

Welcome to Christ Church

Week commencing 5th February 2017

Sunday 5th Feb – 4th before Lent

8.00am	HOLY EUCHARIST
10.00am	FAMILY SERVICE
6.00pm	SERVICE OF LIGHT
7.00pm	J-WALKERS

Monday 6 **7.30pm Keep fit, hall**

Tuesday 7 **2.00pm Good Companions**

Wednesday 8 **10.00am Parish Prayer Group**

Thursday 9 **1.30pm Chatterbox**

Sunday 12th Feb – 3rd before Lent

8.00am	HOLY EUCHARIST
10am	PARISH EUCHARIST & FUNKY CHURCH
6pm	TAIZE SERVICE
7.00pm	J-WALKERS

4th Sunday before Lent

Collect

O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: grant to us such strength and protection as may support us in all dangers and carry us through all temptations; through Jesus Christ your Son our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The first reading is from the Book of Isaiah

~~Why~~ Why have we fasted, +they say, ~~and~~ and you have not seen it? Why have we humbled ourselves, and you have not noticed? +~~Yet~~ Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarrelling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? ~~Is~~ Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter . when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appearL then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answerL you will cry for help, and he will say: here am I.

(Isaiah 58: 3-9a)

This is the Word of the Lord
Thanks be to God

Psalm 112: 1-9 (Pg.604)

Listen to the Gospel of Christ according to Matthew
Glory to you, O Lord

✠You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. ✠You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. ✠Do not think that I have come to abolish the Law or the ProphetsLI have not come to abolish them but to fulfil them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practises and teaches these commands will be called great in the kingdom of heaven. For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

(Matthew 5: 13-20)

This is the Gospel of the Lord
Praise to you O Christ

Post Communion Prayer

Go before us, Lord, in all we do with your most gracious favour, and guide us with your continual help, that in all our works begun, continued and ended in you, we may glorify your holy name, and finally by your mercy receive everlasting lifeL through Jesus Christ our Lord. **Amen**

Next Sunday's Readings & Rotas

Eucharist: Deuteronomy 30: 15-20 & Matthew 5: 21-30

Reader: Adrian Wilson

Intercessor: Hannah Burch

Welcoming Team: Gill Hopkins, Peggy & Wilf Ingamells,
Ann James

Coffee: Gloria Thomas, Gill & Haydn Hopkins

Ministers of Communion: Angela Foley
(Reserve: Linda Alexander)

WEEKLY PRAYERS

Sunday: Pray for the Church in LomegaLfor the Parish of HirwaunLfor the residents of Crystal RiseLfor the flower arrangers.

Thursday: Pray for the Church in LuapulaLfor the Deanery of Merthyr Tyrdil & CaerphillyLfor the residents of Crystal GlenLfor the church cleaners.

Sunday: Pray for the Church in LusakaLfor the Parish of GelligaerLfor the residents of Glen ViewLfor the Paradise Food Run.

For the prayers for the remaining days of the week please see:

www.llandaffchurchinwales.org.uk

**under Faith Worship & Prayer
(the Diocesan Prayer Calendar).**

The full list of parish streets to pray for will be

posted on Christ Church's website in the coming weeks.

IF YOU ARE UNABLE TO RECEIVE FROM THE CHALICE, THEN PLEASE RECEIVE THE BREAD ONLY.

NOTICES

LENT TALKS: We are delighted that we are again arranging a series of Lent Talks on Sunday evenings during Lent (from 5 March onwards). The series will be held in conjunction with St Denys Lisvane. The theme will be "Faith in a Nutshell" and will be led by Revd Dr Trystan, Revd Dr Jordan, and Revd Chris Burr. We would love you to join us for these sessions, which are sure to be interesting and informative. More details in the newsletter next week!

ROTAS: Would you like to help out on a Sunday either welcoming or making coffee (or both!)? The duties aren't onerous, you would only be called on for 6 or 8 times in a whole year. If you would like to be included please let Denise at the office know info@christchurchcardiff.co.uk Thank you.

ELECTORAL ROLL: Whether you regularly worship here at Christ Church or attend infrequently, we would like you to invite you to be on our Electoral Roll. This will let the Diocese know that you see Christ Church as your home church. Please see the Vicar or David Alexander for more details.

FAIR TRADE: Can you help with setting up and manning the Fair Trade stall, which is in the church once every month? We need help, for this important venture to

continue. If you can offer your help in any way, please speak to Nick and Penny Goss or to Trystan, our vicar.

CONNEXION GROUPS: Our ConneXion Groups meet once-a-month to discuss, socialise, learn, and have fun. Interested in joining one of them? Please do talk to Revd Trystan or email him on trystanhughes@churcheinwales.org.uk

GOOD COMPANIONS DRIVERS: Many members of Christ Church attend Good Companions on a weekly basis, relying on transport kindly provided by fellow parishioners. The current rota is planned on a four-weekly basis with pairs of drivers sharing the giving of lifts to 2 or 3 people from local addresses at 2pm and then home at 4pm. We would welcome any offers to join the drivers' rota, especially as two of the team are due to move away from Christchurch in the next couple of months. Please see Val Jones, Alison Peters, or Julia Matthews, or email Val on vjjones2000@yahoo.co.uk

GOOD COMPANIONS ON TUESDAY 21 FEBRUARY: As a change to recent practice, the Good Companions group is to meet during half term. As many church families will be at home for that week we would like to invite everyone from the parish to join us for a relaxed chat and refreshments - any and all ages will be very welcome any time between 2pm and 4pm in the hall. For more details, please see Val Jones, Alison Peters, or Julia Matthews, or email Val on vjjones2000@yahoo.co.uk

'TOUGH TALK': Explore in the **Lent Discussion Groups of Llanishen Churches Together** some of the hard sayings of Jesus, those that much puzzle or challenge many of us. Group meetings commence in

week beginning 27th February. They enable people from different local churches, and any others interested, to discuss informally in homes. Anyone may join, and no special knowledge is needed -a good opportunity to meet new people and explore faith. Pick up a leaflet and Application Form in the porch **now**, and choose your preferred day/s of week and time/s of day. Completed applications are please either to be passed to Gerald Bradnum (tel. 2075 1177) **by Sunday 12th February** or posted direct to Ian Thomas (tel. 2075 4255) at his address shown in the forms **by Tuesday 14th February.**

WELCOMERS ROTA: New welcomers rotas are now available in the church porch.

COLLECTION: If you prefer to give a weekly cash contribution during the various services, and you are a UK Tax payer, then there are envelopes in the pews to enable us to reclaim tax. Please do use an envelope, as, at the moment, this equates to an extra 25p for each £1 you give.

J-WALKERS: J-Walkers (for young people aged 11-18) will take place during the 10am service every 3rd Sunday each month. Also, they will meet every Sunday evening at 7-8.30pm. Please encourage any young people you know to come along!

GOOD COMPANIONS: If you know someone who would welcome some companionship and conversation please encourage them to come along to our Good Companions group who meet every Tuesday at 2pm in the hall.

PRAYER GROUP: The Prayer Group meets at 10am every Wednesday in The Lady Chapel. Our meetings involve prayers for individuals and for our local community, to which all are welcome.

CREDO MAGAZINE: please remember to collect your magazine from the back of the church. Full of articles and information for February.

THURSDAY 9.30am EUCHARIST: The Eucharist is on 1st and 3rd Thursday of each month. There is tea and coffee afterwards. Numbers are growing, so come and join us!

The upcoming dates are: **16th February & 2nd March**

LAVISH CARDIFF: Lavish Cardiff is a Christian event for women of all ages – free of charge! Our next meeting is Saturday 11th Feb @ 7.30pm at Bethel Baptist Church, Whitchurch, CF14 2AA. The Rev Hayley Young is the speaker for the evening.

Notices for the Newsletter should be given to Denise Searle, tel. 029 20763151; Email info@christchurchcardiff.co.uk or left in the church letter box. Deadline is Wednesday morning

In the event of an EMERGENCY please leave by the nearest exit and assemble by the walled garden at the front of the car park.

CHRIST CHURCH HAS BOTH FACEBOOK AND TWITTER
please check them out and “like” and follow them for up to date church information on services and events

www.facebook.com/christchurchcardiff

www.twitter.com/ChristChCardiff

PARISH INFORMATION

Vicar: Revd Trystan Hughes Tel: 029 20758588
Mob for emergencies: 07976523634
trystanhughes@churchinwales.org.uk

Curate: Revd Jordan Hillebert Tel: 079 36288330
Jordan.hillebert@stpadarns.ac.uk

Parish Office: 029 20763151 – open Mon & Weds
9.30am to 12.30pm

Churchwardens: Haydn Hopkins 029 20621280
Colin Francis 029 20751773

Parish Website: www.christchurchcardiff.co.uk
Email: info@christchurchcardiff.co.uk

Our new banner

Our new banner, behind the altar, reminds us that we, at Christ Church, offer our local community:

- the promise and hope of the rainbow
- the light and safety of the lighthouse
- the peace and comfort of the dove
- the love and healing of the cross

ConneXion Groups (*-coordinators)

ConneXion groups meet once a month.

***If you would like to join a group, please do let
Revd Trystan know.***

Group 1 (daytime)

Val Jones*
Isabel Santore
Peggy Ingamells
Wilf Ingamells
Glenys Nettleton
Norma Ash
Henry Yeomans
Audrey Lewis
Margaret Griffiths
George Cable
Nadia Bunston
David Greenman

Group 2 (evening)

Haydn Hopkins *
Jill Hopkins
Julie Waller
Jane Song
Claire Edwards
John Griffiths
Margaret Griffiths
Julia Matthews
Hannah Burch

Group 3 (evening)

Linda Alexander *
David Alexander
Chris Vokes
Derek Burston
Elizabeth Burston
Colin Francis
Siu Chan
David Greenman
Gill Barker
Clare Dow

Group 4 (evening)

Trystan & Sandra Hughes *
Emma Breraton
Sarah Goldsmith
James & Ingrid Preston
Claire & David Parkinson
Anna & Paul Mortimore
Hannah Burch
Alex Kinsey
Justin and Coral Freeman

Group (evening)

Sue Hurrell *
Emma Laing
Sandra Hughes
Ruth Payne
Justine Ryland
Jo Jefford
Michele Browne

PRAYERS & VISITING

PRAYER LIST: from now on names will only appear on the list for one month and will then be removed, unless you let the vicar or wardens know otherwise. Please give names of sick or those in need of prayer to Trystan or the wardens, preferably on paper and include your name too.

HOME VISITING: If you, or anyone you know, are unable to attend church due to ill health or an accident, please do let us know. If you would like one of our Pastoral Visiting team to call for a chat, to help, or to give Home Communion, we will arrange it. Please contact Gerald Bradnum on 029 20 751177 or gbradnum@gmail.com

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Name:

Telephone:.....

(Please tick appropriately and hand to a Welcome Team member or the Clergy)

- I would like to receive a pastoral visit.
- I would like to receive Communion at home.
- I would like to be prayed for by the Prayer Team.

What is your prayer request? (optional)

Children's Colouring Page
The Parable of the Prodigal Son

