



# Website - The Parish of Cowbridge Pews News for Sunday 5th July 2020

## Readings for the Fourth Sunday after Trinity



### **The Parish of Cowbridge Sunday 5 July 2020, 4th Sunday after Trinity (Proper 9)**

#### **Collect**

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father,  
for our Lord Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.

## Readings

### Genesis 24.34–38, 42–49, 58–end

A reading from Genesis

So he said, 'I am Abraham's servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son."

'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son."

'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son.

'Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.'

And they called Rebekah, and said to her, 'Will you go with this man?'

She said, 'I will.'

So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her, 'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.'

Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, 'Who is the man over there, walking in the field to meet us?'

The servant said, 'It is my master.' So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

This is the word of the Lord.

**All:** Thanks be to God.

**Psalm 45.10–end**

R Grace flows from your lips, because God has blessed you for ever.

**Grace flows from your lips, because God has blessed you for ever.**

‘Hear, O daughter; consider and listen closely;

forget your people and your family’s house.

The king will have pleasure in your beauty;

he is your master; therefore do him honour.

**Grace flows from your lips, because God has blessed you for ever.**

The people of Tyre are here with a gift;

the rich among the people seek your favour.’

All glorious is the princess as she enters;

her gown is cloth-of-gold.

**Grace flows from your lips, because God has blessed you for ever.**

In embroidered apparel she is brought to the king;

after her the bridesmaids follow in procession.

With joy and gladness they are brought, and enter into the palace of the king.

**Grace flows from your lips, because God has blessed you for ever.**

‘In place of fathers, O king, you shall have sons;

you shall make them princes over all the earth.

I will make your name to be remembered from one generation to another;

therefore nations will praise you for ever and ever.’

**Grace flows from your lips, because God has blessed you for ever.**

**New Testament Reading**

**Romans 7.15–25a**

A reading from Romans

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will

what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

This is the word of the Lord.

**All:** Thanks be to God.

### **Gospel Reading**

#### **Matthew 11.16–19, 25–end**

Hear the Gospel of our Lord Jesus Christ according to St. Matthew.

**All:** Glory to you, O Lord.

‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, “We played the flute for you, and you did not dance; we wailed, and you did not mourn.” For John came neither eating nor drinking, and they say, “He has a demon”; the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’

At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will.

‘All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

This is the Gospel of the Lord.

**All:** Praise to you, O Christ.

### **Post Communion Prayer**

Eternal God,

comfort of the afflicted and healer of the broken,

you have fed us at the table of life and hope:

teach us the ways of gentleness and peace,

that all the world may acknowledge

the kingdom of your Son Jesus Christ our Lord. Amen.

*Text from the Church in Wales – Word of the Lord 2011* copyright © Church in Wales Publications 2011. Collects and Post Communion Prayers from the book *New Calendar and the Collects*. Copyright © The Representative Body of the Church in Wales 2003 ISBN – 1853115495. Quotations and Psalms from *The New Revised Standard Version (Anglicized Edition)*, copyright 1989, 1995 by the Division of Christian Education of the [National Council of the Churches of Christ in the United States of America](#). Used as permitted.

## Prayer Intentions



**In the Anglican Communion** Pray for the United Church of Pakistan: The Most Revd Humphrey Peters – Bishop of Peshawar & Moderator of the Church of Pakistan.

**In the diocese** for the Parish of Llangeinor and Garw Valley and for Roger Pitman, Priest in Charge.

**All those who are sick & housebound** in our Parish and for all those who receive Holy Communion at home.

**All who are sick, particularly** Muriel Maslin, Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Christine Williams, Christopher Browner, Phillip Rosser, Helen Saunders, William Watkins, Tony Arnold, Doreen Stafford, Dave German, Ellie Harris, Grayson Finn, Peter Sey, Bill Clay, Margaret Launder, Emma Webley and John Wills.

**Those who have recently departed this life, among them:** Enfys Brown, Joan Lewis, Robert Nicholas, Dewi Wyn Jones and Sandra Perks.

**Those whose 'years mind' fall at this time, among them** Margaret Turner, Gareth Hoskin, Bill Howells, Fred Cheeseman, Diana Bird, Gareth James Williams, James Shaw, Donald May, William Hayden Jones and Neil Cyril Jenkins.

***May they rest in peace and rise in glory.***

## Re-opening our Churches

Following on from the announcement by the Welsh Government that churches in Wales are now able to reopen for private (personal) prayer, consideration has been given to the opening of churches in the Cowbridge Benefice. This is not entirely straightforward as there are a number of sensible but fairly strict conditions that will need to be met to minimise any risk to those visiting churches.

It has however now been agreed by the PCC that, initially, we will work towards opening just two churches in the Benefice in the near future; Holy Cross and St John the Baptist Church, Llanblethian. The current plan is that these churches will open for an hour on two days of each week as follows:

Holy Cross – 10 am to 11 am each Thursday and 4 pm to 5 pm each Sunday.

St John the Baptist – 10 am to 11 am each Wednesday and 2 pm to 3 pm each Sunday.

The Church Coordinators and Church Committees of these churches are now working through the guidelines and risk assessments which is necessary before the permission of the Archdeacon is sought to proceed with an opening.

One of the conditions is that when a church is open a minimum of two volunteers will need to be present to open and close the church, direct those visiting and carry out cleaning. This role, however, can only be carried out by volunteers who are not in a vulnerable group. Vulnerable groups currently include those over 70 years of age or those who are self-isolating or supporting people who are shielding. Anyone not in a vulnerable group and who might consider volunteering to help should contact Peter Davies (Email: [daviesp99@hotmail.com](mailto:daviesp99@hotmail.com) or telephone 01446 775211).

## Ordination pictures

Once again, our congratulations to the Revd Ian Yemm and the Revd Glenda Oglesbee





## Zoom with a Brew



We are still holding our midweek coffee (or tea) and a chat online every Wednesday at 10.00 am. We'd love to see you if you're free to come - just use the same link as you do for joining Sunday worship: [Link to Cowbridge Worship](#) (don't worry if a warning shows, it's safe to click OK)

## Cartoon for a global pandemic



BEATITUDES  
FOR A GLOBAL PANDEMIC



*1 - The text for Beatitudes for a Global Pandemic was written by Jayne Manfredi, cartoon by Dave Walker*



# BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE WHO STAY INDOORS



FOR THEY HAVE PROTECTED OTHERS

BLESSED ARE THE UNEMPLOYED AND THE SELF-EMPLOYED



FOR THEIR NEED OF GOD IS GREAT

BLESSED ARE THE CORNER SHOPKEEPERS



FOR THEY ARE THE PURVEYORS OF SCARCE THINGS

BLESSED ARE THE DELIVERY DRIVERS AND THE POSTAL WORKERS



FOR THEY ARE THE BRINGERS OF ESSENTIAL THINGS

BLESSED ARE THE HOSPITAL WORKERS; THE AMBULANCE CREWS, THE DOCTORS, THE NURSES, THE CARE ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND THE GRAVE, AND THE KINGDOM OF HEAVEN IS SURELY THEIRS

BLESSED ARE THE CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND FORTITUDE IN THE FACE OF OVERWORK AND FRUSTRATION

BLESSED ARE THE REFUSE COLLECTORS



FOR THEY WILL SEE GOD DESPITE THE MOUNTAINS OF WASTE

BLESSED ARE THE TEACHERS



FOR THEY REMAIN STEADFAST AND CONSTANT IN DISTURBING TIMES

BLESSED ARE THE CHURCH WORKERS; THE DEACONS, PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING PRESENCE IN A HURTING WORLD AS THEY CONTINUE TO SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE PARENTS,



FOR THEY ARE COPING ALONE WITH THEIR RESPONSIBILITIES AND THERE IS NO RESPITE

BLESSED ARE THOSE WHO ARE ALONE.



FOR THEY ARE CHILDREN OF GOD AND WITH HIM THEY WILL NEVER BE LONELY

BLESSED ARE THE BEREAVED,



FOR WHOM THE WORST HAS ALREADY HAPPENED. THEY SHALL BE COMFORTED

BLESSED ARE THOSE WHO ARE ISOLATED WITH THEIR ABUSERS



FOR ONE DAY-WE PRAY- THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS; ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

TEXT: JAYNE MANFREDI

CartoonChurch.com

2 - If you'd like to give a 'tip' to the creators of this cartoon (they are collecting for the Trussell Trust) you can do so [via this Justgiving page](#). (you might get a warning, but it's safe to click OK)

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## Daily Prayer



During the week we are saying morning prayer together at 9.15 (Monday- Friday) using the same link as for Sunday services. All are welcome to join us for 30 minutes of spiritual refreshment.

## Sunday Club for Families - On-line



Sunday club is meeting again this week at 9.00 am for worship and activities. You can join them at this link:

[Link to Sunday Club](#)

Meeting ID: 142 380 106

Password: Call or text 07506 689450 or email [rector@cowbridgeparish.com](mailto:rector@cowbridgeparish.com) for the password - we'd love to welcome you.

## Resources for Children and Families

The ROOTS for Churches organisation (to which the parish subscribes) provides free resources which you can find at these links – these are very good for both adults and children:

[Link to ROOTS resources](#)

## Digital Giving

Several people have been asking about how they can support our churches financially at this time. (Many, of course, are already doing so through their standing order arrangements.) To that end, we have set up a way giving by text in the same way that many charities do when they have an appeal on television. From next Sunday (21st) we'll be including an Offertory in the service in the usual place. We recognise that many people are facing financial uncertainty, and we don't want to add any pressure: we seek to follow the biblical principle of giving, as each is able. The text that we will display is as follows:

### *The Offertory*

*At this point in a normal church service, the plate would be passed around the congregation.*

*In the present circumstances and especially because our weekly giving is significantly reduced as a result of the lockdown situation, we would ask you to consider making a freewill offering, as you are able, via a "text" donation using your mobile phone.*

*Your gift will be offered to God during the service in the same way as donations on the plate would have been and this will enable us to continue God's work through all the Churches of our Parish.*

*To donate £1 please Text GIVEONE to 70085*

*To donate £5 please Text GIVEFIVE to 70085*

*To donate £7 please Text GIVESEVEN to 70085*

*To donate £10 please Text GIVETEN to 70085*

*Texts cost your donated amount plus one standard rate message*

*After you send the Text Message will be asked if you wish to Gift Aid your donation and then if you wish to make this a regular monthly donation. Please be assured that this information will not be used to contact you in future for any advertising or promotional reason.*

*Thank You.*

## How to access our online Services

The details of how to join are below and on the website: [www.cowbridgeparish.com](http://www.cowbridgeparish.com). We will be online fifteen minutes before each service to welcome people and help with any technical difficulties. We look forward to welcoming you.

The link to the service is here: [Link to Cowbridge Worship](#) (don't worry if a warning shows) This will open the Zoom app (or ask you to download it, if you haven't done so already). This should be reasonably straightforward. It will also ask for a password to get into the meeting – this is (Call or text 07506 689450 or email [rector@cowbridgeparish.com](mailto:rector@cowbridgeparish.com) for the password - we'd love to welcome you.)

### **Small groups after the morning service**

If you'd like to stay online after the morning service (there's no compulsion, of course), we will divide the congregation into groups of four or five and place you in different virtual break-out "rooms" for ten minutes. We hope this might allow chatting in a smaller group to friends or getting to know someone you don't know.

### **Other ways of joining in**

If you're not able to follow us online, you can also download the service sheet from the parish website: [www.cowbridgeparish.com](http://www.cowbridgeparish.com).

It's also possible to telephone into the service and listen. You can choose one of the telephone numbers below. These are all national UK numbers and should incur standard rates or fall within subscription packages.

0203 481 5237 or 0203 481 5240 or 0208 080 6591

Meeting ID: 447 849 545

Password: Call or text 07506 689450 or email [rector@cowbridgeparish.com](mailto:rector@cowbridgeparish.com) for the password - we'd love to welcome you.

## Welsh Services

For Welsh speakers, Eglwys Dewi Sant in Cardiff have been putting their services online, and you can find them at this link: [Link to Eglwys Dewi Sant](#)

## Llandaff Matters

### Llandaff Matters

Our diocesan Communication Officer produces a very helpful weekly newsletter (Llandaff Matters) about news and events from around the diocese. You can read the latest and past editions at this link:

[Link to Llandaff Matters newsletter](#)

## Living wage for Care Workers



Tabitha writes:

I'm a Care Worker in Wales and have just come off my night shift from the **care home. I've been back on the frontline after several weeks ill with Covid-19.**

**It is a tough job**, made even tougher because hundreds of thousands of care sector staff like me do it on the minimum wage and on zero hour contracts.

**Back in April when I was ill it was really hard. I had to rely on food donations to get through the month.** I care for our residents, but it is so demoralising when the pay is so low.

**I'm angry. But I also have hope.** I am organising with Citizens UK and a powerful alliance of faith groups, Trade Unions and schools. We have joined together to urge Boris Johnson's Government to properly fund the social care sector to ensure every worker gets the real Living Wage.

Very soon, the Government will announce the next set of financial measures as we start to come out of the immediate Covid-19 lockdown.

**We are petitioning Health Secretary Matt Hancock MP to raise the pay of care sector staff** – over half of whom are below the real Living Wage [1].

As the Government forms new plans to help sectors hit by Covid-19, let's convert the doorstep clapping for key workers into a positive change! [Please Sign Our Petition - click here](#)

**We don't ask for pity, we just ask for a Living Wage and reliable hours. Not just to work to survive but to live and thrive.** By standing with me, Citizens UK and hundreds of other care workers you can make a big difference.

Thank you for listening.

Yours,

Tabitha

[1] The real Living Wage - not to be confused with the Government's lower 'National Living Wage' is set by independent experts to meet the real cost of living. It is currently £9.30 an hour UK wide and £10.75 in London.

See also comedian Rhod Gilbert's Work Experience: Care worker for an interesting insight to the role. [Click here for Rhod Gilbert's Work Experience: Care Worker](#)