

Church Family News and Prayers

We can't be seven years younger on our next birthday
Or six kilos lighter in three months-time
Or two inches taller by the time summer strolls around.
But we can be wiser, calmer
And more accepting of the face in the mirror

We can't work twenty five hours a day, eight days a week
Or answer two hundred emails a day
With the vaguest requests for the most detailed of responses
And deadlines that are always yesterday at the latest.
But we can do the one thing well that really matters.

We can't make fifty pounds do the work of five hundred
Or drive through ten weeks work in ten days
Or make nothing into something by describing it differently.
But we can surprise ourselves with unexpected success
And probably astonish our friends into the bargain.

We can't be the people that we might want to be
But we can be the people that each other need.

***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 14th July 2024
Fifteenth Sunday in Ordinary Time
Action for Children Sunday**

Services

Steward: Sheila Scott

10.30am Dave Kitchen

3.00pm Messy Church

***Readings: 2 Samuel 6: 1-5, 12b-19; Psalm 24; Ephesians 1: 3-14;
Mark 6: 14-29***

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

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Sunday 21st July 2024

Sixteenth Sunday in Ordinary Time.

Steward: Sue Tester

**10.30am Rev. Cathy Gale - Communion
& General Church Meeting**

*Readings: 2 Samuel 7: 1-14a; Psalm 89: 20-37; Ephesians 2: 11-22;
Mark 6: 30-34, 53-56*



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

- ❖ **General Church Meeting** There will be a General Church Meeting during the morning service on Sunday 21st July.
- ❖ **Messy Church Sunday 14th July**
Theme - The Olympics, Running the race!
Look forward to sharing the session with you!
Anne
- ❖ **Something New.** At 4pm, on the first Sunday of every month, there will be an **informal service** at Cyncoed.
Why not come along and give it a try?
- ❖ **Radio 4 Worship** Rev. Stephen Wigley will be leading Sunday Worship on Radio 4 this Sunday 14th July at 8.10am, the theme is 'Voices from the Borders: a Spiritual Walk along Offa's Dyke'. You can also listen to it later on BBC Sounds.

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