

## Church Family News and Prayers

### **Ten ifs**

from Proverbs

If it isn't right, don't do it: you're going to get caught.

If you know about something and don't say anything, you become part of the problem.

If you are open about troubles, you'll unblock the road to peace.

If you laugh at poor people, you scorn the God who made them.

If you start out taking advantage of people, you will end up finishing yourself off.

If you duck out of punishing your children, then you duck out of loving them.

If you want your kids to finish up right, get them started out right in the first place.

If there's a hole in the ground, you can bet that the ones who fancy themselves will be the ones who fall into it.

If you want to stay healthy, keep peace in mind.

If you ever want people to like you, you have got to learn to forgive them first.

***more of this in Bible in Ten (BRF)***

***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 26<sup>th</sup> January 2025  
Third Sunday in Ordinary Time**

### *Services*

**Steward: Angela and Heather Bailey**

**10.30am Avery Pendry**

#### ***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](mailto:gale285@btinternet.com)*

**Rev. Alexis Mahoney**

*Tel: 029 2030 0321 [revalexismahoney@gmail.com](mailto:revalexismahoney@gmail.com)*

**Church Office: 029 2039 3439**

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

*Office hours 8:30am to 11:30 am Mon – Thurs*

**Sunday 2<sup>nd</sup> February 2025  
Fourth Sunday in Ordinary Time**

**Steward: Sue Tester**

**9.15am Rev. Cathy Gale - Communion**



**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**

- ❖ **Foodbank** I am writing to thank you for the donation of 229 Kg of food in the period October to December 2024 from Cyncoed Methodist. This will provide 3 meals a day for 3 days for 20 people. Last financial year, we provided 20,208 food parcels, distributing around 189 tonnes of food through our centres and other food projects across Cardiff. Cardiff Foodbank
- ❖ **Warm Welcome Space** Our friends at St. Andrew's, Birchgrove are opening their church hall on Wednesdays 9am - 1pm throughout January and February for anyone who would like to pop in for free hot drinks and cake, and a friendly chat. If you, or anyone you know, would like to join them, you would be very welcome!
- ❖ **HELP NEEDED**  
The Chaplaincy at Cardiff University is a place for hospitality and pastoral care for students and staff. We offer a variety of meals (Breakfast on Monday, Curry on Tuesday, Soup on Thursday) through the week to enable students to come and eat, but also to meet with others and ease loneliness and isolation. I'm looking for volunteers to help with our Soup Lunch, 12.30 - 2pm on Thursdays, hopefully on a rota basis. It would involve warming up soup and serving, along with helping to clear up and loading the dishwasher. It would be great if a few people from around the circuit would be willing to help us with this (training and relevant background checks etc. will be provided). Please contact Rev Delyth Liddell on [liddellda@cardiff.ac.uk](mailto:liddellda@cardiff.ac.uk) or Tel: 07801314163 if you are interested. Many thanks, Delyth
- ❖ **Dr Graham Tennant** a Local Preacher in the Circuit since 1965 and a member of Llanishen Methodist Church, passed away on Christmas Eve peacefully with family around him. The funeral will take place on Monday 27th January. The funeral service will be held at Llanishen Methodist Church, Melbourne Road at 11.30am, followed by his committal at 1.00pm at the Briwnant Chapel, Thornhill Cemetery. Refreshments will be available at The Pendragon, Excalibur Drive, Thornhill CF14 9BB (available from after the church service for anyone not attending the committal).

**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.**