

Proverbs for new pupils

Years ago I was taking part in a service at an annual conference for headteachers. So I got my worst class in the school to help me write modern proverbs for youngsters starting school in September. They were ace. All I did was add the rhymes!

Think about the friends you're making; watch out for the thief.
Avoid the ones who stir it up: they only bring you grief
Take it steady, take your time: make the best of what you do.
Respect the ones you're working with: they'll do the same for you

Try to meet new people so you make some different friends.
Don't stay silent if you're bullied: then it never ends.
Don't get nasty; don't give lip; don't whinge or aggravate.
Keep your head down on bad days, be fair and kind and straight.

Don't play stupid; don't play dumb but don't pretend you're smart.
Stay away from cigarettes: you won't stop once you start.
When things go wrong, be honest and don't pretend it's fine.
Don't lose your cool for little things: it isn't worth the time

Don't break friendships if you can, just try to get along.
Think about your attitude: it might be you who's wrong
Ask if you can't understand, get someone to explain.
You get one chance in high school, it won't come round again.

***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 13th September 2026 Circuit Creation Sunday

Stewards: Angela & Heather Bailey

10.30am Rev. Cathy Gale – Communion

3.00pm Messy Church

6.00pm Reflective Service at St. Andrew's

Lectionary: Exodus 14: 19-31; Psalm 114 *or Canticle:* Exodus 15: 1b -11, 20-21; Romans 14: 1-12; Matthew 18: 21-35

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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Lesley Meiklejohn

Office Administrator

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

Sunday 20th September 2026
Twenty-fifth Sunday in Ordinary Time

Stewards: Alison Harrison & Roy Methley

10.30am Roger Yeo

Lectioary: Exodus 16: 2-15; Psalm 105: 1-6, 37-45; Philippians 1: 21-30;
Matthew 20: 1-16



Informal mid-week Communion

An oasis of peace in a busy week.

**Services held 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

- ❖ **Meet, Eat and Connect** resumes for a new season on Saturday, 12th September at 10.00 - 11.30am in the Fellowship Room, Cyncoed Church. Our speaker, Rhys Powys, wasn't sure which aspect of his life to speak about so decided to Google his name with surprising consequences. He will aim to set the record straight on his fascinating TV, Theatre and Film career and life as a proud Grandfather. All are very welcome.
- ❖ **Messy Church** our next session is this Sunday **13.9.26, 3-5pm**
Our theme is:- **God's mission - a wildly wonderful world!**
I look forward to sharing the session with you!
Anne Tucker
- ❖ **Safeguarding update** On recent publications from the Methodist Church Safeguarding Team, there has been an addition to the roles that need to attend Foundation Safeguarding Training. **Trustees** (members of the Church Council or Circuit Meeting) now need to complete the Foundation Training. Many will already have completed this for other roles they hold, but there will be some that will need to be trained for the first time. Please let Dave know if you think this is you. An email to davekitchen30@hotmail.com would be good with your telephone number if Dave needs to get back for a word or two. Thanks
- ❖ **The Cardiff Foodbank** is in the process of overhauling their uniforms with the new logo from Trussell Trust. They are hoping to collect in all the old uniforms and turn them into beanie hats for the homeless (or anyone who needs them) for the winter. Would anyone be able to help with this? If so, please contact Gauri - 07971281711