

# Christ Church News

# FEBRUARY 2021

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## SIGNS OF SPRING



Welcome to our latest edition. I can't believe that it's nearly a year since we went into our first lockdown. In my garden the first crocuses have started to open,

heralding the spring. Perhaps you could look around and find those signs of spring which God gives as a sign of hope for the future year.

The vaccine is starting to come to Wales and that's indeed a sign of hope of an end to the pandemic.

Trystan has been beavering away during the lockdown writing his latest book, which is now available to purchase online. It gives a positive spin on the season of Lent.



**New Skills** Many of us have been learning new skills during this enforced lockdown and **maybe you could write an article for this magazine about your ventures?** I've been making

bread and am now bread obsessed!

**Claire Edwards** has been making marmalade, for sale..... details inside.

**Val Jones** has become a librarian, see inside.

**Sylvia McCarty** has written an interesting article about how we might become a **dementia friendly church.**

Sadly, last month we heard that Rosemary Webb, mother of Neil, had died of Covid-19 and our hearts go out to her family at this sad time. Neil and Carol have written an item about her life which you can read on page 2.

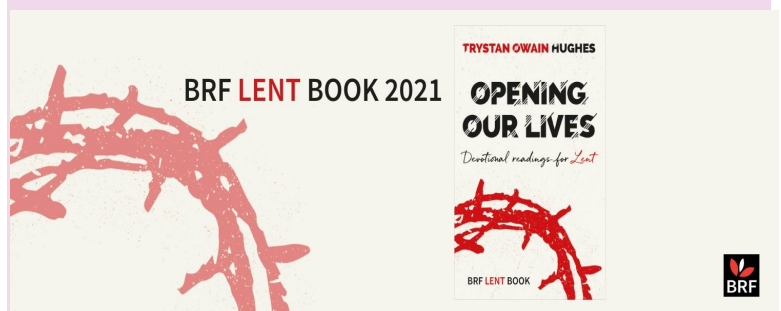
**We remember all those who are sick and lonely at this time and ask that you keep them in your prayers.** *Linda Alexander, Editor*

## Lent reading



### Giving up at Lent? Why not open up?

Our parish Lent Book this year is Revd Trystan's new book **Opening our Lives** (the official BRF Lent Book for 2021). The book is widely available online (Amazon, BRF, Eden, Church House Bookshop, Wordery, etc). If you don't have access to the internet and would like a copy, please let Val know (02920 747021). The book is great for individual reading, with daily reflections to help us 'open up' to God's peace, hope, joy, and compassion at a time when so much is closed up in our lives. We will also be using it in a weekly Lent Group on Zoom, led by our clergy and reader team. It is also great to see that the Church in Wales has chosen the book as its recommended Lent Book for this year. Archbishop John Davies has endorsed the book ("accessible, stimulating and refreshing") and daily reflections from it will be shared each day in Lent on the Church in Wales's Facebook page.



 **ChristChurchCardiff**

 **@ChristchCardiff**

**www.christchurchcardiff.co.uk**

# Rosemary Webb fondly remembered

Rosemary's story starts at Tredegar House in Newport where her parents met when they were in service to Lord Tredegar. Ivor was the coachman's son and Lydia the still-room maid. After they married, they moved to Clytha Terrace Newport where Rosemary



was born on 1 September 1927. Her sister Dorothy came along 3 years later, before Ivor's job as a bus driver for Western Welsh took the family to Neath.

After leaving school Rosemary got a job as a "comptometer" operator – an old accounting machine – she always admitted that she was hopeless with numbers! It was there she met her husband Ted who was auditing the books of the company. They married in 1953 and daughter Judy was born in 1956. Ted's work as an accountant took the family to Crawley where Neil was born in 1959. As a proud Welshman, Neil has never forgiven them for being born in England!

**"Rosemary's first love was acting and was a lifelong member of the Neath Little Theatre"**

The family then returned to Neath and moved in next door to her sister Dorothy and family, where Rosemary lived for the next 55 years before moving to Cartrif in 2017 to be near Neil and Carol.

Over the years Rosemary was a regular visitor to Roath Park and enjoyed walking around the Lake and attending Christchurch on a Sunday morning. She was an integral part of Christmas celebrations and in charge of stuffing and cooking the Turkey – before being tempted out of Neil's kitchen by Carol with large glasses of sherry!

Rosemary's first love was acting and was a lifelong member of the Neath Little Theatre, playing leading actress roles in major productions. Even later in life with a "poor memory", her rendition of the "Three Witches" scene from Macbeth with her famous witch's accent "Fair is foul and Foul is Fair..." would leave the listener spellbound and in no doubt about her acting talent.

Rosemary would have no time for actors who mumbled. Indeed, on her last visit to the New Theatre with Neil and Carol, she said in a loud voice during a quiet scene "They need to project their voices so that everyone in the back row can hear!"

Rosemary often said she would have liked to have trained as a speech therapist. She was involved in the setting up of Neath Stroke Club and took great satisfaction from helping stroke victims with their speech recovery - as well as of course starring in the Stroke Club Christmas pantos! She was chair of Neath Townswomen's guild and a founder member of the "Friends of Aberdulais Falls" (national Trust). She also volunteered at a church school in Neath to help children with their reading skills which she felt was so important.

Rosemary was a member of SS Peter and Paul Church in Cimla, Neath for nearly 50 years. She took a full part in church activities, including the Mothers' Union and Ladies Guild. She enjoyed singing hymns but would be the first to agree that she didn't really have a singing voice! She used her speaking skills though and would frequently read the lessons in church – of course projecting her voice clearly to be heard in the back row!

For the last three years Rosemary has been a member of Christchurch in Cardiff. Even with her failing memory she took part in Church activities reading a lesson and performing in Open the Book. She enjoyed the weekly meetings of the Good Companions Group and is remembered by them "with great fondness for happy Tuesday afternoons of games, tea, cake and her great sense of humour and beautiful smile"

Neil & Carol Webb

## Memorial Service at Christ Church

*Rosemary's funeral will be at Margam Crematorium, with Revd Siôn in attendance. Neil and Carol and family will then be holding a Memorial Service at Christ Church for Rosemary later in the year when it is safe to do so, when all can remember with fondness her beautiful smile and warmth, and after the service her love of sherry and red wine! Neil and Carol would also like to thank everyone for their prayers, love and good wishes during this difficult time – it has been a great comfort to them all.*

## R.I.P. ROSEMARY

**1st September 1927 — 28th December 2020**

It's been a great joy to get to know Rosemary over the past three years. If we were ever in doubt who she was, we only had to look at her wheelchair with her name emblazoned on the back. We shall all miss you Rosemary, and our love and condolences go to Neil, Carol and all the family at this sad time. Ed



I'm a  
Dementia  
Friend

You can join me at  
[dementiafriends.org.uk](http://dementiafriends.org.uk)

**It was back in the Autumn of 2020 that our Vicar, Trystan, asked if I would be interested in helping Christ Church become a Dementia Friendly Church.** Having cared for my husband who had Alzheimer's, I am fully aware of the toll it takes on the person living with dementia, their carers, family and friends. I also recognise just how much misunderstanding there is of dementia and how little we know about how to support those affected by the disease.

It is sad to say that in these days far too many of us are able to identify people, family or friends, who live with some form of dementia and I was therefore happy to try to do something that enables us as a church to become a little more knowledgeable, dispel the myths and see how we might be able to support those living with dementia to do well.

It is not the easiest time, during a pandemic, to get a new initiative started but, as usual, the members of Christ Church rose to the challenge and Alison Peters was a great support to me in getting this going. We have been very fortunate in having the unstinting support of Ingrid Patterson, Dementia Friendly Communities Coordinator (Cardiff and the Vale), whose guidance, patience and support moved us forward.

Ingrid provided us with an easily accessible training session on zoom in November when a small group from Christ Church took part. It was called **"Becoming a Dementia Friend"** It was user friendly and very clear and short! Misunderstandings were corrected and people's knowledge base enlarged bringing clarity to some of the situations they actually face. It soon became obvious that only some very small steps were necessary to begin to make a difference and become a dementia friend. So much so

## How can we be a dementia friendly church?

By Sylvia McCarty

that a number of the group signed up to be come a Dementia Friend at the end of the session.

Here are some quotes from those who took part in the session: **"Following the training, I now feel that my friendship with someone who has dementia is informed by a much clearer understanding of how they are experiencing life."**



**"Since the Dementia Friendly training, I feel that I now have a better understanding of the ways in which dementia affects us. The simple, practical advice given for small changes that can make a difference was really enlightening."**

Since then, as a Church, we have committed to work in partnership with Cardiff Council and the Alzheimer's Society Cymru to improve the lives of people affected by dementia in Cardiff. At first we thought that this was a daunting task but as the webinar made clear some small steps taken one at a time can make an enormous difference.

**So watch this space as we seek to help our church become more accessible and supportive of those living with this condition.** As our church life begins to return to "normal" we hope to provide opportunities for others to take advantage of this short course along with offering information and suggestions as to how collectively we can make a difference. Little by little the aim is to enable all who are affected by dementia to be able to live well and that we become a Dementia Friendly Church.

Meanwhile should you require more information please feel free to contact me on [sylviamccarty@aol.com](mailto:sylviamccarty@aol.com) And please do take a peek at the Dementia Friendly Cardiff Website( [www.dementiafriendlycardiff.co.uk](http://www.dementiafriendlycardiff.co.uk)) or the Alzheimers Society ([www.alzheimers.org.uk](http://www.alzheimers.org.uk)) for help and information.

## Val's lending library



## Claire's Seville Marmalade



Claire Edwards has been busy buying up all the Seville Oranges in Waitrose. And now has wonderful Marmalade for sale in aid of the church hall fund. Seville marmalade (various sizes)

available from Claire - 02920756493.

cost £1.00, 1.50 and £2.00

(she's willing to deliver on her regular walks)

A number of people have recently offered me books and I am very happy to share these with anyone looking for something to read. At present I have mainly fiction but there are a few non-fiction titles too. If you are in walking distance of the lake I am happy to post books through your letterbox – otherwise we can make alternative arrangements. Please feel free to contact me if you would like to know what I currently have for sharing. Val Jones 02920 747021

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

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

**Priest in charge: Revd Canon Dr Trystan Owain Hughes Tel: 07976523634**

**Clergy Team : Revd Canon Jenny Wigley : Revd Andrew Wade : Revd Canon Ian Rogerson  
Revd Chris Burr : Revd Siôn Brynach**

**Lay Readers: Dominic De Saulles : Eleanor Williams (in training)**

**Parish Secretary Denise Searle: at Parish Office (Monday and Wednesday mornings)**

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

**Church Wardens**

**Haydn Hopkins Tel: 029 20621280    Colin Francis Tel: 029 20751773**

**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  
**Pastoral Care Co-ordinator** Val Jones 029 20747021  
**Sacristan** Roy Dowell 02920408265  
**Flowers** Mary Payne 07813551152

**IT support** Richard Hill 02920758080  
**Christ Church News Editor** Linda Alexander 07814759559  
email: linda@familyalexander.co.uk  
**Christ Church Society** Howard Kilvington 02920317301  
**Ladies Keep Fit** Mondays 7.30pm Gill Kilvington 02920 317301  
**Hall Bookings Secretary** Gill Barker 02920 747464

**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.

**Sandra Hughes Tel: 029 20758588**

**Messy Church**

Contact: **Linda Alexander Tel: 07814759559**

**Youth Club J-Walkers** age 11– 21

**Sandra Hughes 029 20758588**

**Open the Book**

**Alison Peters 02920761277**

**Sylvia McCarty 0774324139**

**Child Protection Officer**

Contact: **Colin Francis Tel: 02920 751773**

**Music at Christ Church** Sue Hurrell & Jane Roberts: :  
**youth choir** on Tuesday evenings in Sue's house  
email : hurrell.sue@gmail.com / 029 20485171

**Main choir** 2nd & 4th Thursday of month 6.30-7.30pm in church  
Janeg@doctors.org.uk/ 07909 971293    **We'd be delighted to  
welcome new musicians and choir members**

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

Contact: Val Jones or Alison Peters

Val Jones Tel: 029 20747021

Alison Peters 029 20761277

**Scouts – 84th Cardiff** Wednesdays 7:30pm

**Beavers** Monday at 6.30pm

**Cubs** Wednesday 6:15pm

Geoff Payne 02920 756577/ Caryl Roach, 02920 754463

**Rainbows** in the church hall

**Tuesdays 5:00pm**

Contact: **Emma Lane Tel 02920 750675**

**ConneXion Groups.....**

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

**Join us during this difficult time for our online services  
at PODCHURCH**

**www.soundcloud.com/ christchurchcardiff**