

29th November - The Parish of Cowbridge Pews News

Readings for The First Sunday of Advent (colour - violet)

Collect

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Old Testament Reading

A reading from Isaiah (64.1-9)

O that you would tear open the heavens and come down, so that the mountains would quake at your presence—as when fire kindles brushwood and the fire causes water to boil—to make your name known to your adversaries, so that the nations might tremble at your presence! When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence. From ages past no one has heard, no ear has perceived, no eye has seen any God besides you, who works for those who wait for him.

You meet those who gladly do right, those who remember you in your ways. But you were angry, and we sinned; because you hid yourself we transgressed. We have all become like one who is unclean, and all our righteous deeds are like a filthy cloth. We all fade like a leaf, and our iniquities, like the wind, take us away. There is no one who calls on your name, or attempts to take hold of you; for you have hidden your face from us, and have delivered us into the hand of our iniquity.

Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand. Do not be exceedingly angry, O Lord, and do not remember iniquity for ever. Now consider, we are all your people.

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

Psalm 80. 1-8

R. Turn us again, O God; show the light of your countenance, and we shall be saved. **Turn us again, O God; show the light of your countenance, and we shall be saved.**

Hear, O Shepherd of Israel, you that led Joseph like a flock; shine forth, you that are enthroned upon the cherubim, before Ephraim, Benjamin and Manasseh. Stir up your mighty strength, and come to our salvation. **Turn us again, O God; show the light of your countenance, and we shall be saved.** O Lord God of hosts, how long will you be angry at your people's prayer? You feed them with the bread of tears; you give them abundance of tears to drink. You have made us the derision of our neighbours, and our enemies laugh us to scorn. **Turn us again, O God; show the light of your countenance, and we shall be saved.**

New Testament Reading

A reading from 1 Corinthians (1.3-9)

Grace to you and peace from God our Father and the Lord Jesus Christ.

I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind - just as the testimony of Christ has been strengthened among you—so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

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

Alleluia, alleluia, alleluia. Prepare the way of the Lord, Make his paths straight, and all flesh shall see the salvation of God. **Alleluia, alleluia, alleluia.**

Listen to the Gospel of Christ according to St Mark (13.24-37) **Glorify to you, O Lord.**

‘But in those days, after that suffering, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken. Then they will see “the Son of Man coming in clouds” with great power and glory. Then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven.

‘From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away.

‘But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only the Father. Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you, I say to all: stay awake.’

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

God our deliverer, awaken our hearts to prepare the way for the advent of your Son; that, with minds purified by the grace of his coming, we may serve you faithfully all our days; through 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.*

Readings for Evensong Psalm 44, Isaiah (2.1-5) Luke (12.35-48)

to join our worship, use this link and joining details: [Click here to attend](#) ;
Passcode *Please email rector@cowbridgeparish.com or phone or text*
07506 689450 (Meeting ID 447 849 545)

Next week's readings - The Second Sunday of Advent (colour - violet)

Isaiah (40.1-11), Psalm 85 (8-13), 2 Peter (3.8-15a), Mark (1.1-8)
(Advent 2, Year B) **Readings for Evensong** Psalm 40, 1 Kings (22.1-28)
Romans (15.4-13)

Licensing of a New Clergy Team Member

Advent Sunday, 10.00 am at Holy Cross

On Sunday (29th) Bishop June will be joining us to preside and preach at our worship at 10.00 am. During the service, she will license the Revd Jude Peters as a new member of the clergy team. Jude is joining us after serving her curacy in Llantwit Major. The service will be streamed live from Holy Cross on Zoom. We look forward to welcoming Jude and helping her to settle into her new role here in Cowbridge. To join the service on Zoom, just use the details above. (N.B. If you would like to join the congregation in church, you must inform one of the clergy or the parish office as places are likely to be limited.)

Advent is a season of expectation and preparation, as the Church prepares to celebrate the coming (*adventus*) of Christ in his incarnation, and also looks ahead to his final advent as judge at the end of time. The readings and liturgies not only direct us towards Christ's birth, they also challenge the modern reluctance to confront the theme of divine judgement:

Every eye shall now behold him robed in dreadful majesty.
(*Charles Wesley*)

The Four Last Things – Death, Judgement, Heaven and Hell – have been traditional themes for Advent meditation. The characteristic note of Advent is therefore expectation, rather than penitence, although the character of the season is easily coloured by an analogy with Lent. The anticipation of Christmas under commercial pressure has also made it harder to sustain the appropriate sense of alert watchfulness, but the fundamental Advent prayer remains 'Maranatha' – 'Our Lord, come' (1 Corinthians 16.22). Church decorations are simple and spare, and purple is the traditional liturgical colour. In the northern hemisphere, the Advent season falls at the darkest time of the year, and the natural symbols of darkness and light are powerfully at work throughout Advent and Christmas. The lighting of candles on an Advent wreath was imported into Britain from northern Europe in the nineteenth century, and is now a

common practice. The Moravian custom of the Christingle has similarly enjoyed great success in Britain since the latter part of the twentieth century, with the encouragement of the Children's Society; Christingle services may take place before or after Christmas. The Third Sunday of Advent was observed in medieval times as a splash of colour in the restrained atmosphere of Advent (*Gaudete* or 'Rose Sunday'), and the last days of Advent were marked by the sequence of Great 'O' Antiphons, which continue to inspire modern Advent hymns and meditations. The Christian message of Advent is particularly relevant this year to a world thrown into crisis by the Covid pandemic. We are living our lives as never before - distanced from each other, anxious, uncertain, fearful, sick and grieving. Many feel the shadows of darkness and despair all around them.

Our [#DarknessIntoLight](#) Advent campaign aims to draw people to the light - the pure light we find in Christ's message of salvation for all and its reflection through the love and good works of those all around us. With love for those around us, we can help bring the light into dark corners.

We invite you to share these resources and join in the activities.

Be inspired. Bear the torch. Be a light to others.

EMBRACING ADVENT

Darkness Into Light

Be inspired. Bear the torch. Be a light to others.

Advent Call to Prayer

Bishop June invites you to join her in prayer every evening at 6pm starting on Advent Sunday and concluding on Christmas Day.

Join us live from our [Facebook page](#) with special guests from around the world saying the Advent prayer. The prayer is also available on video: [In English](#) and [in Welsh](#)

Saturday 5 December 10am - 4pm live on our Facebook Page. [Click here to sign up](#)

Spend the day journeying with us as we prepare for the coming of Christ and look ahead to the celebration of Christmas.

Starting this Sunday - and every Sunday of Advent - we're inviting you to sing a Carol from your doorstep at 7pm. Invite your neighbours! Let's light up our diocese with song! [Click here for more information](#)

Christmas Eve Doorstep Carol

Join us in song on Christmas Eve 7.00 pm for a special rendition of Silent Night from your very own doorstep

[click here to sign up](#)

COWBRIDGE ADVENT CALENDAR

24 Advent boxes are hidden in shop windows in Cowbridge. One door will be opened each day revealing a Nativity picture.

There are two prizes: one for finding which number box is in which shop and one for which nativity picture is behind each door.

Forms available from The Pencil Case, David Barnes Dry Cleaners, Sylvia Williams, Awesome Wales and church websites.

Please return completed forms to Sylvia Williams by **30th December 2020** prizes (one for each category) donated by Creative Cake Kitchen will be drawn from all correct entries.

[Get your copy of the Cowbridge Advent Calendar by clicking this text](#)

Prayer Intentions

In the Anglican Communion please pray for the Lusitanian Church (Extra-Provincial to the Archbishop of Canterbury) The Rt Revd Jorge Pina Cabral - Bishop of the Lusitanian Church.

In the Diocese of Llandaff please pray for the people and clergy of the Parish of Baglan: Aberafan Ministry Area and for Stephen Jenkyns, Vicar and Elaine Jenkyns, Assistant Curate.

In our Benefice We also pray for the Staff and pupils of Llansannor School, and their Headteacher Stephanie Davies as they deal with the consequences of the current pandemic.

All who are sick particularly Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Helen Saunders, William Watkins, Tony Arnold, Doreen Stafford, Ellie Harris, Grayson Finn, Margaret Launder, Crispin Clay, Margaret Harris, Eric Cooke and Stuart Munro.

Those who have recently departed this life among them Edwin Anthony Wingfield and Thomas Harry.

Those whose 'years mind' fall during the coming week: Sun: Olive Mary Hopkin, Hubert Thomas and Margaret Peel. Mon: Wendy Dobson and Archdeacon John Lewis. Tue: Viv Claire Whythe. Wed: Alan Hey and Donald Jackson Reynolds. Thurs: Eric Sewell. Sat: Olive Leigh.

May they rest in peace and rise in glory.

Let's thank God for technology as we launch on Twitter!

Whether you are a regular at your local keep-fit class, sing in a choir, or belong to another community group, so much of life has moved online in recent months. Video calls (and the telephone in general) have provided a lifeline for families and friends separated by distance and restrictions.

In our church life, meetings have still taken place and Daily Prayer and Sunday Worship have continued to flourish because of technology. In recent weeks, in a fusion of the virtual and the actual, we have explored how we can worship together, wherever we are, right across our town and villages. Whether you are zooming-in, phoning-in or walking-in, we have, perhaps, been even more side-by-side than we might have been.

To continue building on this online presence, we have launched a new Twitter account in addition to our existing Facebook page. We hope to make connections with others in the locality and engage creatively throughout Advent and Christmas with some positive images and messaging.

Our Twitter feed was launched with the Advent Prayer being used every day throughout the Church in Wales with the hashtag #DarknessIntoLight or #TywyllwchiOleuni in Welsh.

You can also find out more about the Advent Calendar Trail around Cowbridge and follow our thoughts as we travel through Advent to Christmas.

How can you get involved? Budding photographers might enjoy this project! Send us photographs and brief information from around the Benefice, sharing good ideas and joyful stories. The small team experimenting with how we can use Twitter can then plan and deliver content - all with a # of course!

Follow us on Twitter, like and re-tweet our content and learn with us!

Check out our Twitter: <https://twitter.com/cowbridgeparish>

Check out our Facebook: <https://www.facebook.com/cowbridgeparish>

Weekly Pattern of Services and re-opening.

updated 22nd November

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 or text 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 or text 07506 689450* (Meeting ID: 842 7508 5595) 10.00 am Holy Cross Parish Church: Holy Eucharist 10:00 am - Morning Worship on Zoom: [Click here to attend](#) ; Passcode *Please email rector@cowbridgeparish.com or phone or text 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 6.00 pm - Evensong on Zoom - all welcome: [Click here to attend](#) ; Passcode *Please email rector@cowbridgeparish.com or phone or text 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 any 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 We are now able to live stream the Sunday 10 am Zoom Service directly from Holy Cross, technology allowing! It will still be necessary to let one of the Clergy or David-Lloyd know in advance if you wish to physically attend the Eucharist.

Further Developments

Weddings & Funerals Following several inquiries, we have protocols for holding small weddings and funerals. At present, Holy Cross, Llanblethian and St. Hilary are potentially available.

Baptisms During the current 'Fire Break' Lockdown we are not permitted to celebrate Baptism (Christenings) unless in an emergency. **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

Christmas Prize Draw

We have lots of lovely prizes which have been very generously donated, among them: *Luxury Christmas Hamper from Forage £200 Financial Review from DG Financial Services £180 Luxury Scarf from Square Spots £50 Christmas Candle Table Centre from The Bay Tree £50 Waitrose Voucher £50 winter Planter from Pheasant Acre Nurseries A Taste of Glynndwr Vineyard A Selection of Homemade Preserves A framed painting by Sarah Davies of Treoes Whiskey, Wine, and many, many more!* **The draw will take place following the Eucharist at Holy Cross on Sunday 13th December at (approx.) 11.00 am Please return your money, counterfoils and any unsold tickets to the Parish Office by Sunday 6th December. Good Luck!**

Smile Lines

What can you see?

I've just been to the Optician for my annual eye test. The Optician puts a contraption on my face, and said "what can you see?" "I see empty Airports and empty Football grounds" I said "I see closed theatres, closed pubs, closed Restaurants" "That's perfect says the Optician, you've got 2020 vision!

Miscellaneous musings on modern life...

- In filling out an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'

- Member of the congregation to minister: "I didn't say it was your fault, I said I was blaming you." Change is inevitable, except from a vending machine.
- The older you get, the tougher it is to lose weight because by then, your body and your fat are really good friends.

FOOD BANK

Christmas is coming and many people will find it very difficult this year. So as a church we are asking if you would contribute to the local food bank. You can bring your donations to church if you are attending any of the services or you can call Hazel Coates on 01443 226412 or Liz Overton on 01446 772390 for more information,

Last contributions will be taken on 13th December 2020

Please add some festive items if possible.

Thank you.

What's happened to Sunday for our children?

When lockdown started, one of the challenges we faced was how we would keep the children engaged with God, church and with each other. Some creative thinking by the Wickett family and Katy Freeland led to a Zoom Sunday club that has now become one of the highlights of our children's weeks. At 9am we gather virtually (pyjamas, breakfast and general chaos welcomed) to share stories of how the week has been and learn about God together. We pray and have our weekly dose of catchy and fast-paced action songs – discovering that these can be surprisingly educational, as both kids and adults find that they can now recite all of the components of the armour of God and tell you (in order) the fruits of the Spirit! We've learned about Giants of Faith from the Old Testament, enjoyed collecting our fridge magnet 'badges' as we ask God to develop the fruits of the Holy Spirit in our lives, and are now learning along with the Faraday Institute about God and science, with various fun experiments along the way.

We have had the joy of being joined by new friends from all across the benefice and even across the Welsh border, and have deepened existing friendships. It has been totally humbling to see the honesty and vulnerability of the children as they offer their big questions and prayers to God, and a real lesson to us as adults about what it really means to 'receive the Kingdom of God like a little child'. The welcome of the kids to new friends is a delight to see – if you're wondering whether your family would enjoy this, then grab your coffee/cocopops and log on!

Editor: Our thanks to Rev Ian, Rachel and Hilary for letting us know that the work of nurturing our children in the faith is carrying on during this time of Covid. You can find the log on details to join in just below.

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 or phone or text 07506 689450*

CORRECT PROCEDURES

WHAT TO DO IF THERE IS AN...

ACCIDENT



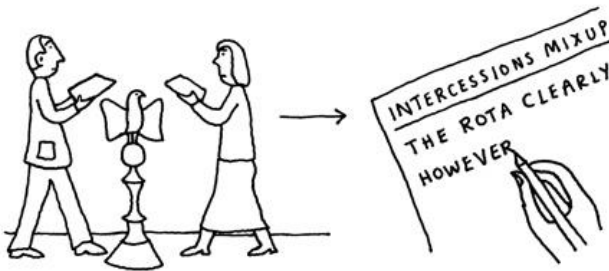
WRITE IT IN THE 'ACCIDENTS' BOOK

INCIDENT



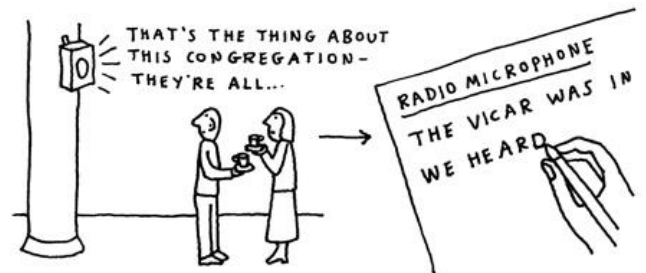
WRITE IT IN THE 'INCIDENTS' BOOK

AWKWARD SCENARIO



WRITE IT IN THE 'AWKWARD SCENARIOS' BOOK

EMBARRASSING MOMENT



WRITE IT IN THE 'EMBARRASSING MOMENTS' BOOK

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News from the Diocese of Llandaff

Each week our Diocesan Communications Officer publishes a newsletter.

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 or text 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

A new way to support the churches of the parish

Click here to go to Amazon Smile and support the parish each time you order from Amazon - at no cost to you.

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.

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

[Click here to join 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 passcode to get into the meeting—see below. *Meeting ID: 447 849 545 Passcode: Please email rector@cowbridgeparish.com or phone or text 07506 689450* We've kept the same passcode for the last few weeks (for simplicity), and we will let you know when we change it. The details of how to join are also on the parish website: 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.

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.

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.

Tel: 0203 481 5237 or 0203 481 5240 or 0208 080 6591 Meeting ID: 447 849 545 Passcode: Please email rector@cowbridgeparish.com or phone or text 07506 689450

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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