

21st February - The Parish of Cowbridge Pews News

The First Sunday of Lent (colour - violet)

Collect

Almighty God, your Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; 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.**

Old Testament Reading

A reading from Genesis (9. 8-17)

Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.'

God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.'

God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

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

Psalm 25. 1-9

R. Remember, Lord, your compassion and love.

Remember, Lord, your compassion and love.

To you, O Lord, I lift up my soul; O my God, in you I trust; let me not be put to shame; let not my enemies triumph over me. Let none who look to you be put to shame, but let the treacherous be shamed and frustrated.

Remember, Lord, your compassion and love.

Make me to know your ways, O Lord, and teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you have I hoped all the day long.

Remember, Lord, your compassion and love.

Remember, Lord, your compassion and love, for they are from everlasting. Remember not the sins of my youth or my transgressions, but think of me in your goodness, O Lord, according to your steadfast love.

Remember, Lord, your compassion and love.

Gracious and upright is the Lord; therefore shall he teach sinners in the way. He will guide the humble in doing right and teach his way to the lowly.

Remember, Lord, your compassion and love.

New Testament Reading

A reading from 1 Peter (3. 18-22)

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water.

And baptism, which this pre-figured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

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

Gospel Reading

Praise to you, O Christ, King of eternal glory.

The Lord is a great God, O that today you would listen to his voice.

Harden not your hearts.

Praise to you, O Christ, King of eternal glory

Listen to the Gospel of Christ according to St Mark (1.9-15) **Glory to you, O Lord.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

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

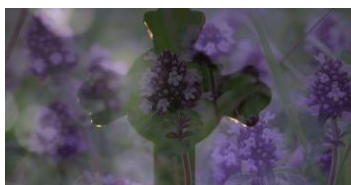
Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord. **Amen.**

*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 119, 17-32, Genesis 2.15-17; 3.1-7, Romans 5.12-19

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 Lent (colour - violet)



Genesis 17,1-7,15-16, Psalm 22.23-31, Romans 4.13-25, Mark 8.31-38 (Year B) **Readings for Evensong** Psalm 135, Genesis 12.1-9, Hebrews 11.1-3, 8-16

Prayer Intentions

In the Anglican Communion please pray for the Anglican Church of the Province of Central Africa.

In the Diocese of Llandaff please pray for the Clergy and People of the Penarth Ministry Area and Mark Jones, Vicar, & Charlotte Reeves, Assistant Curate.

All who are sick particularly Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Helen Saunders, William Watkins, Doreen Stafford, Grayson Finn, Margaret Launder, Crispin Clay, Margaret Harris, Eric Cooke, Terry Mayor and Chris Langdon.

Those who have recently departed this life. Among them Joyce Wingfield, Lionel Brinley Havard and Edna Townsend.

Those whose 'years mind' fall during the coming week:

Sun: John Thomas. Mon: Eira Cadwgan Lock. Tue: Elsie Margaret Miles and Annie Jane Harries. Wed: Ronald Joseph John Brown. Thurs: Edward William Herman, Mollie Hudson and Keith John Sarjeant.

May they rest in peace and rise in glory.

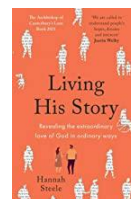
Resources and Courses for Lent 2021



Monday Evening Mondays during Lent from 8-9.30pm During Lent our homegroup will be studying 'Living His Story' by Hannah Steele, the Archbishop of Canterbury's Lent Book this year as mentioned in Pews News last week. If anyone else would like to join us, we will be meeting Monday nights at 8pm on Zoom. If we have too many of us for one group then we will split into smaller breakout groups. Anyone is welcome regardless of whether they have been part of a bible study group in the past or not, and there's no pressure to lead or be too vocal if you are not comfortable with this! For more details contact Kevin or Sue Freeland on 07896 830826.

Living His Story – revealing the extraordinary love of God in ordinary ways

By Hannah Steele, SPCK, £7.99. Kindle £5.69 Amazon paperback £7.99 [Amazon Smile Link](#) Also available from Eden (Christian publishers), Waterstones and WH Smith online This, the Archbishop of Canterbury's Lent Book for 2021, explores evangelism as a way of sharing God's love with people. How can we convey the love of God to our neighbours in a post-Christian world that has largely forgotten the gospel of Jesus Christ



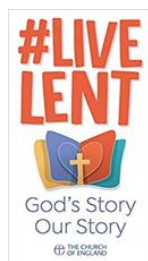
Tuesday Evening: 7.00 – 8.30 on Zoom [Click here to attend](#) Meeting ID: 853 3329 3671 Passcode: *Please email rector@cowbridgeparish.com or phone or text 07506 689450*

The ministry team will be leading a course based on a book written by, the now Archbishop of York, Stephen Cottrell "The Things He Carried" . [Amazon Smile Link](#)
 Available on Kindle £4.74 Amazon paperback £6.25 Also available from Eden (Christian publishers), Waterstones and WH Smith online Looking at what Jesus carried with him in that last journey some obvious like the Cross, some unexpected 'His followers disappointments' sessions include a narrative, something physical to hold a bible passage and prompts for reflection. These evenings will end with a short evening prayer. For more information and Zoom joining codes please contact any of the clergy as detailed below.



Other resources available for personal Lent reading or study include If you are looking for something for a short time of personal reflection have a look at **#LiveLent God's Story Our Story** the Church of England booklet on based on the Living His Story book above, but in "bite sized pieces" for daily reflection. Available from Church House Publishing, Eden bookshop and Amazon

If you are aiming to set aside a bit more time but less often (1 hour a week perhaps) have a look at **The Prayers of Jesus** which offers 6 sessions based on Jesus' prayers found in the gospels. This offers prayers and questions to aid reflection. Available from Waterstones, WH Smith, Eden, Amazon



From the Diocese



Bishop June's Homilies for Lent:

Bishop June is recording a weekly homily based on the lectionary eucharistic readings for that Sunday.

1 - Ash Wednesday



You can also get transcript to read at this link: [Lent homilies](#)

Lord Jesus Christ, as this holy season of Lent begins give me the strength that I need.

Strength to acknowledge my sin and to surrender it before your loving presence.

Strength to realize your forgiveness in my life.

Strength to allow me to forgive others as you have forgiven me.

Strength to follow you day by day, hour by hour, in all I say and do.

Strength to keep going when the journey seems easy and when I know it feels tough.

Strength to shine as a light of your hope, in the day and in the night, in this world.

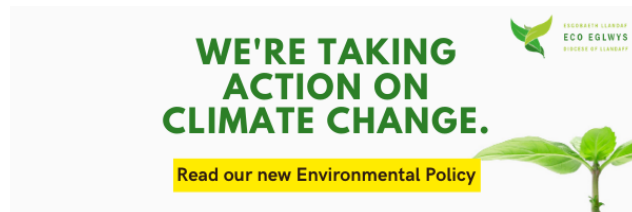
This I ask in your holy and wonderful name, my redeemer Lord and friend. Amen.



REVD PHILLIP LEYSHON
Upper Rhondda Parishes



Environmental Policy The Diocese has acted now by adopting an Environmental Policy to make a commitment to take action on climate change and to offer advice, encouragement and some resources to get ahead of what will become Law in Wales following the declaration of a climate emergency by the Senedd.



To live fully in love for God's Creation, we must take our responsibility of stewardship seriously. In practice, this means we've made the following commitments as a Diocese in our newly approved [Environmental Policy](#):

- To becoming carbon net zero by 2030
- To become a registered Eco Diocese
- Support to help church buildings adopt cleaner energy and heating systems

- Increasing biodiversity practices
- Divesting from climate damaging activities by 2030

2 - Can you help?

What training or support do you require? Have you got a project that you'd like to share? Email: diocese.llandaff@churchinwales.org.uk and help us work towards a greener diocese.

News from the Diocese of Llandaff



Each week our Diocesan Communications Officer publishes an email newsletter.

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

Weekly Pattern of Services.

updated 7th February

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)

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 - 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) 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)

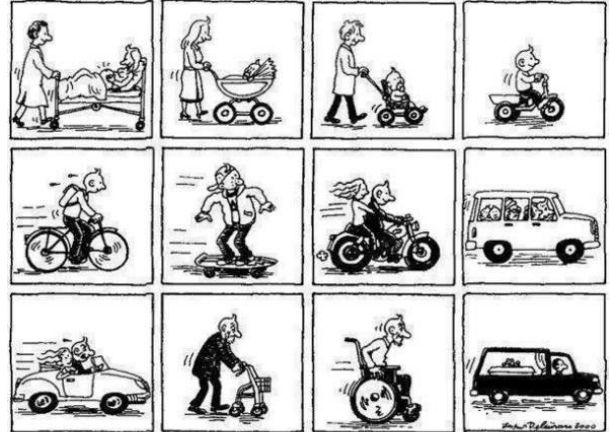
Baptisms, Weddings & Funerals We have protocols for holding small funerals. At present, Holy Cross, Llanblethian, Flemingston and St. Hilary are potentially available. Weddings and Baptisms will only take place in emergency.



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

Poem By John Barton



Wheels of Life...

The ages of life

Old Age

On the outside: why so faded,
Colours chipped and hair awry?
Ageing's price has been exacted,
Hope extinguished, love gone by.

Middle Age

Halfway there with lines appearing,
Self-help books are piling high.
Dreams still beckon; future yearning,
Life has not yet passed me by.

Adolescence

Teenage daring, risk unflinching;
Health and vigour promise more
Every passion lurks, so tempting
All sensations to the fore.

Childhood

Child amazement, world untested;
Safely kept in others' care.
Now emerging, trusting, fearless
Stain-free soul to taste the air.

Moral

Cast off now your stubborn pride.
Liberate the child inside.

(See Matthew 18:3)

Church Action on Poverty Sunday, 21st February



This month you can join churches around the UK in prayer, giving and action, on behalf of those who are struggling with poverty. Society should be “founded on compassion and justice, where all people are able to exercise dignity, agency and power,” says Church Action on Poverty. For free resources to encourage prayer and fund-raising, go to: church-poverty.org.

FAIRTRADE FORTNIGHT 22 February to 7 March 2021



3 - The Fairtrade Foundation

Charity

The Fairtrade Foundation is a charity based in the United Kingdom that works to empower disadvantaged producers in developing countries by tackling injustice in conventional trade, in particular by promoting and licensing the Fairtrade Mark, a guarantee that products retailed in the UK have been produced in accordance with internationally agreed Fairtrade standards. The Foundation is the British member of FLO International, which unites FLO-CERT, 25 National Fairtrade Organisations and 3 Producer Networks across Europe, Asia, Latin America, North America, Africa, Australia and New Zealand.

What's Fairtrade? Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world.

By requiring companies to pay sustainable prices (which must never fall lower than the market price), Fairtrade tackles the injustices of conventional trade, which traditionally discriminates against the most vulnerable. It enables them to improve their position and have more control over their lives.

With Fairtrade you have the power to change the world every day. With simple shopping choices you can get farmers a better deal. And that means they can make their own decisions, control their future and lead the dignified life everyone deserves.

THE POWER IS IN YOUR HANDS

Buying Fairtrade is easy. There are over 6,000 Fairtrade products from coffee and tea to flowers and gold, so when you shop, look for the FAIRTRADE Mark.

[Click here to read more](#)



Out of the 80 million Easter eggs sold in the UK every year, The Real Easter Egg is the only one which has a copy of the Easter story in the box, is made of Fairtrade chocolate and which supports charitable projects. **For Easter 2021, there are seven types of Real Easter Eggs available**, all with new content. Each egg has an edition of the Easter story. The stories range from simple guides to 24 page activity book versions. We also have a sharing box with 30 eggs and stories for goody bags. The Original, Dark, Special Edition and our new White 2021 eggs are plastic free and all our chocolate is Palm Oil free.



The 24 page Easter story-activity book

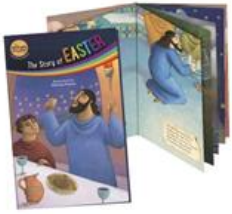
All Real Easter Eggs come with an Easter story in the box. The stories range from simple guides to 24 page activity books with a prize competition worth £200. They provide an opportunity to share the joy of Easter with friends and family.

The book contains the story of the first Easter along with some fun activities. In the activity section there is a prize competition worth £200. Over its 24 pages, the story covers the final week of the life of Jesus and includes the events of Maundy Thursday, Good Friday and Easter Sunday. It is a beautiful way to share the story of Easter with family and friends.

Free delivery offer

To encourage as many people to take part as possible spend over £71 by 8th March for free mainland GB delivery

The only place to buy our full range is from our shop [here](#).



4 - Fairtrade Easter Blessings Bar (milk and dark)

5 - Reduced price for Foodbank donated eggs



6 - why not have a mini egg hunt at home this year

7 - For that really special someone



8 - A mug of real Easter eggs



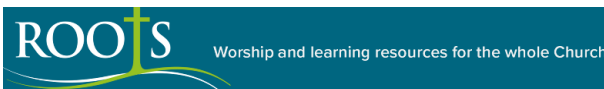
Sunday Club for Families - On-line

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](#)



Club: Meeting ID: 842 7508 5595 Passcode: Please email rector@cowbridgeparish.com or phone or text 07506 689450

ROOTS at home resources for families



As a parish, we subscribe to the ROOTS Christian resources for children and families. You can find their new *ROOTS at Home* sheets at this link: [ROOTS at home](#)



9 - [ROOTS at home](#)

Smile Lines

Portrait

A primary teacher was observing her classroom of children while they were drawing. As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher blinked: "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute." **Slow down**

Each Sunday morning our minister was mildly irritated by a member of the congregation who was a fast reader. Finally, announcing the 23rd Psalm, he added:

"And will the lady who is always by 'the still waters' while the rest of us are still in 'green pastures,' please pause until we catch up?"

Collection

The church newsletter announced details of the church creche: 'Children are normally collected during the Offertory Hymn.'

Bishop

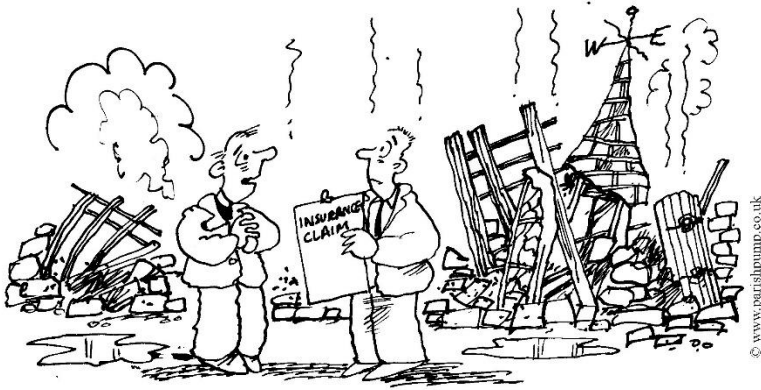
An exam for R.E. asked the following question: 'What does a Bishop do?'

Came one answer: 'Move diagonally across the board.'

Pray with grannie

A small boy went to church with his grandmother and joined her when she quietly slipped off the pew to kneel and pray. He even copied her example of burying her face in her hands. But after a few seconds his curiosity got the better of him. "Who are we hiding from, grannie?"

Cartoon



...er... apart from this little hiccup... it was an excellent church pancake supper...

An easy way to support the churches of the parish

[smile.amazon.co.uk](https://www.amazon.co.uk/smile)

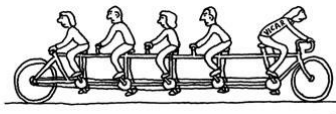
[Click here to go to Amazon Smile and support the parish each time you order from Amazon - at no cost to you.](#)

Dave Walker cartoon

CYCLING IDEAS FOR CHURCHGOERS



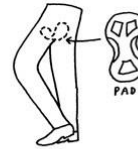
THE AERO-BIRETTA



BICYCLE FOR SMALL CONGREGATIONS



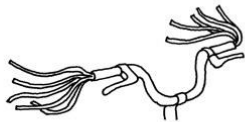
PADDED GLOVES FOR HOLDING HYMN BOOK DURING LENGTHY HYMNS



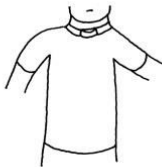
PADDED TROUSERS FOR WOODEN PEWS



BELL



LITURGICALLY-CORRECT HANDLE BAR STREAMERS



SKIN TIGHT CLERGY SHIRT

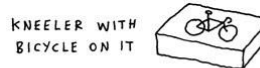


AN ECHELON OF SIDEPERSONS



PREACHING BICYCLE

NOT SHOWN:
THE ANGLICAN
CYCLE OF
PRAYER



KNEELER WITH BICYCLE ON IT

CartoonChurch.com

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

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.

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.

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](#)

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

Rector Rev'd Dr Stephen Adams 01446 771625; 07506 689450 rector@cowbridgeparish.com

Team Vicar Rev'd Victoria Ashley 01446 775381
vicar@cowbridgeparish.com

Curate Rev'd Ian Yemm 01446 311289; 07434 654312
curate@cowbridgeparish.com

Associate Priest Rev'd Jude Peters 07944 607006
revjude@cowbridgeparish.com **Parish Administrator** Mr
David -Lloyd Jones Parish Office 01446 772302

Parish Wardens

Mr Howard Perks 01446 773973 jhperks55@gmail.com
Mr Peter Davies 01446 775211 daviesp99@hotmail.com

Parish Treasurer

Mr David-Lloyd Jones 01446 772302
office@cowbridgeparish.com