



# CREDO 60p

Volume 24 Issue 7

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



## To all our Readers the Future of Credo . . .

I indicated before the PCC meeting on 3<sup>rd</sup> July that I wished to relinquish my commitment to compiling our Parish magazine, Credo – juggling my time around the last week of every month in recent years has been difficult due to family and other commitments.

I volunteered in January 2001 to assist John Griffiths with the technical skills involved, a matter of learning on the job! John had been persuaded by our Vicar Alun Evans to become editor in 1998 after David Alexander who initiated Credo in 1994. John has been a wonderful editor to work with, someone with great insight and vast spectrum of knowledge with excellent editorial skills. Not just a magazine reporting on our varied activities, Credo has been a voice for the congregation, many excellent contributors over the years writing often thoughtful and sometimes challenging articles in addition to book and music reviews, etc. supplemented with additional material from Church News Service, now Parish Pump, (*a service provided for Church Magazine editors*) providing news, series of various topics and articles bringing the ‘wider’ world to our attention.

Now it is time for discussion on the future of Credo, its purpose and relevance in these days when there are alternative means of communication. In recent years I have been printing less copies, with several copies still left over.

There was some discussion at the July PCC with various suggestions as to how Credo could be produced, its format, content and perhaps quarterly editions. A good magazine depends on its contributors – sadly we have lost many good ones due to age – now younger members need to be encouraged. In the 1990’s we had an excellent youth member who wrote an interesting series after talking with older members of the congregation.

I intended finishing with this August/September issue but have offered to continue until the year is out by compiling a double issue for October/November and then the usual December/ January one – it gives readers time to adjust, complete their annual subscription and plan for the future. (*All suggestion welcome!!!*)

**It is now time for readers to offer their ideas and for volunteers to give thought to editing and producing Credo, a new format, content and perhaps quarterly editions for Easter, Summer, Autumn and Christmas.**

I have thoroughly enjoyed the challenge but realise there comes a time to step down as John Griffiths needs to too as Editor!

*Claire Edwards*

August/September 2017



Christ Church the Church  
by the Lake

where everyone is welcome.

Visit our informative website.  
Let your friends and family know too!  
[www.christchurchcardiff.co.uk](http://www.christchurchcardiff.co.uk)

**NEW CHURCH HALL  
OPEN DAY & AUTUMN FAYRE**  
Read all about it on  
Pages 8 and 9



**Saturday  
9th September  
10.00am - 4.00pm**

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Articles for the **October/November 2017 edition of Credo** by **17th September**. Handwritten, or on memory stick with a printed copy to Church letterbox or Editor, or email [ced45@btinternet.com](mailto:ced45@btinternet.com)



## AUGUST DIARY



Wed. 2<sup>nd</sup> 10.00 am - 12.00 noon Church open for PRAYER

Thursday 3<sup>rd</sup> 9.30 am Holy Eucharist (*tea & coffee to follow*)

Sunday 6<sup>th</sup> TRANSFIGURATION of our LORD

8.00 am Holy Eucharist

10.00 am FAMILY SERVICE

6.00 pm *no service during August*

Sunday 13<sup>th</sup>

TRINITY 9

8.00 am Holy Eucharist

10.00 am Parish Eucharist,

6.00 pm *no service during August*

Thursday 17<sup>th</sup>

9.30 am Holy Eucharist (*tea & coffee to follow*)

Sunday 20<sup>th</sup>

TRINITY 10

8.00 am Holy Eucharist

10.00 am Parish Eucharist,

6.00 pm *no service during August*

Sunday 27<sup>th</sup>

TRINITY 11

8.00 am Holy Eucharist

10.00 am Parish Eucharist

6.00 pm *no service during August*

**Prayers for Healing 10.00 am every Wednesday in Church**

*The meetings involve prayers for individuals and for our local community - all are welcome*

**Other services & activities as announced in the newsletter**

**Funky Church and J Walkers** - there will be a break during school holidays. During this time children in church can opt to go to the Hall with a leader/helper for some activities



**Collection:** 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**



## Thought for the Month

## The hand of Christ

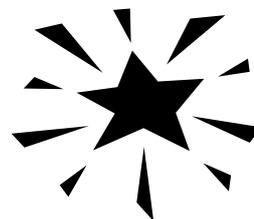
The hand of Christ rests gently  
on my head,  
Love's blessings flow from  
God's eternal heart  
Into my veins.

The Spirit's breath pulsates  
within my soul  
And in the life that Christ has  
won for all

On Calvary's hill  
I step out gladly into God's Creation,  
There to praise the holy Name of God,  
In triune-majesty forever reigning.

O God most high,  
Most Holy Father, blessed Son,  
and gracious Spirit, Three-in-One.  
We bow before the eternal throne  
and, in the strength of love received,  
we give your love in blessing  
to your world.

*By Sam Doubtfire  
Parish Pump*



**Buildings Renewal Fund Update:** the latest tally of contributions (93 so far) is £30,260 (incl. recent £60 donation from Rhydypenau Allotments Soc., and £3,810 in collections at 12 events) plus the tax refunds so far received on Gift-Aided donations £3,559, making a total of **£33,819**.

**Thank you to those 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, or a churchwarden, i.e. Colin Francis or Haydn Hopkins, or to Linda Alexander.*

Various events/sales have so far raised a further **£5,506**, including **£551** from sales of garden produce, loom-bands, CrossInMyPocket, books, toys.

At 20<sup>th</sup> July 2017:-

**Grand Total Received:** **£39,325**

minus **Expended or contracted for -**

(architects: scheme 1 & pre-Application Council: £7,490

scheme 2 incurred £2,541 & budgeted £5,800: = £8,341

Re-roofing: £3,700. VAT expert £2,775. Bat data: £49.

Foundations survey etc £1,782. Trees survey £600):

**Fund Balance in hand -estimate:** **£24,737**

**£14,588**





Our Vicar Trystan Writes:

Wisdom . . .

**Dear friends,**

Brian O'Driscoll, the former Ireland rugby captain, was once asked whether he was wise to play certain tactics in a match. His answer left reporters rather confused. He said: *"Knowledge is knowing that a tomato is a fruit. Wisdom is knowing not to put it in a fruit salad!"*

This rugby legend was correct in differentiating between wisdom and knowledge – **wisdom is not simply intelligence and it can't be learnt from a textbook.** However, we have to go to our own Scriptures for a fuller explanation of what wisdom is.

Increasingly, I've realised that an important element of wisdom is a deep self-awareness and self-understanding of our thoughts and actions, and the impact that they have on others. Wisdom is seeing our lives in perspective, observing ourselves as if from a distance, viewing things from God's point of view. When we do this, we can be brought into harmony with God's ways – we act in loving and wise ways that are pleasing to him. As St James puts it in his epistle: *"the wisdom that comes from heaven is first of all pure, then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere"*.

Lacking an awareness of ourselves, on the other hand, can lead to difficulties and problems in our lives and in our relationships. On holiday two weeks ago, in between running around after a crazy three year old, I read two books.

Firstly, I read a book entitled *I Can't Believe You Just Said That: The Truth About Why People are So Rude!*

**This asked the question whether we are aware of how rude we can be to**

**other people?** Are we aware that the things we say and do to others have a profound effect on them? Do you know that research has shown, for example, that rudeness is catching, just like a cold, and so if someone is rude to us, we are very likely to then be rude to someone else. And, of course, many of us don't even realise we are being rude in the first place – we use excuses like *"I'm only speaking my mind"* or *"I'm only saying what everyone else is thinking"* (despite the fact that it's not *"everybody"*!).

The second book I read was entitled *The Good Immigrant: What it Means to be Black, Asian and Minority Ethnic in Britain Today.*

**This asked the question of whether we are aware of how prejudiced we can be against certain people because of their backgrounds?** Because of their social upbringing, because of their skin colour, because of their faith, because of their culture or nationality, because of their sexuality, because of their age even. **Do we realise how much we judge people because of how they look, how they act, or how different they happen to be to us?** Do we realise that by generalizing about certain groups of people, we are contributing to bigotry, hatred, and even violence, even if we're not involved directly in such actions ourselves?

**How we achieve a self-awareness of our attitudes and actions is a challenge to each of us.**

To be aware of how we are impacting the world around us, we need to take time to notice. In other words, we use the present to reflect on the past, so we can commit our future to living in a truly loving and compassionate way.

Prayer is an important step in this.

The sixteenth century founder of the Jesuits, St Ignatius, for example, suggested an ancient prayer practice called the **Examen**.

**Each evening, after we have perhaps lit a candle to remind ourselves of God's presence, we take the time to sit in silence and reflect on our day – how we acted, how we reacted.**

As we review the day, we thank God for the gifts we received, but also pay attention to how we might have come across to others. We then leave the day with God and commit that tomorrow we bring love, compassion, peace, hope, joy to the lives of others. Next evening, we use the technique again and the cycle begins anew.

The Examen is just one way to increase in awareness and wisdom. In the Hebrew tradition, when something was named, some power was taken over it – Adam named the animals, and Jesus named demons before he demanded that they leave. In becoming aware of and naming our reactions, our prejudices, our fears, our likes, our dislikes, our temptations, and our conditioning, we gradually take back the hold these things have over us. Through a process of honest self-awareness, we are liberated to embrace wisdom and to see ourselves and others as God sees us all – broken, but loved unconditionally; hurt, but hopeful; struggling, but fully accepted. As such, self-awareness does not lead to captivity and guilt, but rather to that wisdom that leads to freedom, compassion, and love.

As the Jesuit Anthony de Mello puts it: *'in awareness is healing; in awareness is truth; in awareness is salvation; in awareness is spirituality; in awareness is growth.'*

**Yours in Christ,**

**Trystan**



J-Walkers Poem

30 JULY 2017

We go to J-Walkers  
To be inspired by the talkers  
We shout our voice out  
And spread God's love about

We went to Funky Church  
We learnt through crafts, games  
and fun  
And now, we are no longer young  
For we have a Saviour  
His name is Jesus Christ  
He made us good, great and nice

We follow in his footsteps  
He has made us in his goodness  
Now we're taller, we're bigger  
And we trigger  
God's words to those who need his

**LOVE**

*Lena and Carys*

When I was much younger I lived in the centre of Cardiff and my parents let me wander around the city at will. They'd probably be in prison nowadays for such a cavalier attitude towards a child. Nevertheless there was an unspoken rule that I did not cross a certain dividing line which was as marked in my imagination as Checkpoint Charlie was for the inhabitants of pre-nineties Berlin. The line was basically Hayes Road Bridge, the road that goes under the trains as they approach Cardiff Central and onward to the ruinous and corrupting Tiger Bay.

Inevitably when adolescence arrived I did not resist the urge to journey forth into previously forbidden territory and made a point one half-term evening of walking there. Of course nothing dramatic happened. The only point of interest was when I wished good evening to a young woman who might have been of a certain profession. She blithely ignored me – I don't think I would have figured on her potential client list that night. The irony is that it is now fashionable to live or work in Cardiff Bay. Gentrification there as in other formerly deprived areas of the UK is one of the marked features of our modern society.

My life in those days was imbued with a strong sense of who fitted into my class, gender and race. A rhyme my mother used to recite consisted of a warning that *'I never should - play with the gypsies - in the wood'*. At school I remember getting the impression during one general election as a board in the main hall monitored the progress of the parties that red was a colour to be avoided possibly linked to unspeakable acts of treachery against the nation. There was a rumour that a boy's father actually voted Labour – unbelievable horror in a prep school in rural Gloucestershire.

Most countries through the ages have been tribal, but in Britain we have been terribly civilized about our tribalism, wrapping it up in committees, clubs and associations. The litmus test for being accepted within the governing hierarchy of the eighties was the question *'Is he one of us?'* If not, he was probably a wet, therefore too liberal to be trusted. On the left the sense of division has been no less marked with numerous groups vying for attention and power. This was mercilessly parodied in the film *'Life of Brian'* where Reg played by John Cleese is horrified when Brian asks if he is a member of

## Address given at the eight o'clock Eucharist – Sunday 2nd July by Andrew Wade

the Judean Peoples Front.

*'Judean Peoples' Front? No, we're the Peoples' Front of Judea. . . . . Judean Peoples Front?.... God!'*

What is so frightening is how we have all colluded with this divisiveness and laugh it away like the comedy sketch involving Cleese and the two Ronnies, the tall superior figure of the upper class talking down to the corpulent middle class man who, in turn, lords it over the small and set upon working class man. Except, this devaluing of people, the easeful categorising of them based on race, colour of skin, creed and social standing, can end in appalling tragedy. Following the Grenfell fire I read this telling observation in one of our newspapers:

**“The idea that people who need social support are by definition moral failures has been currency for quite some while. Shame is one of the most corrosive of human feelings yet it has been a matter of policy for years that reliance on ‘state handouts’ should be a cause for shame. Shame is often deeply debilitating. It’s the last thing that vulnerable people need more of. Yet those who reject shame such as the members of the Grenfell Action Group – are viewed as troublemakers and militants rather than people who have a great deal more to offer than their long denigrated circumstances might suggest. Except they can’t possibly have things to offer because they’re poor.”**

The thing is, this divisiveness, this labelling and judging has happened for all of us in such a nice, terribly British and genteel way, creeping up on us gradually and infecting us from childhood. *'Give me the child for their first seven years'* (the Jesuits are alleged to have said), *'and I'll give you the man'*. The Christian Church has been as guilty as anyone of particular apportioning of who is worthy and who is not – there have been the dramatic events- the holy wars against Islam, persecution of Jews, executions, mass conversions, missionary work in the name of the Empire, sexual abuse of children. But there is also the daily quiet apartheid that we all succumb to – the leaping to judgement, the quiet exclusion of anyone who *'is not one of us'*.

I am so scared as I grow older that these attitudes and values of judgementalism, divisiveness and labelling will just further embed themselves within me so that I don't even know when I am acting them out. And the thing that most terrifies me is the question as to whether God, however I construct him, still lives in me. Lines such as I find in the first letter of John should strike to the core of our hearts: *'If a man has enough to live on and yet when he sees his brother in need shuts up his heart against him how can it be said that the divine love dwells in him?'* Or as Charles Péguy said *'What will God say to us if some of us go to him without the others?'*

No matter what external political, legal and social changes have been enacted – and there have been many welcome and thrilling changes over the centuries, from the abolition of slavery to women's equality, it is the heart and mind of man and woman that is in need of change also.

**We must be ruthless in our defiance of compromise, misuse of power, cutting corners, crushing the weak and vulnerable. We need to examine our hearts and our attitudes, our way of seeing the world and above all be aware and challenging  
OUR INDIFFERENCE.**

This poem is by  
GA Studdert Kennedy-Woodbine  
Willy but it seems to encapsulate all  
I have tried to say.

**'When Jesus came to Birmingham they simply passed Him by  
They never hurt a hair of Him  
they only let Him die  
For men had grown more tender  
and they would not give Him pain  
They only just passed down the  
street and left Him in the rain  
Still Jesus cried 'Forgive them for  
they know not what they do  
And still it rained the wintry rain  
that drenched Him through and  
through  
The crowds went home and left  
the streets without a soul to see  
And Jesus crouched against a  
wall and cried for Calvary.'**

## An Unexpected Experience

*Veronica Moverley writes:*

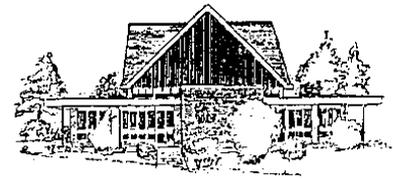
In 'Flaming June' I spent my summer holiday in hospital. I had an accident and fractured my Pelvis. I would not recommend this sort of holiday! After 6 weeks in the University Hospital of Wales at the Heath, I went to a convalescent home to recuperate. I am recovering now but, despite excellent care both in hospital and while convalescing, *there's no place like home.*



As the song goes ...

**"Mid pleasures and palaces, though we may roam, be it ever so humble, there's no place like home"**

*Thank you Veronica - over very many years you have contributed numerous short items of interest, often observations of life with humour and wise words! We wish you a good recovery and your contributions will continue to be welcomed! Claire and John*



## Around Church Family

*Congratulations, Good wishes and Prayers to:*

**Bill Mapleson** on his 91st birthday on 2nd August - not so well lately, and much missed at church

**June Osborne** on her consecration and installation as the 72nd Bishop of the diocese of Llandaff

*Our Good Wishes & Prayers to:*

**Veronica Moverley** - now home, recovering well, after convalescence from her fall

**Mary Payne** - improving, more active after her recent operation, good to see back in church

**Paddy Hales** - back home after his recent hospital stay

**Dorothy Moore** - still recovering steadily at home

**Gloria Thomas** - thankfully now much better, and good to see back singing in the choir

**Henry Yeomans** - who has recently moved to his new home in Merthyr

*Welcome home to :*



**Revd Dr Jordan Hillebert** curate at Christ Church, Krisi and Keira, who were back at Christ Church on Sunday 30th July.

## Good Companions

The Good Companions have enjoyed their Tuesday afternoon get-togethers with plenty of chatting and discussion, along with occasional exercises, quizzes and music. We have missed a few regular members recently due to health issues and sincerely hope to see them again soon. However, we have welcomed a number of visitors and new members. Our numbers are gradually growing and we always welcome anyone of any age to join us for a cup of tea and an afternoon of friendship.

Our summer afternoon tea party was really well attended by members, helpers, drivers and friends from the church and community. The occasion allowed us all to catch up with friends old and new and enjoy sandwiches, savouries, cakes and scones together with local homemade elderflower drinks and tea. Musical entertainment was provided by Lucas on his guitar. The raffle raised £45 for the new church hall fund.

We are not meeting during August but will recommence on Tuesday 5<sup>th</sup> September 2pm-4pm and continue through to December 19<sup>th</sup>. Please come and meet us and share an afternoon of companionship.

*Val, Alison and Julia*



## 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** are 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 welcomer or clergy or into the office.



## Children and Youth

Funky Church and J Walkers have been really busy on recent Sundays learning about stories relating to animals in the Bible and exploring what it means to be

a Christian. During the school holidays there will be no formal groups but any children and young people coming to the 10am services will be invited to the hall for a range of activities including crafts, games and DVDs.



**From September to December we will be hosting a Youth Alpha course for all high school and confirmed young people.**

**These sessions will take place in the church hall on Sundays evenings starting at 7pm.**

**The Alpha Youth Series** is a brand new interactive series exploring life, faith and meaning. Each episode looks at a different question around faith and is designed to create conversation. We will also play games and share some snacks. We look forward to seeing lots of our young people at these events.

**Funky Church and J Walkers at 10 am services will start up again on September 10<sup>th</sup>.**

**Funky Church** will be exploring stories from Acts, and **J Walkers** will be considering a 21<sup>st</sup> Century version of the ten commandments.

*Children and Youth Team*



## Messy Holiday Saturday 22nd July

On the first day of the school holidays we welcomed over thirty children to our Messy Holidays event. The fact that it was pouring with rain didn't dampen our spirits or any of the fun we had. The theme was the Good Samaritan and children made an array of crafts linked to the story including cake and biscuit decorating, helping hands and friendship cards.

In church we sang some really upbeat songs, worshipped with movement and ribbon wands and heard a version of the story linked to the Mr Men! This was followed by a team challenge of 'bandaging' the traveller.... everyone was a winner! Our morning finished with a tasty lunch of pizza, crisps, cheese and fruit.



Many thanks to all everyone who came and helped and to all the children, mums and dads, grandparents and other family members who joined us for a great morning.

*Messy Church Team*



## Used postage stamps for Goodwill Children's Homes, \$ India.

**Thank you** to those who have left stamps in the Church Porch. I have just posted another large package of used stamps to their office based in Bristol. I collect through the year - used UK and Foreign stamps, preferably cut with about a 2 cm. of paper left around the edge - so keep collecting !

*Claire Edwards*

## Goodwill Children's Homes

provides funding to give long term care and education to destitute children in South India.

**Their ultimate aim is to reduce poverty by facilitating the communities to send their children, in particular girls, to school and to provide assistance to keep them in education.**

The children they work with come from very poor backgrounds and are often orphaned at a young age. Many have no one to look after them and the support provided by Goodwill allows them the opportunity for a brighter future. We believe that by giving them an education they will be able to earn a reliable income and help support their own families and communities.

**More info at : <http://www.goodwillhomes.org.uk/>**

## Misreadings and Misunderstandings

One of the consequences of a life spent in teaching English Literature is that one has invariably frequent occasions on which one is either reduced to helpless laughter or exasperation over the capacity of students to understand the meaning of a studied text. There was such a moment of hilarity when a student interpreted these lines from a well known Milton poem thus:

*“And ever against eating Cares  
Lap me in soft Lydian airs...”*

The couplet is a statement of the joy that comes from music when one's spirits are low.

My student wrote: *“The poet thinks music can cure indigestion.”*

Think about that one!

There are other very much more common misunderstandings, none more widespread, perhaps, as the frequently quoted lines from “Hamlet”:

*“And this above all to thine own  
self be true  
And it shall follow as the night  
the day  
Thou canst not then be false to  
any man...”*

The words are meaningless and are meant to be seen to be so as given by that old windbag Polonius as he sends his son off to university.

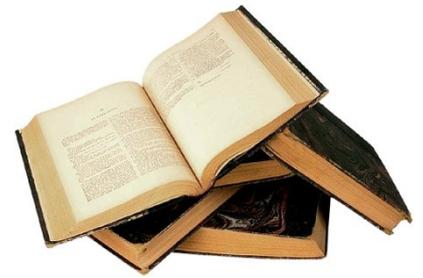
Of all misunderstood quotations there is none more widespread than this:

*“Thou shalt not kill but shouldst  
not strive  
Officiously to keep alive...”*

The lines are taken from a short poem by the Victorian poet Arthur Hugh Clough. The Latest Decalogue, a heavily ironic poem in which the Ten Commandments are re-written so as to accommodate the inherent hypocrisy that underlay much of Victorian England's religiosity. The lines do NOT mean that one should have compassion on those who are dying a painful prolonged death. If one reads other re-writings of the Commandments in the poem it becomes quite clear that the intended meaning was it is quite acceptable to try to get one's hands on the legacy as soon as possible!

Of all human sins, Our Lord's harshest denunciations seem to be directed not against the various weaknesses of the flesh but against the sham displays of piety in the culture in which He lived.

The Victorians were particularly prone to protestations of piety that bore little resemblance to the conduct of their lives. What Clough was getting at can clearly be seen if I quote from some of the other couplets in his poem:



*“No graven images may be  
Worshipped, except the currency”*

Or again

*“Do not adultery commit;  
Advantage rarely comes of it”*

The conclusion of the poem is a masterly summary of all that is wrong with Victorian hypocrisy:

*“The sum of all is, thou shalt love,  
If anybody, God above;  
At any rate shall never labour,  
MORE than thyself to love thy  
neighbour.”*

The moral and religious controversies about “Mercy Killing” will no doubt rage on for a very long time to come. Whichever side of the argument you may be on, it would be wise to desist from using Clough's poem in support of your case.

*John Walrond*

*John continues to send contributions from his home in Bath since moving there about 3 years ago. John, a past Reader at Christ Church, has contributed many thought provoking articles since the beginnings of Credo in January 1994. A valued contributor!*



### Edvard Grieg (1843 – 1907): Composer

Coming back through the Arctic Circle this summer after a cruise along the Norwegian coast, we visited Grieg's villa at Troldhaugen. With a coach provided from Bergen, we saw the villa, Grieg's hut on the shore as well as viewing a small museum and attending a piano recital of his works. His inspiration was largely drawn from the changing moods of Lake Nordas and on the surrounding mountains through the seasons.

He lived in Bergen in his earlier years. Ole Bull, a contemporary violinist persuaded Grieg to train as a musician in Leipzig, Germany. Afterwards he spent several years in Copenhagen, but found little success. Simply he was more comfortable in Norway drawing inspiration from Norwegian folk music. He was intensely patriotic creating distinctive music unlike that being derived from Sweden and Denmark. In 1904 Norway freed itself from the dominance of Sweden. He married his cousin: Nina Hagerup, an accomplished singer, and they moved into the villa. Although peace and quiet were essential for his writing, he frequently hosted social gatherings.

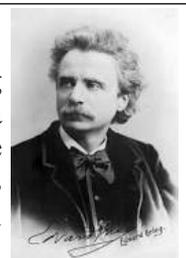
During this period he composed *Peer Gynt* suite, based on Ibsen's play, as incidental music. Commentators rather dismissively called it ‘café’ music. Symphonies, chamber music, violin sonatas, songs and lyric pieces are all part of this repertoire. But does anyone know of any music written for the (Lutheran) church?

Do we sing hymns based on Grieg's music?

**You may like to reflect. . . .**

*Adrian Wilson*

References: *Rough guide to classical music – 4<sup>th</sup> edition* *Insight guides Norway – 5<sup>th</sup> edition*  
*The Oxford companion to Music – 10<sup>th</sup> edition – Percy Scholes*





## NEW CHRIST CHURCH HALL FUNDRAISING SUGGESTIONS TARGET - £50,00/£100,00

We're starting by having a  
Church Open Day and Autumn Fayre on



**9th September 10.00am – 4.00pm**

which will include an exhibition of the new Altar Kneelers in the hall, musicians playing throughout the day, Gift/Produce stall, tea/coffee etc. Look out in the newsletter for other events being organised/offered for this Open Day.

Let your family, friends, neighbours and your local community know of this event and make all aware of this new development which will benefit not just our church but the local community too.

\* \* \* \* \*

We have many fund raising ideas, some of which have been started.

### CAN YOU HELP US??

CALENDAR featuring CHRISTCHURCH EVENTS  
could you organise & sell the calendars ?

CARDIFF HALF MARATHON - Run for Christ Church ? ? ?

COOKBOOK Julie is doing this - see page 9

FLOWER FESTIVAL - organiser needed

MALE VOICE/OTHER CHOIR/CONCERT - suggest a date ?

QUIZ /FISH&CHIP EVENINGS

FILLING A SMARTIE TUBE WITH £1 COINS

COFFEE MORNINGS

AFTERNOON CREAM TEAS

COLLECTION and SALE OF UNWANTED GOLD/SILVER ITEMS

Shirley Davies is organising this..... She needs your gold !

LEGACIES/BEQUESTS

CAKE MAKING and SELLING

PRIZE DRAW/RAFFLES

PRINTED APRONS & TEA TOWELS

Gill Barker is organising this with children's faces on them

OFFERS OF TALENTS

Babysitting, Decorating, Shopping, Gardening, Coaching,  
Music lessons, Advice, Flower Arranging, Dog walking etc

AUCTION - could YOU lead an Auction ??



**YOU** could offer to organise one of these events.  
Contact Ann Picken 02920755550 or Linda Alexander 07814759559  
and they will help you sort out a date

Other ideas always welcome !!!



## NEW HALL COMMUNITY MEETING

We had a good meeting on 18<sup>th</sup> July when we were able to present our new hall plans to those people living on Lake Rd North and to hall users.

We were pleased to welcome our Architect Dr Ed Green to that meeting along with Andrew Bates who will be presenting our plans to the local council for their approval. We were also pleased to have Councillor Babilin Molik attend who was able to make some very useful contributions. It was a lively meeting which was opened by our Vicar, Trystan Hughes and chaired by Linda Alexander.

Ed Green explained the project and how it would enhance our site. There were a number of questions mostly relating to parking and the sale of the strip of land at the end of our car park. Overall we were pleased that we had done this presentation before applying for planning permission. Some in the meeting felt that their fears had been assuaged, as there has been a number of rumours in the road about our intentions.

Overall it was a good meeting and we look forward to the next step.

*Linda Alexander*



**MATHS TUITION**  
As part of the Church Hall Fundraising scheme, I am offering maths tuition up to GCSE level. Please contact Marilyn Hughes 029 20766027

or  
email: [tourdion@hotmail.com](mailto:tourdion@hotmail.com)



**Julie Waller is compiling Recipes and Tips**

Recipes are now coming in . . . . .  
But could there be a story behind some of the recipes ?

Let's add some human interest to the project.

If you have a story that also gives some insight into you or Christchurch (a story relating to the first CC cook book?!) then let me know.

Or how about **TIPS** for the kitchen or food economy, from using up egg yolks to cleaning vacuum flasks, sugar free, gluten alternatives to favourite recipes. . . . then get it on paper!

**Thank you!**

See Julie in Church, post in Church letterbox or email: [julie.waller@btinternet.com](mailto:julie.waller@btinternet.com)



## ALTAR KNEELER PROJECT AUGUST 2017

Please come along to the Church Open Day, 9th September, to see the five completed kneelers.

There will be a small exhibition to illustrate the steps towards completing the kneelers, from our first fumbling samplers, as we learned a new way of stitching to ensure strength appropriate for knees and tiny feet.

Joy at our achievement has been sadly marred by the recent deaths of two of our stalwarts.

**Firstly, Bernard Richards was our carpenter.** He built 4 new frames when we discovered our arms were not long enough to reach the middle of the canvas. One canvas is still on the narrow setting, recently, while extending our remaining 2 panels I thought thankfully of Bernard as I jumped up and down on the frame inserting pegs - a tight canvas produces easier even stitching.

**Secondly, we lost our lovely Rhona Boudier** who, from the beginning of our project, led us through steep learning curves. Twice a week for nearly five years, she came from her home in Penarth to share her skills with hands on stitching while entertaining us with her jokes and reminiscences. Five of our group went to her Memorial Service at All Saints', Penarth. All around us was evidence of Rhona's contribution to her community; we smiled at the kneelers in the pews as we recognised compliance with her strict instructions, the clergy were wearing her embroidered stoles and the Mother's Union banner was paraded for all to see. The speakers testified to Rhona's ecumenicalism and to her diverse interests in crafts, computers, digital photography and local activities. We were blessed to have had her guidance.

*Posy Akande*

# Coming Events

## Diary Dates:

Sunday 10th September - Education Sunday

Friday 6th October Harvest Supper

Sunday 8th October Harvest Thanksgiving

Saturday 21st October - Messy Harvest



## Sunday 15th October

Film Night - 'The True Cost'

6.00 pm in the Church

- ❖ a groundbreaking documentary film that pulls back the curtain on the untold story of the fashion industry and asks us to consider - **who really pays the price for our clothing?**
- ❖ At the end there will be a Q&A session with the director Andrew Morgan, who will be joining us live on FaceTime from the United States.

## J-WALKERS

Youth Group 11-18 yr olds

J-Walkers will resume in September

Watch for details



## 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



## Altar Kneeler Project.

Tuesday and Thursday  
home stitching continues weekly

Ring Posy if you would like to help complete these altar kneelers this year.

Contact: Posy Akande 07807628212



## Prayer Link 2017

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

5th August - Bethel United Reform  
Llangranog Rd, off Templeton Ave. (west)

2nd September Christ Church (Anglican)  
Lake Road North, Roath Park

ALL WELCOME



Quiet Garden - Methodist Church, Melbourne Road, Llanishen

Thursday 14th September

10.30am for 11.00 am

Tea/coffee served 10.30 am

Quiet Garden Reflection

'PILGRIMAGE'

A half hour of prayer and silence for Autumn

This year the Quiet Movement celebrates its 25th Anniversary



As an affiliated choir to the Royal School of Church Music, we participate in local and area events. Some are listed below.

Saturday 14th October - Newport Cathedral

5.30 pm Choral Festive Service

Saturday 4th November -

St Mary's Priory Church, Abergavenny

Services from 10.00 am - 5.00 pm

If you are interested, please let ADRIAN know email: Adrian.wilson129@talktalk.net or 07909986736 or speak to Julie, so that travel, service books and robes may be arranged.



## Your choir needs YOU

Do you enjoy singing?

Marilyn Hughes is the newest member of the choir and sends this message that the choir have vacancies for all voice parts:

Soprano, Alto, Tenor and bass

Please give it a try and join us for Thursday evening rehearsals 6.00 pm - 8.00 pm where you will receive a warm welcome.



HELP needed to share organising our Church monthly stall

Please speak with Nick & Penny Goss who need a couple more helpers or speak with Trystan or the Church Wardens'

Thanks!



Rhydypenau Allotments hold their Mini Show in the Church Hall on Saturday 5th August

Come and say 'hello' to Claire and view the produce grown on the allotments

It will be open from 2.30 pm - 4.00 pm after the judging.





## The Role of Chaplains in the Royal Navy and the Royal Marines

Chaplaincy in the Royal Navy is unlike any other form of parochial ministry, because as a Naval Chaplain you carry no rank; which is unique in the British Military. As a result it gives you access to all personnel from the most junior sailor or marine to the highest-ranking officer.

The requirement for joining the Chaplaincy service is that you will have been ordained for a minimum of three years and will be under 50 on the day you join the R.N. Amongst other abilities you will have experience of baptisms, weddings, funerals and other ecclesiastical activities.

In addition the Chaplain needs to be able to proclaim the good news of the kingdom of God to teach and nurture believers, respond to human need, through loving service, transform unjust structures of society, pursue peace and reconciliation; and also engage with befriending and support outside congregation boundaries. Ultimately as a Royal Naval Chaplain you must have the capacity and vision to work as an advisor to all, thus serving the needs of people of all faiths and of no faith. Also you must have what might be called a pastoral heart because sailors and mariners often come from complex fractured family backgrounds. For many of them Christian ministry is

completely alien to their culture. For this reason you must have the spiritual confidence and integrity to be able to engage with, befriend and support those to whom church is an unknown experience.

One service that the Royal Navy performs is to rescue migrants who appear crowded into a small vessel. An article written by the Rev. Marjory Maclean RNR which appeared in the Church of Scotland magazine tells of her work on HMS Enterprise. She records her experience of picking up 332 migrants. These migrants had made a long journey crowded onto a small fishing vessel and were welcomed aboard HMS Enterprise. These refugees needed a lot of help, kindness and assurance as they were dealt with. The work of the Chaplains was invaluable in this. While life in the military community is different from that of the parish the one common duty is the shared desire to make the good news relevant and engaging in this complex world. Thus to work with the ships company at sea, sharing the highs and lows of deployment is a challenge for the Chaplain and requires a trust in God.

I will close this short account of the life of Chaplains in the Royal Navy with reflections from a new entry Chaplain. *"It began with going on a diocesan training day at the Portsmouth Naval Base. Immediately the need for Chaplains was clear. The importance of their role and the op-*

*portunity to support and witness to these young men and women was clear: I felt a sense of calling that day. I am conscious that many of the new recruits are unchurched and this may be the first time in their lives that they had spoken to a priest. We undertake an enormous responsibility in this role.*

*Throughout training the College Chaplain provided a point of stability with the Sunday Eucharist keeping me grounded in my faith and reminding me why I was there"*

Let us remember the Royal Naval Chaplains in our prayer for bringing the good news of the Gospel to all.

*This article is based on information kindly provided by the Royal Naval Chaplaincy Service 02392 625552.*

David Gibbs.

**David** has provided many articles for Credo since coming to Christ Church in 1997 and writing 'A Newcomer's View'. His final paragraph read *"My impression of Christ Church is of a live church, a caring church, a church where God is supreme and Christ is worshipped and served from the heart."*

Later that year he wrote of the Pilgrimage to Walsingham led by Rev. Alun Evans and over the years wrote articles on various Saints, charities, people and places of interest. When David and his wife, Dorothy, moved to be near family in Cambridgeshire several years ago he continued to write and send articles to John.

Claire



### 'Vicarage garden party'

Despite relocation to the church hall because of the rain, the Vicarage garden party on Sunday 23<sup>rd</sup> July was no washout! Around 40 of us enjoyed cake, good company, and good fun, finishing off with an uplifting service. Thanks to all who came!

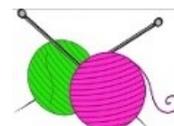


Donations of food are welcome to be placed in the box in the Church Porch. Many thanks



### Any spare wool?

I continue to collect any donations of wool to pass to several charity knitting groups. Please leave in the back of the church labelled with my name, Val Jones. Many thanks





## MOSES

Have you seen the Disney film, 'The Prince of Egypt'? It tells a story from the Bible about Moses whose mother and sister left him in a basket on the bank of the River Nile. Pharaoh's sister found him and a little Hebrew boy was brought up as an Egyptian prince.

As Moses grew older he became more and more angry at the way the Hebrew slaves were treated. Moses ran away to the land of Midian where he settled down. But God called to him – and kept on calling. For every excuse that Moses had, God had an answer (Exodus, chapter 4). Finally, Moses went to Pharaoh but it wasn't until awful things happened that Pharaoh listened and agreed to let the Hebrew slaves go free.



Pharaohs were all powerful in Egypt, but Moses was following a much greater power. The Pharaohs of

Egypt left dead monuments of stone but Moses brought together a whole living people, God's people.

## TOO MANY GODS

The ancient Egyptians had a different god for just about everything. Can you tell which of these were worshipped in the time of the Pharaohs and which ones I have made up? Answers at the bottom of the page.

**GEB** was the god of the earth and is shown in art as a man with a goose on his head.

**KHARPET** was a goddess of the homes, especially floors. She is shown wearing a feathered hat.

**HATHOR** was the goddess of love and joy and shown as a cow.

**PHYLM** was the god of artists and craftsmen. He is shown in pictures with 2 pairs of arms. Small figures of this god are often found in boxes called khameeras.

**TAWARET** was a goddess who protected women during pregnancy and childbirth. She is shown as having the head of a hippopotamus with the arms and legs of a lion, the back and tail of a crocodile, and the front of a pregnant woman.

**THOTH** was the god of writing and knowledge. He is shown in art as a baboon.



**What is the earliest mention of pharmacy in the Bible?**

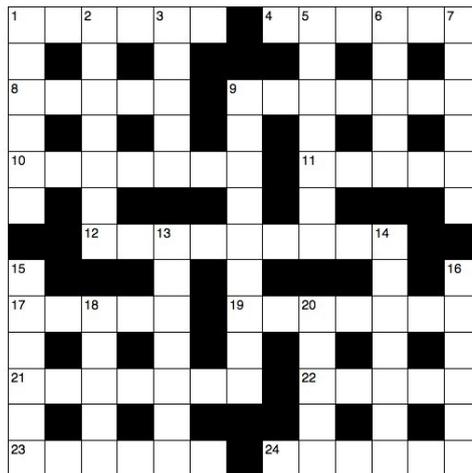
When Moses was given 2 tablets.



Answers: I made up Kharpet and Phylm. Well, you put carpet on the floor and film in cameras (say them aloud), don't you?

- ACROSS:** 1 'The people were — at his teaching' (Mark 1:22) (6)  
 4 'He saved —; let him save him self' (Luke 23:35) (6)  
 8 He addressed the crowd in Jerusalem on the day of Pentecost (Acts 2:14) (5) 9  
 9 Father of James and John (Matthew 4:21) (7)  
 10 One who charges another with an offence (Job 31:35) (7)  
 11 '— thy ministers with righteousness' (Book of Common Prayer) (5)  
 12 and 15 Down 'All — is God-breathed and is — for teaching, rebuking, correcting and training in righteousness' (2 Timothy 3:16) (9,6)  
 17 'No — of the field had yet appeared on the earth and no plant of the field had yet sprung up' (Genesis 2:5) (5)  
 19 Made to feel embarrassed (Isaiah 24:23) (7)  
 21 This man built his house on sand (Matthew 7:26) (7)  
 22 David's hypocritical message to Joab on the death in battle of Uriah: 'Don't let this — you' (2 Samuel 11:25) (5)  
 23 Detest (Job 10:1) (6)  
 24 'God made two great lights, the greater light to govern the day and the — light to govern the night' (Genesis 1:16) (6)

# CROSSWORD PUZZLE



- Across:** 1, Amazed, 4, Others, 8, Peter, 9, Zebedee, 10, Accuser, 11, Endure, 12, Scripture, 17, Shrub, 19, Abashed, 21, Foolish, 22, Upset, 23, Loathe, 24, Lesser.
- Down:** 1, Appeal, 2, Attacks, 3, Earns, 5, Tableau, 6, Ended, 7, Shekel, 9, Zarephath, 13, Rubbish, 14, Ephesus, 15, Useful, 16, Editor, 18, Rhoda, 20, Abuse

- DOWN:** 1 To make a serious request (1 Corinthians 1:10) (6)  
 2 Launches an assault against (Genesis 32:8) (7)  
 3 'The wicked man — deceptive wages' (Proverbs 11:18) (5)  
 5 Tuba ale (anag.) (7)  
 6 'The day thou gavest, Lord, is — ' (5)  
 7 Old Testament measure of weight, equivalent to about 12 grammes (Exodus 30:13) (6)  
 9 Where Elijah restored life to the son of a widow with whom he lodged (1 Kings 17:10) (9)  
 13 Paul said of whatever was to his profit, 'I consider them — , that I may gain Christ and be found in him' (Philippians 3:8) (7)  
 14 City visited by Paul, described by the city clerk as 'the guardian of the temple of the great Artemis' (Acts 19:35) (7)  
 15 See 12 Across  
 16 Rioted (anag.) (6)  
 18 She had a surprise when she answered the door and found 8 Across outside (Acts 12:13) (5)  
 20 Maltreat (1 Chronicles 10:4) (5)

## GOD IN THE ARTS

### 'He gave us eyes to see them': Hugues Merle's Ruth

Last month we saw how envy can eat into the human heart to cause hatred and suffering. This month we focus on the power of beauty and goodness to transform life in a woman whose name means 'lovely friend' – Ruth.

In the book of Ruth we meet Naomi, her mother-in-law, who is shrewd and courageous, Boaz, who is a good manager and whose words are matched by deeds, and Ruth herself, whose inner goodness shines out to light up the lives of those around. When Naomi decides to return to Bethlehem, her home, Ruth accompanies her with the moving words, 'Where you go, I will go; your people will be my people, and your God my God.'

She is faithful to her mother-in-law and not put off by society's attitudes, whether they are gender based, for Naomi and Ruth are both widows with no security; or racially based, for Ruth is a Moabite, an Arab; or religiously based, for Ruth is not a Jew. But her loyalty and goodness glow brightly through all that could be divisive.

The beauty of Ruth that transforms those lives glows in this portrait of 1876 by the French artist, Hugues Merle. In the background of the painting we see Boaz giving instructions to his servant. Ruth turns to them – she is simply dressed, with a necklace the only extravagance. We are struck like Boaz by her loveliness. She is gathering wheat for it is harvest time. And her own life will also be fruitful for she will marry Boaz and have a son, Obed, who will be the grandfather of Israel's great king, David.

Painting and book go hand in hand to depict Ruth, in both her beauty and her sincerity. She is faithful and generous in so many ways. When we open the New Testament, her name shines out again in Matthew's genealogy as one of God's holy people who lead us from Abraham to Jesus, the Messiah. *The Revd Michael Burgess - Parish Pump*



## 84<sup>th</sup> Cardiff (Christ Church) Beaver Scouts visit Cartref

On Thursday June 29<sup>th</sup> we visited Cartref to sing some familiar songs with actions and a couple of Beaver campfire songs. As the children are mostly aged 6 only, we “recruited” some additional help, and very happily for us Sue Thomas from Rhydypenau Library and some of her “golden oldies” joined in with the singing. Over squash and biscuits the children chatted to the residents and I think both young and old benefited from the experience.

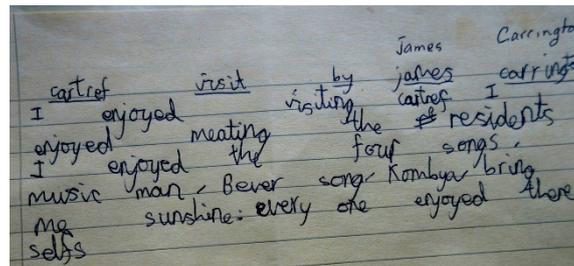
Three of the Children have written their thoughts about the evening. I thought it would be nice to publish them in Credo – just as they are. Thank you very much

*Chris Davies, Beaver Leader and Caryl Roach.*



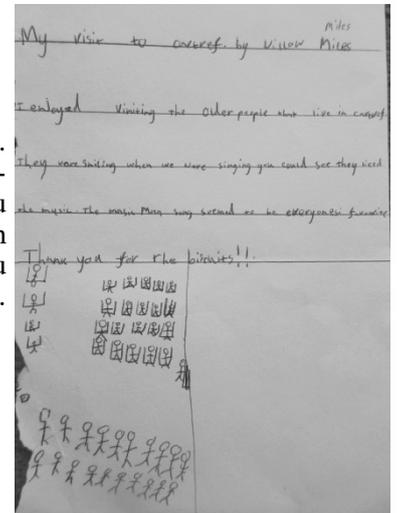
Dear Cartref  
thank you for letting us come to sing to you  
we hope you enjoy it we liked learning the songs.  
from Harry

My visit to Cartref by Willow Miles.  
I enjoyed visiting the older people that live in Cartref. They were smiling when we were singing you could see they liked the music. The music man song seemed to be everyone's favourite. Thank you for the biscuits.



Cartref visit by James Carrington

I enjoyed visiting Cartref. I enjoyed meeting the residents I enjoyed the four songs. Music man, Bever songs Kombyar bring me sunshine: every one enjoyed there selfs.



## How do people encounter God?

Human beings from ancient days have looked to the skies in a state of wonder, and attributed the scope and beauty of what they see to a Creator. For those who believe in God, that sense of wonder has increased in recent years as science has made us increasingly aware of how very unlikely it has been that life of any kind happened.

Like many people, Christians look at nature and marvel. In it they find powerful evidence for the existence of God. It speaks of the character of God – powerful, eternal and with a special place for humans in His purposes. However, it also poses unsettling questions about God, because nature is a place in which catastrophes can overtake men and women in a way that seems meaningless and entirely unfair.

Deep down in human nature is a curiosity that leads us again and again to speculate that there may be a God. These encounters take place in circumstances in which we confront something that money cannot buy. Sometimes it is a shock that leads to these questions – the loss of a job, a friend or health. Sometimes it is joy – such as the birth of children and the longing to give them a future full of hope. Sometimes it is disappointment that the activities of life do not make us feel fulfilled. Occasionally people encounter God through supernatural experiences that they cannot explain.

There are many circumstances in which people find their attention grabbed by the possibility that God might be making Himself known to them. However, Christians have always recognised that the most significant way that God has made Himself known is through a specific event in history. God has lived in a human body. At the start of the first century AD, God inhabited human flesh, and walked and talked on this planet - Jesus, the founder of the Christian faith.

When a child asks, ‘What is God like?’ a good answer would be, ‘He is like Jesus. Christians study Jesus’ life and teaching because they appear to answer some of the questions they have about God.’

You can find answers to questions about Christianity at [www.christianity.org.uk](http://www.christianity.org.uk). Christianity.org.uk is the website of the Christian Enquiry Agency Ltd. This is an agency of Churches Together in England.

*Parish Pump*

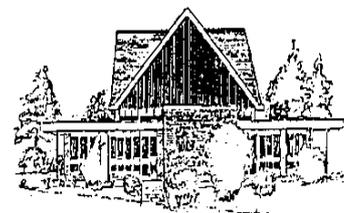


**HAPPY holidays to all our readers and safe journey wherever you go**





SEPTEMBER DIARY



**Sunday 3<sup>rd</sup>** TRINITY 12  
 8.00 am Holy Eucharist  
 10.00 am FAMILY SERVICE  
 6.00 pm Evening Worship

**Tuesday 5<sup>th</sup>** 2.00 - 4.00 pm Good Companions resume after break

**Wed. 6<sup>th</sup>** 10.00 am - 12.00 noon Church open for PRAYER

**Thursday 7<sup>th</sup>** 9.30 am Holy Eucharist (*tea & coffee to follow*)

**Saturday 9<sup>th</sup>** OPEN DAY & AUTUMN FAYRE Church & Hall

**Sunday 10<sup>th</sup>** TRINITY 13 - EDUCATION SUNDAY ❖  
 8.00 am Holy Eucharist  
 10.00 am Parish Eucharist, Funky Church & JWalkers  
 6.00 pm Evening Worship

**Sunday 17<sup>th</sup>** TRINITY 14  
 8.00 am Holy Eucharist  
 10.00 am Parish Eucharist, Funky Church & JWalkers  
 6.00 pm Evening Worship

**Thursday 21<sup>st</sup>** 9.30 am Holy Eucharist (*tea & coffee to follow*)

**Sunday 24<sup>th</sup>** TRINITY 15  
 8.00 am Holy Eucharist  
 10.00 am Parish Eucharist, Funky Church & JWalkers  
 6.00 pm Evening Worship

OCTOBER

**Sunday 1<sup>st</sup>** TRINITY 16  
 8.00 am Holy Eucharist  
 10.00 am FAMILY SERVICE  
 6.00 pm Evening Worship

**Wednesday 4<sup>th</sup>** 10.00 am - 12.00 noon Church open for PRAYER

**Thursday 5<sup>th</sup>** 9.30 am Holy Eucharist (*tea & coffee to follow*)

 **Friday 6<sup>th</sup>** Harvest Supper

**Sunday 8<sup>th</sup>** HARVEST THANKSGIVING  
 8.00 am Holy Eucharist  
 10.00 am Parish Eucharist, Funky Church & JWalkers  
 6.00 pm Evening Worship

**Prayers for Healing 10.00 am every Wednesday in Church**  
*The meetings involve prayers for individuals and for our local community - all are welcome*

**Other services & activities as announced in the newsletter**

❖ *Education Sunday 10th September details to follow in the weekly newsletter*

Advance Notice

Saturday 21st October 10.30am - 1.00 pm  
 Messy Harvest



Sunday 15th October 6.00 pm Film Night - see page 10

**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

**Parish Secretary**  
 Denise Searle: at Parish Office

**Parish Office/Hall Enquiries**  
 Tel: 20763151

**Email:**  
[info@christchurchcardiff.co.uk](mailto:info@christchurchcardiff.co.uk)  
**Web site:**  
[www.christchurchcardiff.co.uk](http://www.christchurchcardiff.co.uk)

**Church Wardens**  
 Haydn Hopkins Tel: 20621280  
 Colin Francis Tel: 20751773

**Reader**  
 Dominic

**P CC Secretary**  
 Judith Hill Tel: 20758080

**Treasurer**  
 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**  
 Val Jones Tel: 029 20747021  
 Sandra Tel: 20758588

**Flower Rota Organiser**  
 Sylvia Dowell Tel: 20408265

**Churches Together**  
 Julie Waller Tel: 20615007

**WORSHIP AT CHRIST CHURCH****Sunday**

8.00 a.m. The Holy Eucharist

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

**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

**Wednesday mornings 10.00 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.

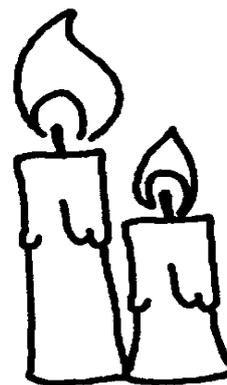
**OTHER SERVICES**Please arrange with the Vicar  
for baptism, confirmation, marriage and funerals.The Vicar is happy to arrange times for the  
Sacrament of Reconciliation (Confession) or for counsel.**From the Registers****July 2017 Communicants**

Sundays	2nd	103
	9th	74
	16th	90
	23rd	96
	30th	90

Weekday communicants: 26

Communions of the ill/housebound

at 'Cartref'	13
at home	4

**FELLOWSHIP AT CHRIST CHURCH****GOOD COMPANIONS**Tuesdays 2.00 - 4.00 pm  
Julia Matthews 029 21157213  
Alison Peters 029 20761277  
Val Jones 029 20747021**CHRIST CHURCH SOCIETY**4-5 times annually  
Howard Kilvington 20317301**LADIES KEEP FIT GROUP**Mondays at 7.30 pm.  
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**Val Jones 029 20747021  
Sandra 20758588**YOUTH GROUP  
(11-18 year olds)**Sunday evening 7.00pm - 8.30pm  
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  
vacantGroup Committee Chairman  
Geoff Payne 20756577

Enquiries to Caryl Roach 20754463

**BEAVERS**Thursdays at 5.30 pm  
Chris Davies 07948399111**CUBS**Wednesdays at 6.15 pm  
Simon Rimell**SCOUTS**Wednesdays at 7.30 pm  
Simon Broadley