

NEWSLETTER

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

Today's Hymns

St Catherine's	St John's	St Luke's
375	295	314
503	Song	343
412	Sheet	32
695	332	

Collect:

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Psalm Response:

All the ends of the earth shall bow before him.

Gospel Acclamation:

St John's: Alleluia ...

Speak Lord your servant is listening; you have the words of everlasting life ... Alleluia

St Luke's: Glory to the Father, glory to the Son, glory to the Spirit, God the Three-in-One!

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 Gerasene Demoniac - The story in today's gospel is rich in imagery. It is famous for the names of the demons possessing the man: 'we are legion'. Yet, the final commission from Jesus is a message each of us can take to heart: "Return to your home and declare how much God has done for you". If charity can begin at home then so too can the good news of God's Kingdom and more importantly the news of how God can change us and have an immense impact on our lives. Today we may thank God for all that he has done for us.

Trinity 4

St Catherine's - 8:00 Holy Eucharist; 10:30 Choral Eucharist with Baptism;

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

Isaiah 65:1-9; Psalm 22:19-28; Galatians 3:23-29; Luke 8:26-39

Psalm 22:

20 Deliver my / soul • from the / sword: my life from the / power / of the / dog.
21 Save me from the / lion's / mouth: and my soul in misery from the / horns •of the / wild/oxen.
22 I will declare thy name / unto • my/ brethren: in the midst of the conger-/gation / will I / praise thee. **23** O praise the Lord / ye that / fear him: magnify him all ye seed of Jacob, * and fear him / all ye / seed of / Israel. **24** For he hath not despised nor abhorred the poor in / his af-/fliction: he hath not hid his face from him, * but when he / called • unto / him he / heard him. **25** My praise is of thee in the / great • congre-/gation: my vows will I perform in the / sight of / them that / fear him. **26** The poor shall / eat • and be / satisfied: they that seek after the Lord shall praise him; * may your / heart / live for / ever. **27** Let all the ends of the world remember, * and be turned / unto • the / Lord: and let all the families of the / nations / worship • be-/fore him. **28** For the dominion / is the / Lord's: and he is the / Governor • a-/mong the / nations. **29** As for all them that sleep in the earth, * / how • shall they / worship him: all they that go down into the dust, * / how • shall they / kneel be-/fore him?

Next week's readings: 1 Kings 19:15-21; Psalm 16; Galatians 5:13-25; Luke 9:51-62

Benefice Notes:

Benefice Directory - We have started the process of updating our Benefice Directory. Your churchwardens will give out the forms. 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 online at our website.

Explore: Labyrinth Service with Taize Music - Next Sunday at 4pm in St John's. All welcome to explore this way of praying.

PCC and Action Team Meetings: Buildings Meeting on 22 June at 7:30 pm in St John's.

Messy Church BBQ - The next Messy Church is in St Catherine's and will include a BBQ on 10 July at 4pm. The planning meeting for this will be after Explore this coming Sunday at 5:15pm.

Confirmation Programme - Next meets Sun 26 June at 4:00pm in St John's for the labyrinth service. The last meeting before the summer break is on 9 July at 11:30 at the Vicarage.

Youth Club - This Friday 24 June is last night of the term. The club will be closed during July and August and will reopen in September. It is open to children in year 6 and upwards from 7-9pm on Mondays and Fridays (see website).

Newsletter items - any items for inclusion in the newsletter please send to Lindsay Jones lindsaycoolhouse@hotmail.com. Space is limited. If you'd like an email copy of the newsletter and readings please ask Sheila on mgsmkelly1@gmail.com

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 maxsimsim@hotmail.com

St Catherine's Notes:

Summer Fair - 25 June from 2-5pm - please promote and help us support this opportunity to invite friends and family to St Catherine's. It helps our fundraising but also builds up the wider community who call St Catherine's home.

The Great St Catherine's Cake Baking Competition £2 entry prizes for the best baked cake. There will be separate entries for children and adults. Please bring all entries to the fair by 2pm on Sat 25 June for judging at 2.30. Tell your friends!

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:

Eucharist Settings Consultation - The shortlist of the new musical offerings can be heard on earphones this Sunday after the 9:15 Eucharist for all those keen to decide which new setting should be chosen.

Monthly Lunch is in St John's on Friday 24 June at 12.00noon. All are welcome.

St John's Summer Fair - Sat 2 July 10-2pm. Please take a page of the jobs and stalls we currently need help with.

Ty Bronna - this month's collection for Ty Bronna is biscuits.

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:

Thank You: Thanks to all those that helped and attended the Afternoon Tea on Saturday. A great fayre was enjoyed by all

Women's Group Thursday 23 June at 7pm - Women's Group Disbanding Service at St Luke's followed by refreshments. Former members also welcome.

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 Tuesdays and Wednesdays; 6:30 pm on Fridays; and 10:30 am on Saturdays.

Recently Departed: Thomas Davis, Gwen Lewis, Evelyn Crowley, Yvonne Oliver

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

Sun 19	Cardiff Dewi Sant, Dyfrig Lloyd (V); Rhian Linecar (C); Church of North India; St Romuald; Trinity 4
Mon 20	Cardiff St Mary, Dean Atikins (PinC); Delhi; Sts Alban, Julius and Aaron, Martyrs
Tues 21	Grangetown, Paul David Morris (PinC); Derby; St Aloysius Gonzaga
Weds 22	Diocesan Director of Ordinands, Trystan Hughes; Derry & Raphoe; John Fisher, Thomas More, Paulinus of Nola
Thurs 23	Cardiff: St John the Baptist, Sarah Rowland Jones; (Pin C) Diocese of Europe
Fri 24	Parish of Cathays, Caroline Downs (Pin C); Meg Underdown (C); Eastern Kowloon; Birthday of John the Baptist;
Sat 25	Christ Church Roath Park, Trystan Hughes (PinC); Diocese of Free State, South Africa
Sun 26	Gabalfa, Bob Capper (V), James Griffiths (C); Church of Pakistan; Trinity 5

19 June 2016 – Fourth Sunday after Trinity (*Proper 7*)

Collect of the Day

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, 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 the prophet Isaiah.

The word of the LORD through the prophet:

I was ready to be sought out by those who did not ask,
to be found by those who did not seek me.

I said, 'Here I am, here I am',

to a nation that did not call on my name.

I held out my hands all day long to a rebellious people,
who walk in a way that is not good, following their own devices;

a people who provoke me to my face continually,

sacrificing in gardens and offering incense on bricks;

who sit inside tombs, and spend the night in secret places;

who eat swine's flesh, with broth of abominable things in their vessels;

who say, 'Keep to yourself,

do not come near me, for I am too holy for you.'

These are a smoke in my nostrils,

a fire that burns all day long.

See, it is written before me:

I will not keep silent, but I will repay;

I will indeed repay into their laps

their iniquities and their ancestors' iniquities together, says the LORD;

because they offered incense on the mountains and reviled me on the hills,

I will measure into their laps full payment for their actions.

Thus says the LORD:

As the wine is found in the cluster, and they say,

'Do not destroy it, for there is a blessing in it',

so I will do for my servants' sake, and not destroy them all.

I will bring forth descendants from Jacob,

and from Judah inheritors of my mountains;

my chosen shall inherit it, and my servants shall settle there.

Isaiah 65.1-9

This is the word of the Lord.

Thanks be to God.

Psalm 22.19-28

R All the ends of the earth shall bow before him.

Be not far away, O Lord;
you are my strength; hasten to help me.
Save me from the sword,
my life from the power of the dog.
Save me from the lion's mouth,
my wretched body from the horns of wild bulls. **R**

I will declare your name to my people;
in the midst of the congregation I will praise you.
Praise the Lord, you that fear him;
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory. **R**

For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them;
but when they cry to him he hears them.
My praise is of him in the great assembly;
I will perform my vows in the presence of those who worship him. **R**

The poor shall eat and be satisfied,
and those who seek the Lord shall praise him;
'May your heart live for ever!'
All the ends of the earth
shall remember and turn to the Lord,
and all the families of the nations shall bow before him.
For kingship belongs to the Lord;
he rules over the nations. **R**

R All the ends of the earth shall bow before him.

Second Reading

A reading from the letter of Paul to the Galatians.

Before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ; there is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

Galatians 3.23-29

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 and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me' – for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, 'What is your name?' He said, 'Legion'; for many demons had entered him. They begged him not to order them to go back into the abyss.

Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, 'Return to your home, and declare how much God has done for you.' So he went away, proclaiming throughout the city how much Jesus had done for him.

Luke 8.26-39

This is the Gospel of the Lord.

Praise to you, O Christ.

Post Communion Prayer

O God, whose beauty is beyond our imagining
and whose power we cannot comprehend:
show us your glory as far as we can grasp it,
and shield us from knowing more than we can bear
until we may look upon you without fear;
through Jesus Christ our Saviour.