

## The exchange

Lord God  
Whose power is without limit or end  
But whose love is tender enough  
To let your own son be born to us,  
Live with us and die for us,  
Help us to follow your example  
By exchanging vanity for humility.  
And exasperation for patience;  
So, as we follow in his steps,  
We may share in his resurrection,  
Through Jesus Christ our Lord.  
Amen

**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 David's/All Saints Llanedeyrn**

**Prayer in Your Street for March: Hurford Place and Hampton Crescent.**



### 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 1<sup>st</sup> March 2020  
First Sunday in Lent**

**Steward: Peter Evans**

**9.15am Rev. Nick Oborski - Communion**

**10.30am Rev. Nick Oborski**

**6.00pm Rev. Alexis Mahoney @St. Andrew's**

**Readings: Genesis 2: 15-17, 3: 1-7; Psalm 32; Romans 5: 12-19; Matthew 4: 1-11**

#### **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.  
Follow us on Facebook.**

### The Ministerial Team:

#### Rev. Alexis Mahoney

[revalexismahoney@gmail.com](mailto:revalexismahoney@gmail.com)

#### Rev. Kofi Amissah

is away on Sabbatical until the end of April. Please refer all urgent matters regarding St. Andrew's and Cyncoed Methodist Churches to The Rev. Alexis Mahoney via [revalexismahoney@gmail.com](mailto:revalexismahoney@gmail.com) or The Rev. Nick Oborski via [nick.oborski@methodist.org.uk](mailto:nick.oborski@methodist.org.uk)

#### Family & Community Lay Worker - Helen Osborne

Tel: 029 2039 3439, mobile 07788 701 129, [helen.osborne11@btinternet.com](mailto:helen.osborne11@btinternet.com)

#### Church Office: 029 2039 3439

[cyncoedmethodistchurch@gmail.com](mailto:cyncoedmethodistchurch@gmail.com)

### Sunday 8th March 2020 Second Sunday in Lent

Steward: Alison Harrison

10.30am Ian Thomas

3.00pm Messy Church

6.00pm Rev. Nick Oborski @St. Andrew's

*Readings: Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17*

### Monthly East Cluster Evening Service at Cyncoed

Until further notice, the monthly evening service, held at Cyncoed, will be in the Fellowship Room.

### Informal mid-week Communion

Thursdays at 10.30am in the Fellowship Room

*An Oasis of peace in a busy week*

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

- **Wednesday Lunch Club:** needs drivers. If there are any drivers prepared to offer their chauffeuring services for the next few weeks on Wednesday lunch times to a couple of our diners please contact Helen Osborne for details. A lunch is always available by way of thanks as well as some lovely company!
- **Lent Afternoon:** Saturday 14th March - 2pm - Radyr Methodist Church. The afternoon will begin with a brief reflection about Lent and waiting for Easter. You will then be taught by a local florist how to make an Easter/Spring wreath which you will be able to take home. Cost: £30 to include all wreath materials. Contact Rev. Judith Holliman 029 2084 4523 or [Judith.holliman@methodist.org.uk](mailto:Judith.holliman@methodist.org.uk) to book a place.
- **Mens' Breakfast:** next breakfast is on 14<sup>th</sup> March, 8.30am, - 9.30am in the Fellowship Room. Sign up sheet is in the vestibule.
- **CAMEO:** next meeting 4<sup>th</sup> March. Speaker: Anthony Walton. "Birds in the Garden". Leader: Sue Tester.

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