

Church Family News and Prayers

The kiss: *Simon the Zealot watches and wonders*

Although I should have been praying in Gethsemane, I found myself wondering whether we were going to get back to Bethany safely, calculating in my head exactly how long it was going to take us. So, while it may have looked as if I was deep in prayer, it would be truer to say I was worrying. Sometimes those two activities look more similar than they should.

I heard something before I saw anything. When you've often been on the edge of what the authorities allow, you learn to be alert and it never leaves you. *Here it comes*, I thought, although even I was surprised by the number of Temple Guards and others who'd been bundled together for a makeshift snatch squad. They were carrying torches, lanterns, swords and clubs. It was as if they'd simply grabbed anything they could.

And, right in the centre of the pack, was Judas. I was horrified and puzzled at the same time, although not as surprised as some because those with a mind for revolution do strange things.

'Rabbi,' he said as he greeted Jesus, 'Shalom.' And he kissed him on both cheeks.

As the guards stepped forward, my first thought was what a despicable way to betray a friend. My second was to wonder what on earth he was thinking. Was there some kind of plot within a plot? I will never know the answer to that. All I know is that our master was arrested and everything we had worked and prayed for seemed to be falling apart.

*adapted from **Easter inside out** – David Kitchen (BRF)*

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 March 2026
Fifth Sunday in Lent**

No Service at Cyncoed

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

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

cyncoedmethodistchurch@gmail.com

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

Sunday 29th March 2026

Palm Sunday

Steward: Sue Tester

10.30am Rachel Barwise



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

- ❖ **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.

- ❖ **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

- ❖ **Circuit Lent campaign: Reduce your carbon footprint**
#5Action: Reduce energy consumption in the home
Simple habits like switching to LED bulbs, unplugging devices when not in use and adjusting your thermostat by just a couple of degrees and using jumpers and blankets, can significantly cut your energy use. Consider a smart thermostat or improve your home's insulation to maximise efficiency year-round.
Switching to a company which invests in renewable energy is one of the best ways to reduce your carbon footprint and signal to the government that renewable energy sources are in demand. See the latest circuit newsletter for more details including a special offer from Octopus energy that will help the Trinity centre at the same time
<https://trinitycentre.octopus.energy>

- Pray:** Earth Hour <https://www.earthhour.org/> is a global event where people turn off non-essential lights and appliances for one hour to show care for the environment. This year it takes place from on 28th March 8:30–9:30pm. Earth Hour encourages positive action for the planet. Consider lighting a candle and reflecting on God's love for creation. Pray for justice for those most vulnerable to climate change and ask God what actions He invites you to take.