

a case of raspberries

Imagine a typical July day by the River Wye with the sun coming out. After the rain, everything smells new and beautiful. About a quarter of a mile down my path there are some fruit bushes. Raspberries? Well, it looks that way. But I'm not in a supermarket.

As a city boy through and through, I have never ever seen wild raspberries so this sight is a revelation to me. I pick one and sniff it cautiously. It certainly smells like a genuine Class One raspberry. But, instead of eating it, I pause. Suppose there's something wrong with it. Suppose it's contaminated.

I'm so used to buying supermarket stuff that I'm nervous about eating what is simply there in front of me. Wild raspberries don't know about European food directives. But the fruit looks fantastic so I pick one and it is almost too good to be true. Eventually, I pick a decent handful and tuck in to the best snack I have ever eaten.

Later that evening, I think about the experience. Sensible to be cautious but suppose you never did anything new because you were afraid of the consequences. What a safe but unhappy life that would be. And perhaps that's how my faith grew over the years – out of a realisation that there comes a moment when you have to taste it for yourself, you have to take at least a small step beyond the purely rational. If we always hold back from exploring what is new to us, we deny ourselves the chance to reach out into the unknown. And, as I found out that day, the best is frequently the most unexpected.

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 21st June 2026
Twelfth Sunday in Ordinary Time**

Stewards: Alison Harrison and Jenny Siddall

10.30am Munawar Amaf

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 28th June 2026

Thirteenth Sunday in Ordinary Time

Steward: Sue Tester

10.30am Laura Evans



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** We are actively looking for someone to join our friendly Team, from September 2026 to prepare Refreshments for our Fellowship meal.
We meet on the 2nd Sunday of each month (with the exception of August), 3-5pm
If you feel that this is something you would be able / like to do please speak to Anne Tucker who can provide you with more information regarding the role.