

## Welcome to Christ Church

Week commencing 28<sup>th</sup> July – Trinity 6

**Sunday 28<sup>th</sup> July – Trinity 6**

**8.00am Holy Eucharist**

**10.00am Parish Eucharist**

**6.00pm Evening Worship**

**Thursday 1<sup>st</sup>**

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

**Sunday 4<sup>th</sup> August – Trinity 7**

**8.00am Holy Eucharist**

**10.00am Parish Eucharist**

**6.00pm Evening Worship**

## Trinity 6

### Collect

Merciful God,  
you have prepared for those who love you  
such good things as pass our understanding:  
pour into our hearts such love toward you  
that we, loving you in and above all things,  
may obtain your promises,  
which exceed all that we can desire;  
through Jesus Christ your Son 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 Colossians

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority. In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

*(Colossians 2: 6-15)*

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

**Psalm 138 (Pg.638)**

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

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.'

He said to them, 'When you pray, say:

“Father, hallowed be your name,  
your kingdom come.

Give us each day our daily bread.

Forgive us our sins,

for we also forgive everyone who sins against us.

And lead us not into temptation.”

Then Jesus said to them, 'Suppose you have a friend, and you go to him at midnight and say, "Friend, lend me three loaves of bread; a friend of mine on a journey has come to me, and I have no food to offer him." And suppose the one inside answers, "Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything." I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

'So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

'Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!'

*(Luke 11: 1-13)*

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

## **Post Communion Prayer**

God of our pilgrimage,  
you have led us to the living water:  
refresh and sustain us  
as we go forward on our journey,  
in the name of Jesus Christ our Lord.

**Amen**

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

**Eucharist:** Ecclesiastes 1: 2, 12-14 & Luke 12: 13-21

**Reader:** Jane Song

**Intercessor:** Julie Waller

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

**Coffee:** Emma Laing, Justine Ryland

**Ministers of Communion:** Gerald Bradnum

(Reserve: Angela Foley)

## **WEEKLY PRAYERS**

**Sunday:** Pray for the Scottish Episcopal Church; for the Parish of Lisvane; for the flower arrangers; for the residents of Duffryn Avenue.

**Thursday:** Pray for the Church in Port Elizabeth, Southern Africa; for the Parish of Roath, St Martin; for the church cleaners; for the residents of Llyn Close.

**Sunday:** Pray for the Church of the Province of South East Asia; for the Parish of Caerau w Ely; for the Paradise Food Run; for the residents of Pennant Crescent.

*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

**EVENING WORSHIP:** Please do join us for Compline Evening Worship at 6pm, all welcome.

**FUNKY CHURCH/J WALKERS SUMMER BREAK:** Please note there will be no Funky Church/J Walkers at the 10am services during the school summer holidays. There will be quiet activities provided at the back of the church.

**MESSAGE FROM REVD JORDAN:** We want to express our heartfelt thanks to the congregation for the immense love and support we felt at our goodbye. Your generosity towards us was overwhelming. Thank you for all you gave to us! We have already enjoyed our National Trust Membership this week going to Dyffryn Gardens as a family, and we look forward to enjoying this gift all year long (we will think of you each time we use our membership)! Most importantly, thank you for all your kind words, notes, and encouragement. We will always hold you and our time at Christ Church close to our hearts.

**CONGRATULATIONS:** Congratulations to our vicar, Revd Trystan, on being invited to become Canon Theologian within the Greater Chapter of Llandaff Cathedral. This is in recognition of his theological teaching, both within the diocese and St Padarn's Institute. This is a great honour for Revd Trystan as he continues to undertake his two ministries - vicar of Christ Church and tutor in St Padarn's. We are invited to his inauguration, along with the rest of the Greater Chapter, at 3.30pm on Sunday 29 September at Llandaff Cathedral Evensong.

**THANK YOU:** A HUGE thank you to all for your support and confidence for recent Stewardship Day. Please do pick up a Stewardship Booklet on your way out if you haven't received one - we need your help so we can continue our great work in the local community. Diolch!

**LOOK:** to your left - as you face the altar you will see on the Reading Desk, a scrap book telling something of the story of the altar rail KNEELERS. If you like you may speak to Posy Akande about it, or perhaps Derek Burston.

**A ROCK N' ROLL EVENING:** with the band 'Denmark Street' on Saturday 19<sup>th</sup> October at 7.30pm. Please put this date in your diary. More information to follow.

**TRYSTAN'S BOOKS:** Trystan has received a new supply of his books and so they are back on sale at Christ Church. His latest book, "Living the Prayer", which explores the challenge of the Lord's Prayer, is now back in stock and available for you to buy at a reduced price of £6 or £10 for two copies. Please talk to Claire Edwards if you want to purchase a copy of Living the Prayer or any other of Trystan's books. The contact for Claire is [ced45@btinternet.com](mailto:ced45@btinternet.com)

**CONFIRMATION SERVICE:** We are delighted that Bishop June is visiting

Christ Church for the first time to take our Confirmation service on Sunday, 15<sup>th</sup> September at 10am. Please do put that date in your diaries as it would be great to have as many people as possible with us at that service.

**FIRST COMMUNION CLASSES:** If any child is interested in taking first communion sessions, so they can receive communion at the altar, please do tell Rev'd Trystan. Children are usually in Years 1 to 3 in Primary School when they undertake these sessions. There are usually three sessions at Sunday lunchtimes (with lunch included).

**BLUE COLLECTION BOX:** There is a blue collection box in the porch for odd coins and loose change. This is 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. Many thanks to you're supporting this initiative. It has already yielded just under £150 for which we are grateful. Please continue to drop in your small change and odd coins. 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!

From April to June 2019 Christ Church Roath Park donated 131.3kg of food. We see our use continue to rise and in 2018 we provided food for 13,248 individuals, with 150,840 tonnes of food and toiletries given out. 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.

**VACANCY FOR A BEAVER LEADER:** A new leader for Beavers at the 84<sup>th</sup> Scout Group (green Scout Hut next to the Church Hall) is needed. Full training will be given. For further details please contact Gill Barker on 02920 747464.

**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 the **1<sup>st</sup> & 15<sup>th</sup> August.** Tea and coffee are available afterwards.

**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).

**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**

Planning Permission now granted, we have appointed our Architects the PENTAN PARTNERSHIP to lead the project forward. The Church in Wales suggest we obtain at least 3 quotes from Builders for the construction of the Hall and we welcome those interested to contact Linda Alexander for further information. Obviously it is still necessary to continue to raise funds so we ask you support or initiate Coffee Mornings, Cake and Garden produce sales, Concerts, Gold and Greeting Card sales.....

All ideas are welcome to enable this exciting project to become a reality.

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

**ALLOTMENT PRODUCE & HOMEMADE PRESERVES:** Keep a look out for produce/preserves often available after the 10 am Sunday service. No more jam jars required for the present.

**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**

Please continue to support.

*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@churchinwales.org.uk](mailto:trystanhughes@churchinwales.org.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)**



## **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  
Derek Burston  
Elizabeth Burston  
Siu Chan  
Gill Barker  
Clare Dow  
Sally Lewis  
Sylvia McCarthy  
Kate Thomas  
Ed & Carol Mills  
Beryl Jones  
Elizabeth Davies

#### **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](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)

# The Lord's Prayer

1



**Our father  
which art in heaven  
hallowed be  
Thy name** — Matt 6:9