

## **Radio on**

We get old. It happens with radio just as in any other part of life. I haven't done Radio 4 in over 40 years now. My last three hour Sunday Breakfast show was in the late 80s. Then Radio 2 changed their overnight schedules a decade ago and that work disappeared as well. Where once I was doing all sorts of things I eventually found myself doing a Pause for Thought perhaps once or twice a year for Radio Wales.

I didn't mind because I'd had my time and simply did my best on the occasional outings that I got. It was time for a younger crew. Then the phone rang. It was the new producer – he'd decided they needed fewer presenters doing thoughts in order to establish more of a rapport with presenters. It was nice of him to ring but I thought I knew what was coming. My stint was over.

I was utterly wrong. Actually he wanted me because he thought I could do what they wanted. He offered me five Monday afternoon slots in September with Behnaz Akhgar. So that's what I'll be doing at around 3.30pm each Monday. It's a reminder that you can never predict what happens, you just go out and do what you can.

Of course, as it's radio, you rarely get much sense of whether what you've done does any good so the reward is purely to deliver things as best you can. But the other evening I saw a guy called Brian who I'd met occasionally 50 years ago. 'I heard you once on Radio 4,' he told me. 'I was in bad place. I'd lost my marriage and given up on church. Hearing what you said made me want to come back and I did.' The gap between the broadcast and hearing its effect was a full 40 years. You just never know!

***Dave Kitchen***

***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 31st August 2025  
Twenty-second Sunday in Ordinary Time**

**Stewards: Angela & Heather Bailey**

**10.30am Rev. Cathy Gale - Communion**

### ***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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**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 7<sup>th</sup> September 2025**

**Twenty-third Sunday in Ordinary Time**

**Steward: Sue Tester**

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

**4.00pm Informal Service @ Cyncoed**  
**Rev. Cathy Gale**

**6.00pm Reflective Service @ St Andrew's**



**Informal mid-week Communion**  
**recommences 4th September**  
**Thursdays at 10.30am in the Fellowship Room**

### **Cyncoed Church Premises**

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

**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.**

### **Notices**

- ❖ **Kath Stollery** - it is with sadness that we announce the death of Kath who recently died. The funeral will take place on Monday 8th September 11am at Cyncoed Methodist Church.
- ❖ **Val Wood** - it is with sadness that we announce the death of Val who died Friday 22<sup>nd</sup> August. The funeral will take place on Friday 12<sup>th</sup> September 2.30pm at Cyncoed Methodist Church.
- ❖ **Thank you** to everyone who has sent messages following the death of our dear Dad, we really appreciate all your love, thoughts and prayers at this time.  
Sue, Deecie and Chris Tester.
- ❖ **Mid-week Morning Communion** recommences on Thursday 4<sup>th</sup> September at 10:30am in the Fellowship Room.
- ❖ **Cyncoed Toddlers** recommences on Tuesday 9<sup>th</sup> September from 9:15am in the Westminster Hall.
- ❖ **'Meet, Eat and Connect'** the new season will commence on Saturday 13<sup>th</sup> September at 10.00 to 11.30am in the Fellowship Room, Cyncoed Methodist Church. Our speaker will be Richard Whitehead who will talk about the 'Local places for nature programme; how communities are being transformed through green spaces across Wales'. A very relevant subject within the context of our Eco Church commitment. All very welcome.
- ❖ **Trinity Centre Volunteering Opportunities** - the Trinity Centre is looking for volunteers for events throughout the year and also for their Women Friendly Fridays. See attached leaflets for more details.