



CMC Covid-19 Newsletter No. 4

May/June 2020

Hello friend,

When we started writing these newsletters, we didn't think we would be doing so for very long and as we continue to live in challenging times we welcome you to Newsletter Number 4. We thank you again for your contributions and if you've any news (or photographs), especially of you haven't starred in the newsletter already, please send them in so we can share news, thoughts and what we've been up to with each other. So, get yourself a cup of tea/coffee, another biscuit and enjoy.

In this version we discuss various local walking routes, some special news for a young lady, a visual experience to enjoy (on YouTube), lots of family news and, of course, how we can share in worship together. Kofi is still unfortunately confined in Ghana awaiting a flight home, and we send our warmest wishes to him and his family, looking forward to when he can re-join us.

As we've said in the previous newsletters, if you are a pastoral visitor and can't keep up with, or have concerns about, those in your group, or don't have a pastoral visitor available, or in fact think that we may be able to help in some way, please do get in touch with The Stewards or the Minister(s).

With love and best wishes,

The Stewards

This next newsletter should cover some significant dates Aldersgate Sunday, Pentecost, and Trinity Sunday. These are all services that speak of revival and of transformation. There is a lot of fire imagery within them as well.

One of our founders John Wesley often struggled with his faith asking if he was worthy, if his faith was indeed strong enough or indeed if he really had faith. One day had a big impact - May 24th 1738, the day King George III was born.

Wesley records “In the evening I went very unwillingly to a society in Aldersgate where one was reading Luther’s Preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I let my heart strangely warmed. I felt I did trust in Christ. Christ alone. For salvation, and an assurance was given me that he had taken away my sins, even mine, and saved me, from the law of sin and death.”

It was a transformational moment although in later life he still had moments of struggle and doubt. Yet it was not the fire or warmth that was the true test of something having changed. Wesley was not one for emotion, no his real test was to see what changed in his life. He looked for the development of the fruits of the spirit. Was he more loving, more caring, more patient, more joyous etc. Simply, was God changing him?

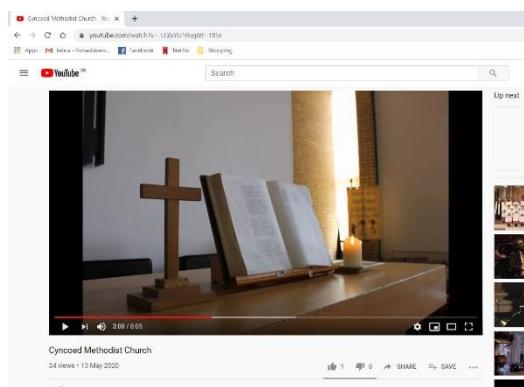
In this time when meeting together is impossible and we are separated we might feel like we are the coal that is no longer in the fire, the heat is ebbing away, the coal is burning less brightly. It’s easy to get discouraged, but Wesley realised that it is better to look to see what God is doing. Within us. We are as a nation, and especially as God’s people, demonstrating our care far more be it clapping on a Thursday night, running errands for a neighbour or offering a word of encouragement on the phone. Stop for a moment to realise what God is doing through you and give thanks. May you catch that glimpse of the power of God made available to you all the time and know that God is with you and working through you for the sake of his word.

Aldersgate is incredibly special in London as the London District Ordinands usually gather together at Wesley’ s Chapel for a joint testimony service. Of course, that cannot happen so we remember them and of course our very own Alexis, but perhaps the reminder is that we can all give testimony wherever we are. Let’s make sure that through this period of Aldersgate, Pentecost, and Trinity we take the opportunity to testify about God’s love for the world.

Rev. Nick Oborski



We have produced a video with Fiona, now on "YouTube", which is an attempt to remind us that although we are unable to congregate and share in fellowship at Cyncoed Methodist Church and are facing difficult times, that we remain together part of God's Church. We can still show and experience God's love, albeit in different ways, and we look forward to the day when we can meet together again and sing His praises. We hope you will like this video much as we enjoyed creating it.



Click on this link:

<https://youtu.be/-LQIxYG1Rvg>

I'm delighted to announce that Olivia's adoption order has now been authorised by the Courts! This was the final step of a very lengthy and arduous process and she is now officially our daughter 😊 I'd like to take this opportunity to thank you all from the bottom of my heart for the support, patience and love you have shown us throughout this long and sometimes incredibly difficult journey. Her smile, laughter and the occasional screech fill the house and we consider ourselves to be blessed ten thousand times over. She is very much loved and is lucky to have such a wonderful extended family in Cyncoed Methodist Church. We can't wait to celebrate with you all when she is officially welcomed into the family of God and is Christened!



Postcard from Penarth

It has been really lovely to receive the newsletter during this strange time. I thought perhaps you would like to see the sea as you can't travel here. We have not been able to walk in the parks here as they have been closed, and as we live near Penarth Head it means a steep

walk down Beach Road to the seafront - not great on the knees! Bank Holiday created unwarranted excitement with the police, coastguard and helicopter zooming up and down because of the influx of people to the esplanade and marina!

Although I don't get to see many of you now when I come over to do Flower duty, it is lovely to know that the friendship and fellowship still exists. Take care and stay safe.

Jane [Higley]

SMALL HOUSE

It was a very little house, I must admit. Not one thing more,
not e'en a mouse would fit in it!

There was no wide and lofty hall, but narrow space.
Strange that an entrance, cramped and small,
Could hold such grace.

Always a welcome in that narrow strip when Friendship came;
and smiling eyes and smiling lip would light a flame.

No inch to spare for works of art.
Tables and chairs and useful things that played a part
In life's affairs.

Ah! These indeed were gathered here,
and pots and pans.
No inch to spare for hate or fear – just loving plans.
This house was very small indeed, I must confess,
yet large enough for love's high need and happiness.

I found this poem in a book entitled 'Mingled Yarn' by Wilhemina Stitch (really!!!).
The first edition was printed in 1930 and the fourth in 1942 by Methuen & Co Ltd
London and I know nothing of the author or any later editions or indeed how I
came by it but it is a delightful collection.

Chris Pearce

Morgan & Dylan's lockdown

Thank you very much for the messages in the COVID newsletters. Here are a few of the things we have been doing during lockdown. Hope to see you all soon.

Home learning



Doing Maths the fun way!



Working hard

Decorating with bunting



Marking VE Day

Decorating eggs



Egg & spoon obstacle course



Afternoon tea

Baking



Easter at home

Going for walks



Joining in with Joe Wicks



Practising judo



Riding our bikes



Playing table tennis



Celebrating
Morgan's
13th
birthday



Building Lego



Playing games with grandparents via video calls

Playing

Monday 23rd – Monday May 4th

The first six weeks of Lockdown - Taking exercise from home

Prior to March 23rd our walks generally took place within an hour's drive from home. My preferred walks were always along the coast starting at Penarth or along the Heritage Coast starting at Llantwit Major or Ogmore or Southerndown.



However, since March 23rd all our walks have needed to be from home. We have therefore spent far more time walking locally. The obvious walks have been walking to Roath Park lake and around the lake and gardens and home via another route. The next walk took us to Heath Park walking firstly through the woodland and seeing the bluebells during April and then

over to the miniature railway at Heath Park Junction. The third walk has been exploring the Nantfawr Woodlands. The main areas are The Paddock, The Woods Covert, Rhydypenau Woods and The Meadows.

The Meadows can be accessed from the lane on Blackoak Road which passes Rhydblewyn Farmhouse. Some 150 years ago, before the reservoirs and the



Rhymney railway line were built, there were four farms whose fields and woods lay alongside the Nant Fawr brook. They were called Rhydypenau, Fidlas, Celyn and Rhydblewyn. It would have been a very rural scene at that time. However, during the 1960's urbanisation encroached upon the farms of Nantfawr with the building of the residential areas of Cyncoed, Lakeside and Lisvane. Now only one



of the original four farmhouses, Rhydblewyn remains. The names of the farms, however, live on in the roads that were built on their land. Our walks from Blackoak Road and the farmhouse have taken us up onto rising ground then down across the little brook and onto the middle field that is described as a wet meadow.

Then through the narrow wedge of old woodland that separates the top meadow from two further fields beyond. This area has some lovely old oak trees and fully mature beech trees. It has been delightful to walk through this part during the beautiful sunny days that we have had during April. We have ended the walk by returning to Blackoak Road via a variety of different ways.

In many respects we are fortunate to have been walking here in 2020 as the signs at the entrances to the area draw attention to the fact that 'Redrow' will eventually put an end to leisurely country walks here.

Helen Smith

Hello Everyone

Hope you are all safe and well, having read the last newsletter it is really good to keep up with everyone's news, Helen, I need some tips for fringe cutting!!

I really miss our Fellowship together, not just on a Sunday but like Alison, the banter at Choir Practise and the Birthday Celebrations as we've missed Carol and Jenny's Birthdays in April.

Thank you Anne for keeping us in the Messy Church loop, everyone is going to have grown up so much when we finally get back together, even the children!

There is so much Creativity and Artwork being produced and shared, that was my cat Bella on the windowsill.

As most of you are aware I work on the Neonatal Unit (SCBU) at UHW and I would like to share some good news that Edie, our little 23weeker who was the face of our Tiny Lives Appeal that many of you kindly supported is not only an incredible 3yrs old now but has just had a Baby Brother, born a few weeks ago almost on his due date.

Meanwhile if anyone needs anything as I'm out and about please let me know.

Take care everyone

Love Sue Tester



Messy Church 'Lockdown Gallery'

Our 'Lockdown Gallery' is looking very jolly and the photos are a great way of keeping in touch.

Here to share with you are the photos that have been added to the Gallery since the last 'Covid - 19 Newsletter', hope you enjoy –



Mummy and I missed coming to Messy Church last Sunday, BUT – we are still 'getting messy'!!

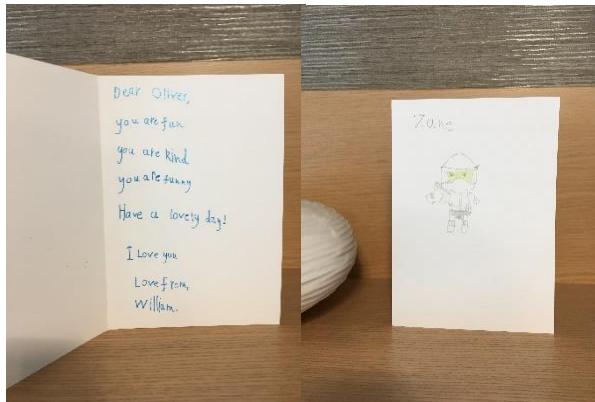
We have been on a walk, near our house, looking out for 'Fairy doors'



Brotherly distraction from 'Home schooling' – a welcome break!!



We have been making our very own Wildlife garden



We read and learnt about the story of the Good Samaritan. I then chose to make a card for my brother. I drew a picture that I knew he would like and then wrote a message to him that would make him feel happy and know how much I care for him.



Mum and Dad's 'little helpers' – great painting!!

I have been practising baking all by myself, it is great fun!



Hello to all our families! We are missing seeing you and really looking forward to the time we can be together again.

At the time of writing this (the first week of May), Gavin and I should be in Italy, enjoying the sights and sounds of Sorrento, Pompeii, Herculaneum and Capri. Instead we are enjoying exploring our local area around the Heath. Our daily exercise has taken us all around Heath Park, Nant Fawr woods, the paths and fields around Rhydypennau and up to Llanishen reservoir and beyond. We have spotted a kingfisher on the Nant Fawr brook, a heron on the pond in Heath woods, a great crested newt in the pond and a great crested grebe on Roath Park lake, as well as some very cute goslings. The birds seem much noisier at the moment, or maybe it's just that we are being quieter - fewer cars and trains to disturb the peace of nature.

We are lucky that we have a garden, and this year it seems better than ever. The tulips have been magnificent, as have the azaleas, camellias, and tree peonies. We even have a rose out - Gavin can't remember them flowering at the end of April before. So maybe God, through nature, is helping us to cope in these strange and uncertain times, so let's keep looking and listening to all that nature has to offer and take comfort in it.

God bless and keep safe.

Glenna & Gavin



I've written the following with tongue in cheek -

Keeping busy during self-isolation:

The windows are sparkling
both outside and in,
kitchen cupboards are tidier
than they've ever been.

No dust on the shelves
and no cobwebs to see,
ironing basket empty,
bedrooms tidy as can be.

One job that is waiting
the car needs a clean,
but I'll leave that to hubby
as I'm really not keen.

Seriously though, I feel at times like this it's so important to stay in touch and let each other know that they are not forgotten, just a quick phone call and a chat will mean a lot to many. I really hope our newsletters help everyone in a small way through these very difficult times, take care and may God bless you all.

Alison H

The '[Eden.co.uk](https://www.eden.co.uk)' website is well-worth a browse - there are resources available for delivery ranging from devotional books, CD and DVD options and some activity items, such as the 'adult colouring books' or for children and families. Helen O.

Message from Jenny

The words of Hymn 610 from Singing the Faith are very poignant at the moment as we journey through these challenging times.

Best of all is God is with us,
God will hold and never fail.
Keep that truth when storms are raging,
God remains though faith is frail.

Best of all is God is with us,
life goes on and needs are met,
God is strongest in our weakness.
Love renews, will not forget.

Best of all is God is with us,
hearts are challenged, strangely warmed,
faith is deepened, courage strengthened,
grace received and hope reformed.

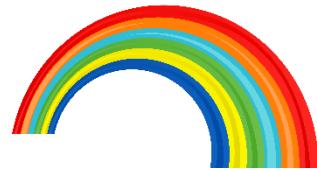
Best of all is God is with us,
in our joy and through our pain,
till that final acclamation:
'life is Christ, and death is gain'.

Best of all is God is with us
as we scale eternal heights,
love grows stronger, undiminished;
earth grows dim by heaven's lights.

I would like to add a special note of thanks to Helen, although some distance away in Nelson she is still keeping in touch by telephone, her conversations, thoughtfulness and prayers are very much appreciated, may we too hold her and her family in our thoughts and prayers.

Jenny S





Hi Everyone at Junior Church

We hope you are all well and keeping safe. Even though you can't go far I hope you are enjoying the lovely weather in your garden.

Lovely photos of you, Izzy and Sacha, enjoying your Easter Day cake. Beautifully decorated Izzy! I also liked all the pictures you have put up on the window of your house.

I wonder if others of you have been decorating rainbows like Izzy and Sacha? I have seen some lovely rainbows as I have been out for a walk, decorated in lots of different ways. A sign of hope that things will get better and a reminder that although we may not be seeing you, we know that you are safe at home.

Remember God's message in the story of Noah's Ark?

Noah's Ark

"During Noah's lifetime, people were acting very wickedly. This made God unhappy because people seemed to be thinking more about themselves than about God. Noah, however, was a good man. He loved and obeyed God.



One day, God told Noah to build an ark that was one-and-a-half football fields long! Noah's neighbour's laughed at him because there wasn't any water in the desert where they lived. But God told Noah that a great flood was coming. Noah tried to warn the people to change their ways so that they could hear God too. But they wouldn't listen. They just kept on with their selfish lives.

God asked Noah to collect two of all the creatures of the earth and bring them into the ark. Pairs of each kind of animal were put safely inside the ark before it began to rain. Noah's wife, and his three sons, and their wives were also on the boat. When everyone was aboard, God shut the door.

It rained for forty days and forty nights. Soon the earth was covered with water. Noah and the floating zoo had to stay in the ark for several months before God sent a big wind and the waters began to evaporate.

Finally, Noah sent a raven out of the ark's window to look for land. The raven never returned. Noah waited and then sent a dove to do the same thing and it came back with an olive branch. Noah now knew that the water was low enough for a tree branch to show! When Noah sent off the dove a week later, it didn't return. The dove had found a place to live - on dry land.

Altogether, Noah and his family and the animals lived on the ark for 1 year, 1 month, and 27 days!

It was now time for all the creatures and Noah's family to move off the ark and start life over again. After everyone left the ark, Noah prayed to God to thank Him for keeping them safe. Suddenly a bright rainbow filled the sky. This was God's promise that He would never flood the earth again."



If you fancy making a different kind of rainbow, you may like to have a go at this activity. All you need is a packet of Skittles sweets and a jug of warm water.

Have fun!



Take care, keep safe and remember we're thinking of you all every day and hoping to see you soon

Lots of love Kath, Angela and Marion xxx

Cherish

Cherish each day as it unfolds,
Find joy in all you see,
Each ray of sun that warms the earth,
Each cloud, each leaf, each tree.

Cherish each flower as it unfurls,
Find joy in soft, sweet fragrance,
Each petal with its velvet face,
Each burst of soft, sweet radiance.

Cherish each bird that sings with pride,
Find joy in each small tune,
Each melody, each sunset song,
Each ode to the rising moon

Poem by Lily Christie and shared by Margaret Bailey

Morel Court Update



One of the many places that we are unable to go during lockdown is MHA Morel Court Residential Home in Penarth. This is the longest period in which we have not visited in over 40 years! We are missing the staff and residents but managing to stay in touch through Facebook.

The most important thing to tell you is that the home has no suspected or confirmed cases of Covid 19, which is brilliant and a testimony to the extremely high standards maintained by the Suzanne, Hayley and their colleagues.

The wonderful and dedicated staff are doing an amazing job in challenging circumstances – their eyes are always smiling above the masks but we can only imagine the pressures they are under. We are seeing so much evidence of what they are doing to offer care, support and reassurance and enrich the lives of the residents – hairdressing, manicures, sing-songs, facilitating video calls, a mini fayre to raise money for their amenity fund, VE Day Garden party – the list goes on.



We have also seen photos of Residents making thank-you cards, videos saying thank you and those who are able to are outside clapping every Thursday evening.



The home has received many gifts from local suppliers and businesses, relatives, friends and volunteers. They have received chocolates and sweets, toiletries, restaurant food, personal protective equipment, wine, cakes and biscuits, drinks and crisps and pizza!

Carol and John Plumridge

Just a reminder about how we can still share in Worship

- BBC Radio 4 Sunday morning at **8.10am**
- Daily Service weekdays on BBC Radio 4 (LW), **9.45 a.m.**
- Choral Evensong on BBC Radio 3, Wednesdays, **3.30 p.m.**

Methodist Church Online Resources

- A word in time Bible study
<https://www.methodist.org.uk/our-faith/the-bible/a-word-in-time/>
- The Methodist Church website has a wealth of resources to explore
<https://www.methodist.org.uk/our-faith/>
- Methodist Central Hall have a catalogue of sermons given by various people, all available on their website
<https://methodist-central-hall.org.uk/sermons-2/>
- Rev Darren Middleton regularly posts worship and scripture based videos on the facebook page for Ridgeway Methodist Church. Like this page to be notified of his new posts. It's also great to see him!
- Trinity Church, Gosforth has a YouTube channel with many talks by Rev Peter Holwell from past services. Peter is continuing to preach at Gosforth despite there being no official meetings. These sermons are being uploaded to this channel.
- Highfields Church are uploading a series of Daily Devotions at 10:30 each day to their YouTube channel, and they also have past services.
- The Lectionary is available online, with Prayers and Art to accompany each week
<https://lectionary.library.vanderbilt.edu//index.php>
- BBC Songs of Praise has previous episodes available to view, along with interview features and hymns.
<https://www.bbc.co.uk/programmes/b006ttc5>