

ROATH AND CATHAYS MINISTRY AREA
***News from St Edward's
& St Margaret's***



Trinity & Summer 2023

Free but donations always welcome

Roath and Cathays Ministry Area (RCMA)

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The Clergy are always available to minister to the sick and dying. Please inform the clergy of sickness. Holy Communion may be received at home by those who are unable to come to church.

Confessions and the Sacrament of Healing by arrangement.

**Copy date for the next Magazine (Michaelmas / Harvest)
is September 4th**

From the Ministry Area Leader the Reverend Canon Stewart Lisk

A sermon preached on Rogation Sunday, a day whose name comes from the Latin 'rogare' to ask.

In western Christendom, it precedes certain special days of prayer and fasting in the spring or early summer time when we ask for God's blessing upon the crops and the subsequent harvest. These days lead up to the great celebration of Ascension Day when we recall our Lord Jesus going from this earth and returning to his Father in heaven. It is a Christianised version of the pagan observance of the 'robiglia', which took the form of processions through the cornfields to pray for the preservation of the crops from mildew. These pagan festivals were Christianised by Saint Mamertus of Vienne in around 470 A.D. His diocese had been troubled by volcanic eruptions and failed harvests, the custom of rogation spread throughout Gaul, what we now call France, and later to other places, rogation processions were later found in Rome recorded in the Gregorian sacramentaries. In England, they were adopted by the council of Clovesho in the late eighth century. Much later the outdoor processions of beating the bounds, going around the parish boundary with sticks hitting the ground were suppressed in 1547 but under Elizabeth 1, the Royal Injunction of 1559 ordered the perambulation of the parish at Rogationtide. These reaffirmed the outline of the area but also gave the priest and people the outdoor opportunity for prayers for the coming season and its agriculture. Traditionally children were encouraged to participate, to involve them in seeing the crops that would grow as they would grow and to remind them of God's bounty in abundant growth of the food they would eat. (I love our ancient traditions but I am not suggesting that I take our youngsters along the centre of City Road, Newport Road, or Southern Way even if the route does take in Roath Park, I think the Safeguarding rules would be stretched....).

It may be hard to imagine but such processions would have gone in here in what we now call Roath, Adamsdown, Penylan

and Cathays. Remember until as late as the 1850s this area was all fields and farmland based around a few Manor Houses and cottages housing only a few hundred people. The spiritual needs of the community were met by the single ancient chapel of ease of St Margaret of Antioch from the 13th century when in 1291 the Chaplain became known as Vicar under the patronage of Tewkesbury Abbey. Roath was a demesne providing food from the 1100s to the manor of Lord Fitzhamon of Cardiff Castle.

It seems amazing that our church community survived over so many centuries. It was supported not only by poor farm labourers, gentry from the manors and nobles of the castle but also by generous individuals. In 1563, in his will, James Harris bequeathed to “the chapel of Roath 20 shillings upon the condition that the same chapel may have the right and obtain the means of the parishioners of Roath to bury, christen and all other ceremonies as a parish church ought to do”, the equivalent money today would be £362. He did not forget his family; his son received 12d, or the diocese, Llandaff Cathedral 6d. You can see where his priorities lay. To give you an idea however of how far that money would go a few years later, Rowland Jones left 12d which was used to repair St Margaret’s roof!.

I juxtapose these historical and ecclesiastical anecdotes because it reminds us that as well as praying to God to provide the best weather and conditions for growing crops, the farmers have to do their hard work to bring forth the harvest. I am reminded of the 19th century Punch cartoon of a smart but pious clergyman who admires an immaculate garden and says to the old gardener ‘Isn’t God’s creation wonderful?’ The gardener replies ‘You should have seen it when God had it all to himself.’

Also we can treasure our church buildings in our hearts and memories for our special family occasions as well as our weekly worship, but we must do our part in maintaining them for the present and future. Remember the generosity of those 16th century donors. Many I know give sacrificially in their weekly envelopes, or monthly direct debits and standing orders

but we could consider our churches in our wills as so many have done generously in former times.

In the Gospels, Jesus spoke of and told more parables about money and labour than he did about prayer. The Sower, the Talents, the wicked vinedressers, the harvest and labourers, the prodigal son, the robber of the rich man's house, the rich man and his barns, the unjust steward, the lost coins, Dives and Lazarus and so on... A devout life was essential to him but it was also clear that the needs of people both spiritual and material were there. It is no coincidence that Rogationtide is at the same time as Christian Aid week. A charity that was formed after the Second World War to help refugees in Europe but now has a much wider brief. Christian Aid now works in many developing countries with local partners rather than sometimes corrupt governments to help ordinary people develop the skills to improve their lives, not least in farming, public health and water supply. We regularly pray for refugees and those in poverty both at home and abroad, Christian Aid week gives us the opportunity to do something about it in a tangible way.

So on this Rogationtide let us not only pray in thanksgiving for what has been given us but also for the motivation, health and strength to do our part in making the world a better place, giving to those in need, supporting our churches and playing our role in helping establish the kingdom of God here in this beautiful earth he has given us.

Amen

A sermon preached on Ascension Day

Words taken from the gospel of Saint John chapter 17. Jesus said "*I glorified you on Earth by finishing the work that you gave me to do.*"

All of us from time to time, have routine, mundane chores to perform. Perhaps you have spent several hours with a pile of freshly washed, clean laundry and an iron. After you have finished the ironing, you can look and see crisp, pressed garments all ready to wear. Or maybe you have spent a long

afternoon in the garden cutting the grass and getting very hot on a sunny spring day. At the end of the day you look out and see the lawn beautifully mown in the evening sun. Both such tasks and similar household duties can give a sense of satisfaction of a job well done. However, you might be of a frame of mind that would look at the ironed clothes or the tidy lawn and think to yourself next week I shall have to do it all again!.'

It is in the very nature of much of what we do whether it be at home, in school or university, or in our working lives to complete tasks that will have to be repeated. Even if we make something whether it be a permanent structure or article or a consumable item, they will eventually have to be replaced and made again by someone else. Nevertheless, it should not detract from the sense of well-being and fulfilled purpose that should arise from achieving a task or a job we have been set. Over the past weeks, we have been hearing in church of the Resurrection appearances of our Lord Jesus to the disciples. He not only came to them as they walked, as they ate and went about their work, but also on each occasion he shared new insights into his message, his teaching and his desire for them to follow in his way. He was able to explain to them the significance of his death and resurrection. They had their faith in him renewed and revitalised.

Last Thursday, the festival of Ascension Day brings in the next stage of the story. We see it retold in the New Testament reading today from the Acts of the Apostles. Jesus gathers his disciples together for one last time. Although he knows he is going from them on the mount called Olivet. He tells them that he will send power from the Holy Spirit to them. They will be his witnesses in Jerusalem in Judea and Samaria. Then miraculously he is taken from them, lifted in the cloud and taken up into heaven. The men in white robes, presumably angelic messengers from God, tell them that Jesus has been taken up into heaven and will return. This is a very different parting from that they experienced at the crucifixion. Then it appeared that Jesus' ministry and mission had ended in disaster. Now following the Resurrection and Ascension the disciples' mood is

very different. They return to the city with Mary, the mother of Jesus, and the other women in the group and they devote themselves to prayer just as Jesus did, before he acted, he prayed. This time Jesus goes from them they are not bereaved or distraught, but rather they are full of enthusiasm, confidence, and, deep spirituality. They accept that they will no longer see Jesus in his physical form, but their lives have been transformed by the experience of encountering the risen Jesus. God does an extraordinary thing coming into the world in human form as a baby, grows into a boy and a man and then returns to heaven still human yet divine. Not only are we told that human beings are made in God's image, but through Christ, becoming part of the human race and returning to God, the father in heaven, he brings us even closer to God.

The Ascension, however, was not merely an amazing experience for the earthly followers of Jesus. Nor is it just for us an explanation of how our Lord's physical ministry came to an end. It is the cause of how we and all Christian people should seek to live our lives. Jesus promised that he would send the Holy Spirit to support us in his world. We shall remember that next week on Whitsun or Pentecost. But for now we need to remember that we have our role as Christians to perform, and not just the mundane jobs of our daily round common task but acting out the commission that Jesus has given us. It is summarised in a wonderful but simple prayer of Saint Theresa of Avila.

Christ has no body, but yours, no hands, no feet on Earth, but yours. Yours are the eyes with which to look compassionately on this world. Yours are the feet, which he walks to do good. Yours are the hands with which he blesses all of the world.

In this Ascensio[n]tide let that prayer and plan of action be ours to do God's work in the church, and in the world today.

Amen

With every blessing to you and your families for a joyful Summer

A handwritten signature in black ink, appearing to read 'Stuart'.

Trinity Sunday Sermon

Preached by Lee Gonzalez who is training for the ministry!

For a few moments, I would like you to imagine – if you can – that you are a Christian living in the year 323 AD. You might be a carpenter or merchant, or even a priest. As a woman, you might be the wife to a senator or local governor or the daughter of a fisherman living near one of the amazing sandy beaches in the Mediterranean.

You are living in a time when Christianity is still a somewhat fledgling religion, many of the ideas you hear in church are still relatively new concepts, you are well aware of many of the old pagan customs, you are living in the shadow of the pagan temples with their domineering facades, their columns and the statues to their pagan gods.

Life is uncomplicated compared to today, there are no mobile phones or televisions, no talk of inflation rates or house prices and while you sit at the dinner table in the shadow of your cypress trees on a warm evening eating maybe your goat cheese salad, or fresh fish, drinking some home-made wine, the discussion turns to the topics of the day and in particular Jesus.

Your conversation focuses on your visit to the marketplace and in the hustle and bustle you say that you have heard this song being sung called '*There was a time when the Son was not*' and as you heard this song for the first time you also heard unfamiliar ideas of the nature of God according to a theologian called Arius. This leads you to start thinking, to start wondering about the nature of God and Jesus, and you now have some questions.

How is Jesus related to God? If Jesus is the Son of God, is God Jesus's dad? Was Jesus a man who became a god? Where has this Holy Spirit come from?

The song you heard was based on a popular poem called Thalía and for the curious went something like this:

And so God Himself, as he really is, is inexpressible to all.

He alone has no equal, no one similar, and no one of the same glory.

He who is without beginning made the Son the beginning of created things.

He produced a son for himself by begetting him.

And now this poem and song have caused you all sorts of dilemmas because it is questioning your views on the very nature of Jesus, it is questioning the authority of the teaching in your church.

So, what was all the fuss about?

Well, Arius who wrote this poem, is in essence rejecting the divinity of Christ and reasoning that because God is absolute, the Son – Jesus, must therefore be a creature who has been called into existence and like the rest of us has had a distinct beginning.

Moreover, Arius also claimed that because Jesus was made by God, He could not, therefore, have had direct knowledge of the Father, since the Son is finite and of a different order of existence.

Well, as you can imagine, this heresy caused all hell to break loose, not only did it undermine the foundations of Christianity, but it became an idea that a lot of people supported, and, because of this it started an outright theological and ecumenical war. Christians were pitted against Christians, churches pitted against churches, as they were arguing about what was the true nature of Jesus Christ.

The ideas of Arius, known as Arianism, were appealing because they seemed to align more clearly and directly with the very simple idea that there was only one supreme God. Whilst this seems really straightforward, this was indeed a very dangerous idea, because it meant that anyone of us could be raised to become a Son of God in the same way as Jesus, and this put humankind on the same footing as Christ.

I know what you are all thinking!!!

This is absolutely bonkers, but it is true, this was the dividing line in 4th-century Christendom, and it was being spread by

popular song. Maybe others at your table would have been choking on their goat cheese salad at your questions about the divinity of Christ. It caused such a problem that Constantine the First, the Roman emperor at the time, was deeply concerned that it was going to split the Christian church and with it the Roman Empire.

So what was the solution?

The solution came about in 325AD in a place called Nicaea, here a council was held to argue out what the true nature of Jesus' deity. On one side was Arius who supported the position I just mentioned and on the other side was another theologian Athanasius who quite rightly supported the idea of a Trinitarian God.

It bodes well for us that Athanasius and his supporters won the day, and from this council, the doctrine of the Trinitarian God (which had already been determined by the early church) was then set out in plain terms to be recited by Christians as the Nicene creed, and despite several counterattacks from the Arian point of view over the proceeding centuries and several changes of position by Roman Emperors, the Nicene creed written 1700 years ago is still recited by Christians every Sunday.

So what is the Trinitarian God?

The Trinity is the concept that one God exists and appears in three separate persons, the Godhead, Jesus and the Holy Spirit. It means that there is only one God with one single divine self-consciousness, but when He allows something of himself to be glimpsed by His creatures, He can appear in any one of the three separate persons at the same time.

Because the divine nature of God is both unnameable and indescribable in language, when we refer to Father, Son and Spirit we are simply speaking of the way in which God has made himself known to us. Humankind can experience God as transcendent in the person of the Heavenly Father, in flesh in the person of Jesus and intrinsic, as something that dwells within us in the person of the spirit. The Trinity then is not

something we should take as a literal fact but as a model that corresponds to real facts in the hidden life of God.

Whilst this is all very technical and clever, it doesn't mean very much until we make sense of it, and to make sense of it we need to view it through the eyes of a spiritual experience. The truth is that the Trinity must be lived not thought, we need to identify our experience of God within our lives in order to make sense of it. For example, when we pray to the Father in the name of the Son, we experience His grace through the Holy Spirit. When we live the Trinity, it becomes for us the means by which God is bringing us into relationship with Him, it is the means by which God is bringing us home.

So, the real questions for us today on Trinity Sunday should not be to try and get our heads around the theological conundrum of the Trinity, but instead these: how do we as Christians experience God within our lives? How do we identify God's care and love for us? How do we identify God's care and love for all His creation?

We know what God is putting into our relationship with Him, but we need to ask this: what are we putting into our relationship with God? He has reached out his hand in the form of the Trinity to bring us home, are we reaching out to take it?

I hope this is stirring many thoughts within you. In my mind I believe that in the first instance, we should be very careful that we don't leave God in church, God is not to only be experienced on a Sunday morning. As Christians we need to show the world that God is with us always, we need to show and invest in our relationship with God by revealing God's love in our actions within the world, through our help towards our neighbours, by our forgiveness of others, showing compassion and helping nurture and look after His world.

So now as Christians living in 2023AD I hope you will be sitting in your gardens this afternoon and I hope that like 1700 years ago the conversation will turn to the topics of the day in particular Jesus.

And I do hope that your conversation will focus on your thoughts about the nature of God and your relationship with Him in your life?

Amen



Wednesday Word 26th April 2023

Dr Heather Payne Consultant Paediatrician

I love stopping to look in the window of a jewellery shop – the precious stones glitter and sparkle, and you can tell the expensive ones because their price tags are hidden. So a news item about a jewellery sale caught my eye- the collection of Heidi Horten, an Austrian billionaire, is on display today in Christie's London, on its world tour prior to auction next month. I followed the online link to see the breathtakingly beautiful catalogue. She must have had some jewellery box – there's a

huge ruby and diamond ring, a perfectly matched triple rope of natural pearls with an 11.5 carat pink diamond clasp, the oldest known diamond, a 90 – nine-o - carat briolette – that's a pear drop shape- once owned by Eleanor of Aquitaine – and many more – the 700 items are exquisite, but also totally out of reach of us normal folk. And even if I could afford one, to be honest it would cause me so much worry I wouldn't enjoy it. I'm also not sure I could really tell the difference between a real diamond and a fake one- they both look pretty glittery to me.

Seeing all those beautiful gems put me in mind of the many references in the bible to gold and precious stones as items of value to be compared with goodness, wisdom or virtue. I thought of Lawrence, one of my favourite saints, who lived in Rome in 258 AD, when his boss, Pope Sixtus, and all the bishops, were arrested and executed without trial by the Christian-persecuting Emperor Valerian. Lawrence was the pope's treasurer, and they granted him 3 days to get all the Church's money together to be confiscated. Lawrence used the time to secretly distribute everything valuable to the needy. When the soldiers came back for him, he'd assembled all those who relied on the church for help - the destitute, the outcast, disabled, sick and maimed - and proclaimed 'behold the treasures of the church, which is rich, far richer than your emperor'. This wonderful defiance led to martyrdom, of course - but what a message he gave about true value.

This auction is happening because sadly, Heidi Horten died last year aged 81 - but the proceeds, estimated to be the biggest ever at £130million, will support public access to her Vienna art gallery, and medical charities, so the treasures will enhance lives in a different way.

The good news is that the jewellery auction doesn't start till May so there's still time to save up. I think I could just about run to a catalogue and enjoy the pictures!

Link to the Auction! [The World of Heidi Horten | Christie's](#)
(christies.com)

A SHORT HISTORY OF SHEEP and SHEPHERDING

BY PENNY ROBERTS

They say life begins at 40 and so it was for me. I shrugged off domestic liabilities now the children were of independent age and indulged myself in my love of writing, largely for country magazines although once and only once I hit the giddy heights of the Farmer's Weekly. Supporting this was my interest in sheep, firstly as a lambing shepherd and then as co-shepherd to a small flock of Lleyn sheep. And so read on.....

In earliest times primitive sheep and goats were very similar in appearance. Soay sheep, one of the most primitive breeds remaining, demonstrates this. Goats, which are in fact related to sheep, have also been kept worldwide and originated in Asia. They are not as multi-functional as sheep and are kept mainly as dairy animals, though there are some breeds that produce specialist fibres. The Angora produces mohair and the Cashmere goat, obviously cashmere; these are luxury fibres which wouldn't be suitable for a drop spindle as they require infinitely more twist to make them hold together. Goats are herd animals, very inquisitive and suited to being kept in small numbers to sustain a family.

Sheep, on the other hand, have been entwined in our lives almost since the dawn of time. This is reflected in our language so that here, in the city, sheep are still a part of our lives; remembered by such phrases as 'being on tenterhooks', 'black sheep of the family', 'mutton dressed as lamb', 'counting sheep' to send you to sleep, or even, though you may not realise it 'a blow by blow' account. Did you think it was a boxing term, seems obvious? But no, a blow in shearing terms is a single reach with the clippers. These follow a detailed and intricate pattern so that the fleece comes off in a single piece and no tufty bits are left on the sheep. Thus a blow by blow account is a detailed and accurate one. Also in cultural terms the iconic

shepherd and his sheep are central to the Christian faith and others around the world.

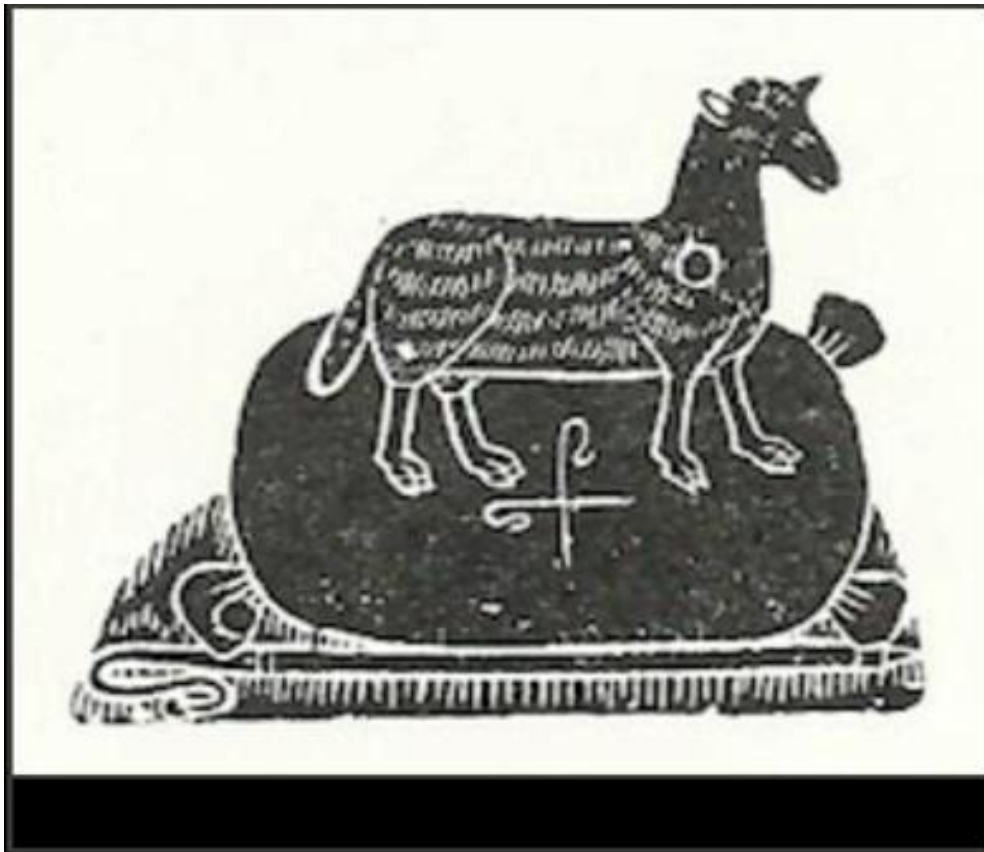
Another significant word is Spinster now a term for an unmarried woman but why? Well historically the unmarried women of the household with no other responsibilities were expected to have a drop spindle with them at all times so that whether chatting to friends, walking in the garden or any other hands free activity they could be spinning yarn at all times – hence spin-ster.

So why is the sheep paramount? Well it is docile and small enough to handle easily, it thrives on poorer pasture where other animals struggle, is light on wet ground and doesn't churn it into inedible muddy marshland. It also has a flocking instinct. Herd animals when faced with a predator follow the 'Fight or flight' dictum. Sheep on the other hand flock together and become one huge animal and the predator cannot pick out one to carry off. This makes them more easily controlled. The sheep also recognises its own territory, called hefting, which is why in places like the Highlands and the Lake District when a farm changes hands the sheep are included in the sale. Sheep also know their own shepherd from other people.

And of course it provided clothing, meat and dairy products. Also its dung could be used as fuel unlike larger animals that produce a squishier product. In due course also tallow for candles and lanolin for waterproofing and in modern times cosmetics and medication.

Yes, a useful animal the sheep. *Penny Roberts*

(from a longer and fascinating Roath Local History Society lecture entitled *Shepherding and Sheep since the Bronze Age* on Wed 12th April 2023 at St Edwards Church)



*I am the good shepherd;
the good shepherd lays down
His life for the sheep.*

John 10:11





NEWS FROM THE LYCHGATE

Hi everyone,

By the time this edition of the magazine is published, almost half of 2023 will be over, where did that time go?

Since the last edition, Easter has come and gone but couldn't let it pass without mentioning the Sunday School and their presentation of The Stations of the Cross. How lovely to hear them telling us all about it. Recently, they also told us and acted the story of David and Goliath, we look forward to seeing them each Sunday.

Have you noticed the new dropped kerb outside the gate by the Yew tree? The Council inspected the site on a Tuesday and it was completed in two weeks! It's the law that you should not park over a dropped kerb so hope it will be kept free.

After a meeting organised last year by the Arch Deacon, there is now a Ministry Area Development Plan. Following this, at the recent St Margaret's Committee meeting it was agreed that we should have two attainable 'Smart Targets' for 2023/2024. The first to try to expand our Sunday School by giving out flyers to schools and the community, also banner outside Roath Church House, the second, letting the Congregation know more about the running costs of our church with a view to increasing our weekly giving. More details to come!

The funeral of a former member of the St Margaret's Young Wives, Anne Franklin, was held recently, leading to me remembering Anne being instrumental in organising the tapestry kneelers which are around the church. Various members and organisations paid for them and they were worked by church members and friends, with a label on the

reverse of each one giving details although a lot have 'lost' these labels. They were done in 1983 - forty years ago when the kits cost £4 each. I checked recently and the kits are now £60+ Our Young Wives group closed in 1988.

100 Club Results:

April	Prize	Number	Winner
1	£25	6	Pam Hall
2	£15	27	Keith Asher
3	£10	70	Andrew Owen

May	Prize	Number	Winner
1	£25	22	Eirly Webb
2	£15	69	Robert Judd
3	£10	50	Anna Mason

Finally – don't forget the Flower Festival –details elsewhere.

Stop Press I'm very happy to announce that Iona Wyn Turner has been appointed a Member of the Royal Victorian Order by King Charles. Iona has been instrumental in organising many events on behalf of the Welsh Government over the years and although officially retired, helped with organising events surrounding the death of our Queen and the succession of our King. Well done Iona, look forward to hearing details of your investiture!

Now. over to Sally who reports that St Margaret's held their Spring Fayre on the 20th May 2023 where around 260+ people attended on a nice sunny May afternoon raising a staggering total of £2100+, wonderful achievement to all who came and managed the various stalls.

Urgent appeal for more helpers to do the coffee on Sunday Mornings after the 09:30 service:



ST MARGARET'S COFFEE ROTA URGENT REQUEST FOR MORE HELPERS

All are welcome to stay for tea, coffee, squash and a chat after the service.

If anyone is interested in joining our team of helpers as we urgently require more support please speak to Stephen and Sally Bailey in church or contact us on either 02920 236468 or 07707558251 (Sally) or 07715239893 (Stephen) or speak to a sides person.



Wonderful effort to everyone who gave to Christian Aid in the week commencing 14-20 May 2023 a staggering total of £386.00 was raised as we were informed by Lyndsay Bowles.

God Bless and happy holidays until next time
Sally and Pam



Coronation Celebrations

Just a reminder of celebrations in our part of the Ministry Area - **St Margaret's**

Our main celebration was the 9.30 Eucharist on Sunday 7th May, a beautiful Service with wonderful music and singing. Gary and the choir, excelled themselves. A Service to remember!

The Scout Group held an Afternoon Tea in Roath Church House on Saturday 13 May. The girls and boys helped serve teas and coffees and then entertained us with lots of Scouting and Campfire songs, ably accompanied by Charlotte (Maylia). The time passed too quickly.

On Monday 8th May, as part of the Big Help, the Scout Group including their parents, met and worked hard on tidying up the grounds of Roath Church House, a job well done!

The Ladies Circle held a celebration at their meeting on Tuesday 16 May, another very nice time.

Lastly, although not a 'Coronation' event, St Margaret's held their Fayre on 20 May. As the hall decorations were still up, it did seem like a celebration!

Coronation Celebrations at St Edward's

The Coronation of King Charles and Queen Camilla, on 6th May 2023, was followed by three days of celebrations at St Edward's. During the previous several weeks, plans for possible forms of events were discussed, and details such as the flowers and music for the services, joining in "The Big Help Out" and celebrating with the Forget Me Not Café. We were encouraged by the King's letter in which he said "We greatly appreciate everyone's efforts to organise such celebrations, and very much hope that they will be enjoyable and happy occasions."

The celebrations started on the Sunday with an 11am Celebration of the Holy Eucharist and 6.30pm Choral Evensong,

including a beautiful display of flowers on a red, white and blue theme. The music for both services followed the music used at Westminster Abbey for the Coronation itself. The Order of Service for the Coronation had been published well in advance, so it was possible to match the selection of verses of hymns. The hymns at the Eucharist included "Praise, my soul, the King of Heaven" and "Come Holy Ghost, our souls inspire", the choir sang the Caleb Simper anthem "King of kings" and the service concluded with two verses of "God save the King". Choral Evensong opened with "Fanfare" by Martin Shaw, and included "All people that on earth do dwell" and "Christ is made the sure foundation". The choir sang the anthem "I was glad" by Sir Charles Hubert Hastings Parry.

After Choral Evensong, Canon Stewart brought in a large "God Save the King" banner that had belonged to his grandfather, together with a Union Jack and a Welsh Red Dragon to decorate the chancel for the coming celebrations.

The Monday Bank Holiday 8th May after the Coronation was a day for Volunteering for the community, in accordance with the wishes of King Charles. At St Edwards we held a tea and biscuits afternoon, when we met to explore volunteering opportunities. We already have many active groups giving time and skills to the community as well as the church, and this was a chance to give people information about how they can contribute. The many music groups that meet at St Edwards offer people a chance to express their creative side - groups such as the orchestra, instrumental and opera singers meet regularly and have contact details in the newsletter.

The Forget-me-Not Club meets every Tuesday afternoon 2-4pm for a social and fun afternoon for people with dementia and their carers, and is always looking for helpers. We are greatly helped by the Good Gym runners, who do work on clearing the grounds and moving the chairs back into position after meetings - the energetic are welcome to join them in their great work! There is a community litter picking group that meets monthly on a Sunday morning by the park opposite

the church - the pink bags can be used any time to keep our local streets and parks free of litter.

As well as these important ways to support the community, there are lots of roles within the church which need the involvement of as many church members as possible - as a really important way of showing our faith commitment by being fully part of the church family. There's something for everyone to contribute to - helping to supply and arrange the beautiful flowers, cutting the grass, meet and greet at services, offering lifts to church, singing in the choir, reading the prayers and lessons, taking part in bible study groups, serving at the altar, cleaning the brass and many other jobs. These are all done by volunteers, who love to serve the church in this way and would love to have more helpers who can also express their faith in the way they most enjoy.

As a follow-up, we are planning ways of trying to match up people who would like to help with people and jobs that need help. Our church is like a big extended family and there are already many wonderful examples of faith in action through caring for others and our community. This is a work that is never finished - there are always ways to help, doing as Jesus told us, 'to love our neighbour as ourself'. We started the ball rolling with our meeting, so let's keep the conversation going - please talk to each other and the Churchwardens (Kathie and Frances) about anything you need help with, or skills and time you can offer to others through the church.

Tuesday the 10th May saw the Forget me not Café Coronation party and my, do they know how to party!



Everyone made the most of the occasion, joining in the fun by dressing up in red, white and blue.

The jewels in the crown were Brian and Marilyn who came superbly dressed in robes, capes, crowns and coronets.

With the church space decorated with special chairs with their Highnesses likenesses, Canon Stewarts banners and flags brought by our café folk, it all looked splendid.

The cupcakes with coronation toppers, sandwiches and non-alcoholic bubbly flowing we all had good time. The U3A choir came to entertain us and looked very smart in their red, white and blue choir 'uniforms'.

The medal was proudly worn by the quiz winner and the tension in the bingo built up as to see who would win the other medals. Everyone went home with a coronation badge laughing all the way.

Of course, without the happy band of volunteers who came to help and those who come every week, neither the party nor the Forget me not Café would happen. So a big thankyou to them and know that you are really appreciated by us all for providing such a life-line to our friends who use the café.

A Festival of Flowers, Sacred and Secular Music

First of all, many thanks to Gary Mullins, Pat Hyett, Joan Brooks and all the others involved in arranging this event. Please support them and the Church by visiting the Church and/or attending one of the concerts, details of which are below..

Thursday 29th June

Festival Launch at 7.30pm. £10 entry with wine and canapes.

Friday 30th June

10.00am to 5pm - Programme with £5 entry includes a Lunchtime Concert.

7.30pm - Classical Concert – Faure's Requiem and French Choral Music with St Margaret's Festival Choir. £7 entry at door to include a glass of wine.

Saturday 1st July

10.00am to 5pm – Programme with £5 entry includes Lunchtime Concert.

7.30pm – Masquerade – an evening of Musical Theatre and Light Opera with Gary Mullins and Friends. Tickets £7 available at the door to include a glass of wine.

Sunday 2nd July

9.30am Holy Eucharist.

1.00pm to 5.00pm – Open Day

5.30pm – Songs of Praise

Your help would be appreciated at any time during the Festival no matter how short a time you are available. Please help to make this an extra special, successful event!

The Knitting and Crochet group are re-branding and calling ourselves ‘The Chatty Crafters’.

The group have been meeting via Zoom on a Monday evening 7:30pm – 9:30pm for 3 years.

As we were unable to meet in person in Roath Church House, this enabled us to carry on with our hobby and seemed a good option. It also has meant that people from all over have been able to join us and are now part of our wider church community of ‘crafters’. The winter months



aren't fun going out in the dark and wet and being able to offer the companionship of folk who like a sociable and creative couple of hours, has been enormous fun and productive too!

Together we have contributed to various projects: beanie hats for merchant sailors, bunting for parties, blanket squares, shawls, lap blankets and more recently trauma teddies for our local Fire Officers to take for children who may need a bit of comfort from a teddy when they may have lost everything in a fire or incident.

As well as the collective projects, we do our own thing too. As time has gone by, we have diversified into

several other crafts such as: card making, water colour painting, fine art drawing, spinning, dying, weaving, tapestry, sewing. Permeating through every evening is of course, our great ability to chat. Subjects range from current affairs to what we have been up to in the week. So, the name of Chatty Crafters seemed far more appropriate 😊

If you feel like popping in on a Monday evening please do. The link is:
<https://zoom.us/j/6713654690?pwd=a25KeHZCR0ZUbTIJVFNGbGkyTm5CQT>

Or you can find us on St Edward's website:
<http://www.roath.org.uk/StEdward/Community/Crafters.php>

Or contact Kathie Mayer 02920495769

The beauty of nature – being an allotment holder.

Frances Gerrard

It was about 7 years ago, after a move to Cardiff resulted in a smaller garden, that I decided to put my name on the waiting list for an allotment, in preparation for possible future retirement.

Well, the allotment happened a lot quicker than the retirement (this was 2017 and I haven't fully retired yet). Two weeks after application I was contacted and within a month had chosen the plot I still care for. Since then, of course, the world has changed, and post-pandemic my seamless segueing into my now lovely plot would now be impossible, with waiting lists for all the sites across Cardiff are often at least a year or more.

I love my plot, but like so many relationships, I don't always like it, particularly when it's raining, when I have half a dozen other commitments that I feel I should prioritise, and when I fail, as is often the case, to grow as well as I imagine I should. But the site is wonderful, as I hope my photos help to illustrate.

And seven years on I would like to share a little of what I have learned from trying to cultivate a plot a mile away from where I live surrounded by numerous other plots, and open vistas,

rather than my urban walled garden, and much of this makes me reflect on so many lessons in the Bible.

Perhaps above all, the Biblical message that we are all custodians of our beautiful world seems so important. Even in my small plot I, like most of my fellow plot holders, try to plant and care for our area so as not to harm the wildlife that we share it with. Overhead we have buzzards, linnets, the occasional sparrowhawk, bountiful numbers of common garden birds, and less common, such as nuthatches. Insects are vital, as are spiders, and although many of us net vegetables at risk of damage from large white butterflies and the ever- patrolling pigeons, we also try to support our bee population, particularly the numerous varieties of bumbles, with borage and other bee-friendly plants. Other creatures that we share our site with include frogs, toads, slow worms an occasional snake, and inevitably an assortment of rodents.

Cultivating a plot is not easy. We are at the mercy of the elements, and although we have water butts, the increasingly dry summers are a challenge, both to how we deal with drought, and how we need to adapt. Failure is not uncommon, and it can be frustrating after a few years of successfully growing a particular vegetable or fruit to have a complete failure in a subsequent season. But we learn from failure, and we learn from challenge, including that each day is a new one, that we shouldn't take success for granted, and humility is a virtue. Sharing with others is also a part of being on a plot where we are all tenants. There is no hierarchy here, and although it is possible to cultivate in a solitary fashion, most of us gain hugely from being part of a diverse community. Some people value their plot mainly as a place to relax and a safe space for children, others grow vegetables to perfection, some of us mix flowers, fruit and vegetables and are delighted at unexpected successes. Sharing stories including those of trial and errors helps establish bonds, and swapping of seed packets and plants serves to strengthen these.

Being a plot holder also carries the responsibility investing, mainly time and effort, as so many who would like plots are still

waiting, so it is important that we utilise a precious resource or make way for others who will.
I hope these photos illustrate why I love being an allotmenteer...



Broad beans



A resident buzzard
on my shed



My second year on site



Some produce

News from Clay Cross, Derbyshire

The gardeners amongst you will know that if you decide to move a tree when it's well established, it will take some time to re-establish its root system somewhere else.

We moved here in February '21 when lockdown was still very much with us, but we've managed to survive. Zooming with Forget Me Not was a lifeline until they were able to move back into St. Edwards after covid. Kathy was and is, doing a wonderful job.

We joined the local St. Barnabas Church, where they were all very welcoming once they realised we were staying! It is not a bit like the services we had in St. Margaret's, the 'hymns' are generally unrecognisable songs which we're learning slowly! Following a small stroke, Joe enjoys days at the Stroke Club. I've joined WI and TG and we both go to the local history society with Stephanie. How else can we find out about the place we live in? We also go to a film Group every 2 months, coffee and biscuits on arrival, tea and cake at the interval! Very much films from our past! The next one is The Student Prince. We have a wonderful neighbour who checks up on us daily, even though we're the same age! She and I go to the local Hub for lunch once a week and we're out with Stephanie and her Mother-in-Law, savouring the local foods and scenery once a week.

Penny has been a loyal contact, keeping us updated with things in Cardiff and sends us the Parish Magazine. It's really good to read about the Lisk family adventures, how well they have done! Well done Lidia and Sophie.

Joe fights to read the magazine first and later found a unique extra use!

Cardiff friends have been fantastic, keeping in touch throughout the last 2 years. 2 years! Where have the years gone. I get news from Ladies Circle and Cyncoed Guild, which all helps. We miss the lake and trips to the Bay. The lake here is very small, but satisfies our need to see water. The Farm Shop is

developing and serves good coffee, just a 5 minute drive from here.



No need for sunglasses when you've got the magazine to act as a sunshade

We miss you all so much, but our roots are finding a place. There will always be a place in our hearts for Cardiff and Wales where we were almost local after 54 years.

Sending love and prayers.

Gill and Joe Armitage.

CORONATION CHICKEN RECIPE

From penny a regular at St Edward's

Ingredients:

-] Shredded chicken from a medium pre roasted chicken
-] 3 Tbsp Mayo
-] Mild curry powder to taste
-] ½ tsp Cinnamon
-] Ground Black Pepper
-] 1 Tbsp Mango Chutney
-] Dried Sultanas and Apricots – as many as you fancy

METHOD:

- I. Mix the Mayo, curry powder, cinnamon, black pepper chutney & sultanas/apricots together to preferred taste
- II. Mix combined ingredients with shredded chicken
- III. Serve with Baked potatoes/wraps

Quick and Easy Cooking Tip

Add Mascarpone cheese to stir fried chopped leeks for an instant tasty sauce

IF YOU HAVE A FAVOURITE RECIPE, DO SHARE

TREES by Jean Gough who sadly died recently

Oh, how I wish the trees could talk!
I'd natter to them when I went for a walk
I'd ask them about times gone by
When I was a twinkle in my Fathers eye
What the birds tell them as they fly
About the wonders they see in the sky
I would listen to the stories told to them by their animal friends!
And ask them if the squirrels drove them round the bend?
They would tell me of the changes that have taken place!
Including the behaviour of the human race
The differences in fashion worn by the Gentry and the Poor
The stories told by teachers as they take their pupils on a tour
How children through the ages had their fun playing happily in the sun
I'd ask them about horses and carts – now replaced by lorries and fast cars!
Which enable the drivers to travel very far
The way courting couples behaved over the years
Did it bring happiness or bring them tears.
The changes planners made when building new towns,
Were they very sad when their friends were chopped down?
Yes, if only the trees could talk to me
I would improve my knowledge and be as happy as can be

SUNDAY AND WEEK-DAY WORSHIP

St Edward's and St Margaret's

(For Holy Day Celebrations see Weekly
Newsletter)

ST. MARGARET'S CHURCH WATERLOO ROAD

Sun: 8.00 am Holy Eucharist
9.30 am Sung Eucharist
9.30 am Sunday School R.C. House
(every Sunday during school terms)
Wed: 9.30 am Holy Eucharist

ST. EDWARD'S CHURCH BLENHEIM ROAD

Sun: 11.00 am Sung Eucharist & Sunday
School
6.30 pm Choral Evensong
Wed: 10.15 am Holy Eucharist

**Check the websites/newsletter for up-to-date
information on services**

**Copy date for the next magazine (Michaelmas / Harvest) is
September 4th**

Please send email contributions to:
Sue Mansell, smmansell@icloud.com
or Gwynn Ellis, rgellis@ntlworld.com, (preferably using Arial font
12)



**For the latest information on Covid Guidance and Church
services please visit our Website <http://www.roath.org.uk/>
Articles in this magazine reflect the views of their authors,
and not necessarily the official teachings of the Church.**