

Church Family News and Prayers

From an ancient prayer

Come now, turn aside for a while;
Step away from that long list of tasks;
Escape for a moment
From the thundering of your thoughts.
Put aside the cares that weigh you down;
Let the kaleidoscope of distractions wait;
Free yourself awhile for God
And rest in him.
Shut the door on everything except
Those things that will help you walk his road.
Then you may be able to glimpse his face.

adapted from St Anselm

***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 March 2026
Third Sunday in Lent**

Steward: Sheila Scott

10.30am Rev. Irfan John

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

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Church Office: Tel: 029 2039 3439

Lesley Meiklejohn

Office Administrator

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Office Hours: Mon - Thurs 8:30am to 11:30am

Sunday 15th March 2026

Fourth Sunday in Lent / Mothering Sunday

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

- ❖ **Messy Church** this Sunday 8th March, 3-5pm.
Our theme is: - **Integrity: stand up and be counted**
Look forward to sharing the session with you!
Anne Tucker
- ❖ **Cardiff Foodbank** - with Easter approaching, we are hoping for donations of small Easter eggs to give to the children, so if you can help with donations it will be gratefully received.
Thank you, Alison H.
- ❖ **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.
- ❖ **Meet, Eat and Connect** the next breakfast event will be held on Saturday 14th March at 10-11.30 am in The Fellowship Room, Cyncoed Methodist Church. A light breakfast will be served followed by our guest speaker Mike Bailey who will enlighten us on 'Pioneers in Transatlantic Flight'.
All are very welcome.