

NEWSLETTER

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

Today's Hymns

St Catherine's	St John's	St Luke's
565	See	570
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573		54

Collect:

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Psalm Response:

Those who do what is right will dwell in the presence of the Lord.

Gospel Acclamation:

St John's: Alleluia ...

Speak Lord your servant is listening; 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.



Martha, Martha, you are worried and distracted by many things. I wonder how many of us could hear the advice of Jesus to Martha and take heed of it? The frustration of Martha who had so much to do and so little time is a common experience in the midst of our own busy lives. Yet, when we pray and worship, we need to hear the gentle voice of Jesus who knows exactly what we need: rest, peace, time away from stresses to deeply, and say thank you to God, for all the gifts we have received in our lives. Thanks be to God indeed for holidays!

Trinity 8

St Catherine's - 8:00 Holy Eucharist; 10:30 Sung Eucharist;

St John's - 8:00 Holy Eucharist; 9:15 Sung Eucharist; **6:00 pm Evensong**

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

Genesis 18:1-10; Psalm 15; Colossians 1:15-28; Luke 10:38-42

Psalm 15

- 1 Lord who shall / dwell • in thy / tabernacle: or who shall rest up- / on thy / holy / hill?
- 2 Even he that leadeth an / uncor-rupt / life: "and doeth the thing which is right, * and / speaketh • the / truth • from his / heart;"
- 3 He that hath used no deceit in his tongue, * nor done evil / to his /neighbour: and / hath not / slandered • his / neighbour;
- 4 He that honoureth / not • the un-/worthy: but maketh much of / them that / fear the / Lord;
- 5 He that taketh an / oath and / keepeth it: though it / were • to his / own / hindrance;
- 6 He that hath not given his / money • upon / usury: nor taken a / bribe a-/gainst the / innocent.
- 7 He that / doeth • these / things: shall / never • be / over thrown.

Next week's readings: Genesis 18:20:32;; Psalm 138; Colossians 2:6-19; Luke 11:1-13

Benefice Notes:

Benefice Together Sunday 31 July 2016 - As ever, on the 5th Sunday of the month we celebrate together as a united benefice. This time the service will be in St Luke's at 10:30 am. There will be no other service in our churches that day.

Services during August - weekday services will be suspended for the month of August only. Also, there will only be one 8:00 Holy Eucharist on Sundays (1st and 3rd Sundays in St John's; 2nd and 4th Sundays in St Catherine's). Nor will there be

any Sunday evening services during August. The normal weekday and Sunday services resume in September

Canon in Residence at Llandaff Cathedral - Fr Mark will be on duty at the Cathedral as Canon in Residence over the next three weeks and will attend and preside at a number of different services.

Benefice Magazine - Articles for the Summer Edition of the Magazine must be with Jean Williams by Sunday 24 July.

Messy Church: The next Messy Church is on Sun 18 September at 4pm in St John's.

Faith Pictures is a short course designed to help us talk naturally to friends, neighbours and colleagues about our faith and what we believe. We meet on Wednesdays for 6 weeks in the vicarage from 7:30 to 9pm and it is meant to be lighthearted and informal. It starts on 7 September 2016. See the Benefice website for more details or ask Fr Phelim.

Confirmation Programme - The programme will resume on Sat 17 September at 11:30 am in the vicarage. .

Newsletter items - any items for inclusion in the newsletter please send to Linsay Jones linsaycoolhouse@hotmail.com .

Space is limited. If you'd like an email copy of the newsletter and readings please ask Sheila on mgsmkelly1@gmail.com

Benefice Directory - We are updating our Benefice Directory and we'd appreciate greatly if you could return them by 31 July. If you do not wish to be in the Directory please let us know on the form. A form will also be available on our website.

Home Group - bible study group, looking at the Sunday gospel readings, meets every Thurs in St John's 7-9pm. For more details contact Andrew Sims: 02920 344641 maxsims@hotmail.com

St Catherine's Notes:

Sunday Club - This Sunday is the last Sunday Club until September. Thank you to all who have helped this year.

Thank You - Thank you to Fr Mark Dimond, the Archbishop's Chaplain, for presiding at today's 10:30 Eucharist

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

Midweek Services: Holy Eucharist this Wednesday at 11:00 am

St John's Notes:

Ty Bronna - this month's collection for Ty Bronna is sugar, tea, coffee.

Monthly Lunch - The monthly lunch at St John's is Friday 22 July at 12 noon. All welcome.

Church Booking - To book the church please contact the clergy. For concerts contact Gill Winton (see website).

Midweek Services: Holy Eucharist on Thursdays at 10:30

St Luke's Notes:

Hall Bookings - To book the Hall please contact Jackie Page on 029 2091 3808.

Thank You - Thank you to Fr David Sheen, Cardiff University Chaplain, for presiding at today's Eucharist.

Funeral of Rupert Bowen - Tuesday 19 July at 11:15 in St Luke's. We thank God for Rupert's contribution to the life of St Luke's when he was Churchwarden and remember Sally and their family at this time.

Midweek Services: Masses at 10:00 am on Tuesdays and Wednesdays; 6:30 pm on Fridays; and 10:30 am on Saturdays.

Recently Departed: Rupert Bowen

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

- Sun 17** Barry All Saints, Kevin Lake (PinC); Rwanda Province; **Trinity 8**
- Mon 18** Penarth, All Saints, Peter Cox (V), Sandra Birdsall (C), Mark Jones (AP); Michigan; **Elizabeth of Russia;**
- Tues 19** Penarth and Llandough, Mark Jones (PinC), Peter Cox (AP), Sandra Birdsall (C); Eastern Newfoundland and Labrador; **Gregory of Nyssa;**
- Wed 20** Church organists and choir leaders; Eastern Oregon;
- Thur 21** Cadoxton-juxta-Barry, Ben Andrews (R); Chris Seaton (C); Eastern Zambia; **Howell Harris, Preacher;**
- Fri 22** Merthyr Dyfan, Robert Parrish (R); Eau Claire, USA; **St Mary Magdalene;**
- Sat 23** Penmark w Llancarfan w Llantrithyd, Derek Belcher (PinC); Melanie Prince (AP); Edinburgh;
- Sun 24** Porthkerry and Rhoose, Melanie Prince (PinC), Derek Belcher (AP); Scottish Episcopal Church; Trinity 9;

Team Rector: Canon Mark Preece; 029 2056 2022 rector@beneficeofcanton.org.uk (Day off - Monday)

Team Vicar: Fr Phelim O'Hare; 029 2021 0732 vicar@beneficeofcanton.org.uk (Day off - Thursday)

17 July 2016 – Eighth Sunday after Trinity (Proper 11)**Collect of the Day**

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, 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 Genesis.

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 Abraham, ‘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.’

Genesis 18.1-10a

This is the word of the Lord.

Thanks be to God.

Psalm 15

R Those who do what is right will dwell in the presence of the Lord.

Lord, who may dwell in your tabernacle?

Who may abide upon your holy hill?

Whoever leads a blameless life and does what is right,
who speaks the truth from the heart. **R**

There is no guile upon his tongue;
he does no evil to his friend;
he does not heap contempt upon his neighbour.

In his sight the wicked are rejected,
but he honours those who fear the Lord. **R**

He has sworn to do no wrong
and does not take back his word.

He does not give his money in hope of gain,
nor does he take a bribe against the innocent.

Whoever does these things
shall never be overthrown. **R**

R Those who do what is right will dwell in the presence of the Lord.

Second Reading

A reading from the letter of Paul to the Colossians.

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.

Colossians 1.15-28

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.

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.'

Luke 10.38-42

This is the Gospel of the Lord.

Praise to you, O Christ.

Post Communion Prayer

Lord God, whose Son is the true vine and the source of life,
ever giving himself that the world may live:
may we so receive within ourselves
 the power of his death and passion
that, in his saving cup,
 we may share his glory and be made perfect in his love;
for he is alive and reigns, now and for ever.