

# Christ Church News AUGUST 2020

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## Stepping out from lockdown



Charlie, Ben and I had such a brilliant time Alpaca trekking on Dartmoor last weekend. Alpacas are such gentle creatures and they love people! So much so that if you put your face towards one, they instinctively lean forward to touch noses, which is their way of giving you a kiss.



RUTH, CHARLIE AND BEN

It was the best therapy, walking on the moors for 3 hours in the sunshine and easy to feel close to God when you're surrounded by his beauty and amazing creations.

We will definitely be going again.  
Ruth



### THANKS

Our thanks go to Gaye and Bob who have been lovingly tending the church gardens during this time of Lockdown. The picture of our church on the masthead is a credit to all their work and reminder to us all of our spiritual home.

As we start to think about how our church can move forward out of lockdown we need to consider the safety of all our congregation, both old and young. Please pray for our leadership as they consider how we can move forward safely in our worship and prayer, especially Colin Francis who is our H & S officer..

Claire Edwards says she still has plenty of blackcurrant jam with courgettes and beans beginning to grow well with tomatoes and apples to come later in the month.  
02920756493



Please pray for those who are sick amongst us and who are feeling downcast because of isolation and other reasons. We wish all our readers a time of peace and quiet contemplation during this month of August.  
Ed

**LOCKDOWN SO STRANGE.** Lockdown has been the strangest of times, so many things that we take for granted suddenly swept away. It's the little things I miss the most, coffees and (face to face) catch ups with friends - I'm a big hugger, so suddenly having to make sure I keep 2 metres away from everyone outside my immediate family is not easy! Also, having to become an expert on Zoom over the space of a weekend so that I could continue to teach my undergraduate students until the end of term was probably my biggest challenge. Every morning of lockdown I have tried to start my day with some yoga and have thought about this verse from Romans as a sort of mindfulness exercise while I'm doing it:

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" (Romans 15:13). I've also listened to Trystan's Easter podcast many many times. Better days are coming. This I know for sure.  
Ruth Payne



# GOODBYE FROM REVD PAUL

Revd Dr Paul Fitzpatrick has been a part of our clergy team for the past four years. During that time (and for many years before) he worked as the chaplain of Cardiff Met University. This month he has retired from his chaplaincy post and moved to the Devon/ Cornwall border, we will miss him hugely. A huge thank you from us all here at Christ Church for everything he has contributed over the past four years – we have been so blessed to have him minister to us. Here he writes to us from his new home.

**Trystan**

**I am here, I am retired and living on the North Devon/Cornwall Border. We have two farms for neighbours and that's about it for a mile either side. We live atop of a West facing ridge with 20 mile views to Dartmoor to the south, and a 7 mile view to the sea to the north. As I write this in our garden, there are Woodpeckers on the trees and our visiting Sparrow hawk has just taken a Robin (again); Life is idyllic, the dog thinks he is in heaven, the rabbits all ignore him, and we love it here.**

**So do I miss Cardiff? Of course I do.** I had thirteen of the most wonderful, frustrating, demanding, disappointing and rewarding years of my life here and I loved it all. I got on with everyone (almost) and I grew a chaplaincy team at Cardiff Met University which has flowered and gone on to do really impressive things. I have the best office in the university, incredible friends, a wonderful home church and memories that will stay with me, some sad, most happy.

I have just written to my Bishop explaining my reasons for going and the letter was not difficult: The time is right, we are both ready, working with deafness is increasingly difficult and the university is ready for a change.

**'we never walk away from someone in need'**

There is, of course, more to it than that. Working from home has given me a lot of time to talk and listen to staff and students during lockdown. Frequently I sit in the garden office at night and talk to people I have known a day, or forever, in the pouring rain or the crystal cold night. Mostly talk is about aspiration, goals, values, life, faith and relationships. Sometimes I listen to people who are in pain and of course there has been a lot of death. I am frequently asked if Chaplaincy ever gets difficult or depressing; actually it is a joy – honestly! A real privilege to be trusted and needed to be there when other services are not; our working motto for thirteen years has been 'we never walk away from someone in need' and we never have.

**So what will I miss?** Staff and students who I work with, care for, lecture or supervise. My Chapel, Trys, Christ Church people. The



**Oliver, Sarah and Paul having a retirement meal**

E&D Meetings and the Ethics Committee (yes I am a geek!). Friday late when a student has stopped crying and smiles a little as they leave. A beer with a colleague. The drama students. Laughing at graduation. The 6pm reflective service at Christ Church. My deputy. Supporting friends (known or not) during bereavement or loss. Carols. Our forced migrant community. Walking Henry (hearing dog) in Cyncoed woods. The contacts who make things happen and rescue students. Standing against oppression. Hearing people. You.

**What won't I miss?** Missing the Fire Alarm because I can't hear it. Seeing people who have given it their all and not succeeded. The Coffee. Watching dreams and relationships break. The minor pettiness born of frustration or insecurity. Unanswered emails.

When recently talking to a friend, we agreed that what we love the most about Cardiff Met is the staff. In my 60 years this has been the most caring establishment that I have ever had the privileged to work in, and of course, caring and innovative staff, attract caring and innovative students.

**The most significant loss to retirement, though, is Christ Church. The bedrock of my faith and fellowship.**

**I have achieved all the goals I set myself when I came here to Cardiff and have watched my university and church become something really special. My only regret is that I did not get to say good-**

**bye to people whom I genuinely love and deeply respect. My chief joy is that I leave them in the care of the most gifted ministry team I have ever worked with. Thank you all – and on to the next adventure(s).**

*Paul..... and Henry*



# The Hurrells in lockdown

**Hello to all of our Christ Church friends!**



Sue, Immy, Bruce and Owen

**We've been doing really well during the lockdown - we are so fortunate to have each other, jobs that can be done from our computers at home, a lovely house and garden and more than enough of everything we need. It's been incredibly easy for us compared with so many others.**

At the start of lockdown Bruce's work was extremely busy but mine went quiet, which allowed me to help Immy and Owen adjust to being, and learning, at home. Immy has been out with us all every day either walking in her frame round Cyncoed Gardens or for a family cycle on her new reclining tricycle. Owen and I have been running several times each week. I've almost completed a lockdown king size hand-sewn patchwork quilt made from old shirts, duvet covers and other fabrics to mark our 20th wedding anniversary this summer.

**Easter week was set to be a disappointment, especially for Owen who is used to this being the most dramatic and moving week of his year as a chorister at Llandaff cathedral.** However I was determined to make it memorable in different ways so we read the daily readings, had a last supper meal, made an Easter garden and held a little "new fire" ceremony with some neighbours outside our front door at dawn on Easter Day. Some lovely memories to hold on to. We've all really enjoyed podchurch each week, and are still enjoying recording songs and hymns - over 70 now I think. The group recordings have been a lot of fun and quite funny in the making at times too! We're so lucky to have so many talented musicians of all ages at Christ Church

More recently things have been more challenging for me as my work has become very busy again - hours in

end-to-end online meetings. Thankfully my amazing mum has been doing online science lessons for her youngest grandchildren for several hours a week, and the Whizzkids charity has also kept Immy engaged with online activities - these have been vital in keeping her connected, learning and entertained. Her school has kept in good contact too and sent work for her to complete. Owen's school has had a really impressive full-time online learning schedule and he's worked really hard. A few days back in school for both of them was very beneficial.

Both children have learnt lots of new cooking and other independence skills—

Immy has been helping with meals in our new accessible kitchen and fending for herself while I've been working. She has just turned 15.

Owen is following in his dad's footsteps and becoming a great baker. His minimal effort, confident approach yields great results!

It hasn't always been easy juggling everything and keeping the children happy and usefully occupied, and Bruce has had a lot to puzzle over and worry about at work, but we've benefitted so much from the slower pace compared with our usual incredibly hectic lives. Good weather for most of the time has helped a lot - we've really noticed and appreciated the flowers and wildlife in our garden and local area. I hadn't realised how much of Cardiff is still ancient woodland.

**We are missing seeing friends and family in real life though, and really**

**hoping that the steady and cautious approach to easing lockdown in Wales will help us avoid another wave of this virus. I can't wait to see you all again when we can get back into church!**

*Sue*

**Happy 20th Wedding Anniversary**  
Ed





**Christ Church Roath Park, Lake Road North, Cardiff CF23 5QN**

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**Priest in charge: Revd Canon Dr Trystan Owain Hughes Tel: 07976 523634**

**Other Clergy: Revd Canon Jenny Wigley : Revd Andrew Wade : Revd Canon Ian Rogerson  
Revd Chris Burr : Revd Siôn Brynach**

**Lay Readers: Dominic De Saulles : Eleanor Williams (in training)**

**Parish Secretary Denise Searle: at Parish Office (Monday and Wednesday mornings)**

**Parish Office/Hall Enquiries Tel: 029 20763151**

**Church Wardens**

**Haydn Hopkins Tel: 029 20621280**

**Colin Francis Tel: 029 20751773**

**During this time of Corvid-19 events are curtailed. However, please contact our team for any information**

<b>PCC Secretary</b>	Judith Hill 029 20758080
<b>Treasurer</b>	John Hodgson 029 20764485
<b>Gift Aid Secretary</b>	Gerald Bradnum 029 20751177
<b>Electoral Roll Officer</b>	David Alexander 029 20759704
<b>Pastoral Care Co-ordinator</b>	Val Jones 029 20747021
<b>Sacristan</b>	Roy Dowell 02920408265
<b>Flowers</b>	Mary Payne 07813551152

**IT support** Richard Hill 02920758080

**Christ Church News Editor** Linda Alexander  
07814759559 email: linda@familyalexander.co.uk

**Christ Church Society** Howard Kilvington 02920317301

**Ladies Keep Fit** Mondays 7.30pm Gill Kilvington 02920 317301

**Hall Bookings Secretary** Gill Barker 02920 747464

**Music at Christ Church** Sue Hurrell & Jane Roberts: :  
**youth choir** on Tuesday evenings in Sue's house  
email : hurrell.sue@gmail.com / 029 20485171

**Main choir** 2nd & 4th Thursday of month 6.30-7.30pm  
in church Janeg@doctors.org.uk/ 07909 971293

**We'd be delighted to welcome new musicians and  
choir members**

**ConneXion Groups.....**

Meet monthly at various times and in various houses. Contact the Parish office for more information.

**Good Companions** Tuesdays 2:00pm– 4.00pm

Contact: Val Jones or Alison Peters

Val Jones Tel: 029 20747021

Alison Peters 029 20761277

**SCOUTS** Beavers Monday at 6.30pm

Cubs Wednesday 6:15pm

Scouts – 84th Cardiff

Wednesdays 7:30pm

Geoff Payne 02920 756577

OR Caryl Roach, 02920 754463

**CHILDRENS & YOUTH WORK**

**Chatterbox** Parents & Toddlers – every Thursday  
1:30pm – 3:00pm in the hall.

Contact: **Ann Francis Tel 029 20751773**

**FUNKY Church** age up to 11 meets each Sunday  
during the service except for Family service.

**Sandra Hughes Tel: 029 20758588**

**Messy Church**

Contact: **Linda Alexander Tel: 07814759559**

**Youth Club J Walkers** age 11– 18

**Sandra Hughes 029 20758588**

**Open the Book**

**Alison Peters 02920761277**

**Sylvia McCarty 0774324139**

**Child Protection Officer**

Contact: **Colin Francis Tel: 02920 751773**

**Rainbows** in the church hall

**Tuesdays 5:00pm**

Contact: **Emma Lane Tel 02920 750675**

**Join us during this difficult time for our online services**  
**[www.soundcloud.com/ christchurchcardiff](http://www.soundcloud.com/christchurchcardiff)**