



CREDO

60p

Volume 24 Issue 5

The Parish Magazine of Christ Church, Roath Park
Lake Road North, CARDIFF CF 23 5QN

**GO PLACIDLY AMID THE NOISE
& HASTE, & REMEMBER
WHAT PEACE THERE MAY BE IN SILENCE.
AS FAR AS POSSIBLE WITHOUT**

surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull & ignorant; they too have their story - avoid loud aggressive persons, they are vexation to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans - Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; everywhere life is full of heroism - Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass - Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself - You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should - Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours & aspirations, in the noisy confusion of life keep peace with your soul - With all its sham, drudgery & broken dreams, it is still a beautiful world.

Be careful. Strive to be happy.

*found in Old St. Paul's Church, Baltimore. Dated 1692:
sent in by V. Moverly.*

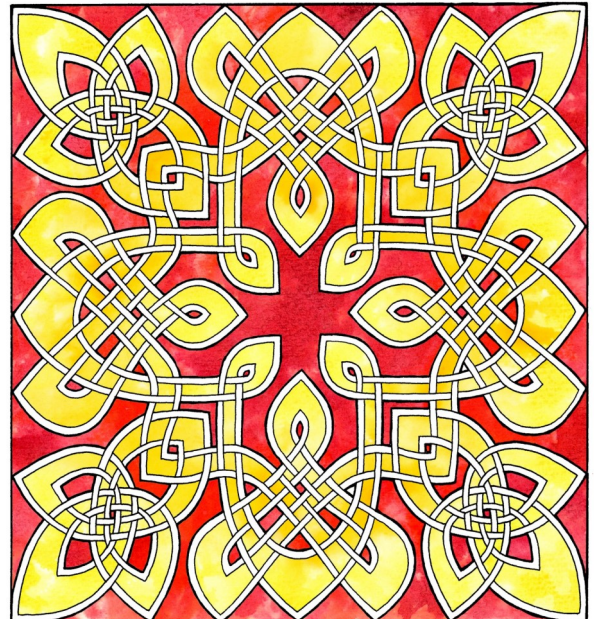


Christ Church the
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welcome.

Visit our informative website
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Articles for the July 2017 edition of Credo by 18th June
Handwritten, or on memory stick with a printed copy to Church
letterbox or Editor, or email ced45@btinternet.com

June 2017



June is the month of Pentecost, and of remembering that world-changing morning long ago in Jerusalem when the disciples were gathered in prayer “and suddenly there came from heaven a sound like a mighty rushing wind...” (Acts 2:2)

“Repent and be baptised every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.” (Acts 2:38) The ‘Church’ was ‘born’ that morning, and its very first action was to evangelise:

the church and mission are inseparable.

Parish Pump

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JUNE DIARY

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Thursday 1st **9.30 am Holy Eucharist** (*tea & coffee to follow*)

Sunday 4th **PENTECOST**
8.00 am Holy Eucharist
10.00 am FAMILY SERVICE
6.00 pm Service of Light

Wed. 7th 10.00 am - 12.00 noon **Church open for PRAYER**

Sunday 11th **TRINITY SUNDAY**
8.00 am Holy Eucharist
10.00 am Parish Eucharist, Funky Church & J Walkers
6.00 pm Taize

Thursday 15^h **9.30 am Holy Eucharist** (*tea & coffee to follow*)

Sunday 18th **TRINITY 1**
8.00 am Holy Eucharist
10.00 am Parish Eucharist, Funky Church & J Walkers
At St Denys **6.00 pm Faith in a Nutshell**

Sunday 25th **TRINITY 2**
8.00 am Holy Eucharist
10.00 am Parish Eucharist, Funky Church & J Walkers
6.00 pm Celtic Night Prayer

JULY

Sunday 2nd **TRINITY 3**
8.00 am Holy Eucharist
10.00 am FAMILY SERVICE
6.00 pm Service of Light

Prayers for Healing 10.00 am every Wednesday in Church
The meetings involve prayers for individuals and for our local community - all are welcome

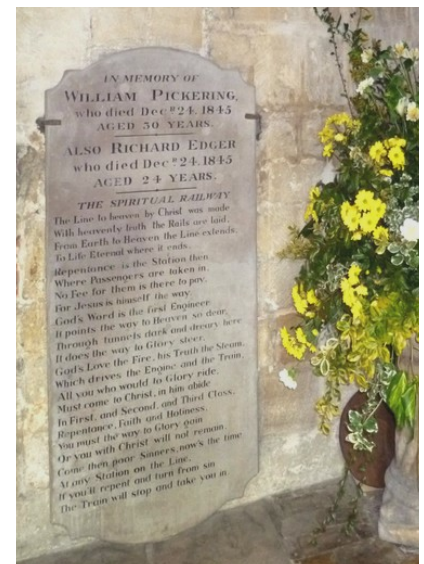
Other services & activities as announced in the newsletter



Thought for the Month
Memorial Tombstone in Ely Cathedral to two railway staff who died in 1845 includes "The Spiritual Railway"

The line to heaven by Christ was made
 With heavenly truth the Rails are laid
 From Earth to Heaven the Line extends
 To Life Eternal where it ends
 Repentance is the Station then
 Where Passengers are taken in
 No fee for them is there to pay
 For Jesus is himself the way
 God's Word is the first Engineer
 Its points the way to Heaven so clear
 Through tunnels dark and dreary here
 It does the way to Glory steer
 God's Love the Fire, his Truth the Steam
 Which drives the Engine and the Train
 All you who would to Glory ride
 Must come to Christ, in him abide
 In First and Second and Third Class
 Repentance, Faith and Holiness
 You must the way to Glory gain
 Or you with Christ will not remain
 Come then poor sinners now's the time
 At any section of the Line
 If you'll repent and turn from sin
 The Train will stop and take you in.

This was read at Llanishen Churches Together's Lent Discussion Groups Celebration held in Christ Church Hall on 25th April 2017, 27 attending.



Thank you Youth members for the wonderful welcome and service you provided for the Breakfast on Sunday 21st May at 9.00 am in the Church Hall. The donations of £238 will be shared equally between funding the hoodies for the youth choir and Christian Aid – very appropriate as Mari McNeill of Christian Aid joined us for breakfast before speaking to us at our 10 am service.



A reminder to us that life for people in other countries contend with very different and difficult conditions to our own fortunate lives.

Credo reporter



Our Vicar Trystan Writes:

WALKING . . .

Dear friends,

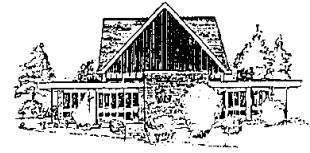
Last Sunday, someone approached me after a service recently and said, "can I just ask, Rev'd Trystan, why does walking always figure so prominently in your sermons? You either tell us that your thought of something while you are out on a walk or you will give us a story of meeting someone, or coming across something interesting, while on a walk". When I got home, I checked through some old sermons, and, do you know, that person was quite right! I was particularly surprised about this as, when I was a child, nothing would fill my heart with dread as much as my mum saying, "right, kids, we're going on a walk today"! Unless we were walking *to* somewhere, like a castle or to the shops, which, the majority of the time, we weren't, I didn't see the point of walking. Unless there was a destination, walking just seemed like a waste of time!

My attitude to walking changed after I underwent my back operation. That was 12 years ago now, but continuing chronic pain has left me unable to stand or sit for long periods of time. One thing I can do, though, is walk. In fact, I can walk for hours on end, and the more I walk, the less back and sciatic pain I seem to get. Mindful of this, following my back operation I challenged myself to enjoy walking for its very sake, rather than viewing it as a way to get to a destination. By now, as most of you know, I now love walking and I enjoy the journey far more than any

destination there might be – I notice the wildlife and countryside around me, I appreciate the moments of wonder and beauty that break through, I enjoy chatting to family or friends who are on a walk with me, I feel uplifted by the physical exercise that walking demands, and, last but not least, I love taking time to rest in God, talk to God, and listen to God. As broadcaster Revd Peter Owen Jones puts it: "walking is not just about going from here to there: it is about what we encounter on the way, both externally and internally".

I know there are many people in Christ Church who, like me, enjoy a good walk. Some of you are involved in hiking and rambling groups, while I see others of you walking while I'm making my way around the lake, which I do, without fail, before the kids get out of bed each morning! One writer mentions that his children berated him for taking the same walk every day. He answers them in a way that inspires my own morning walk. "I don't go on the same walk each day", he wrote, "it may be the same path, but it is always a different walk".

I'm quite sure that those of you who enjoy walking recognise how spiritual the very act of walking is. The Old Testament is the story of the wondering, nomad people of God. Then, in the New Testament, God himself becomes a homeless vagrant. "The foxes have holes, and birds of the air have nests;" says Jesus in Luke 9:58, "but the Son of Man has nowhere to lay his head". He then urges others to come and follow him (Matthew 4:19) and his



disciples were expected to take him quite literally. They even became known as his "followers". The theologian Charles Foster even suggests that we should go back to this word – by calling ourselves "Jesus Wanderers" or "Jesus Followers", rather than Christians. "To be good news in all we do," sings worship leader Martin Layzell, "is to walk as Jesus walked".

So, this month I just wanted to urge you all to get outside, to walk, and to recognize God's light shining on the paths you take. On the long walks that my parents used to take me on, I used to dream of the day that Star Trek 'Beam Me Up' machines were invented, to cut out travelling – I just wanted to be at the destination. In my walks, I now know all too well that God walks alongside us on our journeys. In fact, I read last week that the difference between Christian pilgrimages and the pilgrimages of other faiths is that, for Christians, it's not about the arrival. Rather, the journey matters, as God is in our travels. So, I encourage you, now the weather is getting a little better, to put on your sturdy shoes, get out into the fresh air, and then find God on your walks – in the silence, in the birdsong, in your conversations with friends, in the countryside, in any uplifting moment of light and grace. As St Augustine is purported to have said: "*Solvitur ambulando*" – "it is solved by walking".

Yours in Christ,

Trystan



NEW CHURCH HALL FUNDRAISING

May's CREDO gave exciting details of the new Church Hall and as you will have realised **FUND RAISING** to make this project a reality is necessary.



Have you fond memories of Barn Dances, the Musical - Joseph, Pantomimes, Wedding Receptions, Christmas Fairs, Jumble Sales, Dinners, Parties and Celebrations, Youth Club, Sunday School, Carols and Mince Pies etc ???

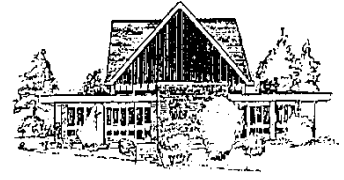
Now, can **YOU** dig deep to contribute to a **new CHURCH HALL** to create memories for the future.

In addition to proceeds from the Building Plot, we still need to raise £100,000 to continue this project.

Please contact Gerald Bradnum - Tel. **029 20751177** - about cash donations or run with some fundraising ideas of your own and contact me - Tel. **02920755550**. **Thank You !** *Ann Picken - Fundraising Co-ordinator*



from Revd Jordan
Making Sense of the Ascension



Dear Christ Church community,

Of all the weird things that Christians believe, the Ascension has to be one of the weirdest. Forty days after the resurrection, Jesus disappears into the clouds. I love the disciples' reaction at this point. They don't say anything. They don't wave him farewell. They don't offer some profound theological reflection on the event. They just stand there gazing up into the sky. You get the impression that they must be thinking to themselves, 'what on earth are we supposed to do with this?'

It's the way many of us feel when we read this story. What on earth are we supposed to do with the Ascension? What does it mean for us? Why is it good news?

I think the first thing worth noting is that the Ascension is not about Jesus' absence; it is about his *presence*.

It is tempting to read the Ascension story as Jesus' departure from the world stage.

But at the heart of the Ascension is the belief that Jesus is now where God is... and God is everywhere.

When we say in the Creed that Jesus is 'seated at the right hand of the Father,' what we mean is that Jesus now rules over everything. Like a gardener, Jesus tends to all things – he cares for creation, nourishing it, sustaining it, helping it to grow. Jesus keeps all things going by his love so that one day all things will return to God in love. At the Ascension, Jesus doesn't abandon history, he fills it with his presence.

We see this immediately in the book of Acts as the story turns to the history of the earliest church. Shortly after Jesus is taken up into the clouds, we have an account of the death of Ste-

phen (Acts 7:54-60), the first Christian martyr. Just before he is stoned to death by an angry mob, Stephen has a vision of the ascended Jesus. In that moment, Stephen discovers that Jesus is where God is... not simply tucked away in heaven, but near to those who suffer.

Two chapters later we have the conversion of Paul (9:1-18). Paul was originally a persecutor of the church – indeed, he was there with the angry mob at Stephen's execution. But while he was 'still breathing threats and murder' against the earliest Christians, Paul encounters Jesus on a road to Damascus. In that moment Paul is confronted with the painful reality of his actions, but he is also transformed. He devotes the rest of his life to the service of Christ.

So the ascended Jesus is still very much in the business of meeting us where we are. In our suffering and in our brokenness Jesus is there – offering comfort and strength. He is also the one who meets us on the road to Damascus – the one who confronts us and convicts us of the errors of our ways, the one who humbles us and transforms us, so that we might become more like him.

So the Ascension is firstly a reminder that Jesus is not locked away in the past or tucked away in heaven – he is always and everywhere near to us.

But the Ascension also means that we have a job to do. Just before he is taken up into the clouds, Jesus tells his disciples: '*you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth*' (Acts 1:8).

In the Ascension, Jesus sets the stage for our own mission as a Church. Just as he came to demonstrate God's love and to extend

God's peace, Jesus now sends us out to do the same. We are sent out to comfort those in pain, to challenge injustice, to pray for our communities, and to point others to the love of God.

Thankfully, we are not called to do this alone. Jesus doesn't just hand us the baton and tell us to get on with it. He promises us *the power of the Holy Spirit*. That means Jesus goes with us. He strengthens us, motivates us, and gives us the grace to do what he asks of us. Jesus acts in and through us. In our lives, and in our worship, and in our relationships, we are where Jesus happens in the world.

Finally, the Ascension offers us the assurance that we are where God is. As Paul writes in his letter to the Ephesians, we are seated with Jesus in heavenly places (2:6). Because Jesus is near to us, we are near to God.

We are reminded of this awesome truth whenever we receive the Lord's Supper. Through the mundane act of sharing bread and wine, we are transported into heavenly places... we take our seat with Jesus at a heavenly banquet. In the Eucharist, Jesus feeds us with himself, so that we might be sent out to be his hands and feet in the world.

So let's embrace the weirdness of our faith; let's celebrate the strange good news that Jesus ascended into heaven and is seating at the right hand of God. And let us pray for the grace and the power of the Holy Spirit, that we might be an 'Ascension people' in the world.

With love and best wishes,

Jordan

Remember Jordan in your Prayers

Saturday 24th June - Revd. Jordan's ordination as priest

Sunday 25th June - Revd. Jordan's First Eucharist as priest 10.00 am at Christ Church





Around the Church Family

Our Good Wishes & Prayers to:

Veronica Moverley - hospitalised after a recent fall, is making good progress

Len Bowker, recuperating from a recent course of radiotherapy

Dorothy Moore - recovering well at home after her fall and hoping soon to rejoin 'Good Companions' meetings

Enid Clarke and Marion Le Beau - not so well recently

Nancy Eyre - good to see back in church again

Our Sympathy and Prayers to:

the family of the late, widely loved **Mr Bernard Richards**, such a stalwart of Christ Church, who passed away on 27th May - to his daughter Heather and son Tim and their families

The family of the late **Mrs Rhona Boudier of Penarth**, who passed away on 30th May. Rhona has been giving invaluable expert guidance to members working on the altar kneelers stitching project

Congratulations & Good Wishes to:

Bernard Davies upon his 99th Birthday on 5th June

Home Visits & Home Communion



Home visits and, if wished, Communion are available for parishioners including the house-bound and anyone unable to attend church due to ill-health or an accident.

Communion are brought usually monthly at mutually convenient dates and times. If you, or anyone you know, would like one of our pastoral visitors to call with Communion or for prayer or a chat, please inform Gerald Bradnum (tel. 20751177) or enter your name upon the request slip in your weekly News-sheet and hand to any service welcomer or clergy or into the office.

My Fifty Golden Years Singing in Christchurch Choir.

It is with heartfelt thanks that I write. Sunday 30th April was most enjoyable and will be a memorable day for me. My thanks go to Julie our music Director and Adrian, who is the RSCM contact for our church. Together they arranged a presentation by Rev Trystan of a certificate and medal after the morning service to mark this occasion - followed by a delicious lunch at the Manor Park Hotel with members of the church choir. I was pleased to accept an M & S gift card together with messages of congratulations and good wishes. I was also delighted to have the pleasure of my very supportive daughter, Helen, at this special occasion.

Over my 50yrs in Christchurch choir I have seen many changes and inevitably ups and downs. There are many stories I could tell, but that would take too long - suffice to say I have enjoyed every moment of having the opportunity of singing God's praises - to Him be the glory.

Ken Perkins



'**Three Choirs Festival**' in Worcester Cathedral in the autumn. This is a national group event which happens to be within distance of South Wales this year. If anyone in the church or wider parish is interested in singing or listening, let Julie know .

Chef has not been to press for some time in Credo...

Julie would like to hear from keen cooks and fine diners with their favourite recipe and tips in the kitchen. We might get the project up and running ready for Christmas. It would set us all thinking on food and waste at a time when Food Bank is needed by so many.

Budding teen chefs and old hands all - time to bring some tasting samples in??

Speak to Julie in Church, or **email** julie.waller@btinternet.com



WHO'S WHO at Christ Church Lake Road North Cardiff CF23 5QN

Priest in charge:

Rev. Trystan Owain Hughes
Tel: 20758588

Curate:

Rev. Jordan Hillebert
Tel: 07936 288330

Parish Secretary

Denise Searle: at Parish Office

Parish Office/Hall Enquiries

Tel: **20763151**

Email:

info@christchurchcardiff.co.uk

Web site:

www.christchurchcardiff.co.uk

Church Wardens

Haydn Hopkins Tel: 20621280

Colin Francis Tel: 20751773

Reader

Dominic

P CC Secretary

Judith Hill Tel: 20758080

Treasurer

John Hodgson Tel: 20764485

Gift Aid Secretary

Gerald Bradnum Tel: 20751177

Electoral Roll Officer

David Alexander Tel: 20759704

Magazine Editor

John Griffiths Tel: 20754370

Sacristan

Len Bowker Tel: 20758493

Assistant: Haydn Hopkins

Tel: 20621280

Organist /Choir

Julie Waller Tel: 20615007

Funky Church

Karen Payne Tel: 20765428

Sandra Tel: 20758588

Flower Rota Organiser

Sylvia Dowell Tel: 20408265

Churches Together

Julie Waller Tel: 20615007

CHURCH CALENDAR - Shaping our Worship

Studying the Liturgical Calendar, the way in which the Church decides what we should be concentrating upon in our patterns of worship during the course of the calendar year, may sound a pretty mundane kind of study and not likely to do much to enhance our understanding of Faith. I would strongly disagree. Those patterns and cycles of worship represent the accumulated wisdom of the Church and we can learn much from looking into them more deeply.

The secular calendar is an attempt to regulate our response to the changing behaviour of our planet as it spins around its central star..... not a particularly big one as far as the Universe is concerned, but vastly bigger than the lump of cooling rock which is our planetary home. When Newtonian physics finally worked out the mechanisms by which the whole solar system is governed, there was a great joy that God, the great clock-maker, had allowed us into an understanding of the meticulously ordered workings of the clock.

“Nature and Nature’s laws lay hid in night. God said “Let Newton be”, and all was light.”

Ah! If only. If only the solar year were 365 days or even a nicely fractioned 365.25 days. But it is not and the fractions of time that have to be added to get our calendars and the solar system in synch have caused endless problems. In the same way, a lunar month is not a nicely adjusted 28 days, but 28 + xx hours and minutes. Over a century these bits of irregularity in the size of the wheels and escapements of the Newton clock don’t amount to much. Over 500 years and things get seriously out of synch.

Although, exactly what was happening was not understood in ancient times. There were certainly problems for them. Now, when we can expect the seasons to begin and when the tides will rise and fall does not matter so much in a hunter-gatherer society; once agrarian civilization emerges, seed time and harvest, full moon, high tide all become knowledge vital for survival. Very quickly it fell to a priestly class with apparently esoteric knowledge and understanding to take charge of what

now we know as “The Calendar” The pattern of the solar year and the pattern of religious observance were inextricably linked from the very start of human history.

Our Lord, growing up in a religiously observant Jewish family, would have known a liturgical year governed by the immensely powerful priestly class. That liturgical calendar was of a complexity that makes one’s head spin when one tries to work out exactly how the dates of the many festivals were calculated. Indeed, part of their priestly power was derived from the fact that the esoteric knowledge required to make these calculations were “priestly mysteries”. Some of this complexity can be glimpsed in the strange processes by which we calculate the date of our Easter. Meeting someone who really knows how it is calculated is a rare experience. How this kind of priestly power survived into the Christian era can be seen in the fierce encounter between the Celtic Church and St Augustine of Canterbury’s mission to England in 595. The ancient Christian presence of the Celtic Church here since Roman times was in contention about many points of worship and theology, but none of these caused so much obdurate contention than how to calculate the date of Easter. The matter was finally resolved about sixty years after Augustine’s mission, just about the very last point to be agreed. There was one other bone of contention. It was the shape of the tonsure of the monks! If you think some of the squabbles in church today are odd, you might think of that.

The Liturgical calendar that Our Lord grew up with had a large number of major and minor festivals, some of them like their harvest celebration with a scriptural basis, others one supposes a matter of cultural tradition. Some of these Jewish festivals have familiar names even if we do not entirely understand what they are about. “Yom Kippur”, for example, which is the day of penitence is a notorious name because of the war on Israel launched at that date as a deliberate attempt to sneak in with military advantage on a day of religious observance. Others, like “Hanukka” with its observance of

lighting candles to celebrate the foundation of the Second Temple in Jerusalem has a visual attraction for us not unlike the interest we show in the Hindu Festival of Light “Diwali”. The one Jewish Festival which is very relevant to the Gospel Story is “Passover”, for the events of the crucifixion occurred at that time in the Jewish year and it is much mentioned in the narratives of Easter in the Gospels. In this respect, the rescue from Egyptian bondage figured so prominently in the Jewish mind that it is still celebrated every Sabbath in its ritual meal.

We do not know what kind of liturgical calendar the early church had. The very earliest Christians were Jews and there is evidence that Temple worship was still practised by them alongside their new understanding of God’s purposes. However, St Paul and St Peter spread the Gospel to Gentile nations that would have no knowledge or interest in Jewish religious patterns of worship. It is fascinating to reflect that we don’t really know much about what went on in the changing seasons of the year in the early church. A Liturgical Calendar such as we can recognise does not really become historically known with any certainty until as late as about 360 A.D. and is to be found in the writings of the towering genius of the Church Fathers, St Jerome. From about this time onwards we have the Church observing the succession of events in the Gospel Story: **Advent, Nativity, Epiphany, Lent, Easter, Ascension, Pentecost and Trinity**.

Different branches of the Church are not in agreement with when in the solar year the dates of these events should be observed. Greek Orthodox Easter rarely corresponds with the date observed in the Western Church. Russian Orthodox has a different date for Christmas. The Roman Catholic Church has added some extra feasts to be observed such as the Feast of the Assumption. However, the broad pattern is the same and is largely, of course, a following of the events of Our Lord’s life on earth.

As we look at this quite late flowering of our understanding of the Faith I am sure that we will find a rich and profitable resource for strengthening us on our Christian journey.

John Walrond

Trinity

If I say the doctrine of the Trinity is a work in progress, I may incur the wrath of theologians who, with their forbears, have laboured, studied and debated it for centuries. Nevertheless, even now the family of Orthodox churches differ from Catholic and Protestant churches in the way they define the relationship of the Holy Spirit to the Father and the Son.

Is “proceeding” the best word or not?

We have to admit that human words can never adequately describe the Creator of the Cosmos, who is God-with-us in the Person of Jesus, and the ever-present Holy Spirit, making God known to us, stirring up our individual gifts and prompting us to behave as children of God.

But we must do the best we can with the words we have, to portray the ways which we, collectively and personally, encounter God. To make sure that our definitions remain orthodox, we have the classic Creeds to help us. They were produced when heresies threatened to misrepresent Christian experience, often by denying the divinity of Christ and so undermining the good news of our salvation. It may be a surprise to learn that the first known heresy was actually the opposite. It claimed that Jesus was some kind of apparition and only seemed to be human. With this in mind, the writer of the First Letter of John in the New Testament insisted:

“That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. The life ap-

peared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.”

Although this applies uniformly to every Christian, our distinctive God-given personalities are nurtured within God’s community. We are not clones. Our ways of worship (‘Spikes’, ‘Prots’ and ‘Happy-Clappy’) may vary and our personal faith will change and grow throughout our lives. But, as St Paul writes, “in all of them and in everyone it is the same God at work”. One God: Father, Son and Holy Spirit. The Holy Trinity.

Ven. John Barton - Parish Pump

Columba of Iona (c. 521 -97) – missionary to the UK

2013 marked the 1450th anniversary of the arrival of Christianity in the UK. It was brought by St Columba from Ireland to Iona – a tiny island off Mull, in the Western Highlands.

Columba was born in Donegal of the royal Ui Neill clan, and trained as a monk. He founded the monasteries of Derry (546), Durrow (c.556) and probably Kells. In 565 Columba left Ireland with twelve companions for Iona, an island off southwest Scotland. Iona had been given to him for a monastery by the ruler of the Irish Dalriada.

Why would a monk in his mid-40s go into such voluntary exile?

Various explanations include:

voluntary exile for Christ, an attempt to help overseas compatriots in their struggle for survival, or even as some sort of punishment for his part in a row over a psalter in Ireland. Whatever the reason, Columba went to Iona and spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

Columba’s biographer, Adomnan, portrays him as a tall, striking figure of powerful build and impressive presence, who combined the skills of scholar, poet and ruler with a fearless commitment to God’s cause. Able, ardent, and sometimes harsh, Columba seems to have mellowed with age.

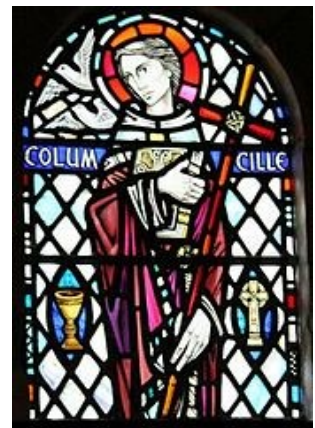
As well as building his monastery on Iona, Columba also converted Brude, king of the Picts. Columba had great skill as a scribe, and an example of this can be seen in the Cathach of Columba, a late 6th century psalter in the Irish Academy, which is the oldest surviving example of Irish majuscule writing. In his later years Columba spent much time transcribing books.

Columba’s death was apparently foreseen by his community, and even, it seems, sensed by his favourite horse.

He died in the church just before Matins, and it is a tribute to this man that his traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

Here is a prayer of St Columba:

Christ With Us
My dearest Lord,
Be Thou a bright flame before me,
Be Thou a guiding star above me,
Be Thou a smooth path beneath me,
Be Thou a kindly shepherd behind me,
Today and evermore.



Coming Events

Diary Dates:

Sunday 23rd July 3pm - 5 pm

Vicarage Garden party

Sunday 10th September - Education Sunday

details to follow

Sunday 15th October - Film Night

details to follow



Saturday 22nd July

10.00am - 1.00 pm

At Christ Church

All welcome



CHATTERBOX

Babies and toddlers with parents/grandparents

Thursdays 1.30 pm - 3.00 pm

in Christ Church Hall during term time

Contact Gill Barker - 20747464

Ann Francis - 20751773



Altar Kneeler Project.

Tuesday and Thursday

home stitching continues weekly

Next Saturday meeting 10am - 12 noon

17th June in the Church hall

All welcome to call in to see the progress of the last 3 panels and view the completed upholstered kneelers and enjoy a cup of coffee!

Ring Posy if you would like to help complete these altar kneelers this year.

Contact: Posy Akande 07807628212



J WALKERS

Youth Group 11-18 yr olds

Come and join this group every

Sunday at the 10 am service

(except Family service on 1st Sunday of the month and holidays)

Plus Sunday evenings during term time

7.00 pm - 8.30 pm in the Church Hall



Prayer Link 2017

Churches Together in Llanishen & District

Saturday 10.00 am - 11.00 am

No meeting in June

1st July - St Brigid's (RC)

Crystal Glen, off Heathwood/Fishguard Rd

Covenanting Churches Communion Service

Sunday 9th July 6.00 pm at St Isan

ALL WELCOME



Quiet Garden - Methodist Church,
Melbourne Road, Llanishen

11.00 am Saturday 24th June

Annual Service of Rededication

Led by Rev. Bob Bebb

Please join us and stay for tea/coffee

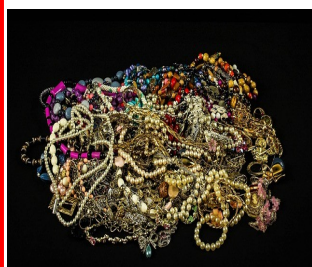
This year the Quiet Movement celebrates its 25th Anniversary

TenYFan Challenge: John completed 6 ascents of Pen Y Fan, Stephi 4, Amy 3 and Judith 1, resulting in 'Team Reuben' completing 14 times up Pen y Fan, more than equivalent of climbing Everest. Sponsored money so far is about £800 for which many thanks for your kind support.



Judith & Richard Hill

Church Hall Funds - jewellery



Shirley Davies is collecting broken, unwanted items of gold and silver to help swell the Church Hall Funds

Please contact Shirley - tel. 029 20754230

or bring items to church.
Many thanks!



National Garden Scheme (NGS)
Rhydypenau Allotments
(Heath Halt Road Entrance)

Sunday 16th July
1.00 pm - 6.00 pm

Admission £4, children FREE

HOME MADE TEAS

Produce and plants for sale

Come and visit the 100+ plots set in a hidden oasis within a Cardiff suburb with mature trees, stream and communal areas.



Tyson – love and sadness.

In the world there are many people who have Dogs or Cats as pets.
In our home in Cardiff we have always had dogs as pets.

Our first dog was Sooty – a colour black mongrel and then next we had Holly a female Toy Poodle. Holly had a litter of 5 which contained only one female puppy, which I called Daphne, after a character on the Australian soap opera Neighbours. My sister Heather also loves dogs and she had two Miniature Poodles, Harley and Tyson.

When Holly died I was very upset and later on when Daphne died our whole family was also upset. It takes a long time to get over the death of someone you love. You keep remembering what they and you did together. With dogs you remember the routine of going for walks with them, talking to other dog owners walking their dogs etc.

My sister became allergic to her dogs and my Dad and I looked after Harley and Tyson. About three years ago Harley was found to have heart trouble but he was too old at 15 to have an operation and he died.

On Tuesday 2nd May this year Tyson had great difficulty breathing, Dad and I took him to the vet who gave him oxygen to help him breathe. Unfortunately an x-ray showed that Tyson had a cancer about which nothing could be done. Dad and I decided to Tyson put to sleep. Tyson was 17 years old. It broke my heart to have to do this.

Some people say “*You can always buy another dog*” or “*Time is a great healer*”, but it is never the same.

**All the dogs that we have looked after have given us happiness and unconditional love,
which we all need in our lives.**

Chris Ward.

Bats at Christ Church Hall

Jo Wall, a member of our congregation whose son Zac used to attend with her, is a landscape architect who heads up an Ecology Company. Max Burrell, one of the team has written a report about the Bats at Christ Church Hall, information required for planning permission for the New Hall. Here is a extract from it.



Bats are the only mammals that use powered flight. They belong to the Order *Chiroptera*, which is the second largest Order following Rodents. The UK has 17 species of bat that are known to breed in this country. All UK species are nocturnal and use ultrasound to locate prey and find their way in their environment. They do this by emitting pulses of high frequency sound through their mouth or noses and listen for the returning sound which bounces back off objects in their surroundings.

Bats and their roosts are protected by the law and so it is important to know whether any bat roosts are present in the existing Church Hall prior to it being demolished. An internal and external inspection was undertaken in June 2016 in order to try and find any evidence that the Church Hall was being used by bats. During the inspection several bat droppings were found on the outside of the building. Bat droppings are similar in size and shape to mouse droppings, but unlike mouse droppings, they crumble to dust when rubbed between finger and thumb.

A sample of the droppings was collected and sent to the University of Warwick for DNA testing to identify the species of bat they were from. They were confirmed to be from a Soprano pipistrelle bat (*Pipistrellus pygmaeus*), one of the UK's smallest and most common species (wingspan 19 – 23cm).

Two surveys were carried out towards dusk in order to observe and record any bats leaving the Church Hall to go out foraging for insects during the night. A survey was also conducted towards dawn to observe and record any bats returning to the Church Hall following a night's foray.

A Common pipistrelle bat (*Pipistrellus pipistrellus*) was recorded leaving the Church Hall during one of the surveys. This is a very similar species to the Soprano pipistrelle and is also one of UK's smallest and most common species. The Common and Soprano pipistrelle were only recognised as two distinct species in the UK in the 1990s.

A number of other bats were recorded around the grounds of Christ Church. including other Common and Soprano pipistrelles and Noctule bats (*Nyctalus noctula*), which are one of the UKs largest bat species (wingspan of 32 – 40cm). These bats roost almost exclusively in trees and can take large insect prey such as May Bugs and large moths. A Daubenton's bat (*Myotis daubentonii*) was also recorded during one of the surveys.

The surveys have demonstrated that the Church Hall is used as a roost by low numbers of Common and Soprano pipistrelle bats. A European Protected Species (EPS) licence needs to be obtained from Natural Recourses Wales (NRW). The licence will require that the building is demolished in a sensitive manner under the supervision of a bat expert. Parts of the building where bats may be present will be taken down by hand to avoid injury to any bats that might be present.

Two 'bat tubes' and two durable bat boxes, made of 'woodcrete' (a mixture of wood and concrete) will replace the roost that will be lost when the building is demolished. The bat tubes are hollow bricks that can be built into the side of the new Church Hall. The bat boxes can be placed on the existing church building or on near-by trees. It is hoped that bats at Christ Church will like their new home!



St RICHARD of CHICHESTER

St Richard of Chichester, who lived from 1197 to 1253, is patron saint of the English county of Sussex.

In 1244 Richard was elected Bishop of Chichester but King Henry III wanted someone else as bishop and he ordered that no one should feed or house Richard. So Richard lived with a friend who was a parish priest and visited his entire diocese on foot for two years until the king relented.

Richard is widely remembered today for the prayer he is supposed to have said as he was dying. The prayer was adapted for the song 'Day by Day' in the musical Godspell and it is in this form that most people know it today:

Day by day,
Dear Lord, of thee
three things I pray:
To see thee more clearly,
Love thee more dearly,
Follow thee more nearly,
Day by Day.

SOUNDS STRANGE

There are still quite a few people called Richard today but some saints' names sound very strange to our modern ears - how many of these names are saint's names and how many of them are something else all together? Answers at the bottom of the page.

1. Wenceslas
2. Mesrop
3. Blaise
4. Porphyry
5. Waudru
6. Methodius
7. Attracta
8. Sebbi
9. Fiacre
10. Budoc



**What do you call a man with a
map on his head?**

Miles.

**What do you call a
woman with a
tortoise on her
head?**



Shelley.

**What do you call a man
checking your homework?**

Mark.

**What do you call a Vicar
on a moped?**

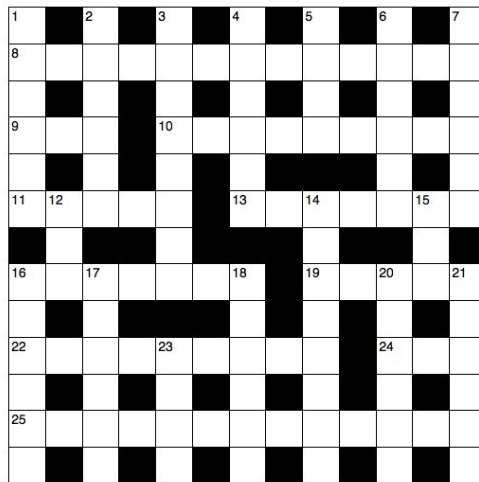
Rev.

Answer: all of them are saints listed in the Penguin Dictionary of Saints – honestly.



CROSSWORD PUZZLE

- ACROSS** 8 Laban complained he had not been allowed to kiss them when Jacob fled with his family (Genesis 31:28) (13)
 9 In favour of (3)
 10 'The child's father and mother — at what was said about him' (Luke 2:33) (9)
 11 Swagger (Psalm 12:8) (5)
 13 'Terrors — him on every side and dog his every step' (Job 18:11) (7)
 16 Bay bits (anag.) (7)
 19 Preach, address an audience, speak in public (5)
 22 Holy Communion (9)
 24 'On their way to — out the land, Joshua instructed them, "Go and make a survey of the land"' (Joshua 18:8) (3)
 25 Joseph advised Pharaoh to appoint these to administer his grain storage plan (Genesis 41:34) (13)



Across: 8. Grandchildren, 9. Pro, 10. Marvelled, 11. Strut, 13. Startle, 16. Baby-sit, 19. Orate, 22. Eucharist, 24. Map, 25. Commissioners.
Down: 1. Egypt's, 2. Favour, 3. Edomites, 4. Thorns, 5. Blue, 6. Armlet, 7. On edge, 12. Tea, 14. Adoption, 15. Lot, 16. Breach, 17. Become, 18. This So, 20. Armies, 21. Expose, 23. Avid.

- DOWN** 1 'Assyria's pride will be brought down and — sceptre will pass away' (Zechariah 10:11) (6)
 2 'And Jesus grew in wisdom and stature, and in — with God and men' (Luke 2:52) (6)
 3 The descendants of Esau (Genesis 36:9) (8)
 4 The components of the crown that Jesus was made to wear before his crucifixion (John 19:2) (6)
 5 Colour of cloth which was to cover holy objects in the tabernacle when moving camp (Numbers 4:6–12) (4)
 6 One of the gold articles plundered from the Midianites offered to the Lord by the Israelite army 'to make atonement' (Numbers 31:50) (6)
 7 'The fathers have eaten sour grapes, and the children's teeth are set — —' (Jeremiah 31:29) (2,4)
 12 Ate (anag.) (3)
 14 'We ourselves... groan inwardly as we wait eagerly for our — as sons' (Romans 8:23) (8)
 15 Abram's nephew (Genesis 14:12) (3)
 16 Rupture (Job 30:14) (6)
 17 'Yet to all who received him... he gave the right to — children of God' (John 1:12) (6)
 18 'I... asked him the true meaning of all — . — he told me and gave me the interpretation of these things' (Daniel 7:16) (4,2)
 20 Military units (Exodus 14:20) (6)
 21 'Joseph her husband was a righteous man and did not want to — her to public disgrace' (Matthew 1:19) (6)



GOD IN THE ARTS

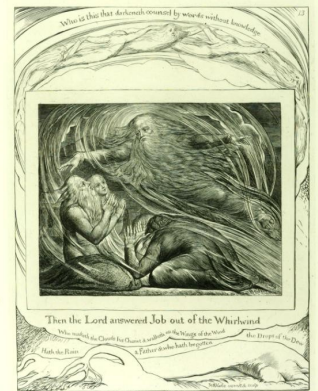
Job - when God answers out of the whirlwind

'The patience of Job,' 'Job's comforters,' even 'Job's post' – these phrases and images show the great influence Job has had through the ages. When we meet him in the Old Testament, he is an upright, blameless man, who is afflicted by suffering. He loses his property, his children and even his health, but never his faith. 'The Lord gave, and the Lord has taken away,' he says. 'Blessed be the name of the Lord.' When friends call, they tell Job all that has happened is a punishment for sin or a call to repent or a way of teaching virtues. But Job rejects their counsel: he demands answers from God to explain why all this has occurred in his life.

Out of the whirlwind, God answers Job. It is the theme of this month's art – a strange, visionary work of the poet and painter, William Blake, who died in 1827. We know him through the hymn 'Jerusalem.' Blake looked at the sun in the sky and the trees in the wood and saw there hints and glimpses of eternity, and those insights inspired all he wrote and painted. He was fascinated by the book of Job and began his illustrations in the 1780s, although this work was completed forty years later. We see how the revelation of God's presence humbles Job. The power and majesty of God swirl and spin around the scene, and even bend low the tree underneath. But the trunk is not broken, just as Job in his adversity never loses faith.

Job is vindicated: there is a God who cares and who responds to human suffering. Job may not understand how the stars above were made, or how the horse runs in the meadow. Nevertheless, through meeting God, Job's life is given meaning and value. *His fortunes are restored and he dies, 'old and full of days.'*

The Rev Michael Burgess - Parish Pump



No theological reason for pews

Are you a pew lover? Or a modern comfy chair lover?

It seems that this is a tension found in churches throughout the country. Conservationists want to keep the hard and unyielding wooden pews, while many vicars and lay people, desperate to encourage new people, want to introduce a comfortable place for them to sit. Now the Chancellor for the Diocese of Rochester has ruled in favour of comfy chairs, saying that there is 'no theological basis' for the retention of pews and that the 'need and desirability' of the comfortable chairs outweighed any benefit of not having them. Parish Pump

WORSHIP AT CHRIST CHURCH

Sunday

8.00 a.m. The Holy Eucharist

10.00 a.m. The Parish Eucharist Service 6.00 p.m. Evening Service

Weekdays

1st & 3rd Thursday 9.30 a.m. The Holy Eucharist
(Saints' Days and Festivals: See Parish Diary)

PARISH PRAYER GROUP

in the Lady Chapel for about half an hour

Wednesday mornings 10.00 am

Eucharist for healing
with anointing and the laying on of hands as announced.

Holy Communion is taken to the sick and housebound,
and anointing as requested.

Please inform the Vicar in cases of sickness, bereavement or distress.

OTHER SERVICES

Please arrange with the Vicar
for baptism, confirmation, marriage and funerals.

The Vicar is happy to arrange times for the
Sacrament of Reconciliation (Confession) or for counsel.

From the Registers

May 2017 Communicants:

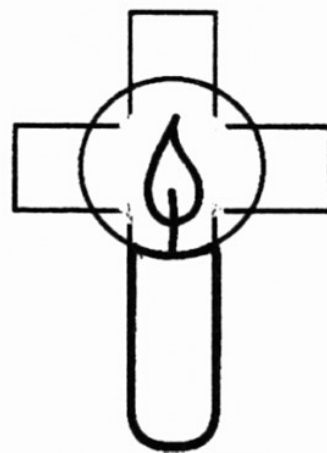
Sundays	7th	110
	14th	97
	21st	115
	28th	94

Weekday communicants: 15

Communion of the ill/housebound
at 'Cartref' 14

Funeral Service

25th May Kenneth McCarty



FELLOWSHIP AT CHRIST CHURCH

GOOD COMPANIONS

Tuesdays 2.00 - 4.00 pm
Julia Matthews 029 21157213
Alison Peters 029 20761277
Val Jones 029 20747021

CHRIST CHURCH SOCIETY

4-5 times annually
Howard Kilvington 20317301

LADIES KEEP FIT GROUP

Mondays at 7.30 pm.
Jill Kilvington 20317301

FELLOWSHIP & BIBLE STUDY GROUPS

(see newsletter for details)
Haydn Hopkins 20621280
Linda Alexander 20759704

SERVERS' GUILD

Sunday morning and as announced
Gerald Bradnum 20751177

CHATTERBOX

Thursday 1.30 - 3.00 pm
during Term time
Gill Barker 20747464
Ann Francis - 20751773

FUNKY CHURCH

Val Jones 029 20747021
Sandra 20758588

YOUTH GROUP (11-18 year olds)

Sunday evening 7.00pm - 8.30pm
Rev. Trystan Hughes 20758588

CHOIR

Thursdays at 6.30 pm
Julie Waller
Tel: 20615007

RAINBOWS

Tuesdays at 5.00 p.m.
Emma Lane 07975505863

BROWNIES

Mondays at 6.00 pm

84th SCOUT GROUP

Group Scout Leader
vacant

Group Committee Chairman
Geoff Payne 20756577

Enquiries to Caryl Roach 20754463

BEAVERS

Thursdays at 5.30 pm
Chris Davies 07948399111

CUBS

Wednesdays at 6.15 pm
Simon Rimell

SCOUTS

Wednesdays at 7.30 pm
Simon Broadley