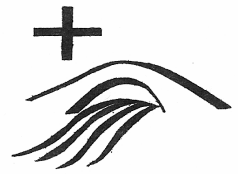


The Rectorial Benefice of Cowbridge.



Serving the communities of Aberthin, Cowbridge,
Flemingston, Holy Cross, Llanblethian, Llandough,
Llanfrynach, Llangan, Llansannor, Penllyn, St. Hilary,
St. Mary Church, St Mary Hill & Ystradowen .

TRINITY ONE (COVENANT SUNDAY)

SUNDAY 23rd June 2019

Lectern Edition: 916 Pew Edition: 642 Liturgical Colour: Green

THE COLLECT

God,
the strength of all those who put their trust
in you, mercifully accept our prayers and,
because through the weakness of our mortal
nature we can do no good thing without
you, grant us the help of your grace,
that in the keeping of your commandments
we may please you both in will and deed;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

THE FIRST READING

1 Kings 19.1-4,5-7,8-15a

A reading from the first Book of Kings

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, 'So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow.' Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O LORD, take away

my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there. Then the word of the LORD came to him, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' He said, 'Go out and stand on the mountain before the LORD, for the LORD is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and

after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' Then the LORD said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram.

This is the word of the Lord
Thanks be to God.

THE PSALM

Psalm 42 and 43

R I will yet give thanks to him who is the help of my countenance, and my God.

As the deer longs for the water-brooks, so longs my soul for you, O God. My soul is athirst for God, athirst for the living God; when shall I come to appear before the presence of God? My tears have been my food day and night, while all day long they say to me, 'Where now is your God?' **R**

Pour out my soul when I think on these things: how I went with the multitude and led them into the house of God, With the voice of praise and thanksgiving, among those who keep holy-day. Why are you so full of heaviness, O my soul? and why are you so disquieted within me? **R**

My soul is heavy within me; therefore I will remember you from the land of Jordan, and from the peak of Mizar among the heights of Hermon. One deep calls to

another in the noise of your cataracts; all your rapids and floods have gone over me. The Lord grants his loving-kindness in the daytime; in the night season his song is with me, a prayer to the God of my life. **R**

I will say to the God of my strength, 'Why have you forgotten me? and why do I go so heavily while the enemy oppresses me?' While my bones are being broken, my enemies mock me to my face; All day long they mock me, say to me, 'Where now is your God?' Why are you so full of heaviness, O my soul? and why are you so disquieted within me? **R**

Give judgement for me, O God, and defend my cause against an ungodly people; deliver me from the deceitful and the wicked. For you are the God of my strength; why have you put me from you? and why do I go so heavily while the enemy oppresses me? **R**

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling; That I may go to the altar of God, to the God of my joy and gladness; and on the harp I will give thanks to you, O God my God. **R**

THE SECOND READING

Galatians 3.23-29

A reading from the letter of Paul to the Galatians

Before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have

clothed yourselves with Christ;
There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

This is the word of the Lord.

Thanks be to God.

THE GOSPEL

Luke 8. 26-39

Alleluia! Alleluia! Alleluia!

I am the living bread which has come down from heaven, says the Lord: Anyone who eats this bread will live for

Alleluia! Alleluia! Alleluia!

The Lord be with you.

And also with you.

Listen to the gospel of our Lord Jesus Christ according to Saint Luke .

Glory to you, O Lord.

Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs.

When he saw Jesus, he fell down before him and shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me' – for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, 'What is your name?' He said, 'Legion'; for many demons had entered him. They begged him not to order

them to go back into the abyss. Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, 'Return to your home, and declare how much God has done for you.' So he went away, proclaiming throughout the city how much Jesus had done for him.

This is the Gospel of the Lord.

Praise to you, O Christ.

Those baptised in the Name of the Trinity are welcome to receive Holy Communion in this church.

POST COMMUNION PRAYER

Eternal Father,
we thank you for nourishing us
with these heavenly gifts:
may our communion strengthen us in faith,
build us up in hope,
and help us grow in love;
for the sake of Jesus Christ our Lord. **Amen.**

Please Pray for

- **In the Anglican Communion:** we pray for the United Church of North India and the Most Rev'd Dr. Prem Chand Singh.
- **In the diocese we pray for** the Rectorial Benefice of Merthyr Tydfil, Mark Prevett, Priest in Charge and Charlotte Rushton, Curate.
- **We pray for all those who are sick and housebound** in our Parish and for all those who receive Holy Communion at home.

If you require a visit, or are aware of anyone else who does, please advise the Parish Office or a member of the Clergy.

- **We pray for all who are sick**, particularly Muriel Maslin, Eve Balfour, Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Christine Williams, Christopher Browner, Lewis Groom, Phillip Rosser, Isobel Brant, Helen Saunders, Les Brimfield, William Watkins, Brenda Dwek, Margaret Harris, Jacky Thomas, Anne Williams and Alf Charles.
- **We pray for those who have recently departed this life**, among them Brian Llewellyn Arthur Swain, Rosemary Sarah Ann James, Francis Hayes, Jean Hobson, Ann de Garis and Desmond Paul Hole.
- **We pray for those whose anniversaries fall at this time:** Anne Elizabeth Joyce, Paul Parsons, Thomas Sedgebeer, Ethel Gwyneth Keay, Talfryn (Taz) Pugh, Margaret Williams and Elizabeth Mary Davies

May they rest in peace and rise in glory.

Banns of Marriage

For the first time of asking: Richard Dobbs of the Parish of Llanharan and Sara Jayne Davies also of the Parish of Llanharan with qualifying connections to this parish.

For the third time of asking: Wesley Ian William Ryall of the Parish of Canton and Paige Abigail Hopkins also of the Parish of Canton with qualifying connections to this Parish.

Notices

- **The next meeting of the PCC will take place at Holy Cross on Monday 29th July at 7pm**
- **Celebrating the organ music of Bach and his Contemporaries** Tuesday 25th June, 2.30pm at Llanblethian Church with tea and biscuits. Free Admission but Donations Welcomed.
- **Pastoral Care training Course Reminder** The third session of the Pastoral Care Training Course will be held in Ystradowen Vestry on Thursday, 27th June at 1.15 pm. Please bring your course material in the ring binder.
- **Confirmation Service 5.30pm 1st July Holy Cross.** Please come and support the candidates on this special occasion. All welcome.
- **Churches Together Leavers Service 4th July 10.00 am at Holy Cross.** Marking the transition for year 6 pupils.
- **Sundays in July** services in Llanfrynach at 6.00pm All Welcome.
- **Strawberry Cream Tea at St Mary Church** Sunday 7th July from 3pm Tickets £6.50 from Cathy Mangles 01446 772316.
- **Sunday 7th July at 10.30am in Holy Cross** All Parish Service with Sunday School to say Goodbye to the Rev'd Suzanne Brumwell.
- **Sunday 14th 11.00am Holy Cross** Civic Service with Sunday School.

St. Mary Church Coffee Morning third Friday in each month at the Church from 10.30am. All Welcome. **(19th July at the church).**

Ystradowen Church Social 3rd Wednesday each month, venues vary so for more info contact Sue Squire 775556

Parish Prayer Breakfast: The next monthly prayer breakfast will be on the first Saturday in the month **(6th July 2019)** at 8.00am **in the Taynton Room, Holy Cross.**

DIARY

Monday 24th June

The Nativity of John the Baptist

14.00 Standing Committee at the Rectory.

19.45 Home Group at Eastfield House
775947

Tuesday 25th June

Feria

11.30 Interment of Jean Powell at Llanblethian.

14.00 Handbells at the Taynton Room.

14.30 Organ Recital at Llanblethian.

Wednesday 26th June

Ember Day

10.00 The Eucharist at Llanblethian

Common Worship page 438

R Sing to the Lord, sing praises

19.00 Cowbridge Male Voice Choir at Holy Cross.

Thursday 27th June

Feria

10.00 Craft Group at the Taynton Room.

14.00 Funeral at St. Hilary.

16.00 Team meeting at Holy Cross.

17.30 Confirmation Rehearsal at Holy Cross.

19.00 Wedding Rehearsal at Holy Cross.

Friday 28th June

Ember Day

9.30 Committal at Coychurch Crematorium.

10.00 The Eucharist at Holy Cross
Common Worship page 443

R. Blessed are those who fear the Lord.

14.00 Wedding at Holy Cross

Saturday 29th June

PETER & PAUL, Apostles

10.30 Ordination of Deacons at Llandaff Cathedral.

16.00 Ordination of Priests at Llandaff Cathedral.

*All of the Churches in our Parish are open daily
for private prayer and devotion.*

THE PARISH OFFICE

Holy Cross Church
Church Street
Cowbridge
CF71 7BB

Tel: 01446 772302

Fax: 01446 772347

Email: office@cowbridgeparish.com

Website: www.cowbridgeparish.com

The Parish Office is open Monday, Tuesday, Thursday & Friday between 10.30 am and 12.30 pm.

WEEKDAY WORSHIP

The **Holy Eucharist** is celebrated in St. John's Church, Llanblethian at **10.00am on Wednesdays** (followed by a coffee morning).

The **Holy Eucharist** is celebrated in Holy Cross Parish Church at **10.00am on Fridays** (followed by a coffee morning).

PLEASE TAKE ME HOME

If you know of anyone who is sick or housebound and would like to receive Holy Communion or be visited then please let the Parish Office or one of the Clergy know as soon as possible.

Rector

Rev'd Stephen Adams 771625 07506 689450
rector@cowbridgeparish.com

Team Vicar

Rev'd Victoria Ashley 775381 07434 443885
vicar@cowbridgeparish.com

Curate

Rev'd Suzanne Brumwell 771515 07561 868602
curate@cowbridgeparish.com

Parish Administrator

Mr David -Lloyd Jones Parish Office or 01656 741354 office@cowbridgeparish.com

Parish Wardens

Mr Howard Perks 773973 jhperks55@gmail.com
Mr Peter Davies 775211 daviesp99@hotmail.com

Parish Treasurer

Mr David-Lloyd Jones 772302 office@cowbridgeparish.com

Honorary Assistant Curates

Rev'd David Boulton 07767 818257 daveboulton@hotmail.co.uk
Rev'd Norman E Williams 772107 normanwilliams06@aol.com

SERVICES FOR SUNDAY 23rd June 2019
TRINITY ONE

8.00 The Eucharist at Holy Cross	<i>President</i>	Rev'd Stephen Adams
9.15 The Eucharist at Llanblethian	<i>President</i>	Rev'd Stephen Adams
9.15 The Eucharist at Llandough	<i>President</i>	Rev'd Suzanne Brumwell
9.15 The Eucharist at St Mary Church	<i>President</i>	Canon Peter Coleman
9.15 The Eucharist at Llansannor	<i>President</i>	Rev'd Victoria Ashley
11.00 The Eucharist at Penllyn	<i>President</i>	Canon Peter Coleman
11.00 The Eucharist at Ystradowen	<i>President</i>	Rev'd Suzanne Brumwell
11.00 The Eucharist & Baptism at Holy Cross	<i>President</i>	Rev'd Stephen Adams
11.00 The Eucharist at St Hilary	<i>President</i>	Rev'd Victoria Ashley
11.15 All Age Worship at Llengan	<i>Officiant</i>	Mrs Glenda Oglesbee
15.00 Afternoon Tea at Holy Cross		
18.00 Prayer and Praise at Southway	<i>Officiants</i>	Mrs Hazel & Mr Ernie Coates
18.30 The Eucharist at Flemingston	<i>President</i>	Rev'd Suzanne Brumwell

SERVICES FOR SUNDAY 30TH JUNE 2019
TRINITY TWO

8.00 The Eucharist at Holy Cross	<i>President</i>	Rev'd Stephen Adams
9.15 The Eucharist at Llanblethian	<i>President</i>	Rev'd Stephen Adams
9.15 The Eucharist at Llandough	<i>President</i>	Rev'd David Boulton
9.15 The Eucharist at St Mary Church	<i>President</i>	Rev'd Suzanne Brumwell
9.15 The Eucharist at Penllyn	<i>President</i>	Rev'd Victoria Ashley
11.00 The Eucharist at Llansannor	<i>President</i>	Canon Peter Coleman
11.00 The Eucharist at Holy Cross	<i>President</i>	Rev'd Stephen Adams
11.00 The Eucharist at Ystradowen	<i>President</i>	Rev'd Suzanne Brumwell
11.00 The Eucharist at St Hilary	<i>President</i>	Rev'd Victoria Ashley
18.30 The Eucharist at Flemingston	<i>President</i>	Rev'd Suzanne Brumwell

Readings : 2 Kings 2.1-2, 6-14 Psalm 77. 1-2, 11-20
R Your footsteps , O God, were not seen.
Galatians 5.1, 13-25 Luke 9. 51-62
Lectionary Page 923 Pew Edition page 648