

NEWSLETTER

St Catherine's | St John's | St Luke's

Today's Hymns

St Catherine's	St John's	St Luke's
297	297	
720	727	
347	695	
727		

Collect:

Almighty and everlasting God, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Psalm Response:

I sought the Lord and he answered me.

Gospel Acclamation:

St John's:
Alleluia ...
Speak Lord your servant is listening, you have the words, you have the words of everlasting life.
Alleluia ...

St Luke's:

If you know of a church member, or anyone, who is unwell or would appreciate contact from our priests, please inform the clergy at the earliest opportunity.



The Armour of God: St Paul speaks often of spiritual warfare: between God's faithful people and the 'enemy'. We can often be mistaken that this warfare takes place only in the secular, so called Godless, society. In fact, it is more often waged in the midst of Christian communities, homes and in the hearts of each of us. For Paul, a theology of grace could be explained by the metaphor of armour. God's Spirit helps us and protects us with virtuous weapons and protection for our souls and spiritual bodies. Being ready and willing to use these in our day to day lives is the real challenge.

Trinity 12

St Catherine's - 8:00 Holy Eucharist; 10:30 Choral Eucharist; **4:00 pm Messy Church**

St John's - 9:15 Sung Eucharist;

St Luke's - 10:30 Sung Mass;

For Weekday Services and Regular Events see the Website or Church Notice boards for times and days.

Today's Readings

Joshua 24:1-2,14-18; Ps 34:15-22; Ephesians 6:10-20; John 6:56-69

Psalm 34:15-22

15 The eyes of the Lord are / over • the / righteous: and his ears are / open / unto • their / prayers.

16 The countenance of the Lord is against / them that • do / evil: to root out the remembrance / of them / from the / earth.

17 The righteous cry, and the / Lord / heareth them: and delivereth them / out of / all their / troubles.

18 The Lord is nigh unto them that are / broken • in / heart: and will save / such • as be / bruised in / spirit.

19 Great are the / troubles • of the / righteous: but the Lord de-/livereth • him / out of / all.

20 He keepeth / all his / bones: so that not / one of / them is / broken.

Next week's readings: Deut 4:1-2,6-9; Psalm 15; James 1:17-27; Mark 7:1-8,14-15,21-23

Benefice Notes:

Messy Church - August's Messy Church is today at 4:00 pm in St Catherine's. This will be the second time for Messy Church in St Catherine's such was the success last time. It will involve outdoor sports and a bbq. As ever, all are welcome.

Benefice Together Service - next Sunday, 30 August, we will have our benefice service in St John's at 10:30 am. No other regular service takes place that day.

Big Picnic - Join in with our wider community by bringing a picnic to Llandaff fields on 30 August and joining the fun. We hope to have a Benefice activity or station to those on offer on the day. Any ideas on this please see Fr Phelim. See poster at the back. I wonder WWJD? Next Sunday in Llandaff Fields from 1-4pm

Noticeboard - If you would like to include something in the notes please send it to linsaycoolhouse@hotmail.com.

Changes to Services for August - Today saw the last of our August revised schedule. Next week is benefice Together in St John's but normal service resumes after that from Sunday 6 September onwards.

Churches Together - Our next joint service will be in Ecumenical Evening Prayer in St John's on Sunday 20 September.

Spring Clean in Autumn - Dates are as follows: Sat 19 September - St John's; Sat 10 October - St Luke's; Sat 17 October - St Catherine's. We are asking if you could give us one of these days to help clean, tidy, repair, beautify our churches and halls. It would be great if individuals from different churches could help out with the Autumn Clean of each of the churches as a sign of mutual support and generosity. We are asking if you could give us one day out of the three.

PCC and Meetings: Pastoral Care: 1 Sept in St John's at 7:30 pm. Youth: 2 Sept at the Vicarage, 7:30 pm. Finance: 9 Sept at the Rectory, 7:30 pm. Buildings: 15 Sept at the Rectory, 7:30 pm. The next PCC is on 4 October in St Luke's at 7:00 pm.

Vestry Home Group Bible Study - Thursdays 7-9pm in St John's. All are welcome to this informal gathering.

St Catherine's Notes:

Hall Bookings - To book the Hall contact the clergy or email hall.stcatherines@gmail.com.

Messy Church - Today St Catherine's hosts MC and if you could help us set up and clear away we'd be most appreciative. Set up begins around 3 and clearing away about 6:15.

Gardening Club - Every Tuesday from 1:30 until 3:00 pm. All are welcome. For more details ask Hilary or Gareth.

Rotas - The noticeboard has a new area for rotas for the 10.30 service. If you turn up at church not sure whether you are due to be doing something, please check on the board.

St John's Notes:

Church Booking - To book the Church please contact the clergy (see below for contacts).

Ty Bronna - The collection this month (August) is for sugar, tea and coffee.

Monthly Lunch - No lunch in August or September. There'll be a Harvest Supper on 2 October.

Strawberry Tea - Thanks to everyone who supported us. £660 was raised for Breast Cancer UK. A fantastic amount. Sylvia.

Autumn Cleaning and Table Top Sale - Saturday 19 September. Lists of jobs to go up soon.

St Luke's Notes:

'Some Like it Hot' **St Luke's Curry Night**. Sat Oct 3 @ 7.30 3 courses for £8.50. Please bring your own drinks. Tickets available this week from Kath Picton, Sue B, Mgt W and the churchwardens, numbers are limited to approx. 35.

Hall Bookings - To book the Hall please contact Jackie or Haydn Page on 029 2091 3808 haydnpage@hotmail.co.uk

Recently Departed: Malcolm Marshal, Raydene Campbell, Pamela Orchard, Barbara McKay, Dorothy Evans, Colin Plain.

This Week in the Benefice: (Diocesan Prayer / Anglican Prayer Cycle / Events and Services)

Sun 23 Merthry Tydfil, St David and Abercanaid, Mark Prevett (R), Tom Bates (C); San Diego; **Trinity 12**

Mon 24 Treharris, Trelewis, Bedlinog, Llanfabon, Matthew Gibbon (PinC); San Joaquin, USA;

Tues 25 Troedyrhiw w Merthyr Vale, Steven Barnes (V); Santiago, Philippines;

Wed 26 Tourism and Pilgrimage Advisor, John Winton; Sao Paulo, Brazil;

Thur 27 Bargoed & Deri w Brithdir, Jonathan Widdess (V); Sapele, Nigeria;

Fri 28 RB Eglwysilan & Caerphilly, Mark Greenaway-Robbins (R), Gareth Coombs (AP), Susan Pratten (C); Saskatchewan;

Sat 29 Gelligaer, Gary Powell (R); Saskatoon, Canada;

Sun 30 Pontlottyn w Fochriw, Robert Lindsay (PinC); Sebel, Uganda; **Trinity 13**

23 August 2015 – Twelfth Sunday after Trinity (Proper 16)**Collect of the Day**

Almighty and everlasting God, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, ‘Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD.’

Then the people answered, ‘Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God.’

Joshua 24.1-2a,14-18

This is the word of the Lord.

Thanks be to God.

Psalm 34.15-22

R I sought the Lord, and he answered me.

The eyes of the Lord are upon the righteous,
and his ears are open to their cry.

The face of the Lord is against those who do evil,
to root out the remembrance of them from the earth. **R**

The righteous cry and the Lord hears them
and delivers them from all their troubles.

The Lord is near to the brokenhearted
and will save those whose spirits are crushed. **R**

Many are the troubles of the righteous,
but the Lord will deliver him out of them all.
He will keep safe all his bones;
not one of them shall be broken. **R**

Evil shall slay the wicked,
and those who hate the righteous will be punished.
The Lord ransoms the life of his servants,
and none will be punished who trust in him. **R**
R I sought the Lord, and he answered me.

Second Reading

A reading from the letter of Paul to the Ephesians.

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Ephesians 6.10-20

This is the word of the Lord.

Thanks be to God.

Gospel

Hear the holy Gospel of our Lord Jesus Christ according to John.

Glory to you, O Lord.

Jesus said to the crowd: ‘Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.’ He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

John 6.56-69

This is the Gospel of the Lord.
Praise to you, O Christ.

Post Communion Prayer

Lord of all mercy,
we your faithful people have celebrated that one true sacrifice
 which takes away our sins and brings pardon and peace:
by our communion
keep us firm on the foundation of the gospel
and preserve us from all sin;
through Jesus Christ our Lord.