

## Church Family News and Prayers

### MOTHERING

Everyone knows how important mothers are and what wonderful work they do (at least when they're not tearing their hair out or banging their head on a table!)

But not everyone knows the importance of mothering even though everyone needs it and everyone can do it.

Big burly rugby players can put their arms around a friend and tell them it's all right in spite of what other people may have said.

Little old ladies can give your hand a light squeeze and tell you what a help you've been even though you had no idea at all that you were actually helping.

Big sisters can help little brothers; big brothers can lend a hand with little sisters.

Everyone can stop telling everyone else what they think and what they want. Instead they can listen and not offer any advice at all. They can just be there which is often exactly what is needed.

Mothering: everyone's work, not just for the young but for whoever needs the arms of kindness wrapped unobtrusively around them.

When it's looked at like that, I guess you could say that we are all "mothers" in one way or another.

***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 March 2026  
Fourth Sunday in Lent / Mothering Sunday**

**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**

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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 22nd March 2026**

**Fifth Sunday in Lent**

**10.30am Service at Llanishen Methodist Church  
Led by Gauri Taylor-Nayar**

**No Service at Cyncoed**



**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](mailto:cyncoedmethodistchurch@gmail.com)  
**before 5.00pm on Wednesday.**

**Notices**

- ❖ **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.
- ❖ **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.
- ❖ **Reachout**  
We will be giving out Easter Eggs to the Homeless. If anyone could donate a small Easter Egg (95-100g size such as Maltesers/Kitkat/Mini Eggs) they would be much appreciated. Please bring to Church & place in bag at back  
Thank you  
Margaret Ashford / Carolyn Penn
- ❖ **Pastoral Visitors** Our Service on Sunday 15th March will include the **Commissioning of our Pastoral Visitors**.
- ❖ **Circuit Lent campaign:** Reduce your carbon footprint #4  
Action: Reduce carbon emissions associated with your food  
Food production accounts for a significant portion of global emissions. You don't need to go fully vegetarian, but you could try incorporating more plant-based meals into your week. Even swapping one or two meat-heavy meals for plant-based alternatives can make a difference, e.g. baked potato with beans. Reduce food waste by re-using your leftovers. To go a step further, buy seasonal, locally-grown produce. This will reduce transportation emissions and support your local economy.  
**Pray:** We pray for our local areas such as the Gwent levels, Pontypridd and areas around Cardiff that are at risk of or have been affected by climate change and the recent severe storms and floods. We pray for local and national groups who are campaigning for change and for leaders and politicians that they will make wise decisions.