

## Welcome to Christ Church

Week commencing 31<sup>st</sup> March 2019

### **Sunday 31st March: The Fourth Sunday of Lent:**

#### **Mothering Sunday**

**8.00am Holy Eucharist**

**10.00am Parish Eucharist, Funky Church & J-Walkers**

**6.00pm Lent Talk (Part 2) A reflection by Rev'd Dr  
Trystan Owain Hughes 'To Hell's Mouth and Back'**

**6:30pm J-Walkers**

**Monday 1<sup>st</sup>**

**7.15pm Alpha Course**

**7.30pm Keep Fit**

**Tuesday 2<sup>nd</sup>**

**2.00pm Good Companions**

**Wednesday 3<sup>rd</sup>**

**10.00am Church Open for Private  
Prayer**

**Thursday 4<sup>th</sup>**

**9.30am Midweek Eucharist  
(*followed by tea & coffee*)**

**1.30pm Chatterbox**

**7.30pm Stories for the Soul  
(*4 of 5*)**

### **Sunday 7<sup>th</sup> April: The Fifth Sunday of Lent**

**8.00am Holy Eucharist**

**10.00am Family Service**

**6.00pm Lent Talk "What does the Bible say about  
childlessness" a reflection by Gareth Erlandson**

**6:30pm J-Walkers**

## **The Fourth Sunday of Lent**

### **Collect**

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human family to himself:  
strengthen us in our daily living  
that in joy and in sorrow  
we may know the power of your presence to bind together and to heal;  
through Jesus Christ our Lord,  
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 Corinthians**

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.  
*(2 Corinthians 1: 3-7)*

This is the Word of the Lord  
**Thanks be to God**

**Psalm 34. 11-20**

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

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to

her, 'Woman, here is your son,' and to the disciple, 'Here is your mother.'  
From that time on, this disciple took her into his home.  
(John 19: 25-27)

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

### **Post Communion Prayer**

Loving God,  
as a mother feeds her children at the breast  
you feed us in this sacrament with the food and drink of eternal life:  
help us who have tasted your goodness  
to grow in grace within the household of faith;  
through Jesus Christ our Lord.  
**Amen**

### **Next Sunday's Readings & Rotas**

**Eucharist:** Isaiah 43: 16-21 & John 12: 1-8

**Reader:** Sophia Grey

**Intercessor:** Olivia Brereton

**Welcoming Team:** Claire Edwards, Len Bowker, Gerald Bradnum,  
Caryl Roach

**Coffee:** Glenys Nettleton, Gill Barker, Mary Payne

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

### **WEEKLY PRAYERS**

**Sunday:** Pray for the Church of the Province of the Indian Ocean;  
for the Parish of Llanishen; for those involved in hall administration;  
for the residents of Cefn Coed Road.

**Thursday:** Pray for the Church in Lainya, South Sudan; for the Parish  
Llandyfodwg & Cwm Ogwr; for altar servers; for the residents of Scott  
Court.

**Sunday:** Pray for the Church in Lake Malawi; for the Parish of Llansantffraid,  
Bettws & Aberkenfig; for the choir, organists & the musicians; for the residents  
of Cefn Coed Gardens

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

**For the prayers for the remaining days of the week please  
see: [www.llandaffchurcheinwales.org.uk](http://www.llandaffchurcheinwales.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 – TO HELL’S MOUTH AND BACK – PART 2:** All are welcome to join us this evening (31st) at 6pm for the conclusion of last week’s Lent Talk, a reflection by Rev’d Dr Trystan Owain Hughes on his 135 mile pilgrimage and the even bigger challenge on the recurrence of his subsequent back injury. Don’t worry if you didn’t make last week’s talk – Trystan has written them so they are still accessible even if you had to miss one of them! Please do join us for what are sure to be fascinating reflections.

**LENT TALK – WHAT DOES THE BIBLE SAY ABOUT CHILDLESSNESS?:** Please join us on the 7<sup>th</sup> April at 6pm for the final talk this Lent by Gareth Erlandson, our Ordinand, a pastoral reflection on “What does the Bible say about childlessness?. All welcome!

**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. The fourth of the five weekly sessions takes place on **Thursday 4<sup>th</sup> April at 7.30pm** at Christchurch. Please let Hannah Burch know if you would like to attend.

**ANNUAL VESTRY MEETING:** This year’s Annual Vestry meeting will be held on Sunday 14<sup>th</sup> 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 this is an opportunity for someone else to get involved especially with the diocese 2020 Vision for the Church in Wales. Please begin to prayerfully consider who you might wish to stand for election to the PCC this year and who you might wish to elect as the People’s Warden. Haydn Hopkins continues as Vicar’s Warden. Nomination forms for People’s Warden and PCC are now available in the church porch. These need to be in by the **7<sup>th</sup> April 2019**. Thank you.

**CHRIST CHURCH SOCIETY:** Wednesday 24<sup>th</sup> April, at 7.30pm, in the Church Hall. The next meeting of the Society features an illustrated talk and plant forum “Spring Gardening” by Sheena Crossley. A buffet and refreshments are provided and the subscription payable is £5.

**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.

**BLUE COLLECTION BOX:** There is a blue collection box in the porch for odd coins and loose change. This is NOT money for the Church Hall Fund, but rather for the general upkeep, repairs and maintenance of the Church building. We are, amongst other things, shortly going to have to replace the fascia boards and recently the sound system and screen technology needed attention. Many jobs, the gardening, run of the mill repairs and maintenance are carried out by our own Congregation members but others do of course require the employment of outside people. Every little helps! Thank you.

**CARDIFF FOODBANK:** Thanks all donors for their generous support but, because of continuing large current stocks asks that future contributions for a while ahead be confined as much as possible to 8 sorts of food still in rather short supply, i.e. TINNED POTATOES, TINNED FISH, RICE PUDDING, SPONGE PUDDING, CUSTARD, JAM and TINNED TOMATOES. Another option is cash, always well applied, either via '[localgiving.org](http://localgiving.org)' or through Paypal via e-mail to '[info@cardiff.foodbank.org.uk](mailto:info@cardiff.foodbank.org.uk)'. Thank you!

In October to December 2018 Christ Church Roath Park donated 171.9 kg of food, including the Harvest Festival collection, equivalent to 3-day food parcels for 15 people. Thank you to all of those who have contributed food and arranged the collections and deliveries.

**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 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month. The upcoming dates are on the **4<sup>th</sup> & 18<sup>th</sup> April**. 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 April 3<sup>rd</sup>.

**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. If you regularly use this method of giving please see Gerald Bradnum as there are several other easier options.

**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](mailto: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](http://www.facebook.com/christchurchcardiff)

[www.twitter.com/ChristChCardiff](http://www.twitter.com/ChristChCardiff)

## **PARISH INFORMATION**

**Vicar: Revd Trystan Hughes Tel: 029 20758588**

**Mob for emergencies: 07976523634**

**[trystanhughes@churcheinwales.org.uk](mailto:trystanhughes@churcheinwales.org.uk)**

**Curate: Revd Jordan Hillebert Tel: 079 36288330**

**[Jordan.hillebert@stpadarns.ac.uk](mailto:Jordan.hillebert@stpadarns.ac.uk)**

**Parish Office: 029 20763151 –**

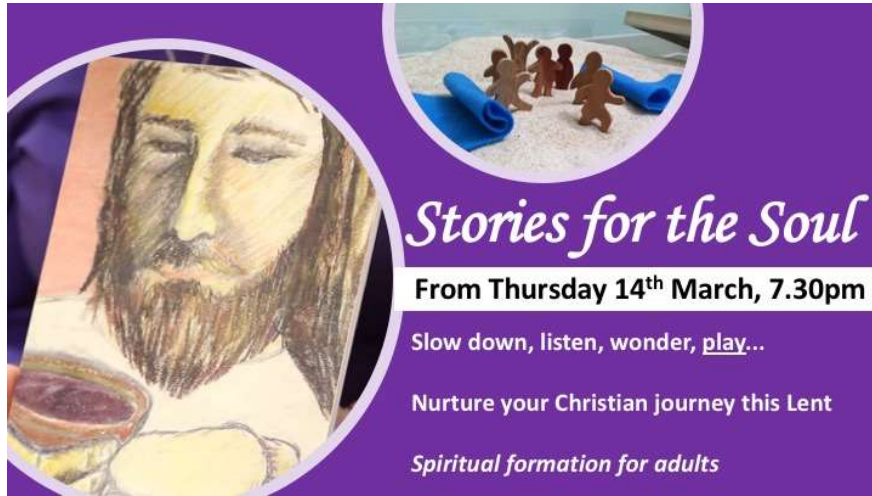
**open Mon & Weds 9.30am to 12.30pm**

**Churchwardens: Haydn Hopkins 029 20621280 or  
07970 079797**

**Colin Francis: 029 20751773**

**Parish Website: [www.christchurchcardiff.co.uk](http://www.christchurchcardiff.co.uk)**

**Email: [info@christchurchcardiff.co.uk](mailto:info@christchurchcardiff.co.uk)**



*Stories for the Soul*

**From Thursday 14<sup>th</sup> March, 7.30pm**

Slow down, listen, wonder, play...

Nurture your Christian journey this Lent

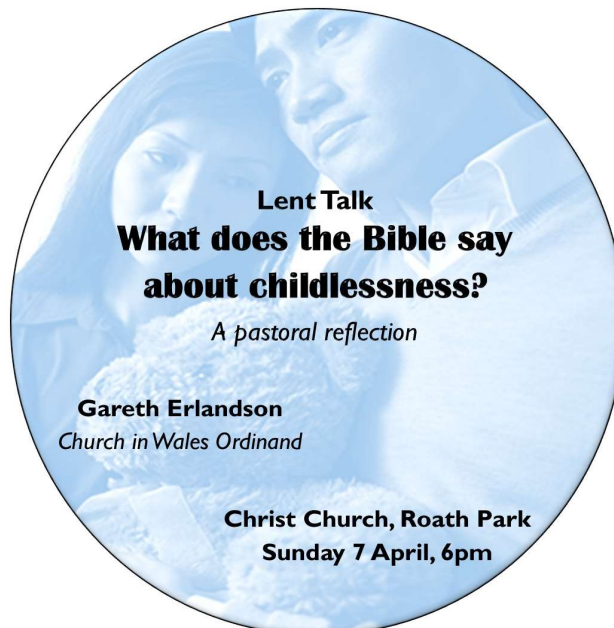
*Spiritual formation for adults*



**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**



**Lent Talk**  
**What does the Bible say  
about childlessness?**  
*A pastoral reflection*

**Gareth Erlandson**  
*Church in Wales Ordinand*

**Christ Church, Roath Park**  
**Sunday 7 April, 6pm**



## **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](mailto: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  
Gareth & Shavonne Erlandson

#### **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](mailto: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

"See what love the Father  
has given us, that we should  
be called children of God."

1 John 3:1

