

Temptation Station

The train marked **Lent** has pulled into the station promising its traditional orgy of self-denial. It won't work, of course, for most people. The more you put fences around things, the more people desire them. That's what Paul told the early church and I don't think it's changed much. That's why diets fail! Of course some people succeed. They'll be the ones looking incredibly smug while mere mortals struggle.

Others will set out to do something additional in Lent as their penance – an additional commitment, an additional challenge. These people are pretty easy to spot when Lent is ended. They're the ones who look exhausted!

Those who don't like self-denial or extra work can take comfort in what Saint Augustine and John Lennon both said: all you need is love. That sounds easy-peasy until you think about what love actually involves – muscle, common sense, space for others, sacrifice. These are things that we don't usually describe as love but are part of the breath that lets it live.

When you look at the options like that, the real temptation of Lent becomes clear. It's to give up. That's why Jesus was so insistent that he would be with his followers to the very end. Not one of us makes it on our own.

We continue to pray for those members of our Church Family and Friends who are unwell and all those who mourn.

*If you would like to be included in the prayer list,
Please write your name in the book in the foyer of the church.*

**Please pray for our CEEMP Prayer Partners:
St Edeyrn's, Llanedeyrn**



CYNCOED METHODIST CHURCH

**A warm welcome to everyone worshipping with us today
Please stay for coffee or tea in the church after the service.**

**Sunday 18th February 2018
First Sunday in Lent**

Steward: Alison Harrison

10.30am Catherine Hewett

6.00pm Rev. Philip Buckland @ St. Andrews

*Readings; Genesis 9: 8-17; Psalm 25:1-10; 1 Peter 3:18-22;
Mark 1: 9-15.*

At Cyncoed Methodist Church

We are called to tell God's story by living as God's people through:

- Preaching and teaching the gospel
- Encouraging spiritual growth
- Outreach in the community
- Responding to opportunities for change

all inspired by God centred worship and prayer.

A family room is available, if needed, for the use of parents with babies and toddlers, allowing parents to share in worship while the little ones enjoy the toys provided. Please ask one of the stewards for more information.

Please ensure that your mobile is on 'silent' during the service

The Ministerial Team:

Rev Philip Buckland: Tel: 029 2049 5202, buckland.philip@gmail.com

Rev Jarel Robinson-Brown:

Tel: 029 2052 9255, jarel.robinson-brown@methodist.org.uk

Family & Community Lay Worker - Helen Osborne

Tel: 029 2039 3439, mobile 07788 701 129, helen.osborne11@btinternet.com

Church Office: 029 2039 3439

cyncoedmethodistchurch@gmail.com

Sunday 25th February 2018 Second Sunday in Lent

Steward: John Tredget

10.30am Rev. Jarel Robinson-Brown

6.00pm Rev. Philip Buckland

*Readings; Genesis 17: 1-7, 15-16; Psalm 22: 23-31;
Romans 4: 13-25; Mark 8: 31-38.*

Events

Fun Day:

Monday 19th February 2018 10.30am- 3.00pm for children aged 5 – 11 years at Cyncoed Methodist Church.

Cost £2 per child (Max £4 per family). The children will need to bring a packed lunch.

Consent forms are available on the table in the vestibule or in the notice rack in the Foyer.

If you are new to this church or if you have any particular concerns and would like to talk to someone please give your name and contact details to one of the ministers or stewards.

Notices

- **Lent Study Group**

The Lent Study Group continues on Tuesday 20th February at 10.00am and thereafter on Mondays from 26th February until 19th March.

- **Lorna Barnes**

It is with sadness that we announce the death of Lorna Barnes. Her funeral will be on Tuesday 20th February at 1.30pm in the Briwnant Chapel, Thornhill

- **Spring Outreach**

If you would like to contribute an article for our next edition of OUTREACH please will you either email it to me at, m_annotucker@yahoo.co.uk (preferable) or if written leave in the Office for my attention. **Deadline for submission is Sunday 18th February.** Look forward to hearing from you!!
Anne

- **Church Flowers**

“Thank You” to those who donate flowers; to the flower arrangers and to the team who then take flowers to members unable to attend church. If you wish to donate flowers, perhaps to celebrate a special occasion or simply because you enjoy their beauty in the church, please put your name on the Flower Rota for 2018 which is on the table in the front porch. **Pam Ford**

- **Ty Enfys**

Next worship meeting at Ty Enfys will be at 2pm on Monday 26th February.

- **Glenys Carter**

Glenys's family would like to thank the Church family and friends for all their prayers, cards and kindness following Glenys's death. Special thanks to Philip for his support and conducting the funeral service.

Please leave items for the church notices in the Church Office (for Mike Berry) or email to cyncoedmethodistchurch@gmail.com before 5.00pm on Wednesday.