

Church Family News and Prayers

Staying together

Friends tell you what you need to hear,
Not what you want to hear.
Friends make space in busy diaries
In order to be your space,
Your place to breathe and re-gather your mind.

Friends do not organise your thoughts for you
But sometimes they observe what they look like,
Help you see the best arrangements.
Friends encourage you but remain realists
So your head can still fit through the door.
Friends do not pretend it's perfect
When it's clearly not
But they see the ways a dull idea might shine,
A half-formed scheme might be made whole.

Friends are no solution
To the problems under which
The world tries to bury you
But they're always there to dig you out

Friends need one thing:
Your unexpected smile.
For even the best friends
Need to know they're wanted,
Need to know that you, too, are a friend.

***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 22nd February 2026
First Sunday in Lent**

Steward: Sue Tester

10.30am Rev. Irfan John

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 March 2026
Second Sunday in Lent

Stewards: 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

❖ **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

❖ **Munawar Amaf** We are very happy to announce that Munawar Amaf has been accepted to be trained as a Presbyterian in the Methodist Church. Munawar has worked very hard to undertake all the tasks set for him and we are delighted that his call to ministry has been discerned by the Connexional panels. Please pray for Munawar and his family as he prepares to enter Queen's for training in September.

❖ **Circuit Lent campaign:** Reduce your carbon footprint #1
Action: Have you measured your carbon footprint?
The Methodist church is encouraging everyone to measure their personal carbon footprint and then take steps to reduce it. If you have not done this before then the World Wildlife Fund has an easy online questionnaire which asks a series of lifestyle questions in the areas of energy usage, travel, food and belongings. It's a fun and easy to complete and will give you a rough estimate of your carbon footprint and tips on things you can do to reduce the impact you have on the environment.
Go to <https://footprint.wwf.org.uk/> and have a go!
For those who have done this before, or who want a more accurate figure, the Methodist church is recommending the 360 carbon footprint calculator for individuals and families
<https://footprintr.me>
Pray: As we start this Lent season, we reflect on what it means to live within godly limits of what is enough. We ask for forgiveness for when we have not respected the limits of creation and have depleted the resources God has given us. We pray that we would be transformed by the renewing of our minds and gain a fresh vision of living well in God's world. (From A Rocha UK)