

# Web - 28th February - The Parish of Cowbridge Pews News

## The Second Sunday of Lent (colour - violet)

### Collect

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant that all who are admitted into the fellowship of Christ's religion, may reject those things that are contrary to their baptism, and follow in the way of Jesus Christ our Lord; who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### Old Testament Reading

A reading from Genesis (17.1-7, 15-16)

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.'

Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant,

to be God to you and to your offspring after you.

God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

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

### Psalm 22 (23-31)

R. Be not far from me, O Lord.

### Be not far from me, O Lord.

Praise the Lord, you that fear him; O seed of Jacob, glorify him; stand in awe of him, O seed of Israel. For he has not despised nor abhorred the suffering of the poor; neither has he hidden his face from them; but when they cried to him he heard them.

### Be not far from me, O Lord.

From you comes my praise in the great congregation; I will perform my vows in the presence of those that fear you. The poor shall eat and be satisfied; those who seek the Lord shall praise him; their hearts shall live for ever.

### Be not far from me, O Lord.

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow before him. For

the kingdom is the Lord's and he rules over the nations.

**Be not far from me, O Lord.**

How can those who sleep in the earth bow down in worship, or those who go down to the dust kneel before him? He has saved my life for himself; my descendants shall serve him; this shall be told of the Lord for generations to come. They shall come and make known his salvation, to a people yet unborn, declaring that he, the Lord, has done it.

**Be not far from me, O Lord.**

**New Testament Reading**

A reading from Romans (4.13-25)

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') – in the presence of the God in whom he believed, who gives life to the dead and

calls into existence the things that do not exist.

Hoping against hope, he believed that he would become 'the father of many nations', according to what was said, 'So numerous shall your descendants be.' He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised.

Therefore his faith 'was reckoned to him as righteousness.' Now the words, 'it was reckoned to him', were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

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 (8.31-38) **Glory to you, O Lord.**

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him.

But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

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

Creator of heaven and earth, we thank you for these holy mysteries given us by our Lord Jesus Christ, by which we receive your grace and are assured of your love, now and for ever. **Amen.**

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**Readings for Evensong** Psalm 135, Genesis 12.1-9, Hebrews 11.1-3, 8-16

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 Third Sunday of Lent (colour - violet)**

Exodus 20.1-17, Psalm 19, 1 Corinthians 1.18-25, John 2.13-22 (Year B) **Readings for Evensong** Psalm 11;12, Exodus 5.1-6.1, Philippians 3.4b-14 or Matthew 10.16-22

## **Prayer Intentions**

**In the Anglican Communion** please pray for the Anglican Church in Central America.

**In the Diocese of Llandaff** please pray for the Clergy and People of the Pontypridd Ministry Area and Michael Gable, Vicar,

Jude Bevan, Vicar & Peter Watson,  
Assistant Curate.

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

**Those who have recently departed this life.** Among them Edna Townsend.

**Those whose 'years mind' fall during the coming week:** Sun: Bill Strong, Elizabeth Tomkins, Justin Coutange and David Bluck. Wed: Catharine Lilian Wood. Thurs: Freda Kathleen Harries. Fri: Carole Louise Golden and Brian Trevor John Hansard. Sat: Renee Potts and Margaret Williams.

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

Have you or your loved ones had your vaccine?



As more of our family, friends, and neighbours receive

their COVID vaccinations, we rejoice and are glad that our loved ones are protected. We give thanks for all the NHS staff and key workers who continue to save lives across the UK.

For the poorest and most vulnerable



communities across the world, there is little hope of a vaccine rollout. These people already face a lack of water, food, and healthcare. Some are homeless. Some are living with underlying health issues.

Christian Aid is already on the ground, helping keep people safe from coronavirus with practical support – but with your gift of thanks we can do more.

**Give thanks in a practical way** Please give thanks with a donation to help protect our global neighbours while the vaccine is out of reach.

Your gift of thanksgiving could provide a family with hygiene kits and safe water.

[Click here to go to Christian Aid website](#)



1 - Help protect the most vulnerable people, while the vaccine is out of reach.

The Bishop of Llandaff, the Right Revd June Osborne, who has just had her vaccination, said .

“The vaccine is bringing with it a deep sense of relief



and hope for families across the UK and I know that many people will want to express their gratitude for the science which produced it and the health services which have made it freely available. Read the full article on Diocese of Llandaff website [Click here](#)

## God in the Sciences

*This series is written  
by Dr Ruth M*

*Bancewicz, who is  
Church Engagement*

*Director at The*

*Faraday Institute for Science and Religion  
in Cambridge. Ruth writes on the positive  
relationship between Science and  
Christian faith.*



I find that watching buds swelling on trees and plants during the winter months gives me a tremendous sense of hope. We may all need some need extra hope for 2021, after the events of 2020. By the time you read this a number of us may have been fortunate enough to receive a COVID vaccine, but all of us will probably still be under various kinds of restrictions. After creation's winter shut-down, the sight of tiny flowers poking out of brown earth may be more important than ever.

Getting outdoors during daylight hours, enjoying green spaces and getting some fresh air and exercise are great ways to keep ourselves healthy at any time of year. A psychologist colleague wrote, "Attending to the details of nature can also inspire awe, which has been linked to positive mood and increased life satisfaction." I expect it is this sense of awe that makes it easier for many of us to connect with God outdoors.

Helping ourselves and others to thrive is a good start to 2021, but it is also vital to have hope for the future. The COVID-19 pandemic was caused by an animal virus jumping into the human population.

Diseases like this are not 'natural disasters', but are almost certainly caused by environmental destruction and poor farming practices - either from greed or the desperation born of poverty. Part of the answer to the current crisis is for us to care for all of Creation, both human and everything else, with God's help.

Our ultimate hope is in God's promise that He will bring about a new heavens and new earth. We can look forward to the day when Creation will be fully redeemed and liberated from evil. The Greek word used to describe the new creation is the same as that used to describe someone who becomes a Christian, whose humanity is restored and renewed. There will be continuity between the old and new earth as it is cleansed and purified, surpassing and perfecting what has gone before. There will also be some discontinuity, as there will be no more suffering or death.

So, one source of hope for 2021 is that we can enjoy both caring for and meeting God in Creation. But the parts of Creation that we find most beautiful, giving us a sense of awe and helping us to worship,

are also a reminder that there is something much better to come.

## FOOD BANK

Once again as a church we are trying to collect as many Easter eggs and treats for children plus food donations. Please leave these in the box located in the porch of Holy Cross Church, or alternatively with Liz Overton at the following address. 2 Middlegate, Cowbrige. By March 22nd. Thank you.

You can also add one or more eggs to your order from the Christian Meaningful Chocolate online shop details in the article.



2 - To read more and make a donation visit [here](#).



In 2019 we made our Original Real Easter Egg plastic free. Now our Dark, White, Special Edition and Fun Packs are all plastic free. There is still the same amount of chocolate in the Real Easter Eggs and the box sizes are the same but the redesign means we will save at least 5 tonnes of plastic and 175 tonnes of card in the next five years. In addition to being plastic free, the card used in the

Real Easter Egg is 100% recyclable as is the foil. The chocolate contains no Palm Oil, said to have been responsible for about 8% of the world's deforestation between 1990 and 2008.

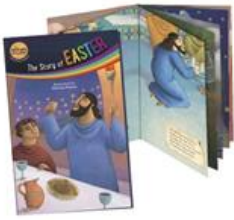
Out of the 80 million Easter eggs sold in the UK every year, The Real Easter Egg is the only one which has a copy of the Easter story in the box, is made of Fairtrade chocolate and which supports charitable projects. **For Easter 2021, there are seven types of Real Easter Eggs available**, all with new content.

## 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.



This year, you will be able to **donate a Real Easter Egg to a foodbank.** If you select to 'Donate a

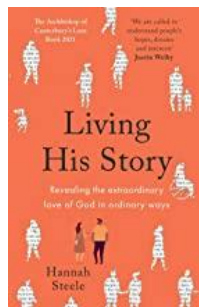
Real Easter Egg' on our shop we will charge you the advertised price and we will cover the additional costs of sending a full priced single Real Easter Egg to a foodbank.. It's a great way to make sure a family in need receive a Fairtrade Real Easter Egg this year. To read more and make a donation visit [here](#). **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](#).**

## Courses for Lent 2021

**Monday Evening** Mondays during Lent from 8-9.30pm  
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



**Tuesday Evening:** Tuesdays in Lent 7.00 – 8.30pm. Time together ends with night prayer. **Stephen Cottrell “The Things He Carried”** . meeting on Zoom

[Click here to attend](#) Meeting ID: 853 3329

3671 Passcode: *Please email [rector@cowbridgeparish.com](mailto:rector@cowbridgeparish.com) or phone or text 07506 689450*

## 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. Watch them at this link: [Bp June's homilies](#) or see this week's below.

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



**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

## 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*

1st March: St David (Dewi Sant), guiding the Welsh through turbulent times



On 1st March Wales celebrates its patron saint, David – or, in

Welsh, Dewi or Dafydd. He is revered wherever Welsh people have settled. As with most figures from the so-called 'Dark Ages' (he lived in the sixth century), reliable details about his life are scarce, but there are enough for us to form a



picture of a formidably austere, disciplined and charismatic leader, who led the Church in Wales through turbulent years and fought tenaciously for the faith.

It's likely that David was strengthened in his ministry by time spent in Ireland, where the Church was stronger and more confident. Early records tell of a meeting of Irish church leaders with three 'Britons', as they were described, among them 'bishop David'. His mother, Non, is also celebrated as a saint in Wales, where a number of churches are dedicated in her name.

That he founded a monastery at Menevia, in Pembrokeshire, seems beyond doubt. It later became the site of St David's cathedral and the settlement which is now the smallest city in the United Kingdom. From Menevia David embarked on preaching and teaching missions across Wales, and probably beyond. His eloquence was legendary.

At a famous Synod of the Church, held at a Carmarthenshire village called Brefi, he preached passionately against the Arian heresy – indeed, so passionately that he was (according to some accounts) immediately named as archbishop of Wales. The village is now known as Llandewi Brefi – brefi in Welsh is a hillock, and legend claims that it appeared miraculously in order to provide the eloquent bishop with a pulpit.

His monks avoided wine and beer, drinking only water. Indeed, he and they lived lives of rigorous austerity and constant prayer, in the manner of the Desert Fathers of the Eastern Church. The date of David's death is disputed – either 589 or 601. It wasn't until the 12th century that he was generally accepted as the patron saint of Wales, and pilgrimages to St David's were highly regarded in the following centuries – including two made by English kings, William I and Henry II.

It's traditional for Welsh people to wear daffodils on St David's Day (Gwyl Dewi Sant in Welsh) – but there seems no particular reason for it, beyond the fact that they tend to make their early Spring appearance round about his day – oh, and they look nice!

## **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.

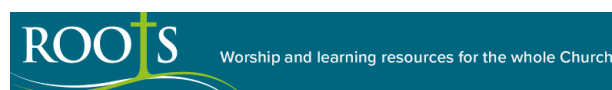
[Click here to read more](#)



## **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*

## **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](#)

## **Smile Lines**

### **What are angels like?**

*Try asking school children that question, and you'll get some imaginative replies! Like these....* Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go south for the winter. – *Sara, aged 6*  
Angels live in cloud houses made by God and His Son, who's a very good carpenter. – *Jared, aged 8* All angels are girls because they have to wear dresses and boys didn't go for it. – *Anthony, aged 9*

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth. – *Kate, aged 9*

Some of the angels are in charge of helping heal sick animals and pets. And if they don't make the animals get better, they help the kid get over it. – *Vicky, aged 8*

What I don't get about angels is why, when someone is in love, they shoot arrows at them. – *Sarah, aged 7*

**Lost in translation** Two American preachers were visiting in Germany and attended Sunday services. Since they couldn't speak German, they decided to do as the man sitting in front of them did. A few minutes into the service the preacher from the pulpit said something and the man in front of them stood, and they stood also. The congregation burst into laughter. They then sat down when the man did. At the end of the service, they met the pastor and found that he spoke English. They asked him why everyone laughed so much when they stood? The pastor explained that he had announced that they would have a christening service that evening, and would the father of the child please rise

**Shout** Verger's advice to visiting preacher: "You'll 'ave to shout very loud in this 'ere church, Vicar. The agnostics are somefink terrible!"

## Cartoon



The church heating fund could only stretch to buying a copy of 'Boiler Repairs For Dummies'

## Daily Prayer

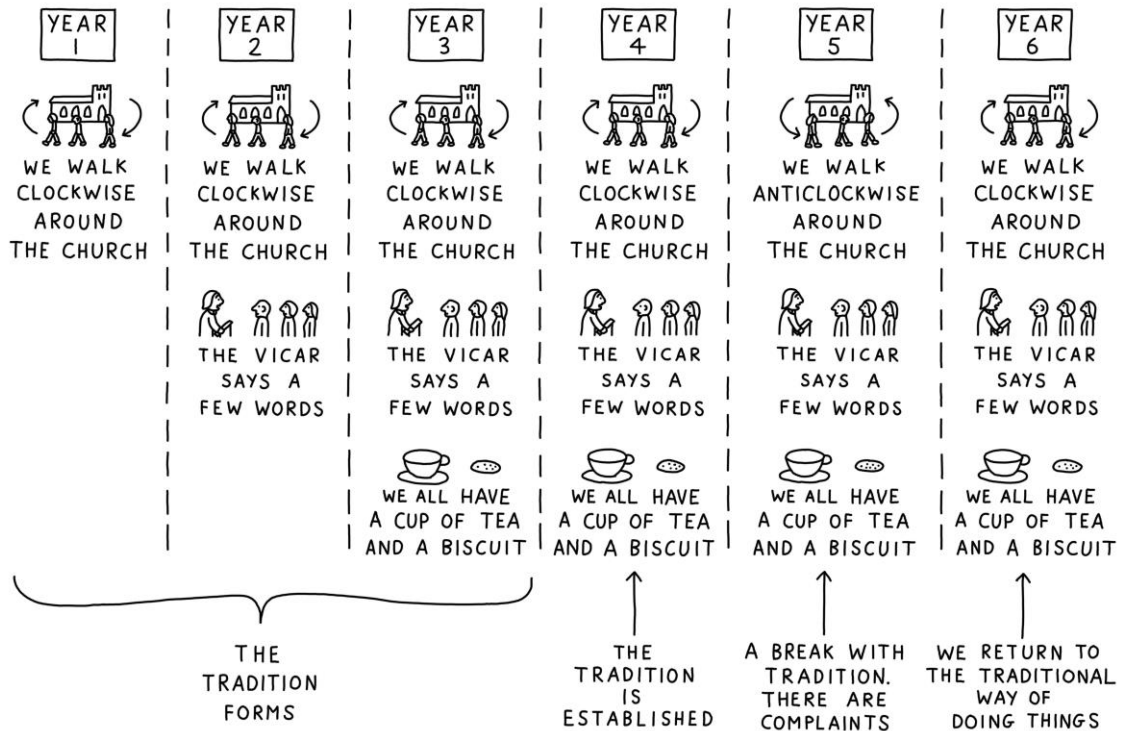


During the week we are saying morning prayer together at 9.15 (Monday- Friday) using the same link as for Sunday services. All are welcome to join us for 30 minutes of spiritual refreshment. [Click here to attend](#) ; Passcode *Please email rector@cowbridgeparish.com or phone or text 07506 689450*

## Dave Walker cartoon

# TRADITION

HOW IT DEVELOPS



CartoonChurch.com

## 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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771625; 07506 689450

[rector@cowbridgeparish.com](mailto:rector@cowbridgeparish.com)

**Team Vicar** Rev'd Victoria Ashley 01446 775381 [vicar@cowbridgeparish.com](mailto:vicar@cowbridgeparish.com)

**Curate** Rev'd Ian Yemm 01446 311289; 07434 654312

[curate@cowbridgeparish.com](mailto:curate@cowbridgeparish.com)

**Associate Priest** Rev'd Jude Peters 07944 607006 [revjude@cowbridgeparish.com](mailto:revjude@cowbridgeparish.com)

**Parish Administrator** Mr David -Lloyd Jones Parish Office 01446 772302

### Parish Wardens

Mr Howard Perks 01446 773973

[jhperks55@gmail.com](mailto:jhperks55@gmail.com) Mr Peter Davies 01446 775211 [daviesp99@hotmail.com](mailto:daviesp99@hotmail.com)

### Parish Treasurer

Mr David-Lloyd Jones 01446 772302

[office@cowbridgeparish.com](mailto:office@cowbridgeparish.com)