

July 3rd 2016
 St. Thomas, Apostle
 Year C

THE PARISH OF CATHAYS
 THE CHURCHES OF
ST. ANDREW & ST. TEILO,
 WOODVILLE RD.
ST. MICHAEL & ALL ANGELS,
 WHITCHURCH RD.

Thought for the week:
 Underlying all life is the ground of doubt and self-questioning which sooner or later must bring us face to face with the ultimate meaning of life.

Thomas Merton

Tonight at 7pm in St. Michael's is a gentle service for Wholeness & Healing. This is not a Eucharist service. All most welcome.

Caroline is not available on Tuesday as she is attending training in St. Michael's College.

There are many spaces on the flower rota in St. Michael's. If you would like to book a Sunday to remember a loved one, please see Val.

Sunday, July 10th, is Sea Sunday, and this year is the 160th anniversary of the Mission to Seafarers. As a parish, we have supported the Mission in the Port of Cardiff, and we remember those who sail the seas to bring food and goods to our island. We shall be making a collection for the Mission in both churches next week. Please give generously.

St. Teilo Arts AGM is on Sunday, July 10th straight after the morning service in church.

THE PARISH OF CATHAYS

Priest-in-Charge:
 Rev'd Caroline Downs
 Tel: (029) 20495699

Assistant Curate:
 Rev'd Meg Underdown (029) 20331988

Readers:
 Liz Haigh (029) 20496902
 Peter Swinbank (029) 20232216
 Matthew Dixon 0771 5573013

Parish Wardens:
 Paul Gregory (029) 20403954
 Geraldine Payne 0794 7804134
(Gerry, our new People's Warden, is very happy to receive calls on Parish or other matters from anyone in either church)

Sub-wardens (St. Michael's):
 Jeff Doidge (029) 20395050
 Edwina Jenkins (029) 20453347

Sub-wardens (St. Teilo's):
 Andrew Connell (029) 20371533
 Joan Stevens (029) 20755374

PCC Secretary:
 Rhiannon Williams
Please contact Rev'd Caroline to arrange baptisms, marriages, banns, and Holy Communion for the sick and housebound. Please let Caroline know if anyone wishes to be prayed for, is ill or in hospital or would welcome a visit.

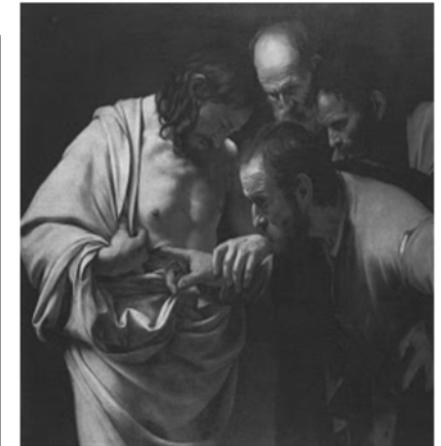
Notes & Queries

- ✦ The first Wednesday Eucharist of the month under the new provision is on July 6th.
- ✦ Saturday, July 9th: Lunchtime concert of lovely organ music by talented Hannah Towndrow at 1.15pm in St. Teilo's followed by refreshments. All welcome.
- ✦ Sunday, July 10th: Grand Finale! Worship in St. Teilo's garden at 7pm - sort of Celtic Evening Liturgy. Indoors if wet. Anyone up for a barbecue? - There's a lovely big barbecue and the garden is looking beautiful! PLEASE LET CAROLINE KNOW! If few are able to come, we will postpone until the Autumn term.
- ✦ Saturday July 16th: Circle Dancing in St. Michael's from 10am to midday.
- ✦ Thank you to those from the mission group who spoke to our congregations last week, and to those who helped in any way with the Meeting Room Café yesterday.
- ✦ Thank you for my lovely birthday greetings, cards and cake last week. I am so grateful. C x.
- ✦ Everyone is saddened by the acts of vandalism in St. Teilo's garden on Thursday. The police are involved and are asking for any information that may lead to the culprits.

Everyone is welcome here. In St. Michael's you will find a Sunday School, at which all young children are very welcome. There is a family service on the first Sunday of each month. In St. Teilo's we have a choir in university term-time, and the church has traditionally been a place of worship for students, as well as the wider community. If you are new to the church please make yourself known to Caroline, the Wardens, or a member of the congregation. Please stay for tea or coffee after the service.

THIS WEEK IN THE PARISH

<u>ST. TEILO'S</u>	<u>ST. MICHAEL'S</u>
<u>Wednesday, 6.30pm</u> Holy Eucharist	<u>Tonight, 7pm</u> Service for Wholeness & Healing
<u>Saturday, 1.15pm</u> Organ recital by Hannah Towndrow	<u>Monday, 3.15pm</u> Sunday on Monday
<u>ST. MONICA'S</u> <u>Wednesday, 9am</u> Assembly	<u>Thursday, 9.30am</u> Morning Prayer



For more detailed information on all our activities, please visit our website:
www.cathaysparish.org.uk

Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.

Collect of the day:

Almighty and eternal God, who, for the firmer foundation of our faith, allowed your holy apostle Saint Thomas to doubt the resurrection of your Son till word and sight convinced him: grant to us, who have not seen, that we also may believe and so confess Christ as our Lord and our God; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **AMEN.**

Readings for next Sunday, Trinity 7/ Pentecost 8, are:
 Deuteronomy 30:9-14; Colossians 1:1-14; Psalm 25:1-10; Luke 10:25-37



The reader says: A reading from the Book of Habakkuk

Habakkuk 2:1-4

I will stand at my watchpost, and station myself on the rampart; I will keep watch to see what he will say to me, and what he will answer concerning my complaint. Then the Lord answered me and said: Write the vision; make it plain on tablets, so that a runner may read it. For there is still a vision for the appointed time; it speaks of the end, and does not lie. If it seems to tarry, wait for it; it will surely come, it will not delay. Look at the proud! Their spirit is not right in them, but the righteous live by their faith.

Silence

Reader: This is the word of the Lord.

Response: **Thanks be to God.**

The Epistle.

SIT

The reader says: A reading from the Letter of Paul to the Ephesians

Ephesians 2:19-22

So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

Silence

Reader: This is the word of the Lord

Response: **Thanks be to God.**

Psalm 31:1-5

STAND

In you, O Lord, have I taken refuge; * let me never be / put to / shame: de- / liver • me / in your / righteousness.
Incline your / ear to / me: make / haste / to de- / liver me.
Be my strong rock, a fortress to save me, * for you are my / rock • and my / stronghold: guide me, and / lead me / for your / name's sake.
Take me out of the net that they have laid / secret- • ly / for me: for / you / are my / strength.
† Into your hands I com- / mend my / spirit: for you have redeemed me, O / Lord / God of / truth.

The Gospel.

STAND

Priest: Listen to the Gospel of Christ according to Saint John

Response: **Glory to you, O Lord**

John 20:24-31

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe." A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe." Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

After the Gospel:

This is the Gospel of the Lord.

Response:

Praise to you, O Christ.