

*Thought for the week:*  
Everyone says forgiveness is a lovely idea, until they have something to forgive.

C.S.Lewis

Thank you to the Mission Group for speaking to us in both of our services this morning, and congratulations to Betty and family on the baptism of Noah this afternoon in St. Michael's.

Tonight at 7.15pm in St. Teilo's is a free concert of choral music put on by a visiting parish choir from Sweden. All welcome!

Caroline is not available on Monday as she is on the panel interviewing candidates at a diocesan selection board all day.

On Tuesday evening in St. Teilo's between 7pm and 10pm there will be an 'Alexander Technique' workshop run by expert Don Weed, who has 40 years experience in teaching this approach which is to think consciously about how we use our bodies. It can help with ease and flexibility in everyday activities such as sitting, bending as well as specialised skills such as music or sport. Tickets cost £10 and can be booked by contacting Kirstie Miller on 07905 385505 or email [kirsten.miller87@gmail.com](mailto:kirsten.miller87@gmail.com). Refreshments will be available.

### Notes & Queries

- ✦ Following discussion at last Tuesday's PCC meeting it was decided that from July onwards the 6.30pm Wednesday evening Eucharist in St. Teilo's would be held on the first Wednesday of the month only.
- ✦ Please note that there are new safeguarding notices up in both churches.
- ✦ Next Sunday, June 19th, instead of a sermon slot in St. Teilo's we will be giving thanks for one of our precious offspring, baby Zac.
- ✦ Sunday, June 19th: Songs of Praise service at 7pm in St. Michael's.
- ✦ Sunday, July 3rd: Service for Wholeness & Healing at 7pm in St. Michael's.
- ✦ 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!

*Readings for next Sunday, Pentecost 5/ Trinity 4, are:  
Isaiah 65:1-9; Galatians 3:23-29; Psalm 22:19-28; Luke 8:26-39*



## 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.*

## THE PARISH OF CATHAYS

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

*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

#### ST. TEILO'S

Tonight, 7.15pm  
Visiting Choir from Sweden in concert. Free entrance.

Tuesday, 7 - 10pm  
An ITM Alexander Workshop with Don Weed.

Wednesday, 6.30pm  
Holy Eucharist

#### ST. MICHAEL'S

Monday, 3.15pm  
Sunday on Monday

Thursday, 9.30am  
Holy Eucharist

**ST. MONICA'S**  
Wednesday, 9am  
Assembly

Thursday, 4pm  
Full Governors' Meeting

For more detailed information on all our activities, please visit our website:  
[www.cathaysparish.org.uk](http://www.cathaysparish.org.uk)



*Therefore, I tell you, her sins, which were many, have been forgiven; hence she has shown great love.*

#### Collect of the day:

Lord, you have taught us that all our doings without love are nothing worth: send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtues, without which whoever lives is counted dead before you. Grant this for your only Son Jesus Christ's sake. **AMEN.**

The reader says: *A reading from the Second Book of Samuel*

## 2 Samuel 11: 26 - 12: 10, 13-15

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meagre fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveller to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him. Then David's anger was greatly kindled against the man. He said to Nathan, "As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity." Nathan said to David, "You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. David said to Nathan, "I have sinned against the Lord." Nathan said to David, "Now the Lord has put away your sin; you shall not die. Nevertheless, because by this deed you have utterly scorned the Lord, the child that is born to you shall die." Then Nathan went to his house. The Lord struck the child that Uriah's wife bore to David, and it became very ill.

*Silence*

*Reader:* This is the word of the Lord.

*Response:* **Thanks be to God.**

## THE EPISTLE

The reader says: *A reading from the Letter to the Galatians*

### Galatians 2: 15-21

We ourselves are Jews by birth and not Gentile sinners; yet we know that a person is justified not by the works of the law but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. I do not nullify the grace of God; for if justification comes through the law, then Christ died for nothing.

*Silence*

*Reader:* This is the word of the Lord.

*Response:* **Thanks be to God.**

## Psalm 32

STAND

Happy the one whose transgression / is for- / given: and / whose / sin is / covered.  
Happy the one to whom the Lord im- / putes no / guilt: and in whose / spirit there / is no / guile.  
For I / held my / tongue: my bones wasted away through my / groaning / all the • day / long.  
Your hand was heavy upon me / day and / night: my moisture was dried up / like the / drought  
in / summer.

Then I acknowledged my / sin to / you: and my in- / iquity • I / did not / hide.

I said, 'I will confess my transgressions / to the / Lord,' and you for- / gave the / guilt • of my / sin.

Therefore let all the faithful make their prayers to you in / time of / trouble: in the great / water • flood, it / shall not / reach them.

You are a place for me to hide in; \* you pre- / serve me • from / trouble: you sur- / round • me  
with / songs • of de- / liverance.

'I will instruct you and teach you in the way that / you should / go: I will / guide you / with my / eye.

'Be not like horse and mule which have / no • under- / standing: whose mouths must be held with  
bit and bridle, \* or else they / will not / stay / near you.'

Great tribulations re- / main • for the / wicked: but mercy embraces / those who / trust • in the / Lord.

Be glad, you righteous, and re- / joice • in the / Lord: shout for joy, / all • who are / true of / heart.

## THE GOSPEL

STAND

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

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

### Luke 7:36 - 8:3

One of the Pharisees asked Jesus to eat with him, and he went into the Pharisee's house and took his place at the table. And a woman in the city, who was a sinner, having learned that he was eating in the Pharisee's house, brought an alabaster jar of ointment. She stood behind him at his feet, weeping, and began to bathe his feet with her tears and to dry them with her hair. Then she continued kissing his feet and anointing them with the ointment. Now when the Pharisee who had invited him saw it, he said to himself, "If this man were a prophet, he would have known who and what kind of woman this is who is touching him - that she is a sinner." Jesus spoke up and said to him, "Simon, I have something to say to you." "Teacher," he replied, "Speak." "A certain creditor had two debtors; one owed five hundred denarii, and the other fifty. When they could not pay, he cancelled the debts for both of them. Now which of them will love him more?" Simon answered, "I suppose the one for whom he cancelled the greater debt." And Jesus said to him, "You have judged rightly." Then turning toward the woman, he said to Simon, "Do you see this woman? I entered your house; you gave me no water for my feet, but she has bathed my feet with her tears and dried them with her hair. You gave me no kiss, but from the time I came in she has not stopped kissing my feet. You did not anoint my head with oil, but she has anointed my feet with ointment. Therefore, I tell you, her sins, which were many, have been forgiven; hence she has shown great love. But the one to whom little is forgiven, loves little." Then he said to her, "Your sins are forgiven." But those who were at the table with him began to say among themselves, "Who is this who even forgives sins?" And he said to the woman, "Your faith has saved you; go in peace." Soon afterwards he went on through cities and villages, proclaiming and bringing the good news of the kingdom of God. The twelve were with him, as well as some women who had been cured of evil spirits and infirmities: Mary, called Magdalene, from whom seven demons had gone out, and Joanna, the wife of Herod's steward Chuza, and Susanna, and many others.

*After the Gospel:*

*Response:*

This is the Gospel of the Lord.

**Praise to you O Christ.**