

Church Family News and Prayers

Bump

One of my very last visits to my dad, aged 89, happened on the day after he'd fallen over on his patio. No bones broken, just a bit of blood. When I got there, he looked a bit like an elderly pirate who'd been in the wars too long. Unsurprisingly, he wouldn't go out. After a swathe of excuses, he admitted the truth: he was scared. It wasn't just his nose that had taken a bump, so had his confidence.

That happens to everyone at times and I know how I can freeze up when things go wrong. Now, if you ask people what Jesus said most often, they usually say phrases like "I am the way" or "Believe in me". But the words that actually occur more than any others are "Do not be afraid". It's probably what we most need to hear. No matter how brave we seem to be on the surface, the moment something goes wrong, all our certainty slips away and, in its place, come the doubts and the terrors.

That's just how most of us are. But my faith tells me it doesn't need to stay like that. There are ways to face our fears, large and small. With a bit of encouragement and some practical suggestions, my dad started to poke his head outside the front door again. Plus a new super duper walking stick was ordered. As dad himself said when I was growing up: even the darkest sky has stars in it if you look hard enough.

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

Welcome to Cyncoed Methodist Church



part of Cardiff Methodist Circuit

**Church Notices for Sunday 5th May 2024
Sixth Sunday of Easter**

Services

Steward: Sheila Scott

9.15am Rev. Cathy Gale - Communion

Readings: Acts 10: 44-48; Psalm 98; 1 John 5: 1-6; John 15: 9-17

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. Cathy Gale

Tel: 029 2062 8705 gale285@btinternet.com

Rev. Alexis Mahoney

Tel: 029 2030 0321 revalexismahoney@gmail.com

Church Office: 029 2039 3439

cyncoedmethodistchurch@gmail.com

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Sunday 12th May 2024
Seventh Sunday of Easter

Steward: Jenny Siddall

10.30am Munawar Amaf

Readings: Acts 1: 15-17, 21-26; Psalm 1; 1 John 5: 9-13; John 17: 6-19



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

❖ **SUMMER OUTREACH**

As always, contributions toward our Summer edition will be VERY welcome!!

This can be news, poems, prayers, reflections, stories, or anything of interest.

Submissions can be left in my tray in the church office.

Deadline for submissions is Sunday 19th May.

❖ **Mary Brown:** We are sorry to hear that Mary Brown has died. Our thoughts are with Eleanor, Catrin, Tudor and families. Funeral details will follow in due course.

❖ **Christian Aid Week** is from the 12th of May to the 18th of May and fund raising is necessary for them to carry out their work.

The envelopes will be in the Pews next Sunday, but there will also be envelopes which have the instructions for returning them to the letterbox at the side of The Church.

Volunteers are needed to distribute these envelopes on the streets in close proximity to the Church, but you will not be needed to collect them, as we hope people will deliver them to The Church. Offers of help will be welcomed.

If you know of others, who may like to make a donation, you're welcome to take more envelopes. For more information contact Keith on (029) 2075 7050

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