The Parish of Pentyrch and Capel Llanilltern

M a g a z i n e

St Catwg’s Church
St David’s Church
St Ellteyrn’s Church

May 2015
Price £1
VICAR
Revd Michael John 02921403854
vicar@parishofpentyrch.org.uk

SERVICES for MAY

St. Catwg’s Church, Pentyrch
10th May 11 a.m. Holy Eucharist and Sunday Club
17th May 11.a.m. Holy Eucharist and Sunday Club
24th May 11 a.m. Holy Eucharist and Sunday Club
31st May 11 a.m. Holy Eucharist and Sunday Club

St. David’s Church, Groesfaen
3rd May 9.30 a.m. Holy Eucharist
10th May 9.30 a.m. Holy Eucharist
17th May 9.30 a.m. Holy Eucharist
24th May 9.30 a.m Holy Eucharist
31st May 9.30 a.m Holy Eucharist

St Ellteyrn’s Church, Capel Llanilltern
10th May 10.30 a.m. Holy Eucharist
17th May 9.30 a.m. Holy Eucharist
24th May 10.30 a.m. Holy Eucharist
31st May 10.30 a.m. Holy Eucharist

Parish Hall, Creigiau.
3rd May 10.30 a.m. All Age Benefice Holy Eucharist
7th June 10.30 a.m. All Age Benefice Holy Eucharist

WEEKDAYS
St. Catwg’s Wednesday 10.00 a.m. Holy Eucharist
St. David’s Tuesday 10.00 a.m. Holy Eucharist

Other services as announced
For Baptism, Marriage, Reconciliation, Anointing of the sick,
or to receive the Blessed Sacrament at home
Contact Revd Michael John, details above

Because changes to services may have to be made after the publication of the
magazine, please check pew leaflet and the parish website.

Articles for the magazine can be E-mailed to: johngoughpentyrch@btinternet.com by the 10th of the month.
You can also contact me on: 029 20891721
It doesn’t take a Jeremy Paxman to work out that people have become disillusioned with politics in Britain in recent years. If some reports are to be believed a large portion of the electorate will fail to turn out to vote on May 7th. There are those who even declare their intention to keep away from the polling booth as a kind of badge of honour.

At the risk of treading on toes I would like to spend a few moments reflecting on why it is so important that Christians should exercise their right to vote.

Let’s look for a moment at what we understand by the term ‘politics’. If we permit ourselves to venture beyond the froth and bluster of the media frenzy that surrounds us, we will see that politics is simply about the choices we make that affect our relationships. Someone once described politics as ‘the art of living in community’.

In the light of this definition, it seems unlikely that a person with a living faith based upon the Jesus of Scripture could avoid having strong political views.

In the Acts of the Apostles account of the Ascension of Jesus which we will celebrate just a week after the General election, we are told that there were two men in white robes who spoke to the apostles as they stood looking skyward after Jesus was taken from their sight. They ask them: “Men of Galilee, why do you stand looking into heaven?” The Apostles returned to the thick of the action in Jerusalem to start the business of ‘being church’, back to the place of hurt, of factions, of manoeuvrings, of manipulation and power games. You could hardly blame them wanting to keep looking to the sky, the earth without the Jesus they had known was too scary a place to contemplate, let alone engage with. The friends of Jesus must have thought that it was better to keep God and Jerusalem-type things apart. But the angels told them that there was no mileage in defiantly looking away from the earth in the hope that it will go away or sort itself out.

It was back in the heart of Jerusalem that they re-encountered the same God who calls his followers to speak of justice and truth.

The Scripture testifies over and over again to the fact that God requires us to take our societal responsibilities very seriously. From the Genesis stewardship story onwards human beings have been commanded to make careful and considered decisions based upon our understanding of how God reveals His nature to us.

He is a God who loves justice:

‘Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed’ Psalm 82 : 3,4
‘He has sent me to bind up the broken-hearted, to proclaim freedom for the captives’ Isaiah 61 : 1
‘Each of you should not look only to your own interests, but also to the interests of others’ Philippians 2 : 3,4
‘Woe to those who make unjust laws, to those who issue oppressive decrees’ Isaiah 10: 1-4

I understand that it may be difficult for some of us to find an individual candidate or a party which represents our views exactly, but to fail to vote at all is to abdicate our responsibility as
a citizen. It may be a cliché, but many have died over the years to win and uphold this right. The very least we should do is make the journey to a booth on May 7th even if we vote for ‘none of the above’.

On a personal note, I still think that to serve the country as an M.P. is a noble calling. I hope and pray that those who are elected on May 7th will work diligently and faithfully for the common good.

A Prayer at the time of a General Election

Living God you have involved yourself in our world through your life, death and resurrection of our Lord Jesus Christ. Send your Spirit to show us how we may turn your love and care for us into new actions for the benefit of others and a more just and caring society. Teach us to feel responsible for the wellbeing of the whole, as well as the rights of each. Help us to understand what is right and best for the future. Help us to work with each other and with our political leaders to make a real and lasting difference. Amen.

This poem by David Williams was first written as a hymn for use at his church in Meopham.

Lord, our Hearts we lift to Heaven

Lord, our hearts we lift to Heaven
and this joyful song we sing;
Lives made new and sins forgiven,
Praise the love of Jesus our King.
Peace shall be upon the mountains,
dried-up wells be living fountains,
sight restored through parted curtains;
Look, for the Kingdom of Heav'n is near.

Lord, our hearts we lift to Heaven
and this yearning song we sing;
Beyond the Cross the Son is risen,
come and rule Lord Jesus our King.
Prince of Peace be our peace making,
Wine of life be our partaking,
Light of all be radiating;
Shine in our darkness and banish our fear.

By David Williams

Having more money doesn't make you happier. I have 50 million dollars but I'm just as happy as when I had 48 million.
~ Arnold Schwarzenegger.
Gift Aid in the Parish of Pentyrch

Below is an updated graph showing our regular Gift Aided donations.

It is particularly encouraging to note that our monthly Direct Debits via the Diocese has increased by over 7% since December last year. Some of this is because donors have previously agreed that their donations should be automatically increased each year in line with inflation. Other donors have generously decided to increase their monthly givings by an amount greater than inflation. One or two parishioners have also cancelled their Standing Order payments to St Catwg’s and instead now make new Direct Debit payments to the parish via the Diocese. (This is much the preferred method of making regular Gift Aid donations. Please speak to me if you would like to learn more about this method of donation)

Thank you to everyone who has contributed.

Martin Cragg
Gift Aid Secretary

I'm not a paranoid, deranged millionaire. God dammit! I'm a billionaire.
Howard Hughes
From Parish Records

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<tr>
<th>Weddings</th>
<th>18th April</th>
<th>Juliann Hunt and Gareth Robert Davies</th>
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<th>Funerals</th>
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<th>Baptisms</th>
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<th>Thomas Barry</th>
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Pentyrch Art Group will be holding their 20th Annual Exhibition at Pentyrch Village Hall on **Sunday, May 17th 2015**. The exhibition is open from 10.00 am until 6.00 pm and admission is free, free refreshments will be served as usual. We look forward to welcoming you.

Thanks very much
Anne Peebles

We have received digital copies of our recent Parish Registers from the Glamorgan Archives where they now live. If anyone now wishes to check on the Records, they can do so digitally in the Parish (this does not include Capel Llanilltern yet) or they can visit the Glamorgan Archives off Ninian Park Road (behind the Cardiff City Stadium)

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**West Wing Project: Fund Raising**

Many, many thanks to everyone who has helped with our fund raising activities and for the many generous donations received so far.

As at 24 April we have raised a staggering £16,406 towards our West Wing project at St Catwg’s. This includes £2,509 which we will be able to claim from the taxman on various donations made under the Gift Aid scheme.

<table>
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<th>Donations</th>
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<td>Sale of old pews</td>
<td>£995</td>
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<tr>
<td>Sponsorship of new pew chairs</td>
<td>£5,364</td>
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<tr>
<td>Other Fund Raising</td>
<td>£2,985</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>£16,406</strong></td>
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Further fund raising activities are being planned and we have already received promises of a further £1,326 in respect of “sponsoring” the new pew chairs.

Martin Cragg
Once again Harry Mason is offering his superb winter’s work for sale at his home at 24 Parc y Felin, Creigiau on 23 May at 10 p.m. Those of us who have bought Harry’s plants in the past know that the quality far exceeds those available locally. Tea and coffee will be served in the conservatory (i.e. Harry’s workshop!).

Geraniums £3 or 2 for £5
Begonias £5 for a large pot.
All proceeds will go to the Wales Air Ambulance Service.
Many of you will be aware that this service and charity is close to Harry’s heart because it was the swift service supplied by the Air Ambulance that saved the life of his nephew.
Do come along: conversation is free, the plants you pay for!

Bad by name; bad by nature?

During Nelson Mandela's 19 years imprisoned on Robben Island, one particular commanding officer was the most brutal of them all: "A few days before Badenhorst's departure, I was called to the main office. General Steyn was visiting the island and wanted to know if we had any complaints. Badenhorst was there as I went through a list of demands. When I had finished, Badenhorst spoke to me directly. He told me he would be leaving the island and added: 'I just want to wish you people good luck'. I do not know if I looked dumbfounded, but I was amazed. He spoke these words like a human being and showed a side of himself we had never seen before. I thanked him for his good wishes and wished him luck in his endeavours. I thought about this moment for a long time afterwards. Badenhorst had perhaps been the most callous and barbaric commanding officer we had had on Robben Island. But that day in the office, he had revealed that that there was another side to his nature, a side that had been obscured but still existed. It was a useful reminder that all men, even the most seemingly cold-blooded, have a core of decency and that, if their hearts are touched, they are capable of changing. Ultimately, Badenhorst was not evil; his inhumanity had been foisted upon him by an inhuman system. He behaved like a brute because he was rewarded for brutish behaviour."

Source: "Long Walk To Freedom" by Nelson Mandela
For the second year the Area Ministry brought us shared services in churches in the Parishes of Radyr, Tongwynlais and our own.

The first shared service was in St John’s Church Danescourt, which is actually the Parish Church for the Parish of Radyr, which, although it is older that ChristChurch, is much smaller.

Tuesday evening brought a service of compline with a sermon at St David’s Church where there was a good congregation on a watery night.

Wednesday the shared service, on another wet night, was in St Michael’s Church Tongwynlais.

From that point the churches went their own way.

In Pentyrch a Maundy service was held on the Thursday evening, and what an impressive service that was. For the week leading to the service, Michael had invited the congregation to bring their own towels and have their feet washed. The early church recognised feet washing as a sacramental action, based on the command of Jesus: “So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example, that you also should do as I have done to you.” And, of course, in a sandy country where people would have worn sandals, the washing of feet after a journey was important.

As Michael wrote in the introduction to the service: “This is a beautiful and moving element of the liturgy and a symbolic expression of our calling to imitate the humility of our Saviour”.

But other things happened in that service as well. Again Michael writes: “Central to the ceremonies of the Maundy Thursday evening is the Holy Eucharist. The scriptures remind us of the first Passover meal of the Israelites as they prepared for their journey out of slavery in Egypt. We watch as Jesus shares His last Passover meal with His friends. We listen once again to the narrative of the institution of the Eucharist, and His command to “Do this in remembrance of me.”

At the end of the service the blessed sacrament is removed from its normal place of reservation and relocated at the altar of repose which is decorated with greenery to symbolise the garden of Gethsemane. The stripping of the altar is then undertaken and the service ends in silence and the Passion of the Watch commences, until 10.30 p.m. when Compline is said. Many stayed for a while and returned for Compline.

Services were held in the three churches on Good Friday. I attended the one in St Catwg’s, so I will write my reflects on that service that I found extremely moving. There, at the chancel steps tall and stark, stood a wooden cross. The congregation on
entering the church were given a nail to hold for the entire service. We were about to start the service of “Tenebrae (Latin for “Shadows” or “Darkness). Tenebrae is characterised by a series of Scripture readings and meditations in stages, while candles are gradually extinguished to symbolise the growing darkness not only of Jesus’ death but of hopefulness in the world without God. The service ends in darkness with a final candle, the Christ Candle, extinguished, symbolising the death of Jesus. The readings reflected the eight stations of the Cross followed by meditations on the readings. Not only were the Passiontide readings powerful in their telling of the Passion, but the meditations in their personal reflections were too: I found the whole service extremely moving.

Before the last reading, the congregation were invited to take a red carnation from the back of the church and move forward to the chancel steps to acknowledge the cross and drop the flower at the foot of the cross. All this time a Taizé chant was repeated quietly.

Holy Saturday evening saw the Holy Fire and Easter Vigil service in St Catwg’s Church with a congregation from all the churches in the Parish. A small fire was lit in a bowl at the door and the congregation, assembled outside, watched as the Paschal candle was lit and carried into church. The congregation followed and, one by one, lit their individual candles and carried them into the church. Soon the cry went up “Alleluia! Christ is risen!” to be answered with “He is risen indeed, Alleluia!”, and a great cacophony of sound from musical instruments, improvised instruments and the organ at full blast welcomed the risen Lord. Then followed the first Eucharist of Easter with the Gloria, silent throughout Lent, resonating throughout the church.

Holy Week had been a moving experience culminating in the exciting Fire service.

But something else happened in Holy Week. Our regular readers will have seen in last month’s magazine, that the Faculty application had been signed off by the Diocesan Chancellor. Representatives of the redevelopment of the Chapels in Cathays Cemetery, notified us that they would collect the pews they wanted on Monday of Holy Week. Action was immediately put in place to notify the pew buyers from our congregations that they should take their pews as soon as possible. The makers of the chairs were notified and they replied that they could deliver that week but did not know the day. On the Wednesday of the Frugal Lunch, David Pendlebury was missing: he had received a call to say that the chairs were on the way, and the driver would give us about 45 minutes notice of arrival, so he stayed home to receive the call. At about 12.45, a flustered David arrived: “The chairs will be here in 45 minutes!” The remaining soup was soon disposed of; Michael arrived and was beside himself with excitement at the news. 45 minutes later, one driver arrived with the chairs, no trolley, so, just as the rain was trying hard to fall, a chain was formed to carry the chairs into the church. The transformation had begun. 30 minutes later, the task was completed and the driver was on his way home to Macclesfield: job done!
Holy Week Continued:
It was amazing how quickly the pews disappeared! Stewart stayed until 7 p.m. to supervise their removal, and by the time I walked into church on Maundy Thursday only one pew was left! And the pew-chairs looked completely natural. I referred to them as pew-chairs in the last magazine, that is because they clip together very tightly to form a continuous row. The first thing I wanted to do when they were clipped was to sit “between” the chairs; there is no gap. So a row of 5 chairs could easily seat 6 people with a cwtch. I was not the only one to say how natural they looked with their pale green seats.
And so to Easter Day. I understand that the services in St David’s and in St Ellteyrn’s were well attended, as was the service in St Catwg’s where there were about 115 adults, and close on 20 children joined the congregation from the Sunday Club. It seems then, that throughout the Parish, the Risen Lord was greeted in fine song by large congregations.

John Gough

Church in England in a hurry to appoint Women Bishops.

How quickly history moves!
It was just on 14th July 2014 that the English Synod approved the appointment of women bishops. At that time many were saying that the first appointment would be made early in 2015, and, indeed, it was, with the appointment of Revd Libby Lane as Bishop of Stockport.
Just two months later, the second was appointed when Rev. Canon Alison White was appointed as a Bishop to serve in Hull.

The very next day the Venerable Rachel Treweek was appointed as the Bishop of Gloucester. This I found very interesting as Gloucester is one of the senior Diocese in England and whose Bishop sits in the House of Lords. So the new Bishop here will also be the first woman Bishop to take a seat in the House of Lords.
Am I surprised? Yes, I am. I know nothing about these things, of course, but my cynical hat suggested that it would be too controversial for an appointment to one of the senior Dioceses so soon after the approval was given to appoint women Bishops.
Am I pleased? Yes I am, and I hope all these ladies will have very successful and happy times in their various roles. Well done England! JG
The Archbishop of Wales’ Easter message
Look for God in “Resurrection moments”

We may not be able to prove that God exists or that Christ rose from the dead but we see Him touch our lives in “Resurrection moments”, the Archbishop of Wales says in his Easter message Resurrection moments are when we glimpse God when we least expect to and they can change our lives, says Dr Barry Morgan, in his Easter message.

He says, “The reasons people come to faith or have faith are not based in the end on reason, although it may have a part to play. In the end, it has to do with the feeling that we have been called and addressed by God at some moment in our lives and have responded positively – and that calling happens in all kinds of ways – through listening to music, watching a beautiful sunset or being touched by the kindness of strangers or friends.”

Resurrection moments happen when we see unexpected acts of kindness from strangers, forgiveness, generosity and sacrifice, says the Archbishop.

“We see the power of God at work when a priest in Syria refuses to leave his beleaguered congregation and dies as a result; when parents of murdered children forgive their killers; when poor people share the little they have to help others; when an act of unexpected kindness towards us from a total stranger touches the very core of our being; when people put the interests of others before their own.

“These are moments of revelation and moments of transformation, for they make us realise that acts of goodness and mercy in situations full of evil and oppression are moments which can change everything and go to the heart of what it is to be truly human. They should enable us not only to change the way we look at things but the way we live as we go about our daily lives. They are resurrection moments.”

Resurrection moments, says Dr Morgan, give us hope.

“Having faith means clinging on to that hope even during, perhaps especially during our darkest moments, when it seems as if all our energy is needed just to hang on by our fingertips.

“Our prayer should be that when that light is revealed, we may be alert to its presence and respond to it with thanksgiving and joy.”

4 April 2015

Political systems
What is the difference between Capitalism and Socialism?
Capitalism is the exploitation of man by man. Socialism is the exact opposite.
**Christian Aid Week 2015 (May 10th to 16th)**

In addition to the door to door collections there will be a fund raising Christian Aid lunch to be held in the Parish Hall on Saturday 16th May. Tickets are £6.

If you are able to help or donate a soup, a pudding or a raffle prize or would like a ticket, please see one of the social committee members or sign one of the lists at the back of churches.

Last year as a Parish we raised over £4000 for Christian Aid projects, with your help we can do even better! Read the Archbishop of Canterbury on Page 20.

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There were two major typing errors in last month’s magazine, for which I take complete responsibility and hang my head in shame. The first relates to the date of Christian Aid Week, that I inadvertently wrote as the 19th to 16th May! I’m sure you all realised that the nine should have been zero! The second was, perhaps a little more serious. I placed the Good Friday service in St Catwg’s at 10 a.m. instead of 11 a.m. Once again a simple typing error, but it did, I understand, inconvenience a small number of people: my apologies to those.

This might be the place to remind people that times of services and special events appear of the Pew leaflet every week and you can also see them on line at: parishofpentyrch.org.uk If you haven’t looked at the church website, it is worth a look, with a lot of information included: it is one of the best websites I have looked at. John Gough

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**The Good News Coffee Morning**

Why not come and idle away an hour or so of your free time on the third Saturday of every month in the Parish Hall in Creigiau? I refer of course, to the monthly Good News Coffee Morning. Stimulating conversations mingle with the aroma of coffee and the refreshing sipping of tea, mixed with the crunching of an array of biscuits, artistically presented on the plate. Bliss not to be missed!

Coffee in May will be served from 10 a.m. to 11.30 a.m. on Saturday 16th

100 Club winners for the last three months are:

February: John Payne £30; Margaret Pendlebury £5; Peter Jones £5
March: Janet Jones £30; Sue Dodd £5; John Payne £5
April: Gaynor Williams £30; Roger Lang £5; Elgan Owen £5

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*I've been married to a communist and a fascist, and neither would take out the garbage.*  
Zsa Zsa Gabor
The meal at the heart of Christian worship

'For I received from the Lord what I also passed on to you: the Lord Jesus, on the night He was betrayed, took bread, and when He had given thanks, He broke it and said, ‘This is my body, which is for you; do this in remembrance of me.’ In the same way, after supper He took the cup, saying, ‘This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.’ (1 Corinthians 11:23-25)

These words have been the focus for the Church’s celebrations of Communion, the Lord’s Supper, and the Eucharist ever since Jesus spoke them at the Last Supper two thousand years ago. Writing to the Corinthians, Paul describes the meal that is at the heart of Christian worship. The reminder of Jesus’ sacrifice for our salvation has fed and inspired Christians ever since.

In his letter to the Philippians (2:5-11), Paul widens his scope to embrace the whole of God’s redemptive plan. From Jesus’ divinity, incarnation, life, death, resurrection and ascension to His ultimate triumph, Paul’s picture of the cosmic Christ is based on historical fact. But his immediate purpose, as he launches into this soaring poem of praise, is to urge believers to humility and unity: ‘in your relationships with one another, have the same mindset as Christ Jesus’ (2:5).

How often do we bring to mind the facts of our redemption? How far do we allow them to shape our lives? Do we, when we pray, acknowledge the high priestly role of Jesus, through whom alone we can ‘approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need’ (Hebrews 4:16)?

All the New Testament writers looked to the Old Testament to understand the significance and implications of the Gospel. Not only in the letter to the Hebrews, where the writer demonstrates Jesus’ fulfilment of the sacrificial system, but from Matthew to Revelation, the events and prophecies of the Hebrew Scriptures are brought into a new light, as God’s cosmic purposes – from Creation to New Creation – are revealed. It’s impossible to overstate the enrichment that comes from understanding our faith in the context of those purposes.

But it is not only enrichment that comes from a grasp of God’s ‘big story’, but truth. In the ‘pick and mix’ culture in which we live, it’s all too easy to select those parts of the Bible – those attributes of God, those promises and prophecies, those aspects of Jesus’ character – that seem to satisfy our personal yearnings. In a society in which the purpose of life is being redefined in terms of personal fulfilment, and often reduced to image and self-esteem, we must beware of reinventing the Church to satisfy these aspirations.

A robust re-immersion in biblical history would be a good place to start.

Helen Parry is lecturer in biblical interpretation and globalisation for LICC.
Acknowledgement of David’s lifetime love affair with Scouting

The Silver Wolf Award
In recognition of services to Scouting of the most exceptional nature

The Silver Wolf Award was introduced by Lord Baden-Powell and remains the Scout Association’s highest award for services to Scouting. The Silver Wolf is the unrestricted gift of the Chief Scout and is only awarded “for service of an exceptional nature”. It is not normally awarded until at least a Silver Acorn has been gained. In practice, this means that it is seldom awarded for less than thirty years service.

David Pendlebury attended the celebration of his award on Sunday 26th April at Windsor Castle.

The citation from the Scout Association reads:

David Albert Pendlebury. District Secretary, District Chairman, Afon Area Training Adviser, Area Executive Committee Member, Cardiff and Vale of Glamorgan

What the citation does not refer to are the years of commitment to Scouting in Pentyrch, Creigiau and elsewhere: his years as Group Scout Leader in Creigiau and his absolute commitment to Scouting within the Parish, that he is carrying forward into the District Association. There are very few years in David’s life when he has not been involved in scouting: in school, in university, from his very first years in work, and into his marriage to Margaret, Scouting has been an integral part. The skills he has learned in Scouting, he has taken into his working and social life, just as his extensive management skills from his working life, he has taken into his Scouting and social life.

Wear your badge with pride, David. Wear it so we can all appreciate what you have achieved.

JG
We know how we collect Christian Aid, what did others do?

**Eke**  Poetry workshop as part of Circle the City Raised £33,000

**Ivy and Samantha** Buskathon Raised £511

**Gilbert**  Sold vegetables from his allotment Raised £650

**The Tierra Buena New Orleans Jazz Band**
Concert Raised £519

**Pamela**  Aged 83 abseiled with friends Train station collection Raised £7,800

**Peter**
Train station collection Raised £428

**Llinos**  Abigail Fashion show Raised £609

**House-to-house collecting Raised £559**
I regularly include poems by Daphne Kitching in the magazine, so I thought you, as readers, would appreciate the following. I was particularly moved by Archbishop Sentamu’s response to the question of women administering the sacrament. This came up in an interview about her newly published book of poetry: *Walking with us: Poems and Prayers around the year*,

Daphne is an Associate Minister from the East Riding of Yorkshire, and this is her first volume of Christian poetry.

Daphne explains, “My role as a minister is sharing the love of Jesus, and that’s what motivates my poetry as well. The poems explore how Jesus walks with us through the seasons of our lives.”

“The poems have been inspired by many different people and events. The poem ‘Mary, a woman’ was inspired by Archbishop Sentamu. When he visited Beverley after being made Archbishop, he was asked what he thought about the ordination of women. He replied that as Mary had carried Jesus in her body, who was he to say that a woman should not handle in her hands the sacrament of his body and blood to the people in the bread and wine. His words stuck with me, and I wrote the poem nine years later to celebrate the twentieth anniversary of women becoming priests. “’The Difference’ was inspired by Bishop Richard Frith, who once spoke about how churches can sometimes feel like membership groups, but we need to welcome people in, and not exclude people by our expectations of behaviour. I wanted to reflect how Jesus accepts and loves us all.”

The Rt Revd Richard Frith (Bishop of Hull from 1998 to 2014 and now Bishop of Hereford), said, “Daphne Kitching is a person of faith, warmth and sensitivity. It is these same qualities which shine from her poetry and make this collection of her writing such a joy to read. She uses phrases which shed light on the Bible’s own imagery, and her poetry is thought provoking and inspiring.”

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**Spirit of Life**
(Jn20:21,22; Ez37:4-6)
Breathe on us, Lord Jesus. Fill us with your Spirit.
Send us out, as the Father sent you. Send us out into the world to live, to work, to make decisions, to change and influence and transform; that as your people we might truly make a difference in our generation.

Send us out Lord. Breathe on us, and into us, your kiss of life, resuscitating these dry bones to go, with your power and wisdom, to build for your Kingdom today.
Breathe on us Lord Jesus fill us with your Spirit, for the work you have given us to do.

_By Daphne Kitching_

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**Little Teapot**
Our new curate had young children and they insisted he choose for his screensaver a picture of a dancing teapot, playing the children's song ‘I’m a Little Teapot’. When the earnest young HR officer for the diocese came to call, she sent back a message to the bishop: “The curate may be suffering from an identity disorder.”
Kip Keino was orphaned young and brought up by an aunt in a poor Kenyan village. What chance, you might ask, did he have of making a mark in the world?
In the 1968 Olympics, Keino won the 1500 metres. A glittering running career followed but he remained a modest man who used his fame to build schools in his homeland and help thousands of orphans.
What motivated such inspirational kindness? Keino said: “I came into this world with nothing. I will leave with nothing. While I am here I will be mindful of those people who need my help.
The day U3A came to St Catwg’s Church

At the Open Gardens Weekend in July 2014, a lady visitor talked to me at the church expressing an interest in churches, and told me that she was a member of a University of the Third Age (U3A ; that is, people of a retired vintage) group in Thornbury in Gloucestershire that once a month they visited a church and that she was planning a visit to Llandaff Cathedral, so could they possibly come to us as well. Of course I replied in the affirmative and thought little of it for the next day or so; but then I received an email asking if they could visit on Tuesday 21st April! Which brings us to 21st April.

Over they came from Thornbury to the Cathedral and on to us. When I stepped on the coach in Pentyrch to welcome them, a sea of faces met me; every seat was full! 53 smiling faces eager to see our church! And how complimentary they were.

David and Margaret Pendlebury, Muriel and I had prepared for their coming, with tea, coffee, Val’s biscuits and broad smiles, and I had prepared a presentation based on the History of the Church booklet but angled towards the building because that was what they, as a group, were interested in. They sat in the pew-chairs and were very complimentary about those too, but for many, the first comment was “What a warm atmosphere there is in the church!” They were not commenting on the temperature. As the group leader said: “We go into so many churches that are not welcoming, they are cold, and we want to turn round and go out, but there is a warm welcome here: we could feel it as soon as we entered.” To which Dave and I both said on various occasions, that that is something that we, as a church body, work hard to develop. It seems that we must be doing quite well.

They were delighted with the appearance of the church, with the steeple, the medieval font, the Paris exhibition reading desk, the altar, the height of the nave, indeed, the church as a whole. The churchyard had been cut that morning and looked a picture, with the wild flowers, especially primroses, in abundance, and left untouched by the groundsman.

So for the Thornbury group a very interesting day, and their pleasure was reflected in an Email of thanks that I received the following day.

JG

Life abundant

Two students from a theological training college decided to spend part of their holiday in the countryside doing outreach. They stopped at an old house, and proceeded up the path through a gauntlet of screaming children and a washing line heavy with wet clothes. When they got near the door, the woman of the house stopped scrubbing the steps, brushed her hair and perspiration from her brow, and asked them what they wanted. “We’d like to tell you how you can live forever,” they answered.

The exhausted woman hesitated for a moment, and then replied, “Thank you, but I don’t think I could stand it!”
Is there still a need for Food Banks?

It must be three years ago that we set up Food Bank collection points in our churches and our faithful volunteers have collected and taken the deposited foods to one of the Cardiff Centres on a regular basis. But is there still a need in our affluent country? Some of these statistics may surprise you.

In Wales during 2014 to 2015, 85,875 people, including 30,136 children were given three days’ worth of emergency food by the Trussell Trust Food Banks. Across the UK more than one million people were helped in the last twelve months: in 2008-2009 the figure was 25,899.

The main reasons in Wales for referral were: benefit delays 31%; low incomes 24%; benefit changes 14%. In Cardiff 10,708 people received the three days’ emergency rations in 2014-2015 compared to 8,651 the previous year.

It is worth reminding ourselves that the recipients are not scroungers, but people who have been given food vouchers by Social Services and GPs.

Why do people need emergency food?

Redundancy, illness, benefit delay, domestic violence, debt, family breakdown and paying for the additional costs of heating during winter are just some of the reasons why people go hungry.

You will find Food Bank collection points in almost all churches and in most supermarkets, if not as a daily collection, certainly several times a week.

This will give you an idea of what items to place in the collection boxes. Below are items that are in particularly short supply at the moment.

- Fruit Juice
- Tinned Tomatoes
- Tinned Sponge Pudding
- Instant Mash

Don’t Forget those in need!
Dear Friends,

Jesus calls us to love our neighbour and challenges any limit we put on who that neighbour might be.

As Christians, we believe that he means our global neighbour, not just those close at hand. Across the world there are around a billion people in extreme poverty - trying to survive on less than $1.25 a day. God's faithfulness gives us hope that extreme poverty can be ended, that loving our neighbour is a sign of God's kingdom.

Christian Aid Week, held every year in the second week of May, is an important act of Christian witness right across Britain and Ireland. It is a week when churches of all denominations come together and step out into their local communities to support Christian Aid in challenging poverty across the world.

This year, Christian Aid Week confronts one of the greatest injustices of all times: discrimination against women. The statistics are shocking and Christian Aid's partners around the world are clear that it needs urgent attention. Half of the world's population are women and yet they comprise the majority of those living in poverty today. Despite the fact that women do the majority of the world's agricultural work, less than 20% of landholders globally are women. Around the world, women are paid less than men - in most countries, women earn on average only 60-75% of men's wages. At every level, from the household to the global stage, women are poorer, disadvantaged, more vulnerable.

Around the Anglican Communion, churches are responding to God's call to end oppression and suffering by working to lift women out of poverty and situations of abuse or injustice. In Kenya, Burundi, India and elsewhere, local churches promote micro-finance opportunities for women to build their own small businesses. In Zambia, Brazil, Papua New Guinea, DRC and many other places, the Church works with local communities to end gender-based violence. And throughout the Communion, the Mothers' Union works tirelessly on promoting women's literacy, economic development and leadership roles. All these examples bring dignity and strength to women, helping to restore gender relationships to one of equality. Many such initiatives are run in partnership with Christian Aid.

The gifts and action of churches in Britain and Ireland have transformed their lives, giving them a future worth having. The movement to bring justice to the world's poorest people could not happen without the commitment of thousands of churches in this country.

Please join us to pray, act and give for our global neighbour this Christian Aid Week - for a world that looks more like God's kingdom.

The Most Rev and Rt Hon Justin Welby
Archbishop of Canterbury
Lambeth Palace, London SE1 7JU
On why people should ALWAYS sit in the same pew

From The Rectory
St. James the Least
My dear Nephew Darren

I have to say that the couple who complained that you never noticed they had been missing from church for a month had a point. There is a simple way of noticing when someone is absent: everyone sits in the same pew. Every Sunday. Always.

Little Miss Margison sits in the pew after the third pillar on the right here at St. James the Least. As she walks up the aisle, you can sense her counting the pillars until she reaches the right one, which then allows her to sit in front of it. I have speculated that if I ever had that pillar removed, then the following Sunday, she would have a complete mental collapse.

One Sunday a visiting family arrived early and sat down; three people in an empty church seating 200. Colonel Wainwright and his wife were the first of our regulars to arrive and froze in horror. The Colonel said in a deafening whisper to his wife: “There’s someone sitting in our pew.”

At least they had the grace – no matter how reluctant – for one week, to sit somewhere else. Unlike the Prentice family of husband, wife and three children, who arrived to discover that a visiting family of husband, wife and four children were sitting in their pew; six people in a pew that held eight. Or, it normally holds eight. That Sunday, it held thirteen.

We at least have one iconoclast in Miss Pemberton, who makes a point of sitting in a different place every week. This thoroughly unsettles the rest of the congregation, who fear she may sit in their seats during her nomadic wanderings. I sometimes wonder if she has a chart at home with all the pew spaces marked on it and she strikes one off each week as she returns home after Mattins.

Occasionally the unexpected can happen. Mrs Cholmondeley arrived one week in good time, settled herself in her accustomed place, but half-way through the Service suddenly ran out of the building. Ten minutes later, she was back and in her usual place once again. It was only when the church filled with the smell of burned bacon that we understood.

That is why replacing pews with chairs in your church was a mistake. Pews can never be moved. You know where everybody is – or should be!

Your loving uncle,
Eustace

(Just as well we have bought pew-chairs!)

We are here on earth to do good unto others. What the others are here for, I have no idea. W.H. Auden
Who you are speaks louder to me than anything you can say

At the beginning of my 8:00 a.m. class one Monday at University of Nevada, Las Vegas (UNLV), I cheerfully asked my students how their weekend had been. One young man said that his weekend had not been very good. He’d had his wisdom teeth extracted. The young man then proceeded to ask me why I always seemed to be so cheerful. His question reminded me of something I’d read somewhere before: “Every morning when you get up, you have a choice about how you want to approach life that day.” I said to the young man. “I choose to be cheerful”. “Let me give you an example,” I continued.

The other sixty students in the class ceased their chatter and began to listen to our conversation. “In addition to teaching here at UNLV, I also teach out at the community college in Henderson, about seventeen miles down the freeway from where I live. One day a few weeks ago I drove those seventeen miles to Henderson. I exited the freeway and turned onto College Drive. I only had to drive another quarter-mile down the road to the college. But just then my car died. I tried to start it again, but the engine wouldn’t turn over. So I put my flashers on, grabbed my books, and marched down the road to the college. “As soon as I got there I called AAA and asked them to send a tow truck. The secretary in the Provost’s office asked me what had happened. ‘This is my lucky day,’ I replied, smiling. ‘Your car breaks down and today is your lucky day?’ She was puzzled. ‘What do you mean?’ “I live seventeen miles from here.’ I replied. ‘My car could have broken down anywhere along the freeway. It didn't. Instead, it broke down in the perfect place: off the freeway, within walking distance of here. I’m still able to teach my class, and I’ve been able to arrange for the tow truck to meet me after class. If my car was meant to break down today, it couldn’t have been arranged in a more convenient fashion.’ “The secretary’s eyes opened wide, and then she smiled. I smiled back and headed for class.” So ended my story to the students in my economics class at UNLV.

I scanned the sixty faces in the lecture hall. Despite the early hour, no one seemed to be asleep. Somehow, my story had touched them. Or maybe it wasn't the story at all. In fact, it had all started with a student’s observation that I was cheerful. A wise man once said, “Who you are speaks louder to me than anything you can say.” I suppose it must be so.

Author: Lee Ryan Miller - story from his book "Teaching Amidst the Neon Palm Trees"

America is so advanced that even the chairs are electric. Doug Hamwell
The first piece of luggage on the carousel never belongs to anyone. George Roberts
I have kleptomania, but when it gets bad, I take something for it. Robert Benchley
Home cooking. Where many a man thinks his wife is. Jimmy Durante
The Confessional
A Roman Catholic priest was called away on an emergency. Not wanting to leave the confessional booth unattended, he asked his rabbi friend to cover for him. The rabbi protested that he wouldn't know what to say, but the priest promised to show him. So the rabbi came over and joined the priest in the confessional booth.
In a few minutes a woman came in and said, "Father, forgive me for I have sinned." The priest asked what she had done. "I stole some clothes from the local boutique." The priest asked how many times she had done this. "Three times." The priest thought a moment, then said: "Say two Hail Mary's, put £5 in the box and go and sin no more."
A few minutes later a man entered the confessional. "Father, forgive me for I have sinned." The priest asked what he had done. "I stole some stuff from the garage where I work." The priest asked how many times he had done this. "Three times." The priest thought a moment, then said; "Say two Hail Mary's, put £5 in the box and go and sin no more."
The rabbi told the priest that he thought that he got it, so the priest left. A few minutes later, another woman entered the confessional booth and said, "Father, forgive me for I have sinned." The rabbi asked what she had done. "I stole some make-up from the pharmacist." The rabbi asked how many times she had done this. "One time."
The rabbi thought a moment, then said: "Go do it twice more. We have a special offer this week - three for £5."

Blessing
It was the five year old boy’s first trip down to the Communion rail at church. Fascinated, he watched the vicar place a wafer in the palm of each person kneeling before him. When the vicar reached the little boy, he ignored the child’s out-stretched palm, and laid his hand on the child’s head in a gentle blessing instead. The boy, utterly bewildered, whispered to his father in a piercing voice; “He’s put it on my head!”

When Children and RE mix…
When children meet the Bible, the result can be unpredictable. As in these answers to a school chaplain’s efforts to teach RE....
The main purpose of the prophets was to set up the lights for when Jesus came on the stage.
The Kingdom of God is no ordinary place like the bathroom at home.
Jesus said: If you want to divorce your wife leave a note for her on the table.
Jesus healed a man with a weathered hand.
Some of the seed from the sower was curried off by Satan.
The last verses of Mark’s gospel were written later by a unanimous person.
Jesus first proclaimed the gospel to the Jews: He told them to make love to each other.
An altar is a stall for candles.
An example of Holy Orders are the Ten Commandments.
An epistle is the wife of an apostle.
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