

## 18th April - The Parish of Cowbridge Pews News

### The Third Sunday of Easter (colour - white)

#### Collect

Almighty Father,  
in your great mercy you gladdened the  
disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with  
us,  
that we may be strengthened and sustained  
by his risen life  
and serve you continually in righteousness  
and truth;  
through Jesus Christ your Son 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 Acts (3.12-19)

When Peter saw it, he addressed the people,  
'You Israelites, why do you wonder at this, or  
why do you stare at us, as though by our own  
power or piety we had made him walk? The  
God of Abraham, the God of Isaac, and the  
God of Jacob, the God of our ancestors has  
glorified his servant Jesus, whom you handed  
over and rejected in the presence of Pilate,  
though he had decided to release him. But  
you rejected the Holy and Righteous One and  
asked to have a murderer given to you, and  
you killed the Author of life, whom God raised  
from the dead. To this we are witnesses. And  
by faith in his name, his name itself has made  
this man strong, whom you see and know;  
and the faith that is through Jesus has given

him this perfect health in the presence of all of  
you.

'And now, friends, I know that you acted in  
ignorance, as did also your rulers. In this way  
God fulfilled what he had foretold through all  
the prophets, that his Messiah would suffer.  
Repent therefore, and turn to God so that  
your sins may be wiped out.'

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

#### Psalm 4

R. In peace, in peace I will lie down and sleep.

**In peace, in peace I will lie down and sleep.**

Answer me when I call, O God of my  
righteousness; you set me at liberty when I  
was in trouble; have mercy on me and hear  
my prayer. How long will you nobles  
dishonour my glory; how long will you love  
vain things and seek after falsehood? **In  
peace, in peace I will lie down and sleep.**

But know that the Lord has shown me his  
marvellous kindness; when I call upon the  
Lord, he will hear me. Stand in awe, and sin  
not; commune with your own heart upon  
your bed, and be still. **In peace, in peace I will  
lie down and sleep.**

Offer the sacrifices of righteousness and put  
your trust in the Lord. There are many that  
say, 'Who will show us any good?' Lord, lift up  
the light of your countenance upon us. You  
have put gladness in my heart, more than  
when their corn and wine and oil increase. In  
peace I will lie down and sleep, for it is you

Lord, only, who make me dwell in safety. **In peace, in peace I will lie down and sleep.**

### **New Testament Reading**

A reading from 1 John (3. 1-7)

See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him.

Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. And all who have this hope in him purify themselves, just as he is pure.

Everyone who commits sin is guilty of lawlessness; sin is lawlessness. You know that he was revealed to take away sins, and in him there is no sin. No one who abides in him sins; no one who sins has either seen him or known him. Little children, let no one deceive you. Everyone who does what is right is righteous, just as he is righteous.

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

### **The Gospel**

**Alleluia, alleluia, alleluia.** I am the first and the last, says the Lord, and the living one; I was dead, and behold I am alive for evermore.

**Alleluia, alleluia, alleluia.**

The Lord be with you. **And also with you.**

Listen to the Gospel of Christ according to St Luke (24.36b-48) **Glory to you, O Lord.**

When it was evening on the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.' After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus himself stood among them and said to them, 'Peace be with you.' They were startled and terrified, and thought that they were seeing a ghost.

He said to them, 'Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.' And when he had said this, he showed them his hands and his feet.

While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' They gave him a piece of broiled fish, and he took it and ate in their presence.

Then he said to them, 'These are my words that I spoke to you while I was still with you – that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.'

Then he opened their minds to understand the scriptures, and he said to them, 'Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations,

beginning from Jerusalem. You are witnesses of these things.'

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

**Post Communion Prayer** Living God, your Son made himself known to his disciples in the breaking of bread: open the eyes of our faith, that we may see him in all his redeeming work; who is alive and reigns, now and for ever. **Amen.**

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## Readings for Evensong Psalm 142

Deuteronomy 7.7-13 Revelation 2.1-11

to join our worship online, 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 Fourth Sunday of Easter (colour - white)

Acts 4.5-12 Psalm 23 1 John 3.16-24 John 10.11-18 (Year B) **Readings for Evensong** Psalm 81. 8-16 Exodus 16.4-15 Revelation 2.12-17

## Prayer Intentions

**In the Anglican Communion** please pray for the Church of the Church of Ireland.

**In the Diocese of Llandaff** please pray for the Clergy and People of the Vale of Neath Ministry area, Philip Leyshon, Ministry Area Leader, Nicola Free, Lay Cahir.

**All who are sick** particularly Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Helen Saunders, William Watkins, Grayson Finn, Margaret Launder, Crispin Clay, Chris Langdon, Joanna Cory, , Steve and Andrea Shotton, Anthony, Lucy, William Dunseath, Liz Larby, Roe Orange, and Sharon Grainger.

**Those who have recently departed this life.** Among them Terry Mayor, William Isaac and Charlotte Dunseath, Ralph Thomas.

**Those whose 'years mind' fall during the coming week:** Mon: Fredrick Williams. Tue: Mary Margaret Wood and Mary Llewellyn. Thurs: Edith Mary Williams. Fri: Peter William Harper and Fredrick Hume Anderson. ***May they rest in peace and rise in glory.***

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## Services for the 3rd Sunday of Easter (18th April)

**The following churches will be open for services (Booking is essential)**

- 09:15 am - Holy Eucharist at Llanblethian, St Mary Church;
- 11:00 am - Holy Eucharist at Holy Cross, St Hilary and Llansannor, Morning Worship at Ystradowen;
- 4.30pm- Family Service Penllyn
- 6.00 pm - Evening Prayer at Flemingston.

## Online Zoom services

- 9:30 am – Sunday School on Zoom – families welcome. [Link to Sunday School](#): Meeting ID: 842 7508 5595 Passcode *Please email rector@cowbridgeparish.com or phone or text 07506 689450*

- 11.00 am – The service from Holy Cross
- 6.00 pm – Evensong

[Click here to attend online at 11 am or 6 pm](#) ;

*Passcode Please email*

*rector@cowbridgeparish.com or phone or text 07506 689450 (Meeting ID 447 849545)*

### **Midweek Services**

- 9:15 am Monday-Friday – Morning Prayer on Zoom: [Click here to attend](#)
- 10.30 am Wednesday – Holy Eucharist at Llanblethian
- 10.30 am Thursday – Holy Eucharist at Holy Cross

**We look forward to welcoming you.**

### **Services for the 4th Sunday of Easter (25th April)**

**The following churches will be open for services (Booking is essential)**

- 09:15 am - Holy Eucharist at Llanblethian, St Mary Church and Llansannor;
- 11:00 am - Holy Eucharist at Holy Cross, St Hilary, Penllyn and Ystradowen;
- 6.00 pm - Eucharist at Flemingston.

### **Online Zoom services**

- 9:30 am – Sunday School on Zoom – families welcome. [Link to Sunday School](#): Meeting ID: 842 7508 5595 *Passcode: Please email rector@cowbridgeparish.com or phone or text 07506 689450*
- 11.00 am – The service from Holy Cross
- 6.00 pm – Evensong

[Click here to attend online at 11 am or 6 pm](#) ;

*Passcode Please email*

*rector@cowbridgeparish.com or phone or text 07506 689450 (Meeting ID 447 849545)*

**For booking or more information please contact anyone listed below:**

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### **Parish Wardens**

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Mr Peter Davies 01446 775211

**All arrangements are still dependant on the Welsh Government regulations in place and subject to the social distancing and other measures needed to keep us all safe. PLEASE BOOK YOUR PLACE IN PLENTY OF TIME, SPACES ARE LIMITED IN SOME CHURCHES. We hope this will not be the case but please be aware that you may not be admitted if the church is full and you haven't booked in advance.**

**Baptisms, Weddings & Funerals**

**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*

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### **Holy Cross 100 Club**

Membership is £25 per year providing an opportunity to win a 1st prize of £25 and a second prize of £10 every month. **Numbers are still available.** For more information and to join please contact Liz Overton 01446 772390

The draw for the winner and runner-up in the April draw took place in Holy Cross Church after the Easter Day morning service. The winning member number was: 35 The runner-up member number was: 3

The winner and runner-up have been notified and will receive their prize money shortly.

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### **Mark your calendars... Vocations Sunday is coming up!**

Join Archbishop of York, the Most Rev'd and Rt Hon Stephen Cottrell, and Bishop June for a special Vocations Sunday Conversation.

The Archbishop will speak to us about his recent book *'On Priesthood'* and offer some reflection on vocation, followed by a discussion led by Bishop June.

All are welcome to [register](#) and join.

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### **Faith in your inbox**

Each week our Diocesan Communications Officer publishes an email newsletter.

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### **Christian Aid Week**

By supporting Christian Aid Week, you can help millions of people around the world lift themselves out of poverty. £6 can buy a bag of cement, so necessary to build a dam. £27 can buy a wheelbarrow – a crucial piece of kit for the work. £335 can be used to train a dam committee, giving them the skills needed to maintain the dam for years to come.

More information about this year's Christian Aid Week is available on the website, or you can phone the team in the national office in Cardiff on 029 2084 4646 or email

[wales@christian-aid.org](mailto:wales@christian-aid.org) [Click here to read more](#)

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### **Anselm, the man who proved there is a God**

#### **Anselm - commemorated on the 21st April**

Anselm is a good saint to remember next time someone asks you to prove that there is a God. His brilliant and original *Proslogion*, written 1077-8, sets out the 'ontological' proof for God's existence. Nearly ten centuries later, it is still studied by theological students as one of the great philosophical 'proofs' of God's existence.

Anselm was born at Aosta in 1033, the son of a spendthrift Lombard nobleman, whom Anselm detested. In time he decided to become a Benedictine monk, and so joined Lanfranc's famous monastery at Bec (c. 1060). He became prior, then abbot. He was loved by his monks, appreciated for his sensitivity and intuitiveness. He remained friends also with Lanfranc, who had gone on to be Archbishop

of Canterbury. After Lanfranc's death, Anselm reluctantly agreed to accept the job.

Archbishops did not have press offices in those days, but Anselm made his views on Church-versus-King known all the same, and they did not please the king. William Rufus exiled him in 1097 and King Henry I exiled him in 1103. Anselm was utterly committed to what he saw as the cause of God and the Church, and therefore had no time for temporal politics. Peace between archbishop and monarch was not achieved until 1106.

Anselm spent the rest of his life in England. His theological stance of 'Faith seeking understanding' and 'the mind at faith's service' were the keys to his life and teaching. *Ed. - see the video for a short and simple explanation of Anselm's ontological argument*

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### Smile Lines ...

#### Miscellaneous observations on daily life...

- Marathon runners with bad footwear suffer the agony of defeat.
- If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.
- In order to keep a true perspective of one's importance, everyone should have a dog to worship him and a cat to ignore him.
- The trouble with doing something right the first time is that nobody appreciates how difficult it was.
- The most effective way to remember your wife's birthday is to forget it once.

- I ate a kid's meal at McDonald's today. His mum got really angry.

#### Notices found in church newsletters - that didn't quite come out right!

- This being Easter Sunday, we will ask Mrs Brown, our church warden, to come forward and lay an egg on the altar.
- Ladies are requested not to have children in the church kitchen.
- For those who have children and don't know it, we have a crèche in the crypt.
- Bring & share church supper: Prayer and medication will follow.
- Don't let worry kill you. Let the Church help!
- The organist invites anyone who enjoys sinning to volunteer for the choir.
- At the church meeting last week the rector spoke briefly and delighted the audience.
- Remember in prayer the many who are sick both of our church and the community.
- Smile at someone who you find hard to love. Say 'hell' to someone who doesn't much care about you.

#### Saying good-bye

An inexperienced curate was sent to do a graveside burial for a homeless man with no family or friends. Not knowing where the cemetery was, he made several wrong turns and got lost. When he eventually arrived, the hearse was nowhere in sight, the backhoe was next to the open hole, and the workmen were sitting under a tree eating lunch.



When the curate looked into the open grave and even found the vault lid was already in place, he felt very guilty. The homeless man deserved something, even though it was late. And so, the curate delivered an impassioned burial service, sending the deceased into the great beyond in some style. The workmen looked on in silence, but as the curate returned to his car, he overheard one of the workmen remark: 'I've been putting in septic tanks for 20 years and I ain't never seen anything like that!'

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### **Fighting the pandemic of shame**

*Editor: The Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the CofE, considers the power of shame. When it comes to preaching the gospel to 21st century people should we be talking more about shame? And will the Covid pandemic change our thinking?*

For many years, the Church has focused our gospel appeal around guilt, pointing out that men and women need to repent of their sins and turn to Christ. Which, of course, is perfectly true.

But would our gospel message resonate better with today's generations if we first helped to address a widespread feeling of shame, before looking to guilt?

Guilt says 'I did something wrong.' Shame declares 'I am profoundly wrong.' That feeling of shame is one experienced by many today. Rebecca Winfrey, a theological and pastoral researcher for a homelessness charity,

explains: "God is intimately concerned about relieving the shame of His people. Never has this been more relevant than in today's culture, in which shame is rife and yet largely unrecognised."

In ['The Cross and Shame'](#) (Grove Books), she says: "Shame is much bigger than guilt in most people's concept of what is wrong with themselves."

I believe the Covid pandemic could also make the situation much worse, with people experiencing the 'shame' of debt, redundancy or bankruptcy, or maybe the perceived shame of not being actively involved on the 'front line' of fighting the virus, or facing mental illness.

Jesus showed people on the margins that they were worthy of love and being connected with wider society.

In His interactions with the Samaritan woman at the well, with the tax collector Zacchaeus or the woman accused of adultery, He shows compassion and affirms the dignity and worth of the individual – addressing their shame – before implying any guilt.

Jesus's death by public crucifixion was designed by the Romans to be painful, humiliating and shameful. Having been subjected to profound human shame, the resurrected Christ brings humankind salvation and redemption from shame's dehumanising impact.

In the Hebrew scriptures, Adam and Eve experience shame after they have eaten from the Tree of Life in Eden and have to clothe

themselves with fig leaves. The Exodus is an account of the Jewish people being released from the shame of slavery into the freedom of their worth in God's eyes.

Paul writes to the Thessalonians of believers "sharing in the glory of our Lord Jesus Christ." To the church in Ephesus, Paul writes that "we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Rebecca Winfrey encourages church leaders to teach and model true humility, acknowledging their own struggles with shame, and ensure that churches are communities that care for people affected by shame.

New Christians should be taught that they could face shame in a secular culture and to know their intrinsic value in God's sight.

Winfrey recommends healing prayer and Ignatian-style meditation, where people encounter Jesus as they immerse themselves in gospel stories.

Confession of sin and repentance of our wrongdoings are vital parts of our Christian message, but maybe preachers and pastors could also be addressing the pandemic of shame in our society.

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### **Sunday Club for Families - On-line**

Sunday club is meeting again this week at 9.30 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 or text 07506 689450*

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### **ROOTS at home resources for families**

As a parish, we subscribe to the ROOTS Christian resources for children and families.

**You can find this week's new *ROOTS at Home* sheet at this link: [ROOTS at home](#)**

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### **Contacts**

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