

## 16th May - The Parish of Cowbridge Pews News

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### Ordination to the Priesthood



Ian was ordained priest at Holy Cross, Cowbridge on Ascension Day, 13th of May at 7.00 pm.

You can watch the recording of the service by clicking on this link: [Ordination Service](#). [Ordination Service text](#) / [Trefn ar gyfer ordeinio offeiriad](#)

Ian presided at the eucharist for the first time the following morning on the Feast of St Matthias, Friday 14th May at 11.00 am.

You can watch the recording of the service by clicking on this link: [First Eucharist](#); [First Eucharist text](#)

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### The Seventh Sunday of Easter (colour - white) The Sunday after Ascension

**Collect** O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who

is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### The First Reading

A reading from Acts (1.15-17, 21-26)

In those days Peter stood up among the believers (together the crowd numbered about one hundred and twenty people) and said, 'Friends, the scripture had to be fulfilled, which the Holy Spirit through David foretold concerning Judas, who became a guide for those who arrested Jesus – for he was numbered among us and was allotted his share in this ministry.

'So one of the men who have accompanied us throughout the time that the Lord Jesus went in and out among us, beginning from the baptism of John until the day when he was taken up from us – one of these must become a witness with us to his resurrection.' So they proposed two, Joseph called Barsabbas, who was also known as Justus, and Matthias.

Then they prayed and said, 'Lord, you know everyone's heart. Show us which one of these two you have chosen to take the place in this ministry and apostleship from which Judas turned aside to go to his own place.' And they cast lots for them, and the lot fell on Matthias; and he was added to the eleven apostles.

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

### Psalm 1

R. The Lord knows the way of the righteous.  
**The Lord knows the way of the righteous.**

Blessed are they who have not walked in the counsel of the wicked, nor lingered in the way of sinners, nor sat in the assembly of the scornful. Their delight is in the law of the Lord and they meditate on his law /day and night. Like a tree planted by streams of water bearing fruit in due season, with leaves that do not wither, whatever they do, it shall prosper.

### **The Lord knows the way of the righteous.**

As for the wicked, it is not so with them; they are like chaff which the wind blows away. Therefore the wicked shall not be able to stand in the judgement, nor the sinner in the congregation of the righteous. For the Lord knows the way of the righteous, but the way of the wicked shall perish.

### **The Lord knows the way of the righteous.**

#### **The Second Reading**

A reading from 1 John (5.9-13)

If we receive human testimony, the testimony of God is greater; for this is the testimony of God that he has testified to his Son. Those who believe in the Son of God have the testimony in their hearts. Those who do not believe in God have made him a liar by not believing in the testimony that God has given concerning his Son. And this is the testimony: God gave us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life.

I write these things to you who believe in the name of the Son of God, so that you may know that you have eternal life.

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

#### **The Gospel**

**Alleluia, alleluia, alleluia.**

Come, Holy Spirit, fill the hearts of your faithful people and kindle in them the fire of your love.

**Alleluia, alleluia, alleluia.**

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

Listen to the Gospel of Christ according to St John (17.6-19) **Glory to you, O Lord.**

‘I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them.

‘And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have

given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled.

‘But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth.’

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

**Post Communion Prayer** Eternal Giver of love and power, your Son Jesus Christ has sent us into all the world to preach the gospel of his kingdom: confirm us in this mission, and help us to live the good news we proclaim; through Jesus Christ our Lord. **Amen.**

**Readings for Evensong** Psalm 147 Isaiah 61.1-11 Luke 4.14-21

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)*

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## Prayer Intentions

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

**In the Diocese of Llandaff** please pray for the Clergy and People of the Cardiff Central Ministry Area, for Ryan Forey, Priest in Charge and Mark Simpson, Associate Priest..

**All who are sick** particularly Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Grayson Finn, Margaret Launder, Crispin Clay, Joanna Cory, Sharon Grainger, Eric Cooke, Maz Parkinson and Barbara Ashley.

**Those who have recently departed this life.** Among them Helen Saunders and William Watkins.

**William Watkins** (whom we have been praying for over the past few years) lost his battle with cancer on May 1st aged just 5 years old. His funeral will take place on Tuesday 25th May at Porthkerry Church.

He will proceed through Cowbridge High Street at 11 o'clock and the family would be delighted if as many people as possible could gather to applaud him on his final journey.

**Those whose 'years mind' fall during the coming week:** Sun: Arborn Clifford Thomas, Helen Grace Adams, Emily Jane Humphrey, Leighton Charles Maurice and Bert Thomas. Mon: Leslie Powell Sinkins and John William Coggins. Tue: Margaret Lougher Edwards and Eva Emily Richardson. Fri: David Leeke. Sat: Evelyn Harris, Megan Tudor, Bernard Loader, Barbara Maureen Davies, Ralph Lewis and

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

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### Next week's readings - Pentecost (colour - Red)

Acts 2.1-21 Psalm 104.26-36, 37b Romans 8.22-27 John 15.26-27, 16. 4b-15 (Year B) **Readings for Evensong** Psalm 139. 1-12 Ezekiel 33..22-28 Acts 2.22-38

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Services for the Seventh Sunday of Easter (16th May)

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

- 09:15 am - Holy Eucharist at Llanblethian and St. Mary Church;
- 11:00 am - Holy Eucharist at Holy Cross, Ystradowen, Llansannor and St Hilary;
- 4.30 pm - Informal service at 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)*

***From Sunday 16th we are trying out streaming the video of the service but not***

***the words: You can download the text of the service here: [Sunday Morning Service text](#)***

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### 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.**

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### Daily Prayer from Ascension to Pentecost

The ten days from Ascension Day (13th May) to Pentecost (23rd May) are kept traditionally by the Church as a time of special prayer for the gifts of the Holy Spirit and for the people of Wales. 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*

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### Ascension

To complete Your seamless robe, and so to complete our faith, You ascended through the air into the heavens, before the very eyes of the apostles. In this way You showed that You are Lord of all, and are the fulfilment of all creation. Thus from that moment every

human and every living creature should bow at Your name. And, in the eyes of faith, we can see that all creation proclaims Your greatness.

*A prayer of Bernard of Clairvaux (1090–1153). He was the main inspiration of the Cistercian Order of Monks.*

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### **Ascension Day, 40 Days with the Risen Christ**

Forty days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (Matthew 28; Mark 16; Luke 24; and John 20.)

The Gospels give us little of Christ's teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them - to all corners of the earth, as His witnesses.

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: 'When Jesus had led them out to the vicinity of Bethany, He lifted up His hands - and blessed them.'

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus' last act on earth was to bless His disciples. He and they had a bond as close as could be: they had

just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: 'While He was blessing them, He left them and was taken up into heaven.' (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: 'I am ascending to my Father and to your Father, to my God and your God...' (John 20:17)

The disciples were surely the most favoured folk in history. Imagine being one of the last few people on earth to be face to face with Jesus, and to have Him look on you with love. No wonder then that Luke goes on: 'they worshipped Him, and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.' (Luke 24:52,53)

No wonder they praised God! They knew they would see Jesus again one day! 'I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am.' (John 14:2,3) In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

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### **Services for Pentecost (23rd May)**

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

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

- 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
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[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:

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### **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**

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### **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.

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## **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."

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## **Smile Lines ...**

### **Well known hymns – with a twist of honesty**

*The way we might sing some well-known hymns if we were being honest:*

1. I Surrender Some
2. There Shall Be Sprinkles of Blessings
3. Fill My Spoon, Lord
4. Oh, How I Like Jesus
5. He's Quite a Bit to Me
6. I Love to Talk About Telling the Story
7. Take My Life and Let Me Be

8. It is My Secret What God Can Do
9. There is Scattered Cloudiness in My Soul Today
10. Where He Leads Me, I Will Consider Following
11. Just As I Pretend to Be

### **Ah – but where are they now?**

The children had been grouped together around the minister to pose for the annual Sunday School photograph, and the minister was smiling encouragement.

"Just think how nice it will be to look at it when you are all grown up," he said. "You could point to each other and say: 'There's Jennifer; hope she's made it as a solicitor,' or 'That's Michael, hope he's made it as a doctor.'"

A small voice at the back rang out, "And there's the minister – hope he made it to heaven..."

### **The puppies**

A client brought a litter of Golden Retriever puppies to the local veterinary clinic for inoculations and worming. As the look-alike pups tumbled over and under one another in their box, the experienced vet realised it would be difficult to tell which had been treated and which hadn't. So, the vet turned on the water tap, wet her fingers and gently moistened each dog's head as she finished giving it the necessary shots.

After the fourth puppy, the vet noticed her hitherto talkative client had grown silent and was looking rather reverent. As the animal

doctor sprinkled the last pup's head, the owner leaned forward and whispered, "Thank you so much. I hadn't realised you baptised them, too."

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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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### **Contacts**

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