

Church Family News and Prayers

BIBLE-DIPPING VI

Arguments about what to eat swallow up people's time and energy. Don't focus on what you think is good for other people, concentrate on what you can do for Jesus. *(Colossians)*

Don't hang out with the mean-spirited and tight-fisted even if the food seems to make it worthwhile. It will stick in your throat. *(Proverbs)*

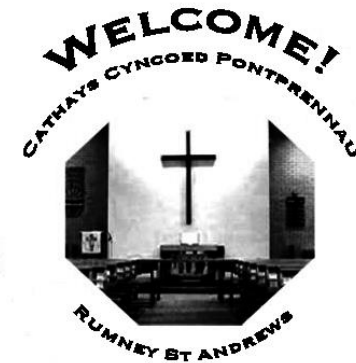
Set your heart on heaven. Put up with each other, show forgiveness – after all, you need it yourself. Be gentle, kind, humble, patient. Above everything else, show love to each other because it's what makes everything else work. *(Colossians)*

Don't overrate yourself but do what you do well. *(Romans)*

Some people use cleverness to create jealousy, to strengthen their own position or simply to cause trouble. God's wisdom is about purity, about selflessness. It's a peaceful and gentle companion, an honest and unprejudiced guide. You know it by the sunshine it creates. *(James)*

Much more bible dipping to enjoy via **Bible in Ten – David Kitchen**. Easy to read; plenty to encourage you! Available from all good booksellers and the man himself. Also available as an e-book and an audiobook.

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 16th July 2023 Fifteenth Sunday in Ordinary Time

Services

10.30am Joint Service at Llanishen
No Service at Cyncoed

Readings: *Genesis 25: 19-34; Psalm 119: 105-112; Romans 8: 1-11;*
Matthew 13: 1-9, 18-23

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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Sunday 23rd July 2023

Sixteenth Sunday in Ordinary Time

Steward: Sue Tester

10.30am Ian Thomas

6.00pm Circuit Evening Service @ Llandaff North
Led by Rev. Alexis Mahoney

Readings: Genesis 28: 10-19a; Psalm 139: 1-12, 23-24; Romans 8: 12-25;
Matthew 13: 24-30, 36-43



Informal mid-week Communion
Thursdays at 10.30am in the Fellowship Room
An Oasis of peace in a busy week.

Cyncoed Church Premises

For Out of Hours or Emergency access to the Cyncoed Church Premises please call Martin on 07849 632 394

Notices

- ❖ **Thanksgiving Service** There will be a service of thanksgiving for the Rev. Dr Stephen Wigley on Saturday July 15th, 2.30pm at Cyncoed Methodist church - refreshments will be served in the Westminster Hall after the service.
- ❖ **Rev. Kofi Amissah's Farewell Service.** Will be on Sunday 30th July, 3pm at Cyncoed Methodist Church.
- ❖ **Graham and Joan Bennet.** A celebration of Graham and Joan's lives will be held at Cyncoed Methodist Church on Friday 28th July at 10 am, family flowers only.
- ❖ **MHA Sunday** Many thanks to all who supported the recent special collection for Methodist Homes. The total raised was £270.
- ❖ **Cardiff Foodbank – A “Thank You** I am writing to thank you for the donation of 146.2 kg of food in the period April - June 2023 from Cyncoed Methodist. This equates to 3 meals a day for 3 days for 13 people. Our end of year stats for the financial year 2022-23 show that 19,253 3-day emergency food parcels were provided to local people in crisis by Cardiff Foodbank - of this number 7,639 (39%) went to children. This is a 52% increase in the number of food parcels distributed compared to the previous financial year. Many thanks again for your generosity in these challenging times.
Cardiff Foodbank

Please send items for the church notices to the Church Office or email to cyncoedmethodistchurch@gmail.com before 5.00pm on Wednesday.