

Church Family News and Prayers

Being

I've been sitting,
Watching the clouds as they unravel and reform,
Letting them come and go however they please.

I've been walking for the sake of it,
Not going from A to B or X to Y,
Just taking in the greens and blues,
Getting muddy round the edges
And feeling better for it.

I've been thinking
About how to do the impossible,
Breaking the thing down into little parts,
Spreading the effort across several days.

I've been closing both eyes,
Not for sleep or forgetfulness
But to let my mind unravel the problems,
To see what the eyes miss,
To make the connection that matters.

I've been breathing deeply,
Not to improve my lung capacity
But to steady myself,
To ready myself for the next stage,
Knowing that every day is an opening night

I've been listening,
Not for information or even explanation
But for the voice that only comes in silence.

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 25th January 2026
Third Sunday in Ordinary Time**

Steward: Sue Tester

10.30am Rev. Stephen Wigley

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
Tel: 029 2062 8705
gale285@btinternet.com

Church Office: Tel: 029 2039 3439
Lesley Meiklejohn
Office Administrator
cyncoedmethodistchurch@gmail.com
Office Hours: Mon - Thurs 8.30am to 11.30am

Sunday 1st February 2026
Fourth Sunday in Ordinary Time

Steward: Angela and Heather Bailey

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

Please send items for the church notices to the Church Office or email to 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
- ❖ **Special Collections**
The final total raised for the ***Hurricane Melissa Appeal for Jamaica*** was £400. Our Christmas Collections for the ***Alzheimer's Society*** amounted to £500. Thank you very much to everyone who supported these appeals.
- ❖ **Family Quiz at Trinity** Saturday 21st March, 4pm - 7pm at The Trinity Centre, Cardiff. £5 per ticket Refreshments included, please bring some loose change for games. Bring a group of 4-6 or team up when you get there!
- ❖ **Valentine's Day Workshop**
See attached flyer for details.
- ❖ **Saturn Dance** New beginners class starting 2nd February. See attached flyer for details.
- ❖ **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 1st March Email wesley.cardiff@outlook.com for a job specification and application pack.