

Church Family News and Prayers

Merthyr and multivitamins

Wales rarely does well on health statistics but at the turn of the century we were doing spectacularly badly. Even Sunderland beat us and Merthyr came rock bottom of everyone. The usual suspects got a bashing: unemployment, smoking, diet, exercise. I was about to drag the multivitamins out of the cupboard when I heard a cheery newscaster telling me that Doctor Somebody Somebody had decreed that they can actually damage your health even more effectively than a shedful of chips.

At that point, I felt thoroughly tired of the politicians and health professionals saying what's good for you – even when they agree which isn't very often. The only thing in their favour, frankly, is that hot air contains no calories.

John Wesley took a different approach. After he'd got kicked out of the churches, most people know that he started doing his sermons in the open air. Not so many realise that he also set up health clinics. Wesley was actually one of the most knowledgeable men of his century when it came to healthcare and especially in what we now call complementary medicine. But what he did best was to make people feel involved. He didn't just lecture them, he helped them where they were. Thanks to his work, people not only felt better in their faith, they also lived longer!

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 February: Hackerford Rd., The Fairway and
Westminster Drive**



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 23rd February 2020
Sunday before Lent**

Steward: John Tredget

10.30am Wendy Barwise

6.00pm Rev. Paul Martin

Readings: *Exodus 24: 12-18; Psalm 2 or Psalm 99; 2 Peter 1: 16-21;
Matthew 17: 1-9*

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

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 or The Rev. Nick Oborski via nick.oborski@methodist.org.uk

Family & Community Lay Worker - Helen Osborne

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cyncoedmethodistchurch@gmail.com

Sunday 1st 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; Romans 5: 12-19; Matthew 4: 1-11

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 to book a place.
- **CAMEO:** next meeting 4th 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 before 5.00pm on Wednesday.