



“All good gifts around us are sent from heaven above, then thank the Lord, O thank the Lord For all His love”

CMC Covid-19 Newsletter No. 7

Autumn 2020

Hello friend,

Welcome to the Autumn edition of our COVID-19 Newsletter and we hope and pray that you are faring well. In this edition we have much news from our readers including an allotment update, a story of fowl play, a report from Messy Church, the challenges of working from home, a harvest quiz activity (with answers next month!) and reflections and prayers to help us through these difficult times.

You should also be receiving, very shortly, a gift from the Stewards of a Spring bulb – we won't tell you what it will grow into, so plant it and wait and see what comes up early next year. You might have noticed that times are a little trying at the moment and we wanted to share some hope and faith that things will get better.

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 (especially photographs) you would like submitted to the next newsletter please do get in touch.

With love and best wishes,

The Stewards

SOWING IN TEARS AND REAPING WITH SONGS OF JOY

“Those who go out weeping carrying seed to sow, will return with songs of joy, carrying sheaves with them” (Psalm 126:6)

Dear Cyncoed Methodist Church family,

I trust that you are all well and thriving even in the second ‘lockdown’. I had hoped to gallivant all over the UK after my self-isolation following my return from Ghana. Unfortunately, Cardiff and many other counties in Wales are on lockdown again. It is very frustrating that COVID-19 did not only deny us celebrating Easter. We are celebrating harvest indoors and God forbid, but it seems Christmas may not be different. Whatever, the situation is, HARVEST is here with us and I invite you to share this reflection on the theme: Sowing in Tears and Reaping with Songs of Joy.

Psalm 126 is a song of praise and gratitude sung by the exiles who had returned from Babylon. They had been shocked by the terrible captivity they went through, but they are also pleasantly surprised that God had fulfilled his promise through the prophets Isaiah and Jeremiah and have indeed brought them back to their land. They had lost their songs in Babylon when they said **‘how can we sing the Lord’s song in a strange land’** but back in Canaan, they are shouting, laughing, and singing the praise of God. This deliverance was a surprise to the surrounding nations who confessed that God had done great things for Israel. As they return to their land, they faced a new beginning and had to work the land for food and life. They might have experienced bad weather at the beginning, but they prayed to God to make them productive and prosperous: **‘Restore our fortunes oh Lord, like streams in the Negev.’**

Tilling the land, farming, agriculture, is not always an easy job. It is hard work and a life of sacrifice. Farmers sometimes, especially the peasants, must sow the grain that they would have eaten and that surely come with weeping, groaning, and sometimes grudging. But if the rain comes, it is as if their own tears have watered the seed. It will surely produce bountiful harvest. The joy of this returnees had been full because their labour in tiling the land has been rewarded with plentiful harvest. This resonates with the minor season farming activities in my native culture.

In my native Ghanaian language, Mfantse, ‘Obɛsɛ’ (Obese) is the name for October. This is because in their agricultural calendar, October begins the minor agricultural season. At the beginning of October, about two months after the harvest of the major farming season, there is a renewed hope to farming communities as they sow seeds in anticipation of rain. This is what we may refer to as the latter rain.

Two misfortunes may happen: First, in most cases, the rains do not come in great volumes as expected and in areas where irrigation is not well developed, the crops struggle to survive. Secondly, as the major season's harvest have just ended, pests, such as locusts, weevils and caterpillars have grown in numbers feeding on the leftovers of the main harvest. Thus, even if the rain comes, as soon as the seed germinates, the pests can attack and destroyed the crops. In cases where poor farmers do not have enough money to buy pesticides, they lose their crops. For some subsistent farmers, planting seed in the minor season means taking risk. They could have stored these seeds for food, but they plant them to get more and secure a future of continuous food supply. Thus, if the rain fails and/or pests invade, causing the crop to fail, many of them have to go into debt in order to get seed to plant for the main season and also food to feed their families. This could make them prey to all kinds of extortion.

Surprisingly however, if by the slimmest of all chances, the latter rain comes and pests do not attack, the crop grows beautifully and healthy. The grain that are harvested are said to be the best quality for planting in the major season and are less prone to pest attack when stored for future use. These farmers might have indeed carried seeds and toiled in tears for the minor season, but they did so with that glimmer of hope that perhaps the rain will come, perhaps the pest will not be too destructive and perhaps that day of good harvest will come. They come home singing and praising God for the good harvest, sometimes forgetting the risk, the tears, and the sorrows they went through during seed time.

We could see the struggles we are going through during these lockdowns as seed sowing times. The tears we shed because of loneliness, frustrations and inability to be where we want to be and do what we like to do, sorrows we bear to reap a harvest of a COVID-19 free future when we shall go out with joy and be led forth with praise. Just as the diligent farmers of my Mfantse folks will risk the pain and loss, just as the returnees of Judah laboured hard with tears, sow are we bearing these times and all the difficulties that comes with the pandemic. Our hope is that one day this virus will be defeated, COVID-19 will lose its grip on us and we shall reap the harvest of freedom. We are locked down in tears, but we will reap the harvest of freedom if we persist.

Rev Kofi Amissah



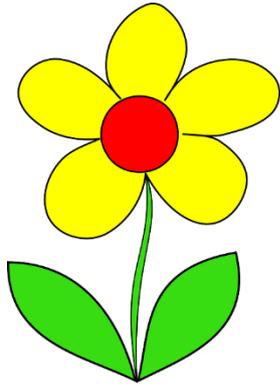
Llanederyn Foodbank

Any problems as regards the foodbank, please contact me on 07802690092 Alison.

Due to the Coronavirus outbreak the Foodbank have had to change the way they work. Unfortunately, our clients can no longer enter the building and have to wait outside for their bags of food. On a personal note, it is very difficult and sad as a lot of our clients would like to come in and have a chat about their problems while waiting for their food parcels. We can't solve their problems but sometimes they just need someone to talk to and tell us about their worries. What we can do is offer them advice about the various charities and organisations that may be able to help them. Several foodbanks across the UK are starting to run out of basic foods because of the fall in donations due to the virus. Foodbanks depend on the generosity and goodwill of the public, so please, as you have always done, keep making your donations. I wrote this poem about our clients a few years ago and I know many of you will have read it before, but it is still relevant today:

Some come with trepidation and we try to calm their fears,
They talk about their problems and we help to dry their
tears,
Many feel embarrassed and some admit to shame,
They often feel despondent and feel they are to
blame,
We try to put them at their ease and offer a welcoming
smile,
Some stay and share a cup to tea and stop to chat a
while.
We'll help them through the bad times and give them strength to carry on,
We let them know that help's at hand no matter what's gone wrong.
As volunteers at the foodbank, I hope we show we care,
So, clients can receive God's love and know He's always there.

Alison H.



*"Shout, you skies above, and you clouds,
and let righteousness stream down. I am the
one who says to the earth, let salvation
blossom, and let righteousness sprout forth".*

Isaiah 45:8

We are indeed living through extraordinary times and with shorter days and winter looming on the horizon our spirits may be dampened. But fear not, valued reader, the Stewards are here to help keep your spirits up - you should very shortly be receiving a spring bulb that will brighten the winter's darkest days. As you plant this bulb, you may wish to pray for those close to you, or those in need, or for a situation where God can bring His peace, Grace and reassurance. In our darkness, hold onto the belief that we will come through these testing times and rebuild our communities. Ask for God's wisdom and compassion to support each other until we are able to meet in fellowship again. Pray for God's strength for us to keep our faith and hope alive that we will come through these times and embrace new life when this plant bursts into flower.

Growing instructions:

Plant in soil or your favourite growing medium at a depth of about 2-3 times the height of the bulb with the pointy bit of the bulb upwards. Grow indoors in a pot or outdoors, but if indoors make sure the soil does not dry out. Be warned, some of these bulbs may exceed your expectations 😊 and if you haven't received your bulb by the end of October do get in touch with one of the Stewards who will sort you out.

FILL YOUR HEART WITH THANKSGIVING

Take nothing for granted for whenever you do
The 'joy of enjoying' Is lessened for you—
For we rob our own lives much more than we know
When we fail to respond or in any way show
Our thanks for the blessings that daily are ours...
The warmth of the sun, the fragrance of flowers,
The beauty of twilight, the freshness of dawn,
The coolness of dew on a green velvet lawn,
the kind little deeds so thoughtfully done,
The favour's of friends and the love that someone
unselfishly gives us in a myriad of ways,
Expecting no payment and no words of praise –
Oh, great is our loss when we no longer find
A thankful response to things of this kind,

For the JOY of ENJOYING

And the FULLNESS of LIVING

Are found in the heart that is filled with THANKSGIVING

The author Helen Steiner Rice died in 1981 and this book LOVINGLY was first published in UK 1971

Chris Pearce

Harvesting the hedgerows by Dave Kitchen

It seems a long way from a flat in Rumney via a semi in Ely to a place in Cyncoed but they are not dramatically different as my homes and they have one curious thing in common – very close to each one of them, the blackberries grow wild and free. It wouldn't matter much to most people but it does to me. We were horribly poor once. I say *horribly* because we had been quite comfortably off and dad's job came to an end. Suddenly every penny counted and there weren't normally enough of them to last the week however carefully mum had counted. It didn't last too long and I was far too young to fully understand the problems if you didn't pay your mortgage. But I did understand that food for free was something to be treasured. And I was told in no uncertain terms to eat up when we went to our grandparents because we would not get another meal like that at any other time in the week. That was fine by me but even better was the food you could get yourself.

We grew perpetual spinach, blackcurrants and gooseberries, picked wild raspberries, wimberries and blackberries. The last crop was the best because the fruit seemed to come in such abundance. Plus, there were nearly always windfall apples that you could get hold of to go with them. My mum may not have been the queen of puddings but she could make a tidy blackberry and apple tart.

It all seems a long time ago now, but I still pick the blackberries with a kind of illicit thrill simply because they're free. It was a mixed season this year but the best of the berries were very good and some of them are safely in our freezer waiting for a cold grey winter's afternoon that needs cheering up with a crumble or a pie. Trudging home to Alison with a full plastic box of blackberries is like feeling a warm wave of satisfaction wash over me. The world is all right after all and we will live to fight another day.

So harvest is a thank-you for what the earth gives freely and for what we can grow ourselves. But it's also a celebration of sharing. I asked my dad once why he made marmalade in such large quantities each January. "Well, you and I liked it," he reminded me. "But it was also so we could take a jar now and then when we saw your grandparents. We couldn't afford to take normal presents back then but the marmalade was something they liked and we were able to share." So those jars were a little thank you for all those big weekend meals we enjoyed. Families are always best when there is sharing and gratitude. Harvest highlights it. God is given glory by it.

Memories of years gone by Chris

Living in a now 'throwaway society' of greed and waste, I was thinking recently of my childhood and how different things were then. You might recognise some of these things in your childhood.

Like many of you I was born during the early years of the war, so as I grew I well remember ration books, queues for food, shortages of everything and 'making do' was the order of the day. My Dad worked at the steel works, 3 shifts and in his spare time he followed the instruction to 'Dig for victory' and grew veg and flowers, both at the allotment and in our back garden for our family and his parents.

Harvest Festivals displays in our chapel were a riot of colour with Chrysanthemums, dahlias, golden rod, asters and veg, carrots, turnips, parsnips, swede and of course, a large marrow!! with greens of all shapes and sizes.

My Mum was a 'whizz' at making food from bits and pieces in the pantry. Nothing was wasted, they couldn't afford to. Meat if there was any left after Sunday, went into a stew on Monday, which cooked while she was washing the clothes in the sink on a 'rub a dub' board with bucket of starch and bowl of 'blue'. She always made sure my Dad's shirts were perfect for Sunday, when he would be preaching somewhere. 2 pennyworth of corned beef a carrot or two, potatoes and some onion made a gorgeous cottage pie with thick gravy made from the dripping in the meat dish. Spare bits of pastry from a tart she had made became little jam tarts which we loved. Sunday was the only time we ate together and we children were taught to say Grace to start the meal. Dad always ended it with this

'We thank you Lord for what we have had

A little bit more we would have been glad'.

Which tickled us all... He was a real joker!! 😊😊🥕🍒

Chris Parry

Jago wrapped in a blanket and Hazel carrying her bag as she sets out for school; photos from Gloria.



The perils of working from home...



As I'm now working from home, I've gained some new work pals. Not always very helpful....

Angela Bailey



Origin of Sayings, from Alison H

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good in June, however, since they were starting to smell again, brides carried a bouquet of flowers to hide any odour, hence the custom today of brides carrying flowers when getting married.

Baths consisted of a big tub filled with hot water with the man of the house bathing in the clean water, the other men and sons followed, then the woman and children and last of all the babies. By then the water was so dirty you could lose someone in it - hence the saying " Don't throw the baby out with the bath water."

Houses had thatched roofs, thick straw piled high with no wood underneath. It was the only place for animals to get warm, cats, dogs, rats etc. When it rained the roof became slippery and the animals would slide off, hence the saying "raining cats and dogs."

Bread was divided according to status, workers got the burnt bottom of the loaf, with family getting the middle and the guests got the top - the upper crust.

Lead cups were used to drink ale and whisky, this combination would sometimes knock the drinker out for days, someone walking along the road would take them for dead and prepare them for burial. The body was laid out on the kitchen table and the family would gather round and eat and drink and wait to see if they would wake up - the custom now known as "holding a wake."

Double Lockdown by Ivor

I had nothing against seagulls until a few months ago during darkest lockdown. Seagulls were always lovely birds; graceful on the wing with a cry which was always romantic and nostalgic. I was brought up on a farm on Cardigan Bay coast just south of Aberystwyth and seagulls were my friends. When my dad ploughed with his tractor and three-furrowed plough, scores of seagulls followed him, pouncing on the worms unearthed by the plough- shares. For a six- year- old this was so exciting and I loved those screeching, squawking white and grey birds.

More recently, during holidays in Saundersfoot with our grandchildren, they were a bit annoying (I mean the gulls not the grandchildren). As we sat outside a cafe slavering over our cartons of chips, gulls cheekily stole the biggest chips under our noses. But, I was very forgiving. I explained to our kids that seabirds' diet was mainly fish so they were entitled to a few chips from time to time.

Lately, Lake Road East has become a magnet for seagulls. An authority on sea birds told me that there were more gulls in Roath Park than down the Bay. I was tempted to ask how did he know and had he counted them, but I bit my tongue. Three years ago, in late spring, a pair of gulls took a fancy to our chimney and made a nest between the pots. We didn't mind at all and thought how intelligent of them to find a home with central-heating. After hatching their chick in the first year we could see it walking around on the chimney pots. Unfortunately, after a week of finding its feet, it lost them again, fell down the chimney and landed in the gas fireplace creating an avalanche of soot, feathers and twigs. He was shooed out and after a week flew away. My fondness of gulls was slowly being tested.

Things came to a head last May, a month and a half into lockdown. I was enjoying my gardening and potting in the garage when I noticed a lot of activity and noise from the residents on the chimney. Another baby gull had arrived. The parents were very excited and were busy feeding their new addition. To my consternation, they seemed to object to my presence, demonstrating by loud screeching and low flying. I ignored the close attention until a week later, I found the chick, a fluffy ball of down, walking on the patio, none the worse from a fall from its nest on the chimney. The noise from mother and father was deafening. I tried to reason with them in both languages, claiming my loyalty to seagulls in general and my innocence at baby snatching, but to no avail.

The following week was calamitous. A stroll round the garden became an ordeal of dive-bombing and screaming blue murder by aggressive seagulls. And I was nowhere near the chick. My love affair with these birds came to an abrupt end when, one morning, I went a few yards from the back door to put rubbish in the bin, I was swooped on, so low that it knocked off my cap. The thought came to mind; did I need a tin hat? Could I venture out in my own garden again? This is a double lockdown; from a plague of Covid 19 and a plague of belligerent birds. Alfred Hitchcock's 'Birds' had nothing on this. Even next door's family were under attack.

In order to keep an eye on my runner beans at the far end of the garden, I resorted to holding a mop above my head to keep my foes at bay. Needless to say they attacked it. This must have looked like a comedy to any observers, but I wasn't laughing. I needed to cut the lawn but couldn't handle a mower and a mop at the same time. The neighbours were getting restless and my family stepped in, demanding that I get a pest control officer to solve the problem. Cardiff Council Pest Control department don't 'do' seagulls apparently, so I found a private specialist who knew all about gulls. He deals with countless cases, mainly in the Roath Park lake area. He sardonically told me that 'my' baby chick

would take another month to fly. He also told me that 'my' attackers were the most aggressive birds he had ever come across, holding on to his bushman's hat very tightly. He explained that his tried and trusted method first involved getting permission from RSPB then taking the young bird away to a Bird Sanctuary in Caerphilly. Were there less drastic solutions to the problem I asked, surprising myself that I was taking the gulls' side. 'No' he replied 'as moving the chick elsewhere and allowing the parents to follow was only shifting the problem'. He followed the protocol for removal, borrowing Margaret's umbrella to protect himself while catching the baby chick. He promised that the young gull would be adopted by another mature bird at the sanctuary until it was ready to fly away in a month's time. Surprisingly, the parents went away quietly, ready to breed again but not on our chimney. We've paid to have a cage put around it. Accommodation firmly closed.



I might even warm to seagulls again one day. They're a gift from God after all.

Christmas boxes

After launching Operation Christmas Child here at Cyncoed, last year, we eventually delivered over 10 million shoeboxes of presents ... well, when I say **we** there was quite a lot of help from others. In fact, those others run into hundreds of thousands! It's a truly remarkable scheme which started many years back right here in Wales, near Wrexham.

With everything a bit upside down in 2020, it's more important than ever to do what we can. All you will need is a leaflet which **Glenna Parry** will get to you. Give her a buzz on **029 2020 6181** or email at gavinparry@msn.com.

Plus, if you've got any spare shoeboxes over and above what you need, Glenna is happy to receive them. Contact **Glenna** as above or have a word with **Dave Kitchen** who is at **67 Blackoak Road**. Contact on **029 2075 5504** or at davekitchen30@hotmail.com

If you're not getting out much at the moment, you can still take part online. For a £20 donation, Operation Christmas Child will actually make a box for you and you'll have the certainty that it's got the right things in it. Find out more at: <https://shoeboxonline.samaritans-purse.org.uk/>

In most years, there are some people who can't do a shoebox but just ask if a cash donation is a help. Of course it is! The money is used for those unexpected bits and bobs and the team who do the work are always grateful for the flexibility this brings. Glenna or Dave will be happy to pass on donations when the shoeboxes are sent off.

Glenna is happy to pick up shoeboxes or for you to drop them to her by prior arrangement at **35 Heath Park Avenue**. You can also drop them to Dave at **67 Blackoak Road**. The **deadline** for shoeboxes this year is **November 9th**. Roy and Margaret Hibbert will then drop by and pick them up for us.

So that's it. Not as difficult as many things this year! We hope you can help out in one way or another. If something isn't clear, just ask Glenna/Dave or check the website. And, most important of all, **thank you**. Every box makes a difference.

Gift of friends

Friendship is important to us all:

Meeting friends can cheer a cloudy day,
Sharing all the good times or the sad
Helps to make us stronger, come what may.

Happiness can still be found in friendship.
Laughter helps to chase the blues away,
Sharing smiles can always lift the spirits -
Friendship is a blessing every day.

By Iris Hesselden (taken from 'People's friend')

Shared by Margaret Bailey





Lockdown Gallery update

Thank you to our families for sharing these lovely photos. What interesting and fun times you have all been having. It is great to see you all so happy and to see how you have grown since we were last all together. Look forward to seeing and sharing time with you in our upcoming 'Zoom' meeting!!



Happy to be starting and going back to school!!



I have learned to come down a BIG slide, go fast on my scooter and eaten my first ice-cream since I last saw you all.
Love to all in Messy Church



Watching the fish and turtles is thirsty work!!
Can you see my reflection in the glass?



We are enjoying our holiday ice-cream - yum, yum!!



We had lots of fun on our family holiday in Tenby



WOW - that is good swinging!!



We think you have green fingers!!



I think eating my cakes will be just as much fun as baking and decorating them!!



We had a great holiday staying on a farm in Anglesey



Summer holiday fun - baking, mask making and outdoor fun!!



We had a great time tree climbing



I love my new trike and have great fun riding it!!

A chocolate treat for working hard at potty training! And
The best thing about gluing is the way it squidges in your
hands. 😊



5K RACE FOR LIFE 2020

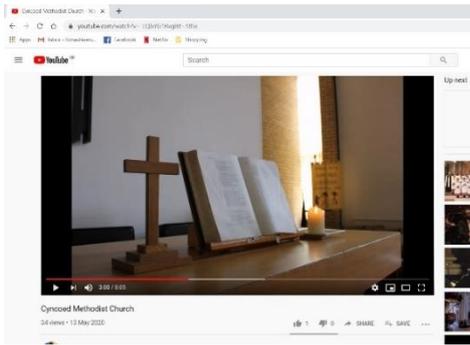
At 10am, on Saturday, 26th September, a beautiful sunny, but cold morning, I took part in the annual Race for Life to help raise money for Cancer Research. Obviously, because of Covid, it was totally different this year, instead of joining over 1,000 people in Bute Park, we were asked to walk/run individually on our home ground.

I started my walk at the Penylan library car-park, walked along the side of the recreation ground, then crossed over and went past the bowling green and tennis courts and I then crossed into Roath Park. I went through the Rose Garden and onto the Tera-Nova café where I met Jenny and Sue. We walked along the side of lake, crossed the road and strolled around the Wild Gardens and then back along the other side of the lake. I then made my way back to the library car-park, walking a total distance of just over 5k.

Thank you to so much for everyone who sponsored me, I raised over £500 which, especially this year, are much needed funds to help Cancer Research in their vital work. The Race for Life started over 25yrs ago and has, in that time, raised nearly £500 million for Cancer Research.



If you'd still like to sponsor me, please contact me on 07802680092, thank you once again. Alison H.



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>

Christian Aid Autumn Appeal – how to contribute online



#CF23AutumnAppeal

Created by **David Collins**

Neighbourly love is powerful. Donate now and save lives.



So far, David has raised

£ 65.00

and **£70.00** with GiftAid added of a **£100.00** target with **6 donations** for **Cardiff**
[Pentwyn/Llanedeyrn/Cyncoed/Pontprennau CA](#)

Donate

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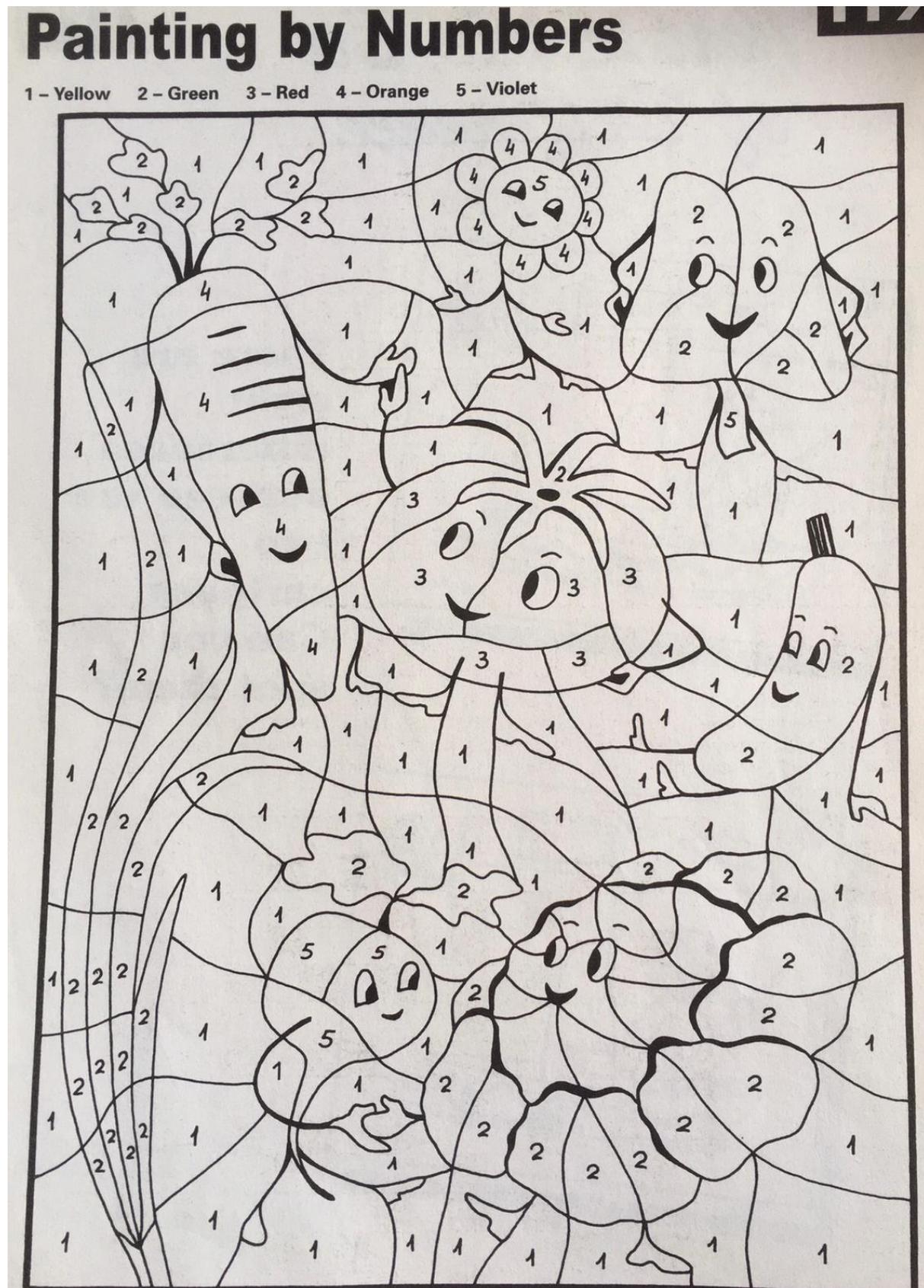
Hi

Love never fails. In times of crisis, love unites us all. Communities living in poverty face crisis every day. Communities that do not have access to healthcare, clean water, nutritious food or a safe place to call home. Join me for Christian Aid's Autumn Appeal and let's love our global neighbours so they too can come together in crisis.

Please think about giving a donation and sharing an e-Offering with your friends.

Thanks,

We all know that painting is beneficial to our mental health, so here's a Harvest activity, from Gwyneth:



MAD4Kids Marvellous Menus. – Hot off the press from Anne T.

During lockdown we were wracking our brains as to how we could raise funds to help continue funding our Feeding Project at the Good Samaritan Ministries School in Lusaka as we were no longer able to hold events due to Covid 19.

We came up with the idea to create a recipe booklet called:

MAD4Kids Marvellous Menus.

This contains the favourite starters, main courses and desserts from over 20 of our supporters and is full of tried and tested mouth watering recipes for you to try. It is not a bright colourful professional cookery book but a black and white one full of new ideas for you to try out.

We are hoping that many of you will be interested in having a copy for yourself and maybe to give as a gift to others (perhaps for Christmas). If you would like to 'order a copy/copies' we do not have a set price but are just asking for donations to MAD4Kids. You will know that your donation is helping to provide a hot meal every school day for the children we support in Zambia.

Before printing it off we would like to gauge interest so if you could let us know how many copies you would like to order from us it would be very helpful.

Just email us with your pre-order and we will send you details of how to donate (once you have received your copy). You will be able to collect from our house or we can, in some circumstances, deliver to you or send it out in the post.

Thanks for your continued support.

MAD4Kids trustees.

Some of the recipes included are:

Nut stuffed mushrooms, fillet of salmon with a horseradish crust, paella, steamed golden syrup pudding, chilled salmon terrine, thai fishcakes, halloumi and nectarine salad, parsnip and maple soup, lovely lemon curdy pudding, gravalax and sauce, juicy Japanese salmon, chevre croutes, lemon roulade, watercress, onion bhajees, red thai curry, mango ,ginger and lime parfait, mango and white chocolate cheesecake.

YUM YUM!

Dear friends,

Read psalm 27 'The Lord is my light and salvation, Whom shall I fear'

I wonder how you have been during these difficult and different times. There is no denying that life has been hard and things haven't turned out what we planned to do. Rules are in place and sometimes changed so that we become confused. However help is at hand! There is one constant in our lives and that is the Lord Jesus Christ 'He walks with us, He talks to us and sometimes carries us. He is our Light and Salvation. My friends, keep trusting Him and He will guide us wherever we go and whatever we do. During lockdown we have seen the seasons change and have time to wonder at the greatness of our Lord. God in His wisdom is ever present and He reminds us each day of His mighty power and presence'.

Prayer,

Sometimes, Lord we make plans without discerning your will for us. When these fail remind us Lord that it is because you know what's best for us.

Teach us to trust you and your will for our lives. Remind us Lord to seek your guidance so that we travel along the road with you.

Amen.

With love and blessings.

Anne Isherwood.

HARVEST – What’s in a word?

Do you ever watch *Countdown* or enjoy word anagrams and puzzles? The word **Harvest** is one of those that offers so many possibilities, but especially significant for me is those words which speak into the theme of harvest. There’s the **earth** from which the harvest comes, **tares** which can interfere with it, **heat** which can help or hinder the harvest and **rest** which is so needed for the workers and the land after the work is completed.

Then there is the encouragement to **eat** and **share** the produce of the harvest we **have** with **hearts** of thankfulness. Yet there is also the stark word **starve** which we know is what can and does happen to so many because of the lack of fair distribution of the harvest around the world.

What all this reminds me of is that the important thing in life is what we get out of what we have – how can we make the most of all that we receive. I encourage you then, this Harvest time, to consider the harvest blessing you have known, give thanks, and then ask the Lord of the harvest how you can best use and share those blessings – and I’m sure you might find some inspiration for that within this Newsletter.

You may also want to challenge yourself to see how many other words you can make from the word ‘Harvest’, or test your knowledge of Harvest in the Bible with the quiz – at the end of this newsletter.

The Village

It all began following a visit to a supermarket at the end of “Lockdown”. Whilst acknowledging the ease of our “one-stop-shopping” experience, and many advantages of our modern supermarkets – cool in summer, competitive prices, “click and collect”- I do find the profusion of items from other countries bewildering and wonder if I should move with the times and update my recipes to use zatar, miso or even sambal oelek?

Whilst putting away our goods conversation turned to the way we used to shop when we first moved to Cardiff – in 1957! We patronised Cyncoed village shops of course, where our needs were satisfied by a cobbler, a chiropodist, a sweetshop, 2 hairdressers, the “Gresham” for bread and cakes, a wine shop, 2 greengrocers, one of whom sold fresh fish, the “Devonia” delicatessen, a

newsagent and post office, and a rather classy grocer called “Argyle Stores”. There was no butcher – for meat one had to go to Rhydypenau Crossroads, or Albany Road. But there was a petrol station with a most helpful forecourt attendant, situated where the present-day Co-op now trades.

I realise memories should not be confused with facts. It would be great to see a photograph of the old village if someone has one to share?

Pam Ford

Allotment update

As you can see most of our produce has been harvested, still growing some sprouts for Christmas but I’m disappointed with the swede as it didn't taste very nice, any suggestions welcome.

I still go to the allotment every day to feed our feral cat - Lottie (will try and get a photo for next time), she only has one eye but is getting quite friendly and waits on the path by the greenhouse for her breakfast. Lately she has been sheltering from the rain in the greenhouse with me.

Jenny Siddall



We had a lovely week in Sidmouth last month, wall to wall sunshine, very relaxing and much needed and we consumed lots of ice cream, but with lots of walking to burn off the calories!! All set up for the winter now.

This is the view down across the town and beyond to Exmouth and Ladrum Bay to the west from Salcombe Hill.

Sue Tester

Dear Kofi, Stewards and Helpers who have been making the arrangements every week for the Sunday Worship services. It was so good to able to watch them on YouTube and share in the music, prayers, listen to the readings (some of the readers were well known, and others familiar faces in the Circuit). The same being said about the contributions for the children's addresses, so beautifully prepared. I am sure the children both taking part and listening enjoyed them. Kofi, your words of encouragement lifted our spirits each week and as you said on Sunday, we press on. Welcome back to Wales and your family. Also thank you to friends and members of Cyncoed who visited me in my garden, phoned and sent messages. All much appreciated. I have missed you all and hope before too long we will be back in church. In the meantime, every blessing be with you. May you all keep safe and well.

Joan Hoskins



Dear Stewards, Helen and Martin,

I am sure the congregation would wish to join me in saying a BIG thank you for all your hard work since 'Lockdown'.

- Your 'Newsletter' alongside the many phone calls you make has been a great way of enabling us all to keep in touch with one another.
- Much hard work has been going on behind the scenes – Risk Assessments, 'Zoom' meetings, discussions related to the reopening of the church and the safety of the congregation.

We really appreciate what you, and we recognise others, have been and are doing on our behalf.

Anne Tucker

How much do you know about 'Harvest' in the Bible?

1: Who said "The harvest truly is plenteous, but the labourers are few"?

- a) Jesus b) Paul c) Peter d) Boaz

2: Which major feast coincided with the wheat harvest?

- a) Firstfruits b) Pentecost c) Passover d) Tabernacles

3: How many Fruits of the Spirit does Paul list in *Galatians*?

- a) Three b) Four c) Six d) Nine

4: On which day of creation did God create fruit-bearing trees?

- a) Third b) Fourth c) Fifth d) Sixth

5: Why were the Israelites told not to gather the gleanings of the harvest?

- a) To feed the wild animals b) To provide for the poor c) They were unclean d) To keep the land fertile

6: Who did the chief men go to visit in the Cave of Adullam during harvest time?

- a) Elijah b) Hezekiah c) Hosea d) David

7: What was special about the harvest in the Sabbatical year?

- a) There wasn't one b) It produced double c) It was two months early d) Only one type of crop was sown and harvested

8: In the parable of the tares in the field, the harvest is the end of the world, but who are the reapers?

- a) God and Jesus
- b) The Levites
- c) The angels
- d) The Saints

9: Under the law, what was to be done with the first fruits of the harvest?

- a) Put into barns
- b) Given to the Lord
- c) Given to the poor
- d) Left in the field

10: What sort of tree did Jesus curse for bearing no fruit?

- a) Pomegranate
- b) Almond
- c) Olive
- d) Fig

11: Which prophet saw a "basket of summer fruit" signifying the end was near for Israel?

- a) Micah
- b) Joel
- c) Amos
- d) Obadiah

12: What was Jesus talking about when he said, "they neither sow, nor reap, nor gather into barns"?

- a) Animals of the forest
- b) Birds of the air
- c) Cattle of the field
- d) Fish of the sea

13: Who during the wheat harvest found mandrakes in the field and gave them to Leah?

- a) Judah
- b) Simeon
- c) Benjamin
- d) Reuben

14: He that gathereth in summer is a wise son: but he that sleepeth in harvest is a son that causeth... what?

- a) Tribulation b) Shame c) Death d) Famine

15: For how many successive years did the crops fail during the time when Joseph reigned in Egypt?

- a) Two b) Seven c) Ten d) Twelve

16: Where was Jesus when he said "Lift up your eyes, and look on the fields: for they are white already to harvest"?

- a) Decapolis b) Jordan c) Samaria d) Galilee

17: As snow in summer, and as rain in harvest, so honour is not seemly for a... what?

- a) Dishonest man b) King c) Fool d) Evil doer

18: Who caused great fear by calling on God to send rain and thunder during the wheat harvest?

- a) Samuel b) Aaron c) David d) Joshua

19: At the beginning of which harvest did Naomi and Ruth go to Bethlehem?

- a) Wheat b) Grape c) Barley d) Rye

20: In Revelation, how many harvests of fruit does the tree of life produce each year?

- a) One b) Two c) Six d) Twelve