

## **Bach & Crosswords**

Everyone has got their own ways of winding down at the end of the day. My first girlfriend's dad never went to bed without having a slice of Johann Sebastian Bach with his cocoa. It didn't make any sense to me but it was just what he needed. In my case, I prefer a crossword. That's because it can be solved. Once you've unravelled a few of the clues, the rest starts dropping neatly into place. It's just comforting to have a bit of the universe that's simple and controllable. The vast majority of it is anything but manageable and predictable.

The real world can be exciting but it's also more terrifying than the dream worlds we sometimes withdraw into. Now there's nothing wrong with a bit of escape: we'd soon collapse in a heap if we didn't have any breathing spaces. But for most of our lives we're obliged to live in a world that's constantly changing.

The pace of that change is our own fault: we've become a nation that is obsessed with squeezing every little efficiency from life. But, at the same time, it's worth remembering that God has built change into the very way creation works. Much of it is predictable but there are always surprises. Whether we see them as good or bad will often depend on how we approach them. And the best way to do that is with good faith and a good heart.

***We continue to pray for those members of our Church Family and Friends who are unwell and all those who mourn.***



**CYNCOED METHODIST CHURCH**

## **Church Notices for Sunday 17th July 2022 16<sup>th</sup> Sunday in Ordinary Time**

### *Services*

**10.45am Rev. Kofi Amissah  
Joint Service at St Andrew's**

**NO Service at Cyncoed**

**Readings:** *Amos 8: 1-12; Psalm 52; Colossians 1: 15-28; Luke 10: 38-42*

### **No More Covid Restrictions**

As we are all aware, all COVID restrictions have been lifted. There are therefore no restrictions applicable to our services or any gathering in the Cyncoed Methodist building. We are however aware that Covid is still around. For this reason, we encourage that when in the Cyncoed Methodist building, everyone must graciously respect the preferences of other members of the congregation and the community, especially if people choose to maintain any of the preventive protocols.

### ***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.**

### The Ministerial Team:

**Rev. Kofi Amissah**

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**Rev. Alexis Mahoney**

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

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**Church Office: 029 2039 3439**

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### Sunday 24th July 2022 Seventeenth Sunday in Ordinary Time

**Steward: Angela and Heather Bailey**

**10.30am Rev. Robin Wood**

**Readings:** Hosea 1: 2-10; Psalm 85; Colossians 2: 6-15 (16-19); Luke 11: 1-13



### Informal mid-week Communion

**The next Thursday morning Communion will be at  
10.30am on 1<sup>st</sup> September 2022**

### Cyncoed Church Premises

**For Out of Hours or Emergency access to the Cyncoed Church Premises**

**please call Martin on 07849 632 394 or**

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

## Notices

- ❖ **Thursday Morning Communion:** There will be **NO** Thursday morning communion for the rest of July and the whole of August, it will resume on the 1<sup>st</sup> of September 2022.
- ❖ **Door Steward Volunteers:** There will be a sheet on the front table of the Church, would people who are happy to help as Door Stewards please sign on a date that they are available, ideally at least one person per week would be great. Thank you. Sue Tester
- ❖ **Circuit Farewell Service:** Sunday 17th July - 6pm Wesley Methodist Church, Caerphilly Join us to give thanks for the work and friendship of Rev. Alana Lawrence and Rev. Paul Martin as they prepare to continue their Ministry in their new Circuits.
- ❖ **The Little Book of Cardiff:** At the last Men's Breakfast our friend and Christian Aid area co-ordinator, David Collins spoke of the book he has recently published, "The Little Book of Cardiff". If anyone would like to buy a copy, available for £10, please contact the Church office on 20393439

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