

Welcome to Christ Church

Week commencing 3rd March 2019

Sunday 3rd March – The Sunday before Lent:

Transfiguration Sunday

8.00am Holy Eucharist

10.00am Family Service

6.00pm Evening Worship

6.30pm J-Walkers

Monday 4th

7.15pm Alpha Course

7.30pm Keep Fit

Tuesday 5th

2.00pm Good Companions

Wednesday 6th

10.00am Church open for private prayer.

7.00pm Ash Wednesday

Eucharist with the Imposition of Ashes

Thursday 7th

9.30pm Midweek Eucharist

(followed by tea & coffee)

1.30pm Chatterbox

Saturday 9th

10.00am Coffee Morning

Sunday 10th March: The First Sunday of Lent

8.00am Holy Eucharist

10.00am Parish Eucharist, Funky Church & J-Walkers

6.00pm Lent Talk, a reflection by Revd Dr Jordan Hillebert on 'Christian Views on War and Peace.'

6:30pm J-Walkers

The Sunday before Lent: Transfiguration Sunday

Collect

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen**

The first reading is from the Book of Exodus

When Moses came down from Mount Sinai with the two tablets of the covenant law in his hands, he was not aware that his face was radiant because he had spoken with the Lord. When Aaron and all the Israelites saw Moses, his face was radiant, and they were afraid to come near him. But Moses called to them; so Aaron and all the leaders of the community came back to him, and he spoke to them. Afterwards all the Israelites came near him, and he gave them all the commands the Lord had given him on Mount Sinai.

When Moses finished speaking to them, he put a veil over his face. But whenever he entered the Lord's presence to speak with him, he removed the veil until he came out. And when he came out and told the Israelites what he had been commanded, they saw that his face was radiant. Then Moses would put the veil back over his face until he went in to speak with the Lord.

(Exodus 34: 29-35)

This is the Word of the Lord
Thanks be to God

Psalm 99 (Pg. 580)

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

About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. As he was praying, the appearance

of his face changed, and his clothes became as bright as a flash of lightning. Two men, Moses and Elijah, appeared in glorious splendour, talking with Jesus. They spoke about his departure, which he was about to bring to fulfilment at Jerusalem. Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. As the men were leaving Jesus, Peter said to him, 'Master, it is good for us to be here. Let us put up three shelters – one for you, one for Moses and one for Elijah.' (He did not know what he was saying.)

While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. A voice came from the cloud, saying, 'This is my Son, whom I have chosen; listen to him.' When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.

(Luke 9: 28-36)

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

Post Communion Prayer

Holy God,
we see your glory in the face of Jesus Christ:
may we who are partakers at his table
reflect his life in word and deed,
that all the world may know his power to change and save.
This we ask through Jesus Christ our Lord.
Amen

Next Sunday's Readings & Rotas

Eucharist: Deuteronomy 26: 1-11 & Luke 4: 1-13

Reader: Emma Laing

Intercessor: Flora Ojeda

Welcoming Team: Chris Langmaid, Malcolm & Mary Rayner, Chris Ward

Coffee: Marjorie & John Walker, Chris & Keith Stacey

Ministers of Communion: Colin Francis

(Reserve: Emma Laing)

WEEKLY PRAYERS

Sunday: Pray for the Iglesia Anglicana de Chile; for the Deanery of Pontypridd; for the Church Wardens; for the residents of Cartref.

Thursday: Pray for the Church in Maralal, Kenya; for the Deanery of Rhondda; for the Parochial Church Councillors; for the residents of Lady Mary Road.

Sunday: Pray for Province de L'Eglise Anglicane Du Congo; for the Parish of Tonypany w Clydach Vale & Williamstown; for the readers in our Parish; for the Lady Mary Estate shops.

Please also pray for our partner church, St Denys, Lisvane.

For the prayers for the remaining days of the week please see: www.llandaffchurchinwales.org.uk under Faith Worship & Prayer (the Diocesan Prayer Calendar).

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

NOTICES

LENT TALK - WAR AND PEACE: Please join us at 6pm this evening for our first Lent Talk, a reflection by Revd Dr Jordan Hillebert on 'Christian Views on War and Peace.' All welcome.

ASH WEDNESDAY: All are warmly invited to join us on Ash Wednesday **6 March at 7pm** as we begin our journey through Lent together with a service of Holy Eucharist with the Imposition of Ashes.

LENT TALK- CHALLENGE OF PILGRIMAGES: All are welcome to join us on Sunday **24 March at 6pm** for our second Lent Talk, a reflection by Revd Dr Trystan Owain Hughes on 'The Challenge of Pilgrimages', his 135 pilgrimage and the even bigger challenge on the recurrence of his subsequent back injury. Please do join us for what is sure to be a fascinating reflection.

STORIES FOR THE SOUL: You are warmly invited to nurture your spiritual development through "Stories for the Soul" this Lent. These sessions will offer you a new way of engaging with our sacred stories and immersing yourself in the richness of the Christian storytelling tradition. This is a chance to slow down, listen to a story, wonder about its meaning for your life and respond creatively. There will be five weekly "Stories for the Soul" evenings during Lent, starting on Thursday 14th March at 7.30pm at Christchurch. Please let Hannah Burch know if you would like to come, so that she has an idea of numbers.

COFFEE MORNING: On Saturday 9th March at 10am. Please support if you can tickets from Shirley Davies 029 20754230.

MONTHLY NEWSLETTER: March monthly newsletter now available in the church porch.

ANNUAL VESTRY MEETING: This year's Annual Vestry meeting will be held on Sunday 14th April at 6pm. This year is a triennium and new persons are required to stand for places on the Deanery Council and the Diocesan Council. We have 4 places to fill on the Deanery council and one on the Diocesan. Judith wishes to stand down on both of these councils after many years service and feels it is an opportunity for a younger person, or someone with more time, to get involved especially with the diocese 2020 Vision for the Church in Wales. There will also be the usual elections for Peoples Warden and Parochial Church Council members.

CHRISTIAN AID: This is our final plea for a new CA co-ordinator to enable street collection; the work is not onerous, as long as you can count. I usually spend about 20 minutes ordering various items through local CA office in Whitchurch, wait for their arrival and then spend about 2 hours + sorting and counting envelopes into their various streets and adding appropriate accompanying stationery; it then takes about 30 mins to set them out on a table in church and on the Sunday before to looking pleadingly at potential collectors. Once all envelopes have been returned, I meet up with Lynn Du Feu, charities treasurer to count monies and fill in paperwork, probably 2 hours + depending on how much is collected. If no-one comes forward then we will not participate in the street collection this year, but will have a few events including a 'public' Big Breakfast to raise funds for CA. Please contact Judith Hill for further details or to volunteer.

ALPHA COURSE: We are currently running an Alpha Course on Monday evenings at 7.15pm which is open to all, church members or not, believers and non-believers. It's a chance to ask all the questions you've always wanted to ask but were afraid to do so. More information from Linda Alexander, 07814 759559.

CARDIFF FOODBANK: continues to thank all Christ Church donors for their generous support, but, because of large current stocks from wide good support, asks that future contributions for a while ahead be confined as much as possible to 3 sorts of food still in rather short supply, i.e. JAM, CUSTARD and TINNED TOMATOES. Another option is cash, always well applied, either via 'localgiving.org' or through Paypal via e-mail to 'info@cardiff.foodbank.org.uk'. Thank you!

HELP PLEASE!!!: We are in urgent need of more drivers to help with lifts to and/ or from Good Companions on Tuesday afternoons...can you help? At 2pm? 4pm? Occasionally? Weekly? Fortnightly? Monthly? To discuss please speak to Val [02920 747021](tel:02920747021) or Alison [02920 761277](tel:02920761277). Thank you.

HIRING OF CHURCH HALL: Please note if anyone wants to book the church hall please contact Gill Barker on 02920 747464 in the first instance. Thank you

THURSDAY 9.30am EUCHARIST: The Eucharist is on the 1st and 3rd Thursdays of each month. The upcoming dates are on the **7th & 21st March.** Tea and coffee are available afterwards.

REV'D TRYSTAN RETURNS: We are delighted that Rev'd Trystan has returned after being off work with his back injury. Because of his continuing recovery Rev'd Trystan will only be involved in parts of services, rather than taking whole services. Neither will he be able to take baptisms or funerals. The Pastoral Care Team will cover his visiting. Please understand that he cannot stay standing or sitting for any period of time, so please forgive him if he has to disappear quickly at times, or has to cut conversations short when he speaks to you. Welcome back Rev'd Trystan!

ELECTORAL ROLL: If you consider Christ Church your home church, then we would love to include you on our church members list, known as the Electoral Roll. You can be on the electoral roll whether you attend services regularly or infrequently. Being on the electoral roll helps show the diocese how well supported Christ Church is. Application forms for inclusion on the Electoral Roll, together with details printed on the back, are available at the entrance to the Church. After you have filled in the form place it in the receptacle provided. David Alexander, Electoral Roll Officer. Any questions about the Electoral Roll, please speak to David, Revd Trystan, or Revd Jordan.

UNWANTED TOILETRIES: The Good Companions are collecting any unwanted toiletries; these will be offered to emergency patients at the Heath Hospital who often have no personal items or money with them when they are admitted. Should anyone have any unopened toiletries which they would be happy to donate, please pass them on to Val (02920 747021).

CHURCH OPEN FOR PRAYER: Please note that in future the church will be open for private prayer on the **first Wednesday** of each month, 10am to 12 noon. The next date will be March 6th.

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.

**NEW HALL PROJECT
TARGET £100,000**

Our Planning Application has been approved! We are getting closer to the long held dream of a NEW HALL so we need to redouble our fund raising efforts to make it a reality.

SOME OF THE IDEAS BELOW ARE ALREADY BEING UNDERTAKEN BUT ALL NEED YOUR SUPPORT

ALLOTMENT PRODUCE & HOMEMADE PRESERVES: Thank you to all those supplying me with jam jars – for the present I have plenty of all sizes for any preserves that will be made later in the year. During April I hope there will be some rhubarb from the allotments – depends as ever on the weather!

OLD POUND COINS: We are collecting old pound coins for the Church Hall Appeal. If anyone has some please put them in the box in the entrance or into the collection bags. THANKS Linda Alexander

CAKE MAKING - cakes always sell!

MUSIC CONCERTS

SCRAP GOLD: Shirley Davies is still collecting scrap gold - broken chains, odd earrings and similar. Any gold item you no longer want can be added to the pile, which has already raised over £575!
Please continue to support.

GREETING CARDS: Mothering Sunday cards and Easter cards will be available in the hall on Sundays after the 10am service. Look in the Church porch for birthday and other occasion cards or ask Shirley Davies. Funds for the new Christ Church hall.

If anyone has any ideas, however big or small, to raise money for the exciting New Hall project, please share them! Thank you all for your continued support.

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@churcheinwales.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

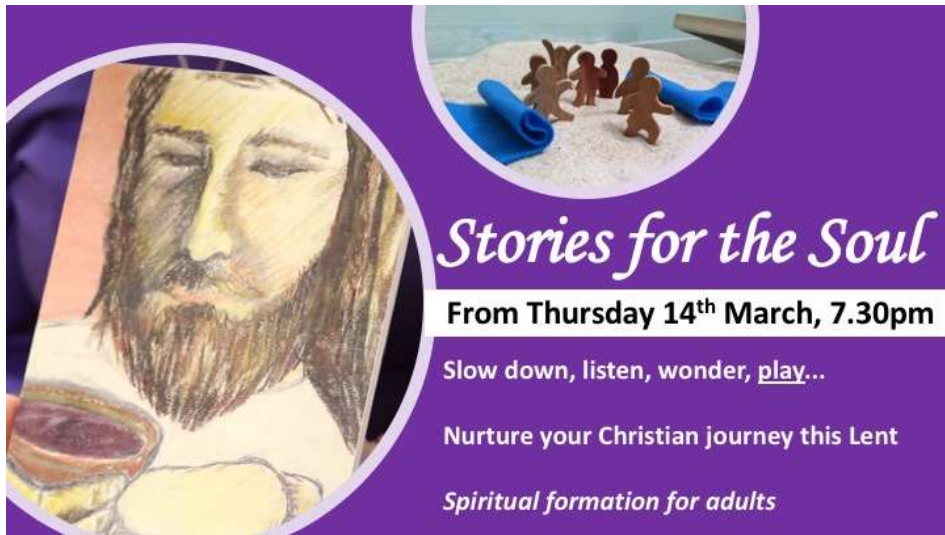
Churchwardens: Haydn Hopkins 029 20621280 or
07970 079797

Colin Francis: 029 20751773

Parish Website: www.christchurchcardiff.co.uk

Email: info@christchurchcardiff.co.uk





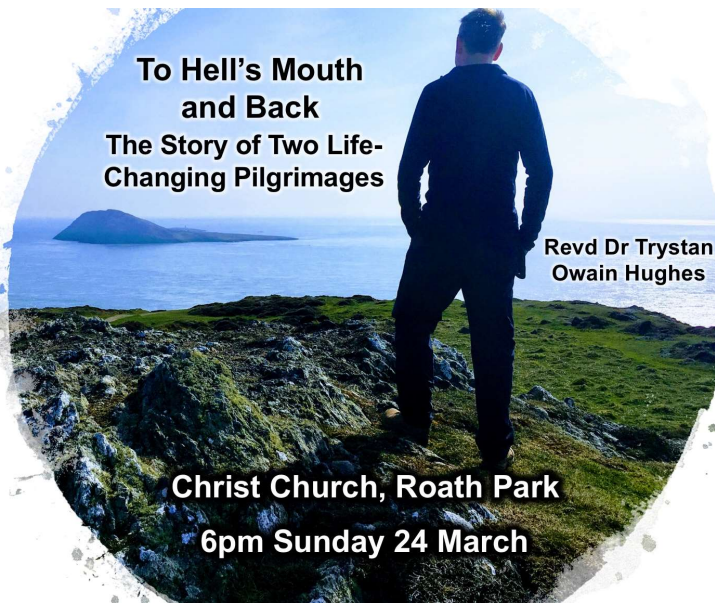
Stories for the Soul

From Thursday 14th March, 7.30pm

Slow down, listen, wonder, play...

Nurture your Christian journey this Lent

Spiritual formation for adults



**To Hell's Mouth
and Back**

**The Story of Two Life-
Changing Pilgrimages**

Revd Dr Trystan
Owain Hughes

Christ Church, Roath Park

6pm Sunday 24 March

ConneXion Groups (*-coordinators)

ConneXion groups meet once a month

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@churchinwales.org.uk

Group 1 (daytime)

Val Jones*
Isabel Santore
Glenys Nettleton
Audrey Lewis
Margaret Griffiths
George Cable
Nadia Bunston
Liz Reid
Carol Rudram

Group 2 (evening)

Haydn and Jill Hopkins *
Julie Waller
Jane Song
Claire Edwards
Margaret Griffiths
Julia Matthews
Hannah Burch
Mary Payne
Jane Roberts
Gwilym Roberts
Hilary Chiles
Rev'd Jordan Hillebert
Andrew Wade

Group 3 (evening)

Linda Alexander *
David Alexander
Chris Vokes
Derek Burston
Elizabeth Burston
Siu Chan
Gill Barker
Clare Dow
Sally Lewis
Sylvia McCarty
Kate Thomas

Group 4 (evening)

Trystan & Sandra Hughes *
Emma Breraton
Sarah Goldsmith
James & Ingrid Preston
Anna & Paul Mortimore
Hannah Burch
Alex Kinsey & Ethan James
Justin and Coral Freeman
Fernanda Gray
Rebekka Jones
Andy Taylor

Group 5 (evening)

Sue Hurrell *
Emma Laing
Sandra Hughes
Ruth Payne
Justine Ryland
Jo Jefford
Michele Browne
Jane Roberts
Flora Samuel
Jenny Wigley

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

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

Making pancakes for Shrove Tuesday!

