

LATER LOVE

What is it like?

It's like opening an almost empty chocolate box and finding the one that's left is the one you like most of all.

How does it feel?

It's like every muscle aching at the end of a long run for a bus you fail to catch and the car of a best friend pulls up with a smile and a lift right to your front door.

What it's like?

It's like filling a saucepan full of ordinary vegetables and, by giving them time to soften slowly and adding the seasoning wisely, finding you've got the most wonderful supper you could wish for or imagine.

How does it feel?

It's like having a muzzy head in a stuffy house on a grey February afternoon and stepping out the back door as the sun comes out to find the fresh air blows away all thoughts of winter, leaving the first clear tingle of spring

What's it like?

It's like thinking you're at the end
And discovering you're only beginning.

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 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

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 16th August 2026

Twentieth Sunday in Ordinary Time

Stewards: Alison Harrison & Jenny Siddall

10.30am Rev. Cathy Gale - Communion

Lectionary: Genesis 45: 1-15; Psalm 133; Romans 11: 1-2a, 29-32;
Matthew 15: (10-20) 21-28



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.

- ### ❖ **Solar Eclipse Event.**
- On Wednesday August 12th there will be a near total eclipse which looks like it might be something exciting to behold in this part of the world. As one of the wonders of God's creation, we are inviting people to gather to celebrate this event and watch the eclipse together. We will be gathering at Cyncoed Methodist Church between 5:30pm and 7:30pm. It will be family-friendly, with activities on offer for children. People are invited to bring a picnic and drinks will be provided. The event is open to all, so please spread the word!

Lisa Medina, Cardiff Methodist Circuit Administrator