



CMC Covid-19 Newsletter No. 6

September 2020

Hello friend,

Welcome to the September version of our COVID-19 Newsletter; we all hope that you remain well during these challenging times, which now seem to be going on for much longer than anyone would have thought possible just a few months ago. Autumn will soon be with us and we hope that you are able to stay in touch with each other and support and strengthen fellowship during these darker days.

As well as our usual section of news from members of our congregation we have an important decision to make about whether we allow the church to be reopened – not for the Services we have been used to, but for something different – and we are asking for thoughts and comments on what people think before the decision is taken at the Church Council on the 24th September. It's not going to be an easy decision to make with many concerns, challenges and conflicts and we hope that with prayer and discussion we can come to the best possible outcome.

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). And if you have anything you would like submitted to the next newsletter please do get in touch.

With love and best wishes,

The Stewards

Re-opening of the Church for Services

Churches have been identified as “hotspots” for the spread of the coronavirus, COVID-19. The Welsh Government has stated that it will allow places of worship to re-open if they can be made “Covid-safe”; at the same time they, and the Methodist Church, stress that there is no pressure on churches to re-open until they feel they can make their setting safe for all who will enter the premises. Mandatory full risk assessments have been completed for the church, corridors, toilet facilities and kitchen(s) although only worship in the Church is allowed at present, unless otherwise authorised by the Welsh Government. Church Council approval is required before re-opening as the Managing Trustees are responsible for taking the risk; essentially, they will need to vote on whether the Church should re-open at this stage of the pandemic – and the Church Council is asking the congregation what they feel should happen.

We need to make it clear that there will be no return to our usual form of worship, certainly not in the short term, and the risk assessment developed indicates that a very regimented approach is required if re-opening is considered, including:

- Names and contact details of members of the congregation entering the church will need to be recorded by the Stewards to aid track and trace should anyone be subsequently identified as having acquired COVID-19.
- Anyone entering the church will be encouraged to be as silent as possible and to keep any talking to outside the building, socially distanced, where the risks are much lower.
- Social distancing will limit the numbers to about 30 in the church and there will be no choice of where to sit as Stewards will act as ushers directing people to and from their seat.
- Additional members of the congregation (provided they are not excluded because of age, pre-existing health condition or any other reason that places them in a high-risk group) will be needed to help boost the number of Stewards who are able to undertake this role.
- Those who have been shielding or are in a group that is considered to be at a higher risk of contracting Covid-19, or experiencing complications from it (including those over 70 years, having certain pre-existing health conditions, working in a high risk environment or living with people who are of greater risk of the above) should consider whether the risk to themselves – and others – is sufficiently balanced.
- Masks and gloves should be worn when in the church.

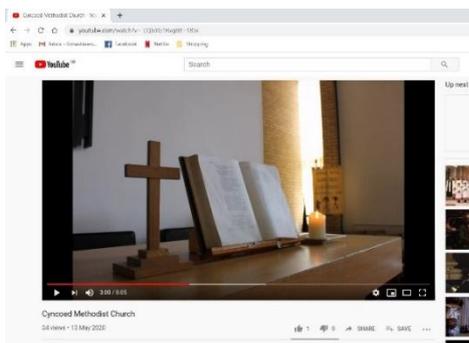
- There can be no hymns or communion; pew bibles and soft seating will be removed and there will be NO access to toilet facilities.
- There can be no heating provided in the church (due to the nature of the church heating system) and windows will need to remain open at all times during the Service to improve ventilation – even during cool or cold weather.
- The services themselves will be short, probably less than 30 minutes, and often Local Arrangements will have to take place and the preacher will be required to wear a mask and/or visor.

What are your thoughts about the Church re-opening for Services?

We've been frank laying out what challenges we will face and what changes will be necessary to hold Services at church and we (the Stewards) would like to know how the congregation feel about the prospect of returning to church for worship at this time and in line with these requirements. We would like to invite everyone to get in touch with the Stewards or with their pastoral visitors, to pass on their thoughts as to whether they would be likely to attend under these conditions. We have a Church Council meeting on the 24th September and in order that we can have a meaningful discussion at this meeting, we would like your comments as soon as possible. Clearly we realise that this continues to be a testing time for us all, but want to endeavour to support each other, so please do use this contact to advise also of any other concerns you may have that we can help with.

In due course, information on the new requirements for church worship will be given in the electronic church notices and Covid Newsletters, with paper copies being made available for those not on the internet.

Helen and the Stewards



Missing Church? The Stewards with the assistance of Fiona have produced a video to remind us that although we are unable to congregate and share in fellowship at Cyncoed Methodist Church and are facing difficult times, we remain together part of God's Church.

Click on this link to view it:

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

Soup Run

The King will reply, 'Truly I tell you, whatever you did for the least of these brothers and sisters of mine, you did for me.' Matthew 25:40

It was with a heavy heart that I made the decision to discontinue the soup run at the end of March. We have had a run of almost 30 years without missing one Wednesday and believed the reliability and commitment were of key importance but the rules of Lockdown, concern for the safety of the team and of the homeless people and the closure of the church premises, meant we were forced to discontinue. What followed was much better than we could have hoped for or even imagined.

The council outreach team have worked very hard and successfully housed all but five of Cardiff's homeless, albeit temporarily, for Lockdown. Five have refused to be housed. At present, the homeless are housed in two large hotels and several student houses, as well as the regular hostels.

It was very difficult for them to start with. We have found Lockdown hard enough but when you are not used to being within four walls at all, it was definitely imprisonment! But many of them have gone on to take up drug and alcohol rehabilitation, having support and supervision available. In the hotels, they have been served three meals a day, some never having known such luxury!

It has also aided their recovery not having the public handing over their money for drugs when they beg as there has been no public around. Hopefully, some will be able to resist the pull back to addiction now we are coming out of Lockdown and the city comes back to life. Somehow, we need to encourage the public to hand over their money to The Huggard Centre to support healthy life styles and not to finance their drug dependence.

I have been keeping in touch with a dozen or so homeless/vulnerably housed people by phone/ letters/food parcels during Lockdown. Some of them are not entitled to benefits. They have been living on a weekly £15 Tesco voucher from the council. After finding out, I emptied the store cupboard and bought basic supplies and delivered them. For the first couple of weeks of Lockdown they were given a roof over their heads but no food or money. When I saw them they had lost weight and teeth!

Cardiff Council have some money to rehouse the homeless after lockdown. How far this will go to cover the basics, I have no idea. Homeless people have complex needs and putting them in four walls is only a small part of the solution; no use

without the full package of support. But this appears to be a huge step in the right direction; something really positive out of a horrendous situation.

Thank you to all those who have supported the soup run and those who have continued to support us during this difficult time. It really has been very much appreciated.

God bless you all.

Margaret Ashford

These sentences actually appeared in church bulletins or were announced in church services in USA

The Fasting and Prayer conference includes meals.

The sermon this morning: 'Jesus walks on the water'. This sermon tonight: 'Searching for Jesus'.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Remember in prayer the many who are sick of our community. Smile at someone who hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So there ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall..... music will follow!!!

At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hospitality.

Potluck supper Sunday at 5:00 PM – prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

Year Eight will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM in the Presbyterian Church Hall. Please use large double door at the side entrance.

Helen O

RACE FOR LIFE 2020

As many of you know I have taken part in the race for life for the past 5 years and with your help have raised over £3,000, but because of Covid-19 the race, usually run in July, was cancelled.

In its place, Cancer Research have asked past competitors to walk/run their own 5k 'race' on 26th September to raise much needed money for their ongoing work, so I would be grateful if anyone could sponsor me – go to the "Cancer Research" giving-page on the internet and under "People" search for "Alison's Very 2020 Race for Life" or you can contact me on 07802680092.

Thank you, Alison Harrison

We think this hymn is applicable to all you allotmenters and gardeners:

Singing the Faith 126

Praise God for the harvest of orchard and field, praise God for the people who gather their yield.

The long hours of labour, the skills of a team, the patience of science, the power of machine.

Praise God for the harvest that comes from afar, from market and harbour, the sea and the shore;

Foods packed and transported, and gathered and grown by God –given neighbours, unseen and unknown.

Praise God for the harvest that's quarried and mined, then sifted and smelted or shaped and refined;

For oil and for iron, for copper and gold, praise God, who in love has provided them all.

We hope you have enjoyed watching our efforts, we've battled greenfly, blackfly, drought and strong winds but through it all we have produced a harvest trug for you to admire.



Jenny and Sue

Hello to everyone at Junior Church!

It's been a long time since we've been together but we hope that you are all well and keeping safe. I'm sure you've all been busy throughout the Summer and hopefully will be going back to school very soon, if not already. Little by little things are returning to normal and I'm sure, once you are back at school full time, although things will still feel a little different it will be nothing like the full lockdown that we have had.

There will be a time when we will look back on this time as a part of history so it will be important to remember everything that you did at this time. Maybe one of the things you could do is collect all your memories and place them in a jar to make a memory jar. I've seen lots of your photos and things you have collected during this time so they would all be great to include. Have a little think of some things you could put in it and maybe when we have the chance to be together at Junior Church, you might like to bring some of the things you have been doing to show us all. It will be lovely to share our memories. In the meantime, take care and keep safe

Love Kath, Marion and Angela xxx

Returning to School
Post Lockdown **Memory Jars**

This memory jar belongs to...

With my Family... My favourite moment...

MY BEST MEMORIES

Funniest moment... Best thing I've learned...

Different versions

Extend the activity by adding the flaps!

DREAMS

RJB 65

MEMORIES

Sweet and Lovely



Lockdown Gallery - an update



Enjoying an especially delicious dinner which includes potatoes that we have grown and harvested - yum, yum!!



We had fun on the beach at Burnham on Sea when we visited Nanny Christine and Grandad.



Do you like my first finished piece of cross stitch?

"WOW!! It is lovely.

A lot of hard work and patience has gone in to creating this".

Ho, Ho, Ho!!!

Photos that have been rediscovered during 'Lockdown'



All dressed up and ready for our Christmas Nativity performance
You are looking very splendid and happy!



Nearly our turn to delight the congregation!

Pandemics and the Church – a historical review by Peter Evans

Covid-19 has caused the first pandemic in living memory. It has produced major changes in our lifestyles and many of the congregation have been shielding in their homes for over five months. However, plagues, diseases and epidemics have been a regular occurrence in the history of the Christian Church. What has changed is that, with experience, Christians have learnt to handle these conditions in more appropriate ways.

The Old Testament has many examples of plagues and epidemics as being sent from God as a punishment. Believing that God was angry, large communal gatherings were organized to show public penitence. Early Christians went to help the ill, personally, but we now know that these are very effective ways of spreading the disease. Psalm 91 provided a major source of hope and comfort for Christians. “He that dwelleth in the place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.” At a time (250AD), when Christianity was forbidden in the Roman Empire, Christians went out into plague and disease-stricken districts. They had no illusions and knew that they would catch the disease themselves, while comforting and aiding the sick. This impressed many others and led to much growth of the Christian Church. The observation that during a plague that the sick and dying could be cared for by those who had recovered from the disease, “for no-one was attacked a second time” had been noted earlier (i.e., immunity).

During the Reformation many incidents of plague occurred. Martin Luther stated Christians should try and avoid the plague but help as best as they could. In 1665 the case of the Eyam Martyrs occurred. Eyam is a small village in Derbyshire. A tailor had bought cloth from London. It was damp and full of fleas, carrying the plague. Deaths started and two clergymen (who had previously agreed on nothing) came together and isolated the village and individuals from the outside world. They did not use their churches for worship, realising the dangers of confined spaces as a source of transmission, instead small groups sometimes met in the open air. About 50% of the villagers died but tens of thousands in the surrounding area were spared the infection. Here we can see the benefits of self-isolation and social distancing. The previous pandemic was the Spanish ‘flu of 1918. Here the Churches all closed, and aid was delivered from a distance.

Bargain Booster (shared by Margaret Bailey)

We can't resist a bargain,
A 'Buy one get one free',
That's why we have six quiches,
Too many cakes for tea!
Why does this pie taste better?
It's flavour really nice.
Is it because this pie
Was bought at half the price?
We sometimes get excited
By quantity and size,
And stare at tempting bargains
With disbelieving eyes.

For we have seen the package
The box so big and wide.
But find the packet's double
To the quantities inside!!
Sometimes goods are outdated,
Not aged but have expired.
The aerosol that seemed so cheap,
Has scent no-one desired!!
Be choosy with your bargains
Consider carefully,
Or you'll overload your freezer
With your 'Buy one get one free'

Congratulations to Alison and Laurie on their 25th wedding anniversary!

Before....



...and now 😊

And some more lovely photographs 😊



And finally for this edition of the newsletter, a prayer shared by Marian Thomas.

Hilde's Prayer

Today, my God, I want to thank you for the lifetime

I've had until now,

With everything it has brought me.

I thank you for the simple every day pleasures,

For every tree, for every bush,

For birds' singing in the branches

For people I meet,

And those who are closest to me.

There is still so much that makes my life rich.

Preserve in me, Lord, a wakeful awareness of the richness of my days.

I have no wish to complain about what weighs me down,

I want to rejoice in the certainty of your faithfulness and forgiveness.

Help me, Lord, to meet the people around me with open eyes.

I don't know how much time you still have for me.

So I want to thank you, God,

For every day and every hour you let me live.