

## **Too true**

*adapted from a Radio Two Pause for Thought*

The other week, I came across a favourite bit of the trivia I've squirreled away across the years: a Science Museum survey about dishonesty. They discovered that men tell almost 50% more lies than women. No surprise there! The top ten included "I'm stuck in traffic", "You've definitely lost weight" and "It's just what I always wanted." For women, the list had gems like "It was in the sale" and "No I didn't throw it away". The whole thing sounds far too familiar for comfort.

But one phrase came out way ahead of the others as the little dishonesty both sexes repeat most often. It was those four words: "Nothing's wrong, I'm fine." Frankly, I'm not surprised. We tell others we're all right when the absolute opposite is true. We tell colleagues in work we're OK with arrangements when we're seething with anger. We tell those we love that things are good when there's something serious eating at the heart of our relationships.

We even do something similar with God. People put on their Sunday best and look great but often there's a long list inside their heads of their troubles, fears and failures. It's not surprising that someone once said we're more interested in being good than in being forgiven. Little lies can be perfectly understandable but they've got a nasty habit of stopping things getting better. The phrase we probably most need is: "I know things are wrong, I'm sorry and I want to put them right." All we've got to do is find a way of actually saying it when we need to!

***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 1<sup>st</sup> February 2026  
Fourth Sunday in Ordinary Time**

**Steward: Angela and Heather Bailey**

**9.15am 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.**

**Minister:**

**Rev. Cathy Gale**

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**Lesley Meiklejohn**

**Office Administrator**

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*Office Hours: Mon - Thurs 8:30am to 11:30am*

**Sunday 8th February 2026**  
**Fifth Sunday in Ordinary Time**

**Steward: Sheila Scott**

**10.30am Ian Thomas**

**3.00pm Messy Church**



**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**

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

- ❖ **SAVE THE DATE** Saturday 31st January 10.30am-12.00pm. Coffee morning in aid of Ty Hafan with books and cake stall. Contributions welcome. Please see Stewards for more information. Thank you
- ❖ **Saturn Dance** New beginners class starting 2<sup>nd</sup> February. See attached flyer for details.
- ❖ **Spring Outreach**  
Contributions toward the Spring edition will be VERY welcome!!  
This can be news, poems, prayers, reflections, stories or anything of interest.  
**I would prefer where possible electronic versions to be sent via email to [m\\_annetucker@yahoo.co.uk](mailto:m_annetucker@yahoo.co.uk) or submissions can be left in my tray in the church office.**  
**DEADLINE** for submissions - **Sunday 22nd of February.** Anne Tucker
- ❖ **Job Advert Wesley Methodist Church Canton**  
Mission Enabler. To develop existing Church Mission Outreach and implement new projects.  
Part time - 20 hours per week, 3 year fixed term contract.  
Closing date: Friday 1<sup>st</sup> March  
Email [wesley.cardiff@outlook.com](mailto:wesley.cardiff@outlook.com) for a job specification and application pack.