used **postage stamps** can be passed or left in
 marked envelope/bag in the porch for Val Jones



Christmas / Birthday & other occasion cards

Many of you know and often buy the beau-
 tifully produced cards that Norma Ash
 makes to raise funds that have supported
 the Ghana Fund for many, many years.

Cards can be left for Norma in a marked bag in the
 porch by the stands of cards

Christ Church Society

Wed. 23rd November

7.30 pm

"History of Recreational Spaces in Cardiff"

by Andrew Hignell
 (curator of the Glamorgan Cricket Museum)

in the Church Hall

Entrance £5
 Refreshments included
 ALL WELCOME



Prayer Link 2016

Churches Together in Llanishen & District
Saturdays 10.00 am - 11.00 am

5th November Llanishen Baptist
 Fidlas Rd - Village end

3rd December - St Faith's (Anglican)
 Morris Avenue, off Templeton Avenue (west)

ALL WELCOME



Altar Kneeler Project.

Tuesday and Thursday
 home stitching continues weekly
 contact Posy for details

Next Saturday meetings 10am - 12 noon
19th November

Join the stitchers in the Church Hall
 to view the progress,
 put a few stitches in the newest panel
 and have a cup of coffee or tea

Contact: Posy Akande 07807628212



Christ Church
 Roath Park choir

Choral Christmas service

18th December 18th.

Please speak with Julie if you would like
 to sing with the choir
 over the festive season,
 including Advent service AM
 November 27th service and of course
 the Carols and 'lessons' service.

Muslim militia kill Christians in war-torn Central African Republic

Muslim Seleka militants murdered up to 26 Christians in September, in an attack on the village of Ndomete, around 220 miles north of the capital Bangui. A government spokesman said *"The Seleka went door to door ... it was a massacre."*

Christians in the nearby town of Kaga-Bandoro also came under attack: a ministry partner told Barnabas Fund that one church has been forced to move the location of its meetings and *"Yesterday one of the pastors informed me of the destruction of their Bible training centre in Kaga-Bandoro and looting of houses by the Seleka. Students fled for their lives. Several humanitarian and international NGO centres were also looted ..."*

Please keep the Central African Republic in your prayers."

The Christian-majority country has been plagued by violence since late 2012, when Muslim Seleka militants initiated an uprising against the then president François Bozizé and forced him out of power. They took control of the government and Seleka leader, Michel Djotodia, declared himself to be head of state, although he was later forced to resign in January 2014. A transitional caretaker government took over and has now been replaced by the new government, headed by a Christian president.

The U.N. Security Council deployed more than 10,000 military

personnel as peacekeepers to the Central African Republic in 2014, and the mission has now been extended until November 2017. Thousands have been killed since the overthrow of President Bozizé in 2013 and more than 800,000 people have been forced to flee their homes.

Christians living in towns and villages in the rebel-controlled central belt of the country are especially vulnerable. Barnabas Fund has been helping the victims of the anti-Christian violence.

If you can help, please go to: <https://barnabasfund.org/news/Muslim-militia-kill-Christians-and-destroy...> *Parish Pump*

How debt is a danger to children's mental health

Bailiffs, utility companies and local councils who chase struggling parents over unpaid debts may be unwittingly inflicting real damage on children's mental health, The Children's Society has warned.

A new report by the charity, *'The Damage of Debt'*, finds that children in low-income families with multiple debts are at far higher risk of suffering from mental health problems than those in families who owe money to a single type of creditor.

For families in poverty, the crucial factor is the number of types of debts rather than the total amount owed. The more types of debt, the worse a child's mental health is likely to be.

The findings suggest that having to juggle a range of creditors, from utility companies to stores, banks and payday loan companies, all of which may be seeking to claw back debts at the same time, ramps up the pressure on financially stressed households, who may also owe money to friends, family and other members of the community.

According to The Children's Society's analysis, the estimated 2.4m children in England and Wales living in households in problem debt are at greater risk of having poor mental health than the children of debt-free parents. Almost a quarter (23%) of children in debt-ridden families, equivalent to more than 500,000 children, are unhappy with their lives. This means that children living in families struggling with problem debt are five times more likely to be unhappy than those in families without debt troubles.

Children feel embarrassed for not owning things that are considered normal by their classmates, and guilty, anxious and a sense of failure for not being able to help their parents deal with their debts. This inability to help leaves them with lower self-confidence and self-worth.

The Damage of Debt reveals how the impact of debt collection on children is felt directly, through the distress of repeated phone calls, letters or visits from bailiffs, and the fear of eviction, as well as indirectly, through the strain of family arguments. Both can have lasting impacts on children and their mental health.

The Children's Society, as part of its Debt Trap Campaign, is calling for an overhaul of the way household debts are treated to give families the chance to get things back on track – and to make sure children do not have to pay the price of debt with their mental health.

The Children's Society is calling on MPs to support Kelly Tolhurst MP's Private Member's Bill, proposing a breathing space for families in debt, which is due to be debated in the coming months. *Parish Pump*



Proposed Junior Choir meetings:

An introduction to choir and singing loosely following the RSCM 'Voice for Life' programme. **Look out for further details in the New Year.**

Open for anyone who would like to learn to sing in a group and develop their musical skills. This would be a good support for anyone learning an instrument in or out of school.

Speak to Julie Waller SOON!



St MARTIN DE PORRES

Martin was born in 1579 in Lima, Peru, the son of a former slave. He grew up in poverty and was taken in by a religious order as a servant boy. The monks looked down on Martin because he was mixed-race but in time his behaviour led to the Dominican Order stopping their racial limits on admission and he was made a full brother. He worked tirelessly on behalf of the poor, starting an orphanage and a children's hospital.

During his lifetime he was seen in other places. An African slave said Martin came to comfort him and many others. When the same man later saw him in Peru, he was very happy to meet him again and asked Martin if he had had a good voyage; but Martin had never left Lima.

In pictures, Martin de Porres is shown as a young man with a broom, since he thought all work sacred, no matter how lowly. He is also shown with a dog, cat and mouse, all eating in peace from the one dish.

DOG, CAT & MOUSE

St Martin de Porres is often shown with mice because, according to one story, the monastery had problems with rodents and decided to put traps out. Martin was so upset that he spoke to the mice and agreed that if they would leave the monastery, he would feed them at the back door of the kitchen. From that day forward, no mouse was seen in the monastery.

Which of these animals do you think are actually mentioned by name in the Bible?

1. Cat
2. Horse
3. Dog
4. Mouse
5. Lamb
6. Frog
7. Monkey
8. Lion
9. Donkey
10. Ox



Answers at the bottom of the page.

How does a group of dolphins make a decision?

Flipper coin.

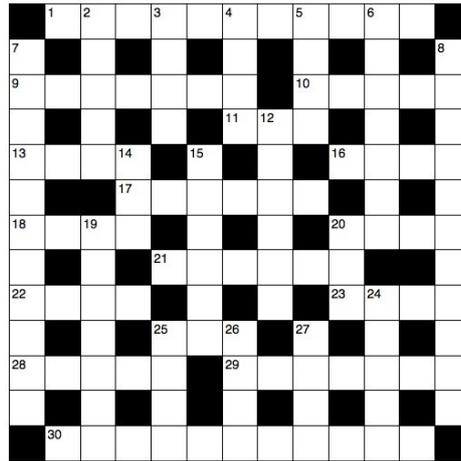
How do sheep sign their letters?

'Ewes sincerely.'

Answer: all are in the Bible except numbers 1 and 7, the cat and the monkey.

CROSSWORD PUZZLE

- ACROSS** 1 In David's battle with the Arameans, 700 of these were killed (2 Samuel 10:18) (11)
 9 'No — , impure or greedy person has any inheritance in the kingdom of God. (Ephesians 5:5) (7)
 10 City on the banks of the River Nile (5)
 11 Stamped addressed envelope (1,1,1)
 13 Taverns (4)
 16 'Be on your guard; stand — in the faith' (1 Corinthians 16:13) (4)
 17 'He will not always — , nor will he harbour his anger for ever' (Psalm 103:9) (6)
 18 and 27 Down Where the magi came from and what guided them (Matthew 2:1-2) (4,4)
 20 Ancient Celtic alphabet of 20 characters (4)
 21 She married Esau when he was 40 years old (Genesis 26:34) (9)
 22 A great-grandson of Noah (Gen.10:7) (4)
 23 Title accorded to certain Roman Catholic clerics (abbrev.) (4)
 25 'My house will be a house of prayer; but you have made it a — of robbers' (Luke 19:46) (3)
 28 Annie (anag.) (5)
 29 Plead with (Zechariah 7:2) (7)
 30 Tenth foundation of the new Jerusalem (Revelation 21:20) (11)



Across: 1, Charleers. 9, Immoral. 10, Cairo. 11, SAE. 13, Inns. 16, Firm. 17, Accuse. 18, East. 20, Ogam. 21, Judith. 22, Seba. 23, Msgr. 25, Den. 28, Inane. 29, Entreat. 30, Chrysopease

Down: 2, Human. 3, Rare. 4, Oils. 5, Ecce. 6, Raising. 7, Citizenship. 8, Commemorate. 12, Assail. 14, Sat. 15, Scouse. 19, Sabbath. 20, Ohm. 24, Seeds. 25, Deny. 26, Nero. 27, Star.



- DOWN** 2 'We have a building from God, an eternal house in heaven, not built by — hands' (2 Corinthians 5:1) (5)
 3 Uncommon excellence (Proverbs 20:15) (4)
 4 'You have exalted my horn like that of a wild ox; fine — have been poured upon me' (Psalm 92:10) (4)
 5 — Homo ('Behold the Man') (4)
 6 'He has given proof of this to all men by — him from the dead' (Acts 17:31) (7)
 7 'Our — is in heaven' (Philippians 3:20) (11)
 8 'This is a day you are to — ' (Exodus 12:14) (11)
 12 Assault (Psalm 17:9) (6)
 14 'Jesus found a young donkey and — upon it' (John 12:14) (3)
 15 Liverpool dialect (6)
 19 'Remember the — day by keeping it holy' (Exodus 20:8) (7)
 20 Nineteenth-century German physicist after whom the unit of electrical resistance is named (3)
 24 Nazirites were not allowed to eat this part of a grape (Numbers 9:4) (5)
 25 'If anyone would come after me, he must — himself and take up his cross and follow me' (Mark 8:34) (4)
 26 Evil Roman emperor from AD54 to 68, responsible for condemning hundreds of Christians to cruel deaths (4)
 27 See 18 Across

GOD IN THE ARTS

'He gave us eyes to see them' - the Altar

In 'The Temple' the reader travels through the poems of George Herbert and makes a pilgrimage through the church to arrive finally at the altar where Love bids us welcome to make our communion. For the poet and for us, the altar is a sign of Christ: His presence in the sacrament of His body and blood. At the Reformation stone altars gave way to wooden holy tables, but in 1972 a stone altar was created for a London church that was designed not only as a sign of Christ, but as a reminder of the Dome of the Rock in Jerusalem – the place where Abraham was ready to offer Isaac.

The altar is a focus of offering. Its sculptor was Henry Moore who began his work 300 hundred years after Sir Christopher Wren designed the new church of St Stephen, Walbrook in 1672. Neither Wren nor Moore was afraid of innovation and experiment. As a result Wren created one of the most beautiful of London churches, famous and admired throughout Europe, with its central dome carried on twelve columns. His concern was that in worship all should hear and see, just as Moore's concern was to show the altar at the heart of the church, and consequently a church that is at the heart of the city.

The placing of that altar led to a lengthy court case in 1987, and opinions may still vary over this marriage of stone and building. But it remains as a focus for offering and worship, just as the church of St Stephen stands nearly 350 years after it was rebuilt. Both take us in faith and prayer to an earlier age when Jesus shared a meal with His disciples in the Upper Room. We rejoice that the same Jesus welcomes us to the Eucharist now at this altar of St Stephen and at the altars of all our churches.



St Stephen's Walbrook

The Rev Michael Burgess - Parish Pump

Did Noah fish?

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No," replied Johnny. "How could he, with just two worms?"



WORSHIP AT CHRIST CHURCH**Sunday**

8.00 a.m. The Holy Eucharist
 10.00 a.m. The Parish Eucharist
 6.00 p.m. Evening Service

Weekdays

1st & 3rd Thursday 9.30 a.m. The Holy Eucharist
 (Saints' Days and Festivals: See Parish Diary)

PARISH PRAYER GROUP

in the Lady Chapel for about half an hour

Saturday mornings 9.30 am

Eucharist for healing
 with anointing and the laying on of hands as announced.

Holy Communion is taken to the sick and housebound,
 and anointing as requested.

Please inform the Vicar in cases of sickness, bereavement or distress.

OTHER SERVICES

Please arrange with the Vicar
 for baptism, confirmation, marriage and funerals.

The Vicar is happy to arrange times for the
 Sacrament of Reconciliation (Confession) or for counsel.

**September 2016 Communicants**

Sundays	4th	90
	11th	112
	18th	108
	25th	98

Weekday communicants 22

Communions of the ill
 & housebound
 at 'Cartref' 13

Funeral Service

22nd Edna Marjorie Charles

**FELLOWSHIP AT CHRIST CHURCH****GOOD COMPANIONS**

Tuesdays at 2.00 p.m.
 Norma Ash 20754835

CHRIST CHURCH SOCIETY

4-5 times annually
 Howard Kilvington 20317301

LADIES KEEP FIT GROUP

Mondays at 7.30 p.m.
 Jill Kilvington 20317301

**FELLOWSHIP & BIBLE
STUDY GROUPS**

(see newsletter for details)
 Haydn Hopkins 20621280
 Linda Alexander 20759704

SERVERS' GUILD

Sunday morning and as announced
 Gerald Bradnum 20751177

CHATTERBOX

Thursday 1.30 - 3.00 pm
 during Term time
 Gill Barker 20747464
 Ann Francis - 20751773

FUNKY CHURCH

Karen Payne 20765428
 Sandra 20758588

**YOUTH GROUP
(11-16 year olds)**

Meet monthly
 Rev. Trystan Hughes 20758588

CHOIR

Thursdays at 6.30 pm
 Julie Waller
 Tel: 20615007

RAINBOWS

Tuesdays at 5.00 p.m.
 Emma Lane 07975505863

BROWNIES

Mondays at 6.00 pm.

84th SCOUT GROUP

Group Scout Leader
 vacant

Group Committee Chairman
 Geoff Payne 20756577
 Enquiries to Caryl Roach 20754463

BEAVERS

Thursdays at 5.30 p.m.
 Chris Davies 07948399111

CUBS

Wednesdays 6.15 p.m.
 Simon Rimell

SCOUTS

Wednesdays 7.30 p.m.
 Simon Broadley