

## 25th April - The Parish of Cowbridge Pews News

The Fourth Sunday of Easter (colour - white)

### Collect

Almighty God, your Son Jesus Christ is the resurrection and the life: raise us, who trust in him, from the death of sin to the life of righteousness, that we may seek those things which are above, where he reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

### Old Testament Reading

A reading from Acts (4.5-12)

The next day their rulers, elders, and scribes assembled in Jerusalem, with Annas the high priest, Caiaphas, John, and Alexander, and all who were of the high-priestly family. When they had made the prisoners stand in their midst, they inquired, 'By what power or by what name did you do this?'

Then Peter, filled with the Holy Spirit, said to them, 'Rulers of the people and elders, if we are questioned today because of a good deed done to someone who was sick and are asked how this man has been healed, let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead. This Jesus is "the stone that was rejected by you, the builders; it has become the cornerstone." There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved.'

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

### Psalm 23

R. I will dwell in the house of the Lord for ever. **I will dwell in the house of the Lord for ever.**

The Lord is my shepherd; therefore can I lack nothing. He makes me lie down in green pastures and leads me beside still waters. **I will dwell in the house of the Lord for ever.**

He shall refresh my soul and guide me in the paths of righteousness for his name's sake. Though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff – they comfort me. **I will dwell in the house of the Lord for ever.**

You spread a table before me in the presence of those who trouble me; you have anointed my head with oil my cup shall be full. Surely goodness and loving mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever. **I will dwell in the house of the Lord for ever. New Testament Reading**

A reading from 1 John (3.16-24)

We know love by this, that he laid down his life for us – and we ought to lay down our lives for one another. How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?

Little children, let us love, not in word or speech, but in truth and action. And by this we will know that we are from the truth and will reassure our hearts before him whenever our hearts condemn us; for God is greater than our hearts, and he knows everything. Beloved, if our hearts do not condemn us, we have boldness before God; and we receive from him whatever we ask, because we obey his commandments and do what pleases him.

And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the Spirit that he has given us.

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 John (10.11-18) **Glory to you, O Lord.**

‘I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away – and the wolf snatches them and scatters them. The

hired hand runs away because a hired hand does not care for the sheep. I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father. And I lay down my life for the sheep.

‘I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.

‘For this reason the Father loves me, because I lay down my life in order to take it up again. No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from my Father.’

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

**Post Communion Prayer** Merciful Father, you gave your Son Jesus Christ to be the good shepherd, and in his love for us to lay down his life and rise again: keep us always under his protection, and give us grace to follow in his steps; 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 81. 8-16

Exodus 16.4-15 Revelation 2.12-17

to join our worship online, use this link and joining details: [Click here to attend](#) ; Passcode *Please email [rector@cowbridgeparish.com](mailto:rector@cowbridgeparish.com)*

or phone or text 07506 689450 (Meeting ID 447 849 545)

---

### Prayer Intentions

**In the Anglican Communion** please pray for the Scottish Episcopal Church.

**In the Diocese of Llandaff** please pray for the Clergy and People of the Rhondda Ministry area, David Jones, Vicar.

**All who are sick** particularly Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Helen Saunders, William Watkins, Grayson Finn, Margaret Launder, Crispin Clay, 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 Ralph Thomas and Chris Langdon.

**Those whose 'years mind' fall during the coming week:** Sun: Thomas Jenkins. Mon: Edith May Hunter. Tue: Annie Melinda Thomas and Brian Llewellyn Arthur Swain. Wed: Brandon Nicholas Williams, John Tudor, May Hough and Mair Vaughn Peregrine Thurs: Janice Grey. Fri: Robert Morgan. Sat: Michael Meredith. ***May they rest in peace and rise in glory.***

---

### Next week's readings - The Fifth Sunday of Easter (colour - white)

Acts 8.26-40 Psalm 22.25-31 1 John 4.7-21 John 15.1-8 (Year B) **Readings for Evensong** Psalm 96 Isaiah 60.1-14 Revelation 3.1-13

---

### 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)*

---

### Midweek Services

- 9:15 am Monday to Friday – Morning Prayer on Zoom: [Click here to attend](#) Passcode *Please email rector@cowbridgeparish.com or phone or text 07506 689450 (Meeting ID 447 849545)*
- 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 Fifth Sunday of Easter (2nd May)**

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

- 09:15 am - Holy Eucharist at Llanblethian, St Mary Church and Penllyn;
- 11:00 am - Holy Eucharist at Holy Cross, Llansannor and St Hilary;
- 11.00 am - Morning Worship at Ystradowen and St. Mary Hill;
- 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)*

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

please email or telephone:

Stephen: 01446 771625  
rector@cowbridgeparish.com

Victoria : 01446 775381  
vicar@cowbridgeparish.com

Ian: 01446 311289

curate@cowbridgeparish.com

Jude: 07944 607006

revjude@cowbridgeparish.com

David-Lloyd 01446 772302

office@cowbridgeparish.com

### **Parish Wardens**

Mr Howard Perks 01446 773973

jhperks55@gmail.com

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**

---

### **One Solitary Life**

*The following quote forms the entire text of a miniature book, which was hand-set and printed in 1963 by a Doris V Welsh, a former staff member of the Newberry Library in Chicago. No information about the book can*

*be found in the essays and sermons of a James Allan Francis, to whom it is often attributed. As an anonymous work, "One Solitary Life" was published in The Irish Echo, 27th December 1969; in the Congressional Record, 23rd December 1969, vol. 115; and on a variety of Christmas greeting cards in the 1970s and 1980s.*

Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in another obscure village, where He worked in a carpenter shop until He was 30, and then for three years He was an itinerant preacher.

He never wrote a book. He never held an office. He never owned a home. He never had a family. He never went to college. He never put His foot inside a big city. He never travelled two hundred miles from the place where He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself. He had nothing to do with this world except the power of His divine manhood.

While still a young man, the tide of public opinion turned against Him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed to a cross between two thieves. His executioners gambled for the only piece of property He had on earth while He was dying—and that was his coat.

When He was dead, He was taken down and laid in a borrowed grave through the pity of a

friend. Nineteen wide centuries have come and gone and today He is the centre-piece of the human race ...

All the armies that ever marched, and all the navies that ever were built, and all the parliaments that ever sat, all the kings that ever reigned, put together have not affected the life of man upon this earth as powerfully as has that One Solitary Life.

---

### **Five Acts of Kindness for the month of May**

The fifty days of Eastertide conclude with the great feast of Pentecost and the coming of the Holy Spirit (Acts 2 1-31). Christian communities use these days to be renewed in their faith having prepared themselves to live life differently during Lent. The gifts of the Holy Spirit are love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control (Galatians 5:22-23). The more we live by these fruits of the Holy Spirit, the more we will reach out to those around us in faith. Whilst raising the morale of others we will also feel more positive about ourselves too.

These principles are very similar to the positive psychology research of renowned psychologist Martin Seligman. His fascination for what makes people feel happier and more fulfilled, led him to investigate the impact of world religions. He discovered that following a faith can make us feel happier and more positive about ourselves, and increase overall wellbeing.

One excellent book is Vanessa King's *10 Keys of Happier Living* where she describes an activity called **Five Acts of Kindness**.

Vanessa King notices that carrying out acts of kindness can promote an increased sense of wellbeing and positivity in ourselves as well as the people we help. To do this activity, we need to give to those around us with kindness and do five acts of kindness per week for six weeks. This can be very simple such as saying a kind word to someone, helping them with their shopping or picking up a prescription, chatting to someone, listening to someone, smiling at someone, forgiving someone, giving someone a sincere compliment, cooking a meal or baking a cake. This someone could be a member of your family, a friend or a neighbour.

**Could you embed this activity into your daily living during the month of May as we prepare for Pentecost?**

Remember that the acts of kindness should be really simple and part of everyday life rather than being a chore. By joining in, the whole Christian community could be transformed. You will be living out your faith in a very loving and gentle way. You might like to keep a diary of the act of kindness you do each day and reflect on how it makes you feel and how it makes the person you help feel.

---

**Join in churchyard nature count**

Churches are being invited to a week-long 'nature count' between 5-13 June 2021 this

summer to assess biodiversity within the 'national park' of churchyards.

The Bishop of St Davids, Dr Joanna Penberthy, who chairs the Church in Wales' environment group, CHASE, says, "Churches Count on Nature is an important and imaginative project open to all denominations.

"Church communities with churchyards, open spaces, burial grounds or land are being encouraged to take notice of them and document the plants and wildlife within them. Look at the website: it is simple to log in and has plenty of advice to help you.

"At the end of Genesis chapter one we are told, 'God saw everything that he had made and behold, it was very good.' Churches Count on Nature gives us a chance to see a little of what lives in our part of God's acre and I do encourage you to get involved."

[To register your interest click here](#)

---

**25th April ... Vocations Sunday**

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.

---

**Faith in your inbox**

Each week our Diocesan Communications Officer publishes an email newsletter.

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

---

### **Christian Aid Week: 10-16 May**

**Rose's Story** Rose fights hunger every day. This is her climate crisis. This is her story. Rose is caught in a cycle of climate chaos. From severe drought to flooding, extreme weather robs her of what she needs to survive: a reliable source of water.

When she was a child, Rose remembers how often the rains would fall, giving fruit to the baobab trees and providing plenty of nutritious food to eat.

'When I was a young girl, there was plenty of food,' Rose says. Now, the rains are totally unreliable. The climate crisis has galvanised extreme weather and Rose's community are feeling the brunt of it. **For months at a time, Rose and her family lives with drought.**

[Read more of Rose's story](#)

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 [Click here to read more](#)

---

### **Smile Lines ...**

**Nice** The nice thing about becoming forgetful is that you can hide your own Easter eggs.

**Expensive boat** A vicar was planning an Easter pilgrimage to the Holy Land, and was aghast when she found it would cost her £50 an hour to rent a boat on the Sea of Galilee. She protested to the travel agent that the cost was ridiculous. 'That might be true,' replied the travel agent, 'but you have to take into account that the Sea of Galilee is water on which our Lord himself walked.'

'Well, at £50 an hour for a boat,' she replied, 'I am not surprised!'

### **True story**

My curate friend had to preach his first-ever Easter sermon, and was very nervous about it. However, he prepared hard, and when Easter day came, he strode into the pulpit and thundered through his sermon, only to crash at the closing line. He pounded the pulpit and shouted: "Yes...it is all true! Jesus rose...and then He died again! Hallelujah!"

\*\*\* Dear Lord, please keep your arm around my shoulder – and your hand over my mouth.

---

### **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](#)

[Club](#): Meeting ID: 842 7508 5595 Passcode:

Please email [rector@cowbridgeparish.com](mailto: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 this week's new **ROOTS at Home** sheet at this link: [ROOTS at home](#)

---

### 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*

---

### An easy 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.](#)

---

---

### 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](#)

---

### Contacts

**THE PARISH OFFICE** Holy Cross Church,  
Church Street, Cowbridge, CF71 7BB Tel:  
01446 772302 Fax: 01446 772347 Email:

[office@cowbridgeparish.com](mailto:office@cowbridgeparish.com) Website:  
[www.cowbridgeparish.com](http://www.cowbridgeparish.com)

**Rector** Rev'd Dr Stephen Adams 01446  
771625; 07506 689450

**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

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

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