

Beginning Again

a Valentine poem for travelling together

Pack some cakes for the journey,
Make some tea for the train;
We'll travel, oh so warm and dry,
We won't even notice the rain.

Pack some words for the silence,
Take some thoughts and a smile,
Put near the top the hopes that we have
To hold through the hour and the mile

Trust that a start means an ending;
Together the puzzles will fit,
Let's go wherever the road leads,
Without even questioning it.

Pack some cakes for the journey,
Make some tea for the train,
We'll travel and we'll not ask why:
Love is beginning again.

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 8th February 2026 Fifth Sunday in Ordinary Time

Steward: Sheila Scott

10.30am Ian Thomas

3.00pm Messy Church

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 15th February 2026
Sunday before Lent

Stewards: Alison Harrison & Jenny Siddall

10.30am 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

❖ **Meet, Eat and Connect**

The next event will be held on Saturday 14th February when we can enjoy a delicious, light breakfast followed by part 2 of 'Diary of a bug hunter' by John Deeming. 10.00 - 11.30 am in the Fellowship Room, Cyncoed Methodist Church. All welcome.

❖ **Messy Church** Our Messy Church session is this Sunday **8.2.26, 3-5pm**

Our theme is:- **Love: how does this grow?**
Look forward to sharing the session with you!
Anne

❖ **Mid-Week Communion** Please note that there will be **no Communion** on 12th February. Back to normal on Thursday 19th February.

❖ **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 or submissions can be left in my tray in the church office.
DEADLINE for submissions - Sunday 22nd of February

❖ **Job Advert Wesley Methodist Church Canton**

A Mission Enabler is required 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.