

NEWSLETTER

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

Today's Hymns

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

50	67	534
188	851	37
128	419	428
272		

Collect:

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever..

Psalm Response:

Proclaim the greatness of the Lord our God.

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:

Celtic Alleluia x4

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.



In philosophy there is an idea called 'epistemic distance' which refers to the distance between us and God and that God needs to be far enough away from us to avoid us being overwhelmed with his greatness and majesty. If we could see God as he truly is then our freedom would be affected and we could not help ourselves but follow and worship him. In our readings the apostles and Moses get the briefest of glimpses of God's inner reality as presented on two mountains - Sinai and Tabor. It is with the eyes of faith that we approach God and this is what God wants: his creatures to desire his presence and not be helplessly overcome.

Sunday next before Lent - Transfiguration Sunday

St Catherine's - 8:00 Holy Eucharist; 10:30 Choral Eucharist; **12:30 Baptisms**

St John's - 8:00 Holy Eucharist; 9:15 Sung Eucharist;

St Luke's - 10:30 Sung Mass; 6:00 pm Benediction;

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

Today's Readings

Exodus 34:29-35; Psalm 99; 2 Corinthians 3:12-4:2; Luke 9:28-36

Psalm 99

- 1 The Lord is King, *and the / peoples / tremble: he sitteth enthroned upon the cherubim, * / and the / earth is / shaken.
- 2 The Lord is / great in / Zion: he is exalted / over / all the / peoples.
- 3 They give thanks unto his name, which is / great and / terrible: holy is he and mighty, * a / King who / loveth / justice.
- 4 Thou hast e-/stablished / equity: thou hast executed justice and / righteous-/ness in / Jacob.
- †5 O magnify the / Lord our / God: and bow down before his / footstool, • for / he is / holy.
- 6 Moses and Aaron among his priests, * and Samuel among such as call up-/on his / name: these cried unto the / Lord / and he / answered them.
- 7 He spake unto them out of the / pillar • of / cloud: they kept his testimonies * and the / law / that he / gave them.
- 8 Thou didst answer them O / Lord our / God: thou wast a God who forgave them, * yet / punished • their / evil / doings.
- 9 O magnify the / Lord our / God: and bow down toward his holy hill, * for the / Lord our / God is / holy.

Next week's readings: Deuteronomy 26:1-11; Psalm 91:1-11; Romans 10:8-13; Luke 4:1-13

Benefice Notes:

Sunday Schools / Club - Please note that from now on only those adults who have been through our safeguarding procedure and been cleared by the DBS and Church in Wales can attend or help out with Sunday School or Sunday club. This is to ensure we do all we can to make our children's worship services safe. If you would still like to attend or assist at Sunday School or Club please contact the clergy or

download an application form from our website.

Ash

Wednesday is on 10 Feb - no morning Mass in St Luke's but there will be a 10.30 Eucharist in St John's, an 11 am Eucharist in St Catherine's and in the evening a Sung Mass at 7.30 pm in St Luke's all with the Imposition of Ashes. **Messy**

Church - The next Messy Church is on Sunday 14 Feb at 4:00pm in St John's. The theme will be 'Lent'.

Confirmation Programme 2016 - This year's confirmation programme of classes, discussion groups and worship services will be launched soon. If you would like to be confirmed this year please contact the clergy for details.

Youth Club - Next Friday is the second taster session in St Catherine's hall for young people in year 6 to enjoy and find out about our Youth Club. Year 6 young people can enrol and attend the regular Youth Club sessions after the half term break. Usual times are: Mondays 7-9 in Calvary Baptist for the Cafe drop in and Fridays 7-9 in St Catherine's hall.

Night shelter - If you would like to get involved in helping homeless people this winter please contact Fr Phelim.

Lenten Quiet Day - a suggestion has come forward that we have a quiet day of prayer, talks, quiet worship on a Saturday in Lent. This would be based in St Luke's. If you are interested in attending something like this please contact the clergy.

Living Faith Study Group - Tuesdays at 7:30 pm in St John's. For info: Andrew Sims maxsims@hotmail.com 029 2034 4641

Bible Study Thursdays 7-9 St Johns Vestry: All welcome to our informal group discussion about the gospel reading for this coming Sunday. For more info contact Andrew (see above note)

Newsletter Email - If you'd like an email copy of the newsletter and readings please ask Sheila on mgsmkelly1@gmail.com

Newsletter items - any items for inclusion in the newsletter please send to Linsay Jones linsaycoolhouse@hotmail.com. Space is always limited so keeping it brief avoids us editing your message.

St Catherine's Notes:

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

Midweek Services: Holy Eucharist and Ashes at 11:00 am on Wednesday.

St John's Notes:

Church Booking - To book the church please contact the clergy. For concerts contact Gill Winton.

Lent Lunches in St John's begin next Friday 12th February at 12noon for the duration of the season of Lent.

Thank You - £100 (from the Christmas Greetings in the magazine) and £70 (from the Christmas Messy Church) was raised for the Night Shelter.

Midweek Services: Eucharist and Ashes at 10:30; Holy Eucharist at 10:30 am on Thursday.

St Luke's Notes:

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

Midweek Services: Masses at 10:00 am on Tues; Wed at 7:30pm with Ashes; Fri at 6:30 pm; and 10:30 am on Saturday.

Recently Departed: Raymond Trevor Gomm, Sheila Scantlebury, Martin Sheppard

This Week in the Bene, fice: (Diocesan Prayer / Anglican Prayer Cycle / Events and Services)

Sun 7 Tonyrefail with Gilfach Goch, Ruth Moverley (V); Canada

Mon 8 Ynyshor, Paul Bigmore (V); Argyll & The Isles Scotland; **St Anne, grandmother of Jesus**

Tue 9 Ystradyfodwg, Hadyn England -Simon (V); Arizona

Wed 10 Hospital Chaplains in the Diocese and beyond; Arkansas; **Ash Wednesday**

Thur 11 Archdeacon Peggy Jackson; Armidale New South Wales, Australia

Fri 12 Cardiff Deanery, Canon Bob Capper; Arochukwu/Ohafia (Aba, Nigeria)

Sat 13 Rectorial benefice of Canton, Canon Mark Preece (TR), Phelim O'Hare (TV); Aru Congo

Sun 14 Cardiff Dewi Sant, Dyfrig Lloyd (V) Central Africa and Northern Zambia; **1st Sunday of Lent**

7 February 2016 – Sunday next before Lent

Collect of the Day

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; 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 Exodus.

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterwards all the Israelites came near, and he gave them in commandment all that the LORD had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the LORD to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Exodus 34.29-35

This is the word of the Lord.

Thanks be to God.

Psalm 99

R Proclaim the greatness of the Lord our God.

The Lord is king: let the people tremble;
he is enthroned upon the cherubim; let the earth shake.

The Lord is great in Zion;
he is high above all peoples.

Let them confess his name, which is great and awesome;
he is the Holy One. **R**

‘O mighty King, lover of justice,
you have established equity;
you have executed justice and righteousness in Jacob.’

Proclaim the greatness of the Lord our God
and fall down before his footstool;
he is the Holy One. **R**

Moses and Aaron among his priests,
and Samuel among those who call upon his name,
they called upon the Lord and he answered them.

He spoke to them out of the pillar of cloud;
they kept his testimonies and the decree that he gave them. **R**

‘O Lord our God, you answered them indeed;
you were a God who forgave them,
yet punished them for their evil deeds.’

Proclaim the greatness of the Lord our God
and worship him upon his holy hill;
for the Lord our God is the Holy One. **R**

R Proclaim the greatness of the Lord our God.

Second Reading

A reading from the second letter of Paul to the Corinthians.

Since we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

Therefore, since it is by God’s mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practise cunning or to falsify God’s word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

2 Corinthians 3.12 – 4.2

This is the word of the Lord.

Thanks be to God.

Gospel

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

Glory to you, O Lord.

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, ‘Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.’ Peter did not know what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, ‘This is my Son, my Chosen; listen to him!’ When the voice had spoken, Jesus was found alone. And the disciples kept silent and in those days told no one any of the things they had seen.

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

Post Communion Prayer

Holy God,
we see your glory in the face of Jesus Christ:
may we who are partakers at his table
reflect his life in word and deed,
that all the world may know his power to change and save.
This we ask through Jesus Christ our Lord.