

Thought for the week:

The Church needs its Marthas: we are all grateful to those who selflessly devote themselves to the traditional 'feminine' tasks. But this is not the sum total of women's gifts. The Church also needs its Marys, its Phobes, and its Priscillas, who are likely these days to find themselves in the forefront of public ministry, pastoral, priestly and episcopal.

Ruth B. Edwards

Caroline is interviewing on Monday and is on holiday from July 20th until July 31st.

Last Sunday was Sea Sunday and thanks to all those who donated. There is still chance to do so today as collecting plates are in both churches. Please give generously.

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.

This is the last 'newsletter' until September. We shall have just the weekly readings on sheets in church on Sundays during the holiday period.

Wishing everyone who is going away or staying at home a peaceful and happy summer. Let's hope we have some real Welsh sunshine!

THE PARISH OF CATHAYS

Priest-in-Charge:

Rev'd Caroline Downs
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Assistant Curate:

Rev'd Meg Underdown (029) 20331988

Readers:

Liz Haigh (029) 20496902
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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

It was agreed earlier in the year that as a Parish we would have a really good go at supporting the backpack project organised by the charity Mary's Meals, instead of doing the Shoebox appeal. This project is supported by people of all faiths and none. The firm belief is that every child deserves an education, and enough to eat. Children who benefit from Mary's Meals and the Backpack Project have suffered war, poverty, famine, or natural disaster. Families cannot afford to buy basic things like pencils and books, or clothes for their children to wear to school. And so their children miss out on school and an education. Beginning in September, there will be collecting bins in our churches. It would be brilliant to gather the items we need to fill a goodly number of backpacks. You don't need to fill a full backpack; even just a few items from the list below will help. All the backpacks are sorted before they are distributed, and these 'extras' will be used to top up backpacks that are short.

Wanted items

Backpacks	Exercise books	Note pads	Pencils	Pens	Crayons
Rubbers	Sharpeners	Pencil cases	Small towels	Toothbrush	
Toothpaste	Spoon	Small ball eg tennis ball.			



THE PARISH OF CATHAYS

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

July 17th 2016

Trinity 8

Pentecost 9

Year C

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

ST. MICHAEL'S

Thursday, 9.30am
Holy Eucharist



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

Martha, Martha, you are worried and distracted by many things.

Collect of the day:

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; through Jesus Christ our Lord. **AMEN.**

THE OLD TESTAMENT READING

SIT

The reader says: A reading from the book of Genesis

Genesis 18: 1-10a

The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, 'My lord, if I find favour with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on — since you have come to your servant.' So they said, 'Do as you have said.' And Abraham hastened into the tent to Sarah, and said, 'Make ready quickly three measures of choice flour, knead it, and make cakes.' Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate. They said to him, 'Where is your wife Sarah?' And he said, 'There, in the tent.' Then one said, 'I will surely return to you in due season, and your wife Sarah shall have a son.'

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 to the Colossians

Colossians 1: 15-28

Christ is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers — all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him — provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel. I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. I became its servant according to God's commission that was given to me for you, to make

the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

Silence

Reader: This is the word of the Lord.

Response: **Thanks be to God.**

Psalm 15

STAND

Lord, who may / dwell • in your / tabernacle: Who may rest up- / on your / holy / hill?

Whoever leads an / uncorr- • upt / life: and / does the / thing • that is / right; Who speaks the / truth • from the / heart: and / bears • no de- / ceit • on the / tongue;

Who does no / evil • to a / friend: and / pours no / scorn • on a / neighbour; In whose sight the wicked are / not es- / teemed: but who honours / those who / fear the / Lord.

Whoever has / sworn • to a / neighbour: and / never • goes / back • on that / word;

† Who does not lend money in hope of gain, * nor takes a bribe a- / gainst the / innocent: Whoever does these / things shall / never / fall.

THE GOSPEL

STAND

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

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

Luke 10: 38-42

Now as Jesus and his disciples went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

After the Gospel:

Response:

This is the Gospel of the Lord.

Praise to you O Christ.