

Lent menu

*Three options.
Your choice!*

Give up chocolate. Not because it's bad for you – they changed their mind on that a few years back. No, give it up because it's good to punish yourself. You may not enjoy the experience but you will feel virtuous.

Wear a hair shirt. This was popular in many past centuries. Such apparel needs to be worn with a look of utter gloom and misery on your face which will not be difficult given how badly the shirt will itch. This is often served with a side portion of birch twigs.

Do a few things that you have been putting off even though something has been prompting you about them. Stop avoiding that awkward voice in your head. Whatever you set out to do, go about it with kindness and good humour.

Customers of Lent should be aware that the third of these three options is the most difficult. Calorie details and allergy information are available on request from our servers.

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 15th February 2026
Sunday before Lent**

Stewards: Alison Harrison & Jenny Siddall

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.

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 22nd February 2026
First Sunday in Lent

Steward: Sue Tester

10.30am Rev. Irfan John



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.
- ❖ **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_anne_tucker@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.
- ❖ **Colin Merrick** The Thanksgiving Service for the Life of Colin Merrick will be held at St. Andrew's Methodist Church at 4pm on Thursday 19th February. (This will follow a short service for the family at the crematorium.) All are welcome, please share with any who may wish to attend.
- ❖ **Coffee Morning** The coffee morning, which was held two weeks ago in aid of TY-Hafen, raised an amazing £340. The stewards would like to thank everyone involved and to all those who joined us and kindly donated.
- ❖ **Carbon Footprint** Cardiff Methodist Circuit is committed to encouraging everyone to reduce their personal carbon footprint. Over Lent we will be giving you ideas on how you can do this and asking you to pray for those who are at risk of climate change. The 40-day period over Lent gives us the opportunity to reflect on the practice of fasting and commit to giving up something that will bring a real benefit to nature and helps address climate change. There will be tips each week in your church notices and on our social media platforms. We encourage you to take time to pray, reflect and consider trying some of these options. Each step might be small, but put together, they make a massive difference for each of us and the planet.