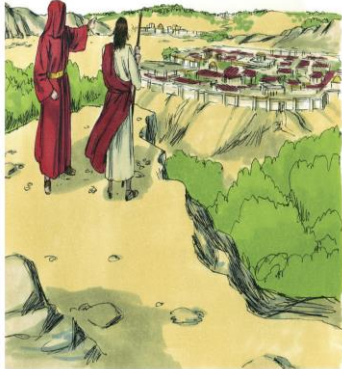


# NEWSLETTER

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

## The First Sunday of Lent

Jesus entered the empty desert to set his heart wholly on God's purpose for his life. In this time of worship together, and throughout this season of Lent, may we clear away all distractions and live as people fully focused on the Spirit's presence in the world.



### Collect of the Day

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through 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.

### Today's Readings

**First Reading** Deuteronomy 26:1-11

As the Israelites offer their first fruits, so the ceremony recalls all that God has done for them, bringing them from slavery to a homeland.

**Second Reading** Romans 10:8b-13

Confessing belief in the risen Lord is central to faith, giving strength to believers and opening their hearts to salvation.

**Gospel** Luke 4:1-13

Tempted as we are, Jesus stands steadfast, rejecting the devil and relying on the Spirit to lead him through his desert retreat and bring focus to his ministry.

**St Catherine's:** 10.30 am Choral Eucharist

**Today's Hymns:** 343, 190, 412, 590

**St John's:** 9.00 am Sung Eucharist in the Choir Vestry

**Today's Hymns:** 379, 590, 417

**St Luke's:** 10:30 am Sung Mass in the Chancel

**Today's Hymns:** 379, 610, 190

**Psalm response:** You, O Lord, are my refuge, my God in whom I put my trust.

**Gospel Acclamation:** Silent Surrendered calm and still, open to the Word of God, Heart humbled to His will, offered is the Servant of God

Messy Church will be in St Luke's Hall today at 4.00pm

### Psalm 91: 1-2, 9-16

1 Whoso dwelleth under the defence of the / Most / High: and abideth under the / shadow / of • the Al-/mighty,

2 Shall say unto the Lord \*' Thou art my refuge / and my / stronghold: my / God in / whom I / trust.'

9 Because thou hast said 'The / Lord • is my / refuge': and hast / made the • Most / High thy / stronghold,

10 There shall no evil happen / unto / thee: neither shall any / plague come / nigh thy / dwelling.

11 For he shall give his angels / charge / over thee: to / keep • thee in / all thy / ways.

12 They shall bear thee / in their / hands: that thou hurt not thy / foot a-/gainst a / stone.

13 Thou shalt tread upon the / asp • and the / adder: the viper and the serpent shalt thou / trample / under • thy / feet.

14 ' Because he hath set his love upon me, \* therefore will / I de-/liver him: I will set him up be-/cause • he hath / known my / name.

15 ' He shall call upon me and / I will / hear him: yea I will be with him in trouble; \* I will de-/liver • him and / bring • him to / honour.

16 'With long / life • will I / satisfy him: and give him freely / of my / saving / help.'

**Next week's readings:** Genesis 15: 1-12,17-18; Psalm 27; Philippians 3: 17 – 4:1; Luke 13: 31-35

**Evensong:** Psalm 135: 1-12; Jeremiah 22: 1-9, 13-17; Luke 14: 27-33

**Lent Talks 2019** Please find below details of the Diocesan Lent Reflections. Rev'd Emma will be attending all the sessions at St Dyfrig and St Samson Grangetown and is willing to give a lift to anybody who wishes to attend. Please talk to Rev'd Emma for more details.

Format: 20 minute act of worship; 30 minute Talk; 30 minute Q&A

Wednesday 20<sup>th</sup> March The Diocesan Vision - Bishop June; 27<sup>th</sup> March Telling a Joyful Story – The Ven C Smith; 3<sup>rd</sup> April Growing the Kingdom of God – The Ven Peggy Jackson; 10<sup>th</sup> April Building our capacity for good – The Ven M Komor.

**Fr Rhys** will be licensed to the Benefice as Associate Priest next Sunday 17<sup>th</sup> March at 6.00pm during Evensong. Please come along to welcome Fr Rhys and his family. There will be refreshments following the service.

**Canton Churches Together Lent Course 2019 - The Mystery Of God:** In 2019, our Lent course delves more deeply into the mystery of God, seeking to rediscover what it is that draws us so deeply in our search for God. We will follow Jesus through the Lenten readings, allowing him to draw us, in love and wonder, into the mystery of God's plan of salvation. Each session will start at 7pm;

Monday 11<sup>th</sup> March Wesley Methodist Church; Monday 18<sup>th</sup> March St John's Church; Monday 25<sup>th</sup> March St John's Church;

Monday 1<sup>st</sup> April Calvary Baptist Church rear hall ; Monday 8<sup>th</sup> April St Mary of the Angels Catholic Church

## St Catherine's Notes:

**Hall Bookings:** for hall enquiries Bev can be contacted on [hall.stcatherines@beneficeofcanton.org.uk](mailto:hall.stcatherines@beneficeofcanton.org.uk)

**Companion / assistant with car required** for delightful elderly lady from St Catherine's church: Flexible part-time hours but including weekends / some evenings initially. For further details please ring 07909961256. Thank you

**Logs:** Large circles (heavy) of horse chestnut wood are available for those who have transport to collect. Donations welcome for ground maintenance fund. Contact Clive Westwood on 07931 522683 or email [clivewestwood@btinternet.com](mailto:clivewestwood@btinternet.com)

**Midweek service: Holy Eucharist Wednesday 11.00 am**

## St John's Notes:

**Ty Bronna:** We are collecting sweets and chocolate throughout March. Please leave in the box in church.

**Midweek Service: Holy Eucharist Thursday 10.30 am**

## St Luke's Notes:

**Stations of the Cross:** on Fridays throughout Lent we will be walking the Stations of the Cross in place of Mass at 6.00pm on a Friday Evening. Come and follow the footsteps of our Lord, tracing the road to Calvary – pausing for prayer and reflection, then rejoicing in His resurrection.

**Fides:** Our friend, Fides, has been at the UHW hospital for some time and is likely to remain there for a while yet. She would love to have a card sent to her (Fides VYUBISIIMA, Ward A7 UHW, Heath Park, Cardiff). If you would like to visit, please contact the ward first to see if she is well enough to have visitors. Visiting hours are 2-4pm and 6-8pm. Please pray for her.

**Midweek Masses: Said Mass Tuesday 10.00am; Stations of the Cross Friday 6.00 pm**

## Recently departed:

## Diocesan and Anglican Prayer Cycle

Sun Mar 10 <sup>th</sup>	THE FIRST SUNDAY OF LENT Tonypanyd w Clydach Vale & Williamstown: Terry Cox (NSM. PinC)	<i>Anglican Church of the Congo</i>
Mon Mar 11 <sup>th</sup>	Porth Newydd: Jeffrey Thomas (PinC)	<i>Maridi (Uganda)</i>
Tues Mar 12 <sup>th</sup>	Pontrhonda: Peter Gale (V)	<i>Marsabit (Kenya); Ukhahlamba (Southern Africa)</i>
Weds Mar 13 <sup>th</sup>	VOCATIONS Directors and Advisors	<i>Maryland; Ukwa and Umuahia (Nigeria)</i>
Thurs Mar 14 <sup>th</sup>	Rhondda Fach Uchaf: David Jones (PinC)	<i>Masasi (Tanzania); Upper Shire (Central Africa)</i>
Fri Mar 15 <sup>th</sup>	Tonyrefail w Gifach Goch: Canon Ruth Moverley (V)	<i>Maseno East (Kenya); Upper South Carolina Hokkaido (Japan)</i>
Sat Mar 16 <sup>th</sup>	The Benefice of Ystradyfodwg: Haydn England-Simon SCC (PinC)	<i>Utah; Honduras</i>

**Team Vicar:** Rev'd Emma Rees-Kenny

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[vicar@beneficeofcanton.org.uk](mailto:vicar@beneficeofcanton.org.uk) (Day off: Wednesday)

**Benefice Co-ordinator and Administrator:**

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