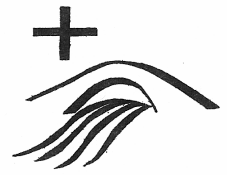


The Rectorial Benefice of Cowbridge.



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

THE SUNDAY BEFORE LENT - TRANSFIGURATION SUNDAY

SUNDAY 23RD FEBRUARY 2020

Lectern Edition: 89

Pew Edition: 64

Liturgical Colour: Green

THE COLLECT

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen.

THE FIRST READING

Exodus 24.12–18

A reading from the book of Exodus.

The LORD said to Moses, ‘Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.’ So

Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, ‘Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.’ Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the LORD settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the LORD was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

This is the word of the Lord.

Thanks be to God.

THE PSALM

Psalm 2

R You are my Son; this day have I begotten you.

1 Why are the nations in an uproar?
Why do the peoples mutter empty threats?

2 Why do the kings of the earth rise up in revolt and the princes plot together, against the Lord and against his anointed? R

3 'Let us break their yoke', they say;
'let us cast off their bonds from us.'

4 He whose throne is in heaven is laughing; the Lord has them in derision. R

5 Then he speaks to them in his wrath and his rage fills them with terror.

6 'I myself have set my king upon my holy hill of Zion.'

7 Let me announce the decree of the Lord: he said to me, 'You are my Son; this day have I begotten you. R

8 Ask of me and I will give you the nations for your inheritance and the ends of the earth for your possession.

9 You shall crush them with an iron rod and shatter them like a piece of pottery.' R

10 And now, you kings, be wise;
be warned, you rulers of the earth.

11 Submit to the Lord with fear,
and with trembling bow before him;

12 Lest he be angry and you perish;
for his wrath is quickly kindled.

13 Happy are they all who take
refuge in him! R

THE SECOND READING

2 Peter 1.16–21

A reading from the second letter of Peter.

We did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honour and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, 'This is my Son, my Beloved, with whom I am well pleased.' We ourselves heard this voice come from heaven, while we were with him on the holy mountain. So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no

prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

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

THE GOSPEL

Matthew 17.1-9

Alleluia! Alleluia! Alleluia!

Christ was revealed in flesh, proclaimed among the nations and believed in throughout the world.

Alleluia! Alleluia! Alleluia!

The Lord be with you.
And also with you.

Listen to the gospel of our Lord Jesus Christ according to St Matthew
Glory to you O Lord.

Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.' While he was still speaking, suddenly a bright cloud overshadowed them, and from the

cloud a voice said, 'This is my Son, the Beloved; with him I am well pleased; listen to him!' When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, 'Get up and do not be afraid.' And when they looked up, they saw no one except Jesus himself alone. As they were coming down the mountain, Jesus ordered them, 'Tell no one about the vision until after the Son of Man has been raised from the dead.'

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.

Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord.

Amen.

Please Pray for

- **In the Anglican Communion:** we pray for the Anglican Church of Central America and the Right Rev'd Julio Murray Thompson, Primate of IARCA & Bishop of Panama.
- **In the diocese we pray for** the Rectorial Benefice of Eglwysilan & Caerphilly and Mark Greenway-Robbins, Rector.
- **We pray for all those who are sick and housebound** in our Parish and for all those who receive Holy Communion at home.
- **We pray for all who are sick**, particularly Muriel Maslin, Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Christine Williams, Christopher Browner, Phillip Rosser, Helen Saunders, William Watkins, Sam Baxter, Tony Arnold, Doreen Stafford, Dave German, Ellie Harris, Grayson Finn and Peter Say.

If you, or anyone you know of, 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.

- **We pray for those who have recently departed this life, among them:** George Henry Haynes, Sue Bryce, Muriel Coggins, Canon Graham Francis, Roydon Price, Andrew Charles Shore, June Patricia Phillips, Di Roberts, Jean Callen, William Lougher, Chris Thomas, Jeffrey Stone, Christopher Street and Rafe Larby.
- **We pray for those whose anniversaries fall at this time:** Elsie Margaret Miles, Annie Jane Harries, Ronald Joseph John Brown, Edward William Herman, Mollie Hudson, Keith John Sarjeant, Elizabeth Tomkins and Justin Coutange.

May they rest in peace and rise in glory.

Banns of Marriage

First Time of asking: Daniel Anwar of the Parish of St. Mary Stoke, Ipswich and Katherine Mary Hain of the same Parish with qualifying connections to the Parish of Cowbridge.

Church Electoral Roll Renewal

The Church Electoral roll for the Benefice is due for renewal. If you are included in the present roll please complete the form addressed to you which can be found at the back of your Church and return it to your Church Co-ordinator or the Parish Office by **Monday, March 9th. THERE ARE NO AUTOMATIC TRANSFERS.**

If you are not currently on the roll and would like to be included please complete an application form also to be found at the back of the Church and return as detailed above.

Notices

- **Congregational Meetings for 2020.** The meetings will take place in February and March after the Services. Sunday 23rd February at Llanblethian, Llandough, Holy Cross, Ystradowen, St. Hilary, Llangan and Flemingston. Sunday 1st March at ST. Mary Church, Llansannor and St. Mary Hill and at Penllyn on Tuesday 3rd March at 7 pm.
- **Ash Wednesday [February 26th]** There will be two Eucharists offering the Imposition of Ashes 10.00 am at Llanblethian & 7.00 pm at Penllyn also 10.00 am Friday 14th at Holy Cross
- **Lent Study Course** We are planning on running the diocesan study course on Pilgrimage during Lent—we're proposing Monday 10.30 a.m. at 2 River Walk (Sue Jeffreys' home) Tuesday (2.30 - 4.00 and 7.30 -9.00pm) at a venue to be agreed starting week beginning Monday 2nd March. As there is a booklet provided for all participants please let Stephen or Victoria know which day/time you will be attending. Please let us have your name no later than Ash Wednesday.
- **Fish, Chips & Quiz** Friday 13 March 7pm in Holy Cross Tickets £10 children free. Tickets from Barbara
- **Samantha Bee** at Holy Cross, Thursday 19 March. More details next week.
- **Lent Lunch** in Holy Cross Saturday 28th March 12 noon to 2pm . More details to follow.
- **World day of Prayer 2020, Praying with Zimbabwe.** 2 pm, Friday 6th March at St. Cadoc's Church, Town Mill Road, Cowbridge. All Welcome
- **Plant Sale:** Cowbridge Physic Garden 25th April between 10am and 14.30pm - Plant Donations gratefully received on Thursday 23rd.

Llanblethian Church Hall

The Hall is available for Private and Social Functions as well as for children's Parties up to ten years old. Enquiries with nickbroekstra@hotmail.com or on 01446 772843 or 07768164392.

St. Mary Church Coffee Morning third Friday in each month at the Church from 10.30am. All Welcome. **(20th March 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 **(7th March 2020)** at 8.00am in the **Taynton Room, Holy Cross.**

DIARY

Monday 24th February

Feria

19.45 Home Group at Eastfield House, contact Kevin 775947

Tuesday 25th February

Feria

09.30 Llansannor School Eucharist

14.00 Hand Bells at the Taynton Room

ASH WEDNESDAY 26th February

09.00 Colwinston School Eucharist

10.00 Eucharist at Llanblethian
RCL Page 97

**R. Have mercy on me, O God, and
cleans me from my sin.**

13.00 Burial of Ashes at St. Hilary

15.15 Funeral of William Lougher at
Coychurch Crematorium

16.15 Llansannor School Governors
Meeting

19.00 Eucharist at Penllyn
RCL Page 97

**R. Have mercy on me, O God, and
cleans me from my sin.**

19.00 Cowbridge Male Voice Choir
Rehearsal at Holy Cross

Thursday 27th February

George Herbert (1633) Priest & Poet

10.00 Craft Group at Taynton Room

14.15 Funeral of Jeffrey Walter Stone
at Coychurch Crematorium

Friday 28th February

Feria

10.00 The Eucharist at Holy Cross
RCL Page 97

**R. Have mercy on me, O God, and
cleans me from my sin.**

Saturday 29th February

Feria

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

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).

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.

Rector

Rev'd Dr. Stephen Adams

771625

07506 689450

rector@cowbridgeparish.com

Team Vicar

Rev'd Victoria Ashley

775381

vicar@cowbridgeparish.com

Curate

Vacant

Parish Administrator

Mr David -Lloyd Jones

Parish Office 772302

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 FEBRUARY 2020
THE SUNDAY BEFORE LENT

8.00 Eucharist at Holy Cross	<i>President</i>	Rev'd Dr Stephen Adams
9.15 Eucharist at Llanblethian	<i>President</i>	Rev'd Dr Stephen Adams
9.15 Eucharist at Llandough	<i>President</i>	Rev'd Ian Thomas
9.15 Eucharist at St. Mary Church	<i>President</i>	Rev'd Dr Peter Sedgwick
9.15 Eucharist at Llansannor	<i>President</i>	Rev'd Victoria Ashley
11.00 Eucharist at Penllyn	<i>President</i>	Canon Peter Coleman
11.00 Eucharist at Holy Cross	<i>President</i>	Rev'd Dr Stephen Adams
11.00 Eucharist at Ystradowen	<i>President</i>	Rev'd David Boulton
11.00 Eucharist at St Hilary	<i>President</i>	Rev'd Victoria Ashley
11.15 Eucharist at Llangan	<i>President</i>	Rev'd Ian Thomas
18.00 Prayer and Praise at Southway		
18.30 Eucharist at Flemingston	<i>President</i>	Rev'd Victoria Ashley

SERVICES FOR SUNDAY 1ST MARCH 2020
THE FIRST SUNDAY OF LENT

8.00 Eucharist at Holy Cross	<i>President</i>	Rev'd Victoria Ashley
9.15 All Age Eucharist at Llanblethian	<i>President</i>	Rev'd Ian Thomas
9.15 Eucharist at Llandough	<i>President</i>	Rev'd David Boulton
9.15 Eucharist at St Mary Church	<i>President</i>	Rev'd Dr Stephen Adams
9.15 Eucharist at Penllyn	<i>President</i>	Rev'd Victoria Ashley
11.00 Eucharist at Llansannor	<i>President</i>	Rev'd Victoria Ashley
11.00 Morning Worship at Holy Cross	<i>Officiant</i>	Mr. Howard Perks
11.00 Eucharist at Ystradowen	<i>President</i>	Rev'd Dr Stephen Adams
11.00 Eucharist at St Hilary	<i>President</i>	Canon Peter Coleman
11.15 Eucharist at St Mary Hill	<i>President</i>	Rev'd David Boulton
18.00 Y Cymun Bendigaid	<i>President</i>	Rev'd Dr Stephen Adams
18.30 Evening Prayer at Flemingston	<i>Officiant</i>	Mrs Glenda Ogelsbee

Readings:	Genesis 2. 15-17; 3.1-7	Psalms 32
	Peter 5. 12-19	Matthew 4. 1-11
	Lectionary Page 105	Pew Edition page 76