

NEHEMIAH – A SHORT GUIDE

A bit of background

Nehemiah is a personal memoir written around the same time as *Ezra*. They were often kept together on one scroll. But there is a difference. This is not just about building work in Jerusalem; it's also about someone's life.

Some poetry from the book

You alone made the stars and sky, the sea and earth,
You chose and changed us, worked the miracles we needed,
You gave us our direction, kept the promises you made.
Yet our families forgot you, went their own way.
Slavery in Egypt seemed better than freedom with you.
Still you did not abandon them
Even then you did not forsake or destroy them.
Your mercy is great, your love without end.
But it is right that we have been punished:
We did not listen.

In a nutshell

A wine taster who cared deeply about his homeland and turned prayer into action. Also a person who worked out where to start and kept going. A book that highlights justice but doesn't ignore poetry. A story that recognises how easy it is to slip back into old routines but speaks with a passion about better ways of life.

from Bible in Ten – David Kitchen

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 2nd August 2026
Eighteenth Sunday in Ordinary Time**

Steward: Angela Bailey

9.15am Rev. Cathy Gale – Communion

4.00pm Informal Service

**Lectionary: Genesis 32: 22-31; Psalm 17: 1-7, 15; Romans 9: 1-5;
Matthew 14: 13-21**

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 9th August 2026

Nineteenth Sunday in Ordinary Time

Steward: Sheila Scott

10.30am Maurice Wentworth

**6.00pm Reflective Service at St Andrew's
Rev. Cathy Gale**

Lectionary: Genesis 37: 1-4, 12-28; Psalm 105: 1-6, 16-22, 45b;
Romans 10: 5-15; Matthew 14: 22-33



Informal mid-week Communion

**Is on a break until September 10th and will resume with
services on the 2nd and 4th Thursdays of each month at
10:30am**

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

❖ **Cyncoed Methodist Church Community Garden**

We are looking for strong and able-bodied volunteers to help with the setting up of the community garden at our church.

If you can help, or any of your family/friends we would be delighted to have you on board.

The work would involve

moving soil (in wheelbarrows),

helping to lift and move materials

· emptying bags of compost

· assisting with construction of shed, planters etc

We are expecting delivery on 10th August and would need your help from the afternoon of 10th August and any time on 11th/12th August.

Even if you could spare just 1 hour, we would be very grateful.

If you feel you can offer some help or know of someone who can, please could you email or message me. Alternatively, you can complete the form below

My email address is Leighfieldkathryn@gmail.com

My mobile number is 07506757739

Thank you for your interest and support.

❖ **Autumn Outreach**

Contributions toward the Autumn edition will be VERY welcome!!

This can be news, poems, prayers, reflections, stories or anything of interest.

**I would prefer where possible electronic versions
to be sent via email to m_annetucker@yahoo.co.uk**

or submissions can be left in my tray in the church office.

DEADLINE for submissions - Sunday 23rd of August

❖ **Bible Study Group**

We now have a twice-monthly Bible Study group meeting in the Fellowship Room (by the Office) on the first and third Thursdays of the month from 2-3pm. We are currently delving in to Paul's letter to the Philippians and having some really interesting discussions. Please come along and join us - no previous knowledge required! The next few sessions will be held on August 6th and 27th (a week "late" to accommodate Cathy's leave) and then on September 3rd and 17th.

❖ **Circuit Plan - change of preacher**

Please note that Dr Maurice Wentworth will be taking the service on Sunday morning 9th August and not Rev. Rosemary Davies as per the plan..