

Church Family News and Prayers

All that might be

a poem for Lent

All that I am and hope and fail to be
Gets interweaved religiously
So good and bad and “not quite sure”
Leave me puzzled even more

Passion jostles purity
As I seek what I’m meant to be.
Nothing seems to work to plan
However calm the day began.

All that I dream and seek and try to start
Wells up within my teeming heart.
So, Lord of every fractured soul,
Breathe peace, renew me, make me whole.

***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 1st March 2026
Second Sunday in Lent**

Stewards: Angela and Heather Bailey

9.15am Rev. Cathy Gale - Communion

4.00pm Rev. Cathy Gale - Informal Service

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 8th March 2026

Third Sunday in Lent

Steward: Sheila Scott

10.30am Rev. Irfan John

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

before 5.00pm on Wednesday.

Notices

- ❖ **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.
- ❖ **Youth Space** are organising a sponsored walk on Sunday 8th March 2026 to raise money towards sensory equipment for the Trinity Centre.
They will be walking from St Andrew's Methodist Church to Cathays Methodist Church via Llandaff North, Wesley Canton and Conway Road.
If you feel able to sponsor them, they will be very thankful and grateful.
A sponsor form will be available with the Stewards.
- ❖ **Circuit Lent campaign: Reduce your carbon footprint #2**
Action: Reduce your carbon emissions from travel
Could you walk, cycle, or take public transport for some of your regular journeys? Even carpooling, when possible, reduces emissions per person. If you drive, maintaining proper tyre pressure and reducing idling time improves fuel efficiency. For those considering a new vehicle, exploring electric or hybrid options is worthwhile and will make a massive difference. If you are planning holidays, can you go by train instead of flying?
Pray: We pray for the countries in the alliance of small island states (AOSIS; <https://www.aosis.org>), who are at most risk of climate change, we pray especially for the Methodist Church in these places; Bahamas, Belize, Cuba, Dominican Republic, Haiti, Fiji, Guyana, Jamaica, Papua New Guinea, Samoa, Singapore, Solomon Islands, Tonga. We pray for the movements for eco justice and a world with ears to hear and take action.
- ❖ **Free textile repair workshop** at ArtHole, Cowbridge Road East, Canton. Two sessions will be provided from 12 noon to 1pm and from 1.30pm to 2.30pm. Book at <https://www.eventbrite.com/e/visible-mending-textiles-workshop-tickets-1983085329604?aff=oddtcreator>
See flyers attached.