

Welcome to Christ Church

Week commencing 15th March –
Third Sunday of Lent

CHURCH IN WALES – CORONA VIRUS GUIDELINES

Sharing of the peace – NO HANDSHAKING

We will not be sharing handshakes during the peace. Instead, we will simply be saying 'peace be with you' or 'tangnefedd' to each other, preferably whilst making eye contact. Likewise, it is advised that we do not shake hands with the member of the clergy at the end of the service

Receiving of Communion – NO CHALICE

The Church in Wales advises that public administration of the chalice should cease until further notice. If you are coming up for communion, please take the bread only and then return to your seat.

Sunday 15th March – Third Sunday of Lent

8.00am Holy Eucharist

10.00am Parish Eucharist, Funky Church & J-Walkers

12.00noon Children's Communion Classes

6.00pm Lent Talks Series –

First Century Church for 2020

6.30pm J-Walkers

Monday 16th

7.30pm Keep Fit

Tuesday 17th

2.00pm Good Companions

Thursday 19th

9.30am Mid Week Eucharist (*followed by tea & coffee*)

1.30pm Chatterbox

Sunday 22nd March – Mothering Sunday

8.00am Holy Eucharist

10.00am Parish Eucharist, Funky Church & J-Walkers

6.00pm Lent Talks Series – The "I Am" Sayings of Jesus

6.30pm J-Walkers

Third Sunday of Lent

Collect

Almighty God,
whose most dear Son went not up to joy
but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you
and the Holy Spirit,
one God, now and for ever. **Amen**

The first reading is from the Book of Exodus

The whole Israelite community set out from the Desert of Sin, travelling from place to place as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. So they quarrelled with Moses and said, 'Give us water to drink.'

Moses replied, 'Why do you quarrel with me? Why do you put the Lord to the test?'

But the people were thirsty for water there, and they grumbled against Moses. They said, 'Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?'

Then Moses cried out to the Lord, 'What am I to do with these people? They are almost ready to stone me.'

The Lord answered Moses, 'Go out in front of the people. Take with you some of the elders of Israel and take in your hand the staff with which you struck the Nile, and go. I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink.' So Moses did this in the sight of the elders of Israel. And he called the place Massah and Meribah because the Israelites quarrelled and because they tested the Lord saying, 'Is the Lord among us or not?'

(Exodus 17: 1-7)

This is the Word of the Lord

Thanks be to God

Psalm 95 (Pg.576)

Listen to the Gospel of Christ according to John
Glory to you, O Lord

So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. When a Samaritan woman came to draw water, Jesus said to her, 'Will you give me a drink?' (His disciples had gone into the town to buy food.) The Samaritan woman said to him, 'You are a Jew and I am a Samaritan woman. How can you ask me for a drink?' (For Jews do not associate with Samaritans.) Jesus answered her, 'If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.'

'Sir,' the woman said, 'you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?'

Jesus answered, 'Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.' The woman said to him, 'Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water.'

He told her, 'Go, call your husband and come back.'

'I have no husband,' she replied.

Jesus said to her, 'You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.'

'Sir,' the woman said, 'I can see that you are a prophet. Our ancestors worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.'

'Woman,' Jesus replied, 'believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks. God is spirit, and his worshippers must worship in the Spirit and in truth.'

The woman said, 'I know that Messiah' (called Christ) 'is coming. When he comes, he will explain everything to us.'

Then Jesus declared, 'I, the one speaking to you – I am he.'

(John 4: 5-26)

This is the Gospel of the Lord
Praise to you O Christ

Post Communion Prayer

We beseech you, almighty God,
look upon the heartfelt desires of your humble servants,
and stretch forth the right hand of your majesty,
to be our defence against all our enemies;
through Jesus Christ our Lord.

Amen

Next Sunday's Readings & Rotas

Eucharist: Colossians 3: 12-17 & John 19: 25-27

Reader: Judith Hill

Intercessor: Jane Song

Welcoming Team: Gill Hopkins, Justin & Coral Freeman, Seth Ryland

Coffee: Glenys Nettleton, Gill Barker, Mary Payne

Ministers of Communion: Howard Kilvington
(Reserve: Gerald Bradnum)

For weekly prayers please

see: www.llandaffchurcheinwales.org.uk under Faith Worship & Prayer (the Diocesan Prayer Calendar).

IF YOU FEEL UNABLE TO RECEIVE FROM THE
CHALICE, THEN PLEASE RECEIVE THE BREAD ONLY.

NOTICES

THIS EVENING'S LENT TALK: This evening's speaker is **Rev'd Ian Rogerson**, whose talk is entitled "First-Century Church for 2020". Please do come along, all welcome!

FIRST COMMUNION CLASSES: The final session takes place today (15th March) at 12 noon. Children are usually in Years 1 to 4 of Primary School when they undertake these sessions (with lunch included) The first Communion service will then take place on the **29th March at 10am.**

STORIES FOR THE SOUL: - Thursday 26th March (7.30-9pm at Christ Church). Come as you are to a space that is just for you - a time to slow down, listen to a story, wonder about its meaning for your life and respond as you choose. Please let Hannah know if you would like to come, so that she has an idea of numbers.

MESSY CHURCH: Our Easter session of Messy Church takes place on Good Friday (10th April) at 10.30am) and we are looking for volunteers to help us at this event. Please contact Linda Alexander asap if you are able to help. linda@familyalexander.co.uk

ELECTORAL ROLL: A new Electoral Roll is being prepared for this year. If you are on the current Electoral Roll please put a tick next to your name on the list displayed in the church entrance. This will confirm your continued membership.

J-WALKERS & FUNKY CHURCH: We are urgently looking for volunteers for J-Walkers & Funky Church morning leaders. If you feel you could help out with either of groups please contact Rev'd Trystan, Sandra or Val for further information. Any assistance would be greatly appreciated in the running of these two vibrant and lively groups of young people.

CONCERT: Pupils of the Welsh College of Music & Drama will be performing a concert at Christ Church on Friday 1st May at 7.30pm. Donations to church funds.

TRIP TO THE HOLY LAND 2021: Rev Chris is running a trip to the Holy Land in Oct/Nov 2021. Please see the insert in the newsletter for more details.

ROCK EGGS: Carol Rudram will be selling 'rock' eggs for the Church Hall fund after the 10am service, in the hall - a good alternative to chocolate! Price minimum £5 each.

BLUE COLLECTION BOX: The blue collection box in the porch is for general Church funds, principally to go towards general upkeep, repairs and maintenance. We are fortunate that run of the mill and some maintenance is carried out by congregation members. Many thanks for supporting this initiative which has already yielded almost £300. Please carry on dropping in your loose change, all coin denominations gratefully accepted. Thank you.

***URGENT*GOOD COMPANIONS:** The Good Companions group urgently needs help with giving two local members lifts home at 4pm on Tuesdays, once a month. If any one is able to volunteer please contact 02920 747021 or Alison 02920 761277.

LOOK: to your left – as you face the altar you will see on the Reading Desk, a scrap book telling something of the story of the altar rail KNEELERS. If you like you may speak to Posy Akande about it, or perhaps Derek Burston.

THURSDAY 9.30am EUCHARIST: The Eucharist is on the 1st and 3rd Thursdays of each month. The upcoming dates are the **19th of March & 2nd April.** Tea and coffee are available afterwards.

TOILETRIES & UNWANTED GIFTS : These items for all ages will be gratefully received throughout the year and stored for the Salvation Army to distribute to those in need (Christmas 2020!) Val (02920747021 or 07587007508).

NEW HALL PROJECT

Fund raising for this Project continues so we welcome ideas. Please do your best to support the Allotment produce, home made jams & preserves and the collection of old £1 coins, concerts etc.

SOME OF THE IDEAS BELOW ARE ALREADY BEING UNDERTAKEN BUT ALL NEED YOUR SUPPORT

ALLOTMENT PRODUCE & HOMEMADE PRESERVES: Keep a look out for produce/preserves often available after the 10am Sunday service. No more jam jars required for the present.

OLD POUND COINS: We are collecting old pound coins for the Church Hall Appeal. If anyone has some please put them in the box in the entrance or into the collection bags. Thanks, Linda Alexander

CAKE MAKING - cakes always sell!

MUSIC CONCERTS

CROSS IN MY POCKET – These handmade embroidered crosses are ideal to keep in your phone case/purse/wallet or would make

ideal gifts to pop into a greetings card. These can be picked up in the church porch: a donation of £1 will go towards the hall. Many thanks.

Please continue to support.

If anyone has any ideas, however big or small, to raise money for the exciting New Hall project, please share them! Thank you all for your continued support.

Dates for your diary - Weekly this term

Mondays 10am to 11am: Story time and Craft in the hall.

Wednesdays 11am to 12 noon: LIFT (Low Impact Functionality Training) in the hall.

Fridays 10am: Rhymetime in the hall.

Fridays 2.15pm: weekly children's session of stories, songs and craft in the hall.

Notices for the Newsletter should be given to Denise Searle, tel. 029 20763151; Email info@christchurchcardiff.co.uk or left in the church letter box. Deadline is Wednesday morning

In the event of an EMERGENCY please leave by the nearest exit and assemble by the walled garden at the front of the car park.

CHRIST CHURCH

HAS BOTH FACEBOOK AND TWITTER

please check them out and "like" and follow them for up to date church information on services and events

www.facebook.com/christchurchcardiff

www.twitter.com/ChristChCardiff

PARISH INFORMATION

Vicar: Revd Trystan Hughes Tel: 07976523634

trystanhughes@churcheinwales.org.uk

Parish Office: 029 20763151 –

open Mon & Weds 9.30am to 12.30pm

**Churchwardens: Haydn Hopkins 029 20621280 or
07970 079797**

Colin Francis: 029 20751773

Parish Website: www.christchurchcardiff.co.uk

Email: info@christchurchcardiff.co.uk

Christ Church Lent Talks 2020

A SEASON OF INSPIRATION

6PM EVERY SUNDAY OVER LENT

1 March: Jonathan Cox (Citizens UK)
A Christian Response to Social Injustice

8 March: Rev Dr Trystan Owain Hughes
Two Inspiring 20th-Century Prophets

15 March: Rev Ian Rogerson
First-Century Church for 2020

22 March: Rev Chris Burr
The "I Am" Sayings of Jesus

29 March: Rev Dr Trystan Owain Hughes
The Challenge of Pilgrimage

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

