

# Christ Church News

## AUGUST 2018



EDITION 4/2018

### Welcome to Christ Church News

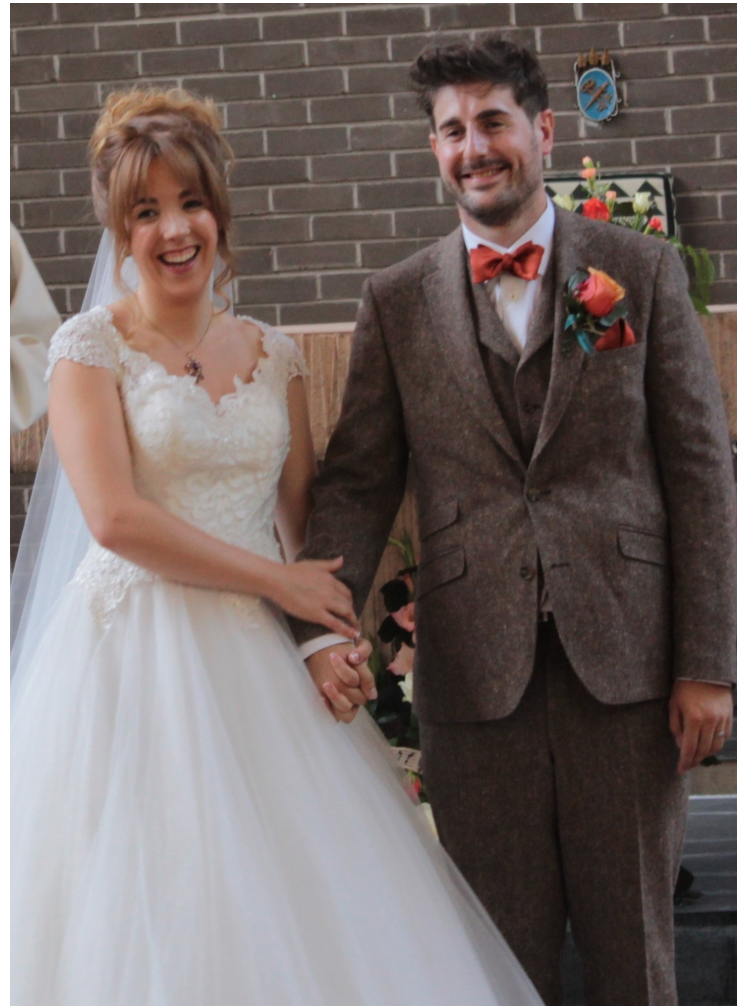
The aim of this news sheet is to highlight people's stories and events that have taken place over the past month. If you have an item you think would interest us please send it to the church office.

We had a number of social events in our church over the past month, including the Cantar Mixed Voice Choir from Cathays, and the Children's Concert organised by Sue Hurrell. Both were well attended and between them raised over £800 towards the new church hall.

We still await planning permission for our new hall. Patience is said to be a virtue and we are having to be very patient!

Like all families we enjoy fun together and also we grieve together. This month we are grieving with Sandra Brooks who has experienced the terrible, sudden loss of her daughter, Mandy, age 49. Please remember Sandra and her family in your prayers.

Linda Alexander



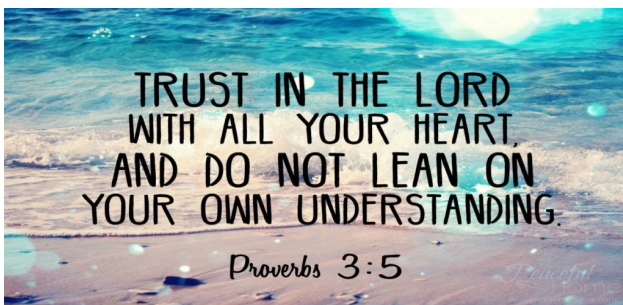
### SARAH AND JAMES

**Another wonderful happy wedding in Christ Church.**

We are thrilled to see our church used for such a joyous occasion. The bride, Sarah, is Trystan's cousin and James uses our church for music therapy sessions. It was great to see Trystan's extended family coming together for such a wonderful ceremony.

The service was led by Trystan and his father, Berw, who is a retired priest. Trystan was able to take a first step in overcoming his extreme pain and it was a joy to see him.

Get well soon, Trystan.... We miss you.



[www.christchurchcardiff.co.uk](http://www.christchurchcardiff.co.uk)

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# Summer - time Blues

Summer is the time when we have to say goodbye to our older teenagers as they move away to go to College or take Gap years. We had an amazing party and prayer time on Sunday 15th July, as the older ones in J walkers explained their plans for the future. We shall sorely miss those who are leaving but they are all promising to return during the holidays and even help with the younger ones. We have been blessed with a great group of young people and we bless them as they move on in their lives.

## J- WALKERS

### What J-Walkers has meant to me

*By Ethan Evans*

I think it's safe to say that I speak for most young adults in saying that being a teenager isn't always easy. That being said, amidst trying to balance my school work and handle exam-season stress, J-Walkers has provided me with a place where I can go on a Sunday evening to learn more about God, have fun and relax in an open, positive and welcoming environment.

In the past I've heard people say that during their teen years they "lost touch" with God, but J-Walkers, for me, has only helped build my faith and stay in touch with God. By encouraging me to be open and honest about my feelings, beliefs and any questions I have through discussion and the Youth Alpha course, I think that J-Walkers has helped strengthen my relationship with God, and further my understanding of what it is to be a Christian, all whilst forming friendships with people of different ages but similar beliefs in what I would say has become quite a tight-knit community.

Besides the weekly evenings of table-tennis, 'Empires' and 'blanket-volleyball', over the past couple of years we've had various days out and weekends away that have combined fun and exciting activities with learning more about our faith; past trips have included Barry Island and weekends away at the Gower and Hebron Hall with fellow church youth groups.



J-Walkers has helped strengthen my relationship with God,

I'm also very grateful for all the Sunday evenings spent with Jordan and Krisi, who I always look forward to seeing and whose Bible studies and discussions I'm sure we've all not only enjoyed greatly but have also learnt a lot from. I'd like to say a huge thanks to Sandra, Ruth and Linda, Gareth and Matt, whose efforts I'm immensely grateful for, as they are what make J-Walkers as enjoyable, for everyone who attends, as it is.

*Ethan is awaiting A level results as are 5 others in the group photo. From top right anti clockwise- Max, Noah, Philippa, Becca, Ethan, Lukas, Will and Mia.*

*Please remember them in your prayers*

# Children's Concert



Sue Hurrell

On Saturday 14 July we held our first children and young people's concert and fundraiser for our new hall. It was a beautiful afternoon and everyone enjoyed sitting outside the church, amidst flowers and bunting, for tea, delicious home-made cakes and orange cordial.



Our wonderful youth choir opened and closed the concert, and we watched 16 of our children and young people aged between 7 and 17 singing, dancing, playing piano, guitar, violin, flutes and reading a poem.

Some of the youngest children played or sang to an audience for the very first time. Each item was performed confidently and all performers and audience members were full of smiles and saying how much they enjoyed it. We will have to repeat it next year!

We also sold crafts made by the children and second-hand children's clothes, books and toys. Thanks also to Sarah & family, and Lena, for taking the leftover items to the Cardiff High car boot sale the next day. We made over £350 for our new hall!



Many thanks to all who helped make it happen, and came to support the children. Sue Hurrell

# Congratulations



We are pleased to congratulate Ellie, the granddaughter of Nadia Bunston, and daughter of Nicola and Eric Wolff, on being awarded a Masters Degree in International Relations from Cardiff University. WELL DONE ELLIE



We also congratulate Rita Georgijev's Grandson, Sam, as he heads off to the United States to study for a four year Finance and economics degree. His mother, Natalie (nee Kingdon) used to be in our youth club

# Storms of Life

## Finding Hope in our Suffering

Our Vicar, Trystan, took a sabbatical earlier this year, which didn't work out exactly as he had hoped. This is a reflection on the aftermath of his long pilgrimage in North Wales.

Since I underwent spinal surgery 12 years ago, I have had to face daily pain, but, through exercise and pain management, I have been able to manage its intensity.

*We're Going on a Bear Hunt*  
Michael Rosen Helen Oxenbury



Eight weeks ago, though, only a day after I finished a 135-mile pilgrimage, I felt a level of pain I had not experienced in a decade. In the following few weeks, the pain got increasingly worse and I have had to endure numerous medical appointments and scans. Alongside the physical pain, there has also been the accompanying mental angst. These worries about the future have torn me away from the present and are invariably worse in the dead of night, when I've had no distractions to keep negative thoughts polluting my mind.

We live in a society that attempts, as best it can, to avoid pain and suffering. Sometimes, though, the storms of life are inescapable. Last week, someone visited me as I lay on my sofa. *You need to face your pain like the great Bear Hunt*, they said, rather

cryptically. It was only when my four-year-old son chose "We're Going on a Bear Hunt" as his bedtime story a few nights later that I understood something of what she meant. In this classic children's book, we join a family as they search for a bear by facing various challenging terrains – forest, mud, long grass, and snow. With each different environment, we are told that "We can't go over it; We can't go under it; Oh no, we have to go through it!"

**Sometimes we have to face the reality that our times of pain, hurt, affliction, or grief are unavoidable. At those times, we have to "gird up our loins", as the Bible puts it (Job 40:7; 1 Peter 1:13), and face the misery of suffering head on.** At those times, we cannot be like rugby players, skilfully sidestepping opponents. Instead, we are forced to be like American football players, confronting opposite numbers head-on by crashing into them. Each of us will face, in the words of St Paul, a "thorn in our flesh" (2 Corinthians 12:7), and sometimes there is no other path other than to "take up our cross", as Jesus told his disciples (Luke 9:23).



**Like the changeable sea,  
our life journey is  
ever-changing.**

On my long pilgrimage which followed the coastline of North Wales, I spent many hours gazing out at the Irish Sea as I rested with my lunch or my trusty flask of tea. During those three weeks of walking, I noticed how the sea was brimming with life and activity – seals, porpoise, puffins, gannets, boats, fishermen, surfers. But I

also observed how quickly the sea could be transformed, sometimes slowly from day-to-day, but other times in a matter of hours. When my four-year-old son is drawing the sea, he will immediately reach for the blue crayon. By spending a length of time staring out to the changeable sea, though, a plethora of beautiful colours emerge. These are often related to the sea's condition – sometimes threatening and disturbingly dark, but, on other occasions, calm and crystal clear.

**One day, as I sat on a rock on the edge of a clifftop, I wrote in my notepad that the waves were like rolling, unforgiving white juggernauts crashing against the headland. The very next day, by now on a sandy beach, I jotted down that the sea was a serene stillness gently caressing the golden shoreline.**

Like the changeable sea, our life journey is ever-changing. Sometimes all seems tranquil – we are blessed with times of joy, times of pleasure, and times of celebration. But sometimes storms rage around us – we have to face times of pain, times of anxiety, and times of grief. “There is a time for everything,” ponders Ecclesiastes (3:1), “and a season for every activity under the heavens”.



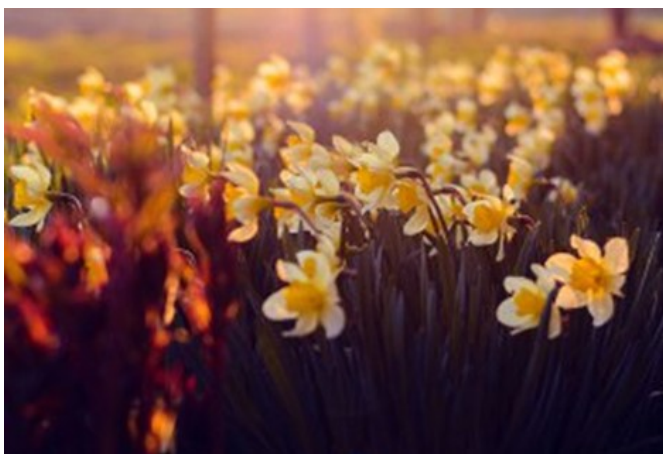
At those seasons of suffering in my own life, it has helped to remind myself that, like the rolling waves of the tide, our lives have a natural ebb and flow. Life is not a straight line, from birth to death, emerging from darkness and returning to darkness, or, indeed, from light to light. Rather, life is cyclical. The winters of our suffering can certainly be dark, long, cold, and painful, but spring will always burst forth. We wait for the snow-drops, because we know the daffodils will soon follow. We trust the nature of the seasons that this will happen, just as those of us who are Christians learn to trust that God will lead us out of our wait, however long and painful. The sixth-century theologian Boethius describes life as a wheel: “we rise up on the spokes, but we’re soon cast back down into the depths. Good times pass away, but then so do the bad. Change is our tragedy, but it’s also our hope. The worst of times, like the best, are always passing away”.

**“Sometimes God calms the storm, but sometimes God calms the sailor”.**

**This thought, and this way of viewing the world, is helping me face the difficult wait of my own recuperation. As such, it is gradually transforming my anxious thoughts by giving me the strength to notice and value those little signs of spring breaking through the harshness of winter – to notice and value those daily moments of joy and grace that break through my continuing pain and frustration. This is as powerful a healing as any physical healing could offer. As an old proverb puts it: “Sometimes God calms the storm, but sometimes God calms the sailor**

**Rev Dr Trystan Owain Hughes 2018**

<https://trystanowainhughes.wordpress.com/2018/07/15/storms-of-life/>



**Please remember Trystan in your prayers as he recovers his strength .**

# Cantar Community Choir



**Cantar Community Choir** was delighted to support Christchurch with a fundraising concert for the new church hall. It was both exciting and a little bit daunting to be giving our first ticketed performance.

The choir was formed a couple of years ago by our musical director, James Saldivar, and having been ejected from our first rehearsal venue for disturbing the Yoga class, we soon found a warm welcome at Woodville Baptist Church. With impeccable timing, Guy Roberts had recently returned from his first year at university and was able to re-join us for the concert. His solo renditions of three George Ezra songs gave both the choir and the audience the chance to enjoy his wonderful voice. The concert also gave a young singer/songwriter, Sophie Lewis, the opportunity to perform her own piece in public for the first time. One of our tenors, John Dow, was the third soloist. His beautiful performance of Van Morrison's Moondance was for many of us the first time that we'd heard John play the saxophone.

I hope that our enjoyment of singing from the very varied repertoire that James has developed with us was evident in our performance. The choir welcomes new members and there are no auditions. Rehearsals are every Thursday 6pm–8pm (during school term times) in Woodville Baptist Church, Crwys Road.

**Many thanks to Christchurch for the warmth of our welcome and to the audience for their generous appreciation of the concert.**

Alison Peters

*Alison is a member of Christ Church and also a member of the Cantar Choir*

# Christening of Branwen



We thank Rev Chris Burr, Vicar of Lisvane, for officiating at the Christening of Branwen pictured with her mother Anna and father Paul.

## Robin Hill sends his thanks for your prayers



John and Stephe Hill along with Richard and Judith Hill, would like to thank all those who prayed for them and sent encouraging messages of congratulations after the Birth of Robin.

He is doing fine and we look forward to welcoming him into our midst.

## MESSY SUMMER



Emily showing her jelly fish

We had a great time looking at the resurrection appearance of Jesus on the beach as in John Chapter 21. He cooked some fish over a fire, having told the disciples to throw their nets on to the other side of the boat. We had around 25 children plus adults.

The talk in church was led by Gareth, our ordinand who told the story with drama and songs. We built a "fire" in church to cook the fish which we caught in a great big net.

Thanks to all who helped in any way.



Lauren painting flames for Jesus'

Charcoal fire on the beach

**Christ Church Roath Park, Lake Road North, Cardiff CF23 5QN**

**02920 763151 info@christchurchcardiff.co.uk www.christchurchcardiff.co.uk**

**Priest in charge: Rev. Dr Trystan Owain Hughes Tel: 029 20758588**

**Curate: Rev. Dr Jordan Hillebert Tel: 07936 288330 Parish Secretary Denise Searle: at Parish Office**

**Parish Office/Hall Enquiries Tel: 029 20763151**

**Church Wardens**

**Haydn Hopkins Tel: 029 20621280**

**Colin Francis Tel: 029 20751773**

**Reader** Dominic DeSaulles

**PCC Secretary** Judith Hill 029 20758080

**Treasurer** John Hodgson 029 20764485

**Gift Aid Secretary** Gerald Bradnum 029 20751177

**Electoral Roll Officer** David Alexander 029 20759704

**Sacristan** Len Bowker Tel: 029 20758493

**Flowers:** Sylvia Dowell 029 20408265

**Christ Church Society (Talk & Buffet)**

As advertised, on various Wednesdays in the Hall.

Open to all, family and friends.

Contact: Howard Kilvington 02920 317301

**Christ Church News Editor** *Vacant*

**Church Choir**

Thursdays 6:30pm in the Vestry.

Contact: Julie Waller, Organist & Choir Director

Telephone: 02920 615007

**Youth Choir:** Sue Hurrell: 029 20485171

**Ladies Keep Fit** Light exercise. Mondays 7:30pm

Contact: Gill Kilvington 02920 317301

**CHILDRENS & YOUTH WORK**

**Chatterbox** Parents & Toddlers – every Thursday  
1:30pm – 3:00pm in the hall.

Contact: Ann Francis Tel 029 20751773

**FUNKY Church** age up to 11 meets each Sunday  
during the service except for Family service.

Contact: Val Jones Tel: 029 20747021

Sandra Hughes Tel: 029 20758588

**Messy Church**

Contact: Linda Alexander Tel: 07814759559

**Youth Club J Walkers** age 11– 18

Sandra Hughes 029 20758588

**Child Protection Officer**

Contact: Colin Francis Tel: 02920 751773

**ConneXion Groups.....**

Meet monthly at various times and in various houses. Contact the Parish office for more information.

**Good Companions** Tuesdays 2:00pm– 4.00pm

Contact: Val Jones, Alison Peters or Julia Matthews

Val Jones Tel: 029 20747021

Alison Peters 029 20761277

Julia Matthews 029 21157213

**SCOUTS**

**Beavers**

Thursday 5:30pm

**Cubs**

Wednesday 6:15pm **Scouts – 84th Cardiff**

Wednesdays 7:30pm

ALL INFORMATION FROM

Geoff Payne

Telephone: 02920 756577

OR Caryl Roach, 02920 754463

**Rainbows** in the church hall

Tuesdays 5:00pm

Contact: Emma Lane Tel 02920 750675