

NEWSLETTER

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

The First Sunday after Trinity



Collect of the day

Heavenly Father, by the power of your Holy Spirit you give to your faithful people new life in the water of baptism: guide and strengthen us by the same Spirit, that we who are born again may serve you in faith and love and grow into the full stature of your Son Jesus Christ, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Today's Gospel

The Gospel story today tells of a man who was in a most sorry state. This was a man living filthy and naked, he was not able to control his speech, he is kept under guard and chained. In Luke's Gospel we are told that he would self-harm himself by cutting himself with stones. The people around the man did not know what to do with him, they did not understand what was going on inside him and it made them afraid. The people in the community assumed that the man was possessed by evil spirits. It is understandable that this would be their assumption and let's be honest even today we don't deal well with people who have mental health issues.

In the life and ministry of Jesus we see him healing physically sick people, we also see him healing the minds of those who were deeply troubled. There are many conditions which affect us which come from a wounded or troubled mind and mental health problems can affect everybody. Sometimes we can all behave self-destructively and there are few people who do not have metaphorical demons which haunt them, even if they do not use the terminology of spiritual possession. In many people's lives there have been traumas which have left their mark, perhaps bereavement, unemployment, bullying, physical or emotional abuse. We cannot see a broken mind, but we can see the affects of one and it is normal for people to suffer breakdowns where they can no longer cope. It is to such people that we see Jesus respond with compassion as he makes sure that nobody blames the afflicted man for his own problems.

St Catherine's 10.30 am:

A Celebration of Confirmation and the Holy Eucharist: this morning the Benefice welcomes Bishop June to St Catherine's where she will confirm 5 of our young people alongside members of the parish of Cathays. We extend a warm welcome to families, godparents and friends of those to be confirmed. Please make every effort to support our candidates by praying for them as they prepare to take this next step in their Christian journey. There will be refreshments in the hall after the service. Please join us.

There is an Order of Service for this morning's Eucharist.

There is no evening service in the benefice today

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

Festival of Prayer: Saturday 13th July 10.00 am – 4.30pm – A day to explore Spirituality and Prayer at St Teilo's Church in Wales School followed by workshops throughout the day. Bookings can be made on <https://festivalofprayer.live/>

Benefice Hardship Fund: envelopes are available at the back of church. If you wish to give please hand to the churchwardens. Thank you.

Messy Church: Sunday 14 July @ 4,00 pm in **St Catherine's Grounds-** Summer Party with games and activities. Bring a

PICNIC. Supplementary food and drinks will be available

Benefice Sunday: there will be a Benefice Service on 30th June in St John's at 10.30am. There will be no other service on this day.

Pilgrimage to the Holy Land 9th-18th May 2020 Led by The Revd Vicki Burrows (Vicar of Radyr) if anyone is interested in finding more information, Revd Emma has a limited number of colour brochures detailing the exact itinerary and costs included.

St Catherine's Notes:

Summer Fair: Thank you to everyone who made yesterday's fair a huge success. Thanks to the organisers, stall holders, helpers and to everyone for attending.

Midweek service: Holy Eucharist Wednesday 11.00 am

St John's Notes:

Ty Bronna: We are collecting biscuits throughout June. Please leave in the box in church.

Sunday School: Sunday school is held on the 1st, 3rd and 4th Sundays of the month, except for school holidays. 2nd Sunday is Messy Church. **June:** 30th June Benefice Sunday at St John's – Sunday School. **July:** 7th July – Sunday school; 14th July – Messy Church - No Sunday school; 21st July – Sunday school; 28th July – 1st September - Summer school holidays - No Sunday school

Friday lunch: The next lunch at St. John's will be on Friday 28th June at 12noon. All are welcome.

Coffee morning: come and join us for coffee, cakes and much more on Saturday 6th July from 10.00 am – 1.00pm

Midweek Service: Holy Eucharist Thursday 10.30 am

St Luke's Notes:

Coffee morning in aid of the British Heart Foundation in the hall on Saturday 13th July from 10.00 am – 12 noon. Please support Margaret and this event.

Midweek services: Said Mass Tuesday 10.00 am; Friday 6.00pm

Recently Departed: Fr Richard Parry

Diocesan and Anglican Prayer Cycle

Sun Jun 23 rd	THE FIRST SUNDAY AFTER TRINITY Merthyr Tydfil, St. David and Abercarnid: Mark Prevett (PinC) <i>The United Church of North India</i>
Mon Jun 24 th	The Nativity of John the Baptist Treharris, Trelewis, Bedlinog and Llanfabon: Gareth Coombes (PinC) <i>Armagh (Ireland); Johannesburg</i>
Tues Jun 25 th	Troedyrhiw w Merthy Vale: Stephen Barnes (V) <i>Nord Kivu (Congo); Armidale (Australia)</i>
Weds Jun 26 th	DIOCESAN BOARD OF FINANCE: <i>North Ankole (Uganda) Aru (Congo)</i>
Thurs Jun 27 th	Ystrad Mynach & Llanbradach: Canon Steven Kirk (V) <i>North Carolina (The Episcopal Church); Asaba (Nigeria)</i>
Fri Jun 28 th	Rectorial Benefice of Eglwysilan and Caerphilly: Mark Greenaway-Robbins (R) <i>North Central Philippines (Philippines); Asante-Mampong (West Africa)</i>
Sat Jun 29 th	PETER, APOSTLE or PETER & PAUL, APOSTLES DEANERY OF PONTYPRIDD: Area Dean: Michael Gable <i>North Dakota (The Episcopal Church) Athabasca (Canada); Juba (South Sudan)</i>

Team Vicar: Rev'd Emma Rees-Kenny 029 2019 7341 vicar@beneficeofcanton.org.uk (Day off: Monday)

Benefice Co-ordinator and Administrator: 07539 553 918 office@beneficeofcanton.org.uk