

# 18th October - The Parish of Cowbridge Pews News

Readings for St. Luke, Evangelist, (colour - red)

## Collect

Almighty God, you called Luke the physician, whose praise is in the gospel, to be an evangelist and physician of the soul: by the grace of the Spirit and through the wholesome medicine of the gospel, give your Church the same love and power to heal; through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, now and for ever. **Amen.**

## Old Testament Reading

A reading from Isaiah (35.3–6)

Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.'

Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert.

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

## Psalm 147 (1-7)

R Great is our Lord and mighty in power. **Great is our Lord and mighty in power.**

Alleluia. How good it is to make music for our God, how joyful to honour him with praise. The Lord builds up Jerusalem and gathers together the outcasts of Israel.

**Great is our Lord and mighty in power.**

He heals the broken hearted and binds up all their wounds. He counts the number of the stars: and calls them all by their names. Great is our Lord and mighty in power; his wisdom is beyond all telling. **Great is our Lord and mighty in power.**

The Lord lifts up the poor, but casts down the wicked to the ground. Sing to the Lord with thanksgiving; make music to our God upon the lyre. **Great is our Lord and mighty in power.**

## New Testament Reading

A reading from Acts (16.6-12a)

They went through the region of Phrygia and Galatia, having been forbidden by the Holy Spirit to speak the word in Asia. When they had come opposite Mysia, they attempted to go into Bithynia, but the Spirit of Jesus did not allow them; so, passing by Mysia, they went down to Troas.

During the night Paul had a vision: there stood a man of Macedonia pleading with him and saying, 'Come over to

Macedonia and help us.' When he had seen the vision, we immediately tried to cross over to Macedonia, being convinced that God had called us to proclaim the good news to them.

We set sail from Troas and took a straight course to Samothrace, the following day to Neapolis, and from there to Philippi, which is a leading city of the district of Macedonia and a Roman colony.

This is the word of the Lord. **Thanks be to God. Gospel Reading**

Alleluia, alleluia, alleluia. I have called you friends, says the Lord, for all that I have heard from my Father I have made known to you. **Alleluia, alleluia, alleluia.**

Listen to the Gospel of Christ according to St Luke (16.6-12a) **Glory to you, O Lord.**

After this the Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.'

'Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, "Peace to this house!" And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you.'

'Remain in the same house, eating and drinking whatever they provide, for the labourer deserves to be paid. Do not move about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, "The kingdom of God has come near to you."'

This is the Gospel of the Lord. **Praise to you, O Christ.**

## Post Communion Prayer

Father of our Lord Jesus Christ, open our minds to understand the Scriptures and our mouths to proclaim forgiveness in the name of him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## Readings for Evensong on Sunday 18th October

Psalm 103. Isaiah 61.1-6, Colossians 4.7-18

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## Next week's readings - Bible Sunday (colour - green)

Nehemiah 8.1-4a [5,6] 8-12, Psalm 119, 9-16, Colossians 3.12-17, Matthew 24.30-35

**Readings for Evensong on Sunday 25th October** Psalm 119. Deuteronomy 17, 14-15, 18-20 John 5. 36b.-47

## Harvest at Llansannor

Thank you to all those who donated so thoughtfully and so generously. The Trussel Trust (electric van) collected it all on Monday morning: they were very impressed at so much from so small a community.

For any of those who missed out, we will probably be collecting in the same way before Christmas, for Llamau and Women's Refuge, (toiletries) as usual.

## Flemingston Church Plant Sale

We had intended to have a coffee morning and plant sale in May but had to cancel for obvious reasons. However the plants kept growing so we decided we really ought to try and sell them.

The weather forecast looked good for Sunday 11 October so we organised a socially distanced outdoor plant sale in the Village. We also sold books and home made masks. We did need to keep a close eye on numbers to ensure we didn't breach the current regulations. But we didn't have to turn anyone away.

Cathy Crompton and Liz Rees provided plants, most of them were from Cathy's garden so we were able to offer purchasers the chance to see the parent plant in all its glory. As usual the village gave great support and we were able to raise some £ 450. We had been offered some further plants from friends in RCT but we were unable to sort out delivery so they will be available at our next plant sale. We didn't sell everything so if any one wants to buy a few "home grown" plants please get in touch with Cathy on 01446 751490.

## Prayer Intentions

**In the Anglican Communion** please pray for the Episcopal Church, The Most Revd Michael Curry, Presiding Bishop of The Episcopal Church.

**In the Diocese of Llandaff** please pray for the Merthyr Tydfil Ministry Area and for Mark Prevett, Vicar.

**All who are sick**, particularly Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Christopher Browner, Helen Saunders, William Watkins, Tony Arnold, Doreen Stafford, Ellie Harris, Grayson Finn, Margaret Launder, Benjamin Kennedy, Crispin Clay and Margaret Harris.

**Those who have recently departed this life**, among them: Michael Dawson, Phillip Rosser, John Bell Russell OBE, Rosemary Peat and David John Lloyd.

**Those whose 'years mind' fall at this time**, among them Edward Chaveski, Charles Baines, Christine Mears, Carole John, Anthony Phillip Holton, Fred Elton-Jones, Catherine Yvonne Chick, Rebecca Jenkins, Clifford Phillips, Richard Owen Bennett, Llewellyn John and Doreen Ann Brown.

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

## Psalm 121 – the God who knows and cares

*Editor: The Rev Paul Hardingham reflects on a well-known Psalm*

A man asked a friend about the two greatest problems in the world.

The friend responded, 'I don't know and I don't care!' 'You got them both!' the man replied.

Psalm 121 presents a God who both knows and cares about our problems. As the first Song of Ascent (Psalms 120-134), it was used by pilgrims going to the great festivals in Jerusalem. Just as this road was full of dangers, this psalm speaks to our problems and setbacks, whether illness, family or work issues, or fear.

Where do we look for help? 'I lift up my eyes to the mountains...My help comes from the Lord, the Maker of heaven and earth.' (1,2). The hills speak of a Creator God, who is bigger than our troubles, for whom nothing is beyond His reach.

What is His care like?

*It is constant: 'He will not let your foot slip - He who watches over you will not slumber'* (3). God is never off duty in His care, as we are constantly His concern.

*It is close: 'The Lord watches over you - the Lord is your shade at your right hand'* (5). God is not watching us 'from a distance' as the songs says! His care operates at close quarters, to take the heat out of situations, or when circumstances are dark and uncertain.

*It is continuing: 'the Lord will watch over your coming and going both now and for evermore.'* (8). God's care is all encompassing, through life and eternity. We are not immune from difficulties, but in the bigger picture, God will use these in His eternal purpose for our lives. The psalm is fulfilled in Jesus, who has secured eternal life for us.

So let's trust His care for us, and not be like the lady who asked: 'why pray when I can worry?'

**The Rev Paul Hardingham** is vicar of St Peter's Halliwell, Bolton in the diocese of Manchester. Parish ministry has taken him all over the country including Cambridge, Newcastle upon Tyne, Birmingham and Ipswich.

## Weekly Pattern of Services and re-opening.

**(updated 18th October)** Our weekly pattern of worship (at the moment) is:

**Monday-Friday:** 9:15 am - Morning Prayer on Zoom: [Click here to attend](#) ; Passcode Please email

rector@cowbridgeparish.com or phone 07506 689450  
(Meeting ID 447 849 545)

**Wednesdays:** at Llanblethian Church

10:00 - 10.15 am private prayer 10:15-10:45 am **Holy Eucharist** 10:45-11:00 am private prayer

**Thursdays:** at Holy Cross

10:00 - 10.15 am private prayer 10:15-10:45 am **Holy Eucharist** 10:45-11:00 am private prayer

**Sundays:**

9:00 am - Sunday School on Zoom - families welcome.  
[Link to Sunday Club](#): Passcode: Please email  
rector@cowbridgeparish.com or phone 07506 689450  
(Meeting ID: 842 7508 5595)

10:00 am - Morning Worship on Zoom: [Click here to attend](#) ; Passcode Please email  
rector@cowbridgeparish.com or phone 07506  
689450 (Meeting ID 447 849 545)

2.00 pm - Llanblethian church open for private prayer;  
2:15-2:45 pm Holy Eucharist; 2:45-3:00 pm church open  
for private prayer

4.00 pm Holy Cross church open for private prayer; 4:15-  
4:45 pm Holy Eucharist; 4:45-5:00 pm church open for  
private prayer

6.00 pm - Evensong on Zoom - all welcome: [Click here to attend](#) ; Passcode Please email  
rector@cowbridgeparish.com or phone 07506  
689450 (Meeting ID 447 849 545)

**The Church in Wales has issued the note below:**

**"Do I have to wear a face covering when attending a religious service?** Yes, places of worship are indoor public places and so the requirements will apply there as in other public place. We consider that those leading worship or a ceremony may have a reasonable excuse not to wear a face covering if they cannot effectively do so while wearing one, as long as they have taken other sufficient mitigations such as staying continually over 2 metres away from others and/or wearing a visor."

**Notes**

- *To attend the Holy Eucharist **please let one of the clergy know that you intend coming.** This will allow us to plan effectively and make sure that no one is disappointed if there is insufficient room. In asking for notice, I am reminded of the rubric in the old 1662 Book of Common Prayer: "So many as intend to be partakers of the holy Communion shall signify their names to the Curate, at least some time the day before."*

**Future Plans From Sunday 15th November we hope to live stream the 10 am Zoom Service directly from Holy Cross, technology allowing! This will replace the 4.15 pm Sunday Eucharist at Holy Cross. It will still be necessary to let one of the Clergy or David-Lloyd know in advance**

**if you wish to attend the Eucharist - please see the note above.**

**Further Developments**

**Weddings** Following several inquiries, we are now in the process of creating protocols for holding small weddings and determining safe practice. In the first instance, Holy Cross and Llanblethian are potentially available.

**Baptisms** Once we have looked at weddings, we will move on to designing our protocols for celebrating Baptism (Christenings). **Before formulating any plans, all requests for weddings, baptisms, or funerals must be made to one of the following:**

**Stephen Adams (Rector), Victoria Ashley (Team Vicar) David-Lloyd Jones (Parish Administrator)** See below for contact details

**News from the Diocese of Llandaff**

Each week our Diocesan Communications Officer publishes a newsletter. Here's a summary of this week's contents:

- **We're recruiting ...**
- **Chaplaincy support for students**
- **BBC Sunday Worship from Ewenny Priory**
- **Reopening St Teilo's Church in Wales High School after lockdown**
- **Safeguarding Training**
- **Water bill help for low income families**
- **Anti Slavery Day 2020 - Sunday 18 October**
- **History and Covid-19**
- **Church in Wales Guidance**
- **Explore Your Vocation**
- **To get this week's edition, email one of the clergy and we'll be happy to forward it to you.**

[To receive your own copy by email each week click here](#)

**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. [Click here to attend](#) ; Passcode Please email rector@cowbridgeparish.com or phone 07506 689450

**Don't bottle it up - it's okay to grieve**

*Editor: The Rev Tony Horsfall finds that Christians can feel guilty about how to express their grief.*

*I grieve for you, Jonathan my brother; you were very dear to me. Your love for me was wonderful, more wonderful than that of women. How the mighty have fallen! 2*

Samuel 1:26

A lament is a passionate expression of grief, a heartfelt cry of sadness. Here David, who composed some of the most memorable and uplifting songs of praise, allows

himself the opportunity to pour out his heart to God because of his deep sorrow.

Christians are sometimes confused about how to express grief. Some contemporary teaching has emphasised the power of praise, and of praising God in all circumstances, so they feel guilty about the pain inside them and do not know how to release it. Whilst Paul does say we are not to grieve 'like the rest of mankind' (1Thessalonians 4:13), he means we should not grieve in the hysterical way that characterises those who have no hope in God. He does not mean that we should not grieve at all, or that we should suppress our true feelings. That would be cruel, unnatural and unhealthy. Grief is best acknowledged and expressed, and in a way that is consistent with our belief in heaven.

David's own heart feels most keenly the loss of his dearest friend, Jonathan. Those who have known the loss of a 'soul mate' will understand the depth of his feeling

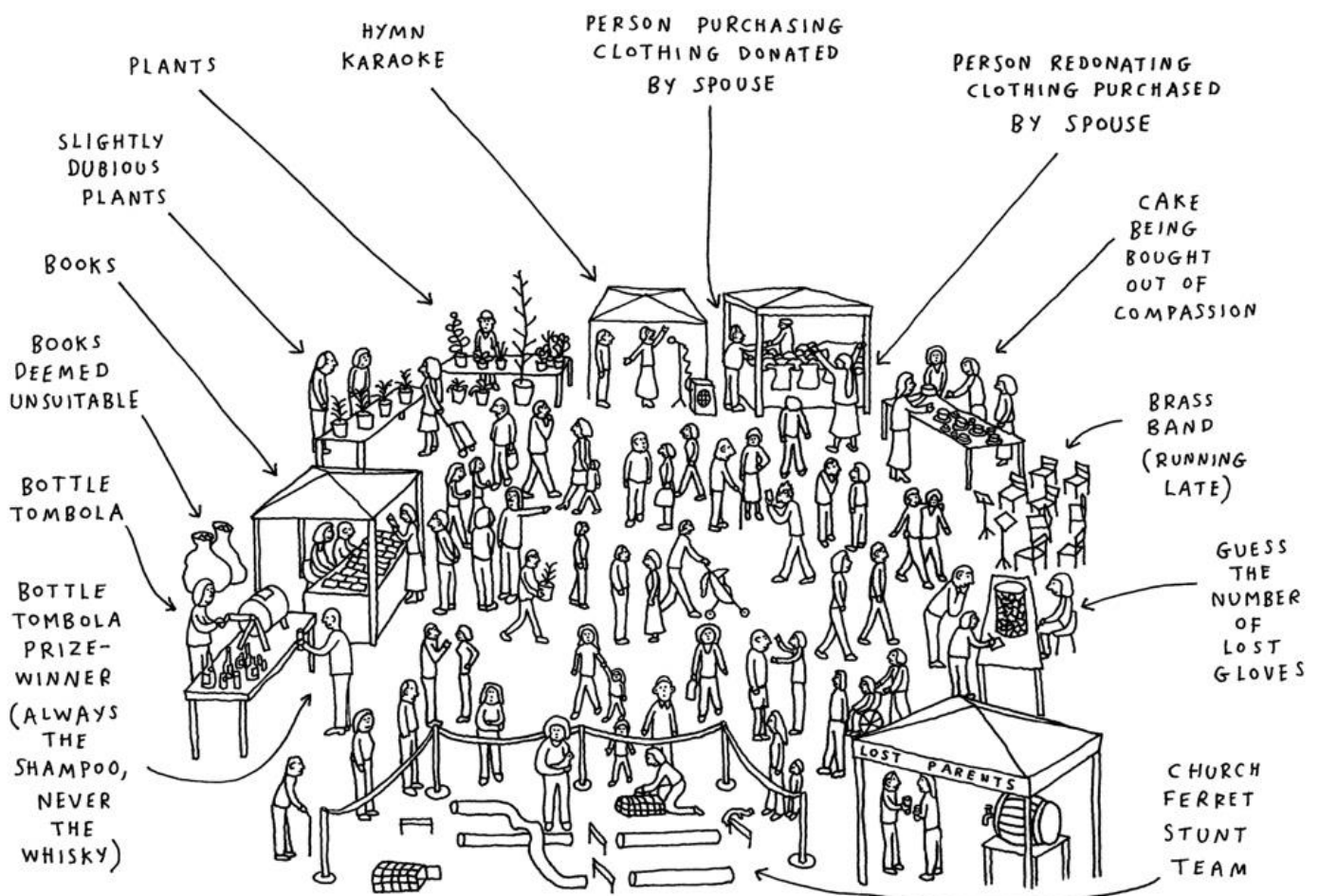
and the pain in his heart. His lament enables him to get in touch with his grief, to express it, and so begin the slow process of healing and recovery.

If you are grieving yourself today, may I encourage you to pour out your heart to God? You could pray aloud, or write your prayer down. You may find a song that helps, or a piece of music. You might talk with a trusted friend. You may just want a good cry. Whatever you do, remember that it's OK to grieve.

**The Rev Tony Horsfall** is a writer and retreat leader based in Yorkshire. Together with his wife Evelyn he served as a missionary in East Malaysia, and then as a pastor in West Yorkshire, before heading up the EQUIP training programme at Bawtry Hall, Doncaster. Tony now has his own ministry called Charis Training, specialising in offering support and guidance to missionaries and church leaders. He enjoys playing Walking Football and supporting his local team, Barnsley FC.

### Cartoon by Dave Walker

# THE CHURCH FETE



CartoonChurch.com

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## 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: 842 7508 5595  
Passcode: Please email [rector@cowbridgeparish.com](mailto:rector@cowbridgeparish.com) or phone 07506 689450

## 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. Each Sunday we will include 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: so, 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.*

## 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](#)

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