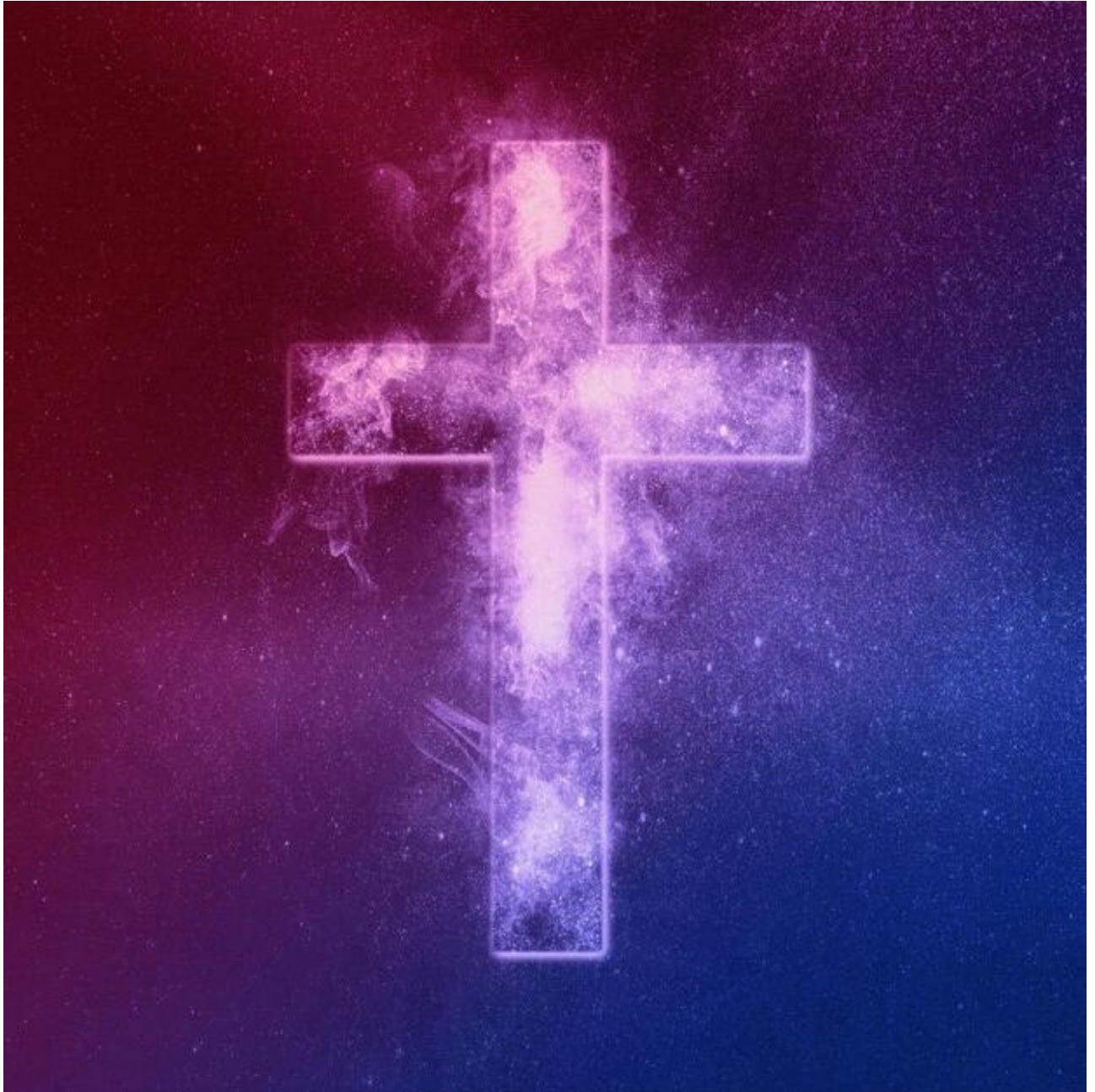


ROATH AND CATHAYS MINISTRY AREA
***News from St Edward's
& St Margaret's***



Lent 2024

Free but donations always welcome

Roath and Cathays Ministry Area (RCMA)

Ministry Area Leader:	Canon Stewart Lisk Tel: 20487854; 07794157604 email: <i>stewartlisk@live.co.uk</i>
Vicar	The Reverend Caroline Downs
Vicar	The Reverend Irving Hamer
Reader:	Mr Geoff Smith Tel: 20499498.
Ministry Area Wardens:	Dr Heather Doe Mr Peter Lovitt
Ministry Area Treasurer:	Mr Jim Bendon Tel: 20482082
Ministry Area Secretary	Mrs Angela Parry MBE
Roath Church House bookings	RCH Booking Secretary Mrs Anna Mason Tel: 07720641653
Website:	www.roath.org.uk

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 (Holy Week & Easter) is March 10th

From the Ministry Area Leader the Reverend Canon Stewart Lisk

My dear Friends,

Each of our seasons in the Church calendar has a name often with its roots in Latin or Greek, being the languages of ancient scholarship and documentation. Our current season Lent however has its etymology in an English word meaning to lengthen. It is used for this period for a very obvious reason as in our hemisphere the days get longer at this time of the year. It is so often something that people really look forward to after the short, dark and dreary days of winter. For many I know it means going to work and coming home in the dark and perhaps not seeing daylight if working in an office, factory or shop. We love to be able to enjoy the lighter mornings and evenings, and perhaps hope for warmer temperatures too!

Lent mirrors the forty days and nights that our Lord Jesus spent in the wilderness, for him it was a time of fasting, prayer and reflection. It was also when he received temptations which he successfully dismissed and defeated the devil's advances. For Christians it is a time when we are encouraged to follow Jesus example. In history and still today in some communities of faith, like monasteries and convents, fasting is still taken seriously. In the secular world in which most of us exist, Christians do not practise this in the same way that other faiths do. You may have Muslim friends or neighbours who adhere strictly to their daytime fast during Ramadan.

Our excuse for not strictly fasting is sometimes that we give up something we enjoy like chocolate, cake, sweets or alcohol. This in my experience has varying degrees of success and is certainly not as hard as abstinence from all foodstuffs. We might make Lent a more positive experience by not so much giving something up as taking something on. If we do resist our treats, the money we save could be given to charity or to supporting our churches. We can also use our spare time not

for our own pleasure or amusement but to help others in need and to give that great gift of our time to someone who might enjoy and benefit from a visit to combat loneliness or bereavement.

Lent in our churches is also a season when we increase our spiritual awareness and practice, again following the example of Jesus in his time of prayer and reflection. Some like to do this in a solitary manner others prefer the company of others on our journeys of faith. One of the advantages of being in a Ministry Area is that our diverse churches can offer a variety of experiences to help us in our prayers and nurture us in the Christian way of life. Again this year we have many opportunities. On Monday evenings at 6.30pm in Lent there will be the service of Stations of the Cross in St Germans, where we follow the path of Jesus to the cross pausing for prayer and reflection. These will be followed by a celebration of the Eucharist at 7pm. We are very grateful to the Reverend Caroline Downs and St Michael's church for hosting and leading four sessions of meditation and prayer on the passion of Christ. These will be on the evenings of 22 February, 29 February and 6 March at 7.30pm concluding by 8.45pm and on Saturday morning 16th March at 10am ending with an informal soup lunch. Each session stands alone and you can attend as many as you wish. The regular monthly Sunday evening discussion group will meet twice in Lent at 7.15pm in Roath Church House on the 18 February and 17 March. St Germans will also be hosting soup and bread lunches on Fridays in Lent from 12.30 pm on 23 February, 1 March, 8 March and 15 March. These are a modest cost but all funds raised go to Christian Aid, a very enjoyable but also practical way to take something on in Lent.

If none of those special Lenten activities appeal to you, perhaps you might like to attend one of the regular weekday Eucharists which are at the usual times or come to our lovely Choral Evensong which takes place every Sunday at 6.30pm in St

Edward's to enjoy praise and fellowship. Whichever way you decide to mark Lent, I do hope and pray that it will be a period of refreshment and renewal for you all which will make the celebration of Holy Week and Easter an even greater joy.

This year's Holy Week and Easter will also be a particularly special and exciting moment for our Ministry Area this year as on Saturday 23rd March, the Eve of Palm Sunday at 2pm in St Germans, our Bishop Mary will be licensing as Vicar, the Reverend Canon Jarel Robinson Brown to join our team. All are welcome to this service to greet our new priest, please keep him in your prayers.

With every good wish and blessing,

Stewart



Birds and the Bible

Heather Payne, Parish Warden and member of St Edward's Church

Some of you might have heard my voice on BBC Radio Wales from time to time, when I'm very privileged to be invited to contribute to the 'God spot' - Thought for the Weekend on Friday mornings and Thought for the Week on Mondays (which were until recently called Weekend Word and Wednesday Word).

Many of the Christian contributors are Bishops and Priests, but I think its important that we lay people also take a turn. I don't have the theological expertise of our ordained Church leaders- but on the other hand, I'm free to say whatever I want! And we must try to explain to others why we are Christians if we want

them to join us and understand the importance of God in all our lives.

Below is the script I wrote for the Benaz Askghar afternoon show on Radio Wales Monday, 22nd January. It was inspired by the fact that I'd signed up for the RSPB Great British Birdwatch on the following weekend. The RSPB information showed that pollution from transport, intensive farming and unseasonal foods were impacting on the environment, and that bird numbers were dropping as a result.

That started me thinking about our responsibility as Christians to treasure our world, which is a gift we hold in trust for future generations. The Church in Wales has already started positive action, with a commitment to become net carbon zero by 2030. [Join the Net Zero Carbon journey - The Church in Wales.](#)

We've already taken important actions for sustainability across our Ministry Area, with energy audits and action plans, a commitment to reduce, reuse and recycle, and compliance with the new law to stop single use plastic. Many of our churches use eco friendly products for cleaning, and have reduced paper usage by electronic projection for services. Far fewer trees are cut down as a result!

It's important to remember our core purpose- our churches are centres to meet, be communities that live by the Gospel, so we need to keep them open and welcoming. Our sacred spaces are part of every community and play a vital role in bringing people together to share, support each other and learn from each other how we should live out our five 'Marks of Mission' that the worldwide Anglican Church holds by, to **TELL** others about Jesus, **TEACH** using the Gospel, **TEND** those who need our care, **TRANSFORM** unjust structures of society and **TREASURE** God's gift of creation.

Our work towards Eco Church certainly meets many of those purposes, so it's something we can all help with. It's also something our young people can take a lead on, because

climate change threatens them even more than us, as they will be around longer, so we must listen to them!

The thought of bird watching (about which I know very little) made me think of the birds mentioned in the Bible. There are quite a few, mentioned in Old and New Testaments. The word limits on the BBC script meant I couldn't go into much detail about the stories of the different birds, but they're all worth looking up in the Bible to think about the message that the birds in each story bring us.

I've now submitted my Birdwatch numbers to the RSPB, and they will publish the UK results soon. They have a great website, with a monthly calendar of what to look out for as the year goes by. [Nature's calendar February \(rspb.org.uk\)](https://www.rspb.org.uk/nature-calendar) It's a great reminder of the wonder and beauty of the natural world, and what we must do, in prayer, thought and action, to respond to God's generous gift to us all.

Heather's script BBC Radio Wales Thought for the Week Mon 22nd Jan 2024:

Well, Behnaz...Do you know your greenfinch from your dunnock, your titw tomos from your aderyn du? No, me neither – but Ive signed up to the Royal Society for Protection of Birds – the RSPB – Big Garden Birdwatch this coming weekend, 26-28th January. I've downloaded from their website the free illustrated guide that explains what to do, with colour pictures of the birds I'm likely to spot when I sit at the window for an hour peering through my binoculars and look out over my back yard. This yearly count has allowed the RSPB to monitor numbers of our feathered friends over decades- and it's a sobering fact that our house-martins, starlings, sparrows and many more, are in decline across Wales and the UK, as a marker of biodiversity loss. Like us, they need places to live and things to eat- nests and bugs in their case, but these are at risk from pollution and insecticides. How tragic it would be if our transport or food choices were to silence the dawn chorus

audible even over city traffic, or cause us to lose the friendly robin that adopts our garden and becomes a regular visitor.

Migrating, gathering, homing, nesting, hatching, flying- birds do so many remarkable things it's not surprising that they appear at some very significant times in the Bible, with active roles in stories- of people being fed by ravens, or quails, renewing their strength to rise up like eagles, hens gathering their chicks, the cock that crowed. Doves come up repeatedly - the one that returned to the Ark with an olive branch in its beak that told Noah the floods were subsiding; those signifying Abraham's trust in God's promise; Mary and Joseph's thanksgiving gift for the baby Jesus when they first took him to the temple; and the dove that settled on the man Jesus at his baptism in the river Jordan. These gentle birds always seem to signify peace and reconciliation between God and the world. Or as the poet Emily Dickinson so beautifully put it

'Hope is the thing with feathers That perches in the soul...'

So on Sunday after church I shall spend an hour hoping to see some avian guests landing to peck at my mealworm suet cakes. As I tally them up, each one will remind me to spread peace by living bird friendly day to day. And although I won't recognise all the ones I see, I'll just wing it.



From Quiet Garden Movement /

<https://quietgarden.org/>

As Winter gives way to Spring we begin to see tight buds unfurling, green shoots pushing through the soil, fledglings in the nest; you may like to take a walk around a garden to see what signs of Spring can be found, awakening your senses; can you see, hear or smell signs of Spring?

There are currently dozens and dozens of snowdrops bravely in bloom here in my garden, Gilly's Quiet Garden; those heralds of Spring, often the first flower to emerge which really captures our attention. Until a couple of weeks ago there was barely any evidence of the snowdrops at all but now they are bobbing about everywhere.

As Winter passes, Spring gives us signs of hope. In the same way, our lives can blossom and grow as we draw near to God and allow Him to guide and challenge us. You may like to think back over the past few months. What can I be thankful for? Can I see God at work in my life where perhaps I was unaware of Him before? Just as Spring sees new life emerging can I see areas of new life, of growth, in my own life?

Just as a seed or bulb needs a dark time and space to grow, God often uses the dark times we go through to make us stronger; during the Winter experiences of our lives He can teach us more about his grace.

Gilly Morgan is host of Gilly's Quiet Garden and a trustee with the Trust

WINTER

A season of waiting, of anticipation,

Of dormancy and hibernation,

A landscape sleeping til the kiss of Spring.

On the black tracery of twigs against a sombre sky

Dark buds swell and leaflets stretch

Till in warmth they joyfully explode into life.
Deep in the dark soil, below a blanket of snow,
whispering fog or drenching rain,
A thousand shades of green await
the time to burst forth, sending
Winter away behind the screens of Spring.

Penny



Photo by [Anna Rakhmanova](#) on [Unsplash](#)



NEWS FROM THE Lychgate

Belated Happy New Year everyone! Hope you all had an enjoyable Christmas.

Our annual collection for The Huggard Centre raised over £1000! Thank you all for your contributions.

Our thanks, also, to Mal Rowson (and of course her able helper – Steve) for organising our collections so well, thanks Mal, you are doing a great job!

Good news is that Reverend Canon Jarel Robinson Brown will be Licenced on Saturday 23 March at 2.00pm in St German's followed by a reception in St German's Hall. Please come and welcome him to our Ministry Area.

Results of December and January 100 Club Draws are:-

December	Prize	Number	Winner
1	£25	24	Maureen Dineen
2	£15	101	John Tattersall
3	£10	38	Julia Griffiths

January	Prize	Number	Winner
1	£25	48	Gill Day
2	£15	89	Geoff Lewis
3	£10	93	Gillian Body

If you would like to join entry is £12.00 per number, per year. Please see Anita White or contact her – anita@anitawhite.co.uk Ladies Circle continues to thrive. A cheque for £1650 was presented to Benedict from our chosen charity, Maggie's, at our recent Epiphany Coffee Morning. Dawn, our treasurer, reports that we already have £500 in our coffers towards this years' charity which is again supporting the brilliant work done by

Maggie's. If you would like to join us, we meet on the third Tuesday each month in Roath Church House at 1.30pm.

To celebrate the Millennium in 2000, our church was floodlit. At that time, we appealed for donations towards the electricity costs and we continue to do so. A donation of £3 for each week sponsored was suggested and this recommendation continues, although the electricity costs have vastly increased! If you would like to help with this, please complete details on the sponsorship form and leave your donation in the marked box near the font. Don't worry if your chosen date is already covered, just add your details. Any queries, please contact Pat Hyett who will help.

Our good wishes go to Mike and Glenda Powell who will be spending the summer at their 'Seaside Estate'. They will return for the winter. We will miss their help at our church activities including Sidesman duties, coffee rota, Church Fayre, etc.

Congratulations to Rachel Kilby who has been appointed Music Animator at Llandaff Cathedral. Rachel's first project was a Festival of Christmas Music involving five primary schools from Adamsdown and Splott and jazz students from the Welsh College of Music and Drama. Rachel is one of our representatives for the Ministry Area along with Chris Billsdon and John Tattersall.

Congratulations, also, to Jeanne Hyett who has been awarded an MBE in the King's New Year Honours. Jeanne has received this for her work with horse riders and the upkeep of horse welfare. She also contributed to the 'Dead Slow' initiative, a campaign stressing the importance of road safety where horses and motorists are concerned. Sadly, due to ill health, Jeanne and her husband Frank, have been unable to attend church since the pandemic. We wish them well.

Dates for Your Diary:

March 17 - Passion Sunday. Our Pre-Vestry meeting will be held after the 9.30 Service in church. Please stay and take part. Church and Financial reports are presented and elections of our Church Committee takes place.

April 15 – Meeting re Spring Fayre, 7.00pm Roath Church House, all welcome.

May 18 - St Margaret's Spring Fayre Roath Church House from 10 to 12.30.

May 17 – Setting up Roath Church House for Fayre

Now over to Sally I would like to extend a massive thank you from all of us at St Margaret's to all the Sunday School Teachers and Helpers. It's lovely to see at the end of the 09:30 service all the work that you have done with the children. Here is a brief description about Sunday School and Scouts which was emailed to me by Sarah Maylia:

Scouting & Sunday school

Scouting exists to actively engage and support young people in their personal development, empowering them to make a positive contribution to society. Scouts experience life-changing opportunities and develop important skills by working towards badges and top awards. Top awards are all about stepping outside your comfort zone. Trying something new and challenging. Taking the lead.

They have worked diligently and tirelessly over the past 4 years and thoroughly deserve the award recognition. They started their scout section journey on zoom calls during lockdown (as beavers and cubs previously). Since then they have grown in self-confidence, resilience and independence taking part in a 24k 'road to gold expedition' in atrocious conditions (not able to see the other side of the path let alone mountain!) and participated in a 8 day international camp to the Netherlands 'Holland' last summer plus all the camps and adventures within their troop. Our scouts are encouraged to learn by doing, our programme is full of challenge, fun and adventure to develop skills for life.

The five scouts will be celebrated members of the Lord Mayors Own troop following an official ceremony at city hall later in the year. This will enable the scouts (now moving on to explorers) to attend special events and act as guard of honour for the Lord Mayor across the city. They will also wear the prestigious white

neckerchief with the city crest. We are immensely proud of them all at the 19th Cardiff!

Evie and Lotty you may also recognise as our Sunday school young leaders working hard weekly with the younger members at St Margaret's, supporting the delivery of children's liturgy in a fun and engaging way.

Congratulations to the following scouts from 19th Cardiff Scout Group (Ruby L, Theo, Ruby J, Evie & Lotty) that have achieved just that, their **Chief Scout Gold top** award! (Photo below).



That's all from me for now, hopefully I will have more to report next time.



**May you find peace and love at the feet of the Lord
Have a blessed Lent!
Pam & Sally**

CHRISTMAS FAYRE – 2023

St. Margaret's had a Christmas Fayre
They have one every year
Greeting friends and neighbours,
They're so happy to be there.

All the smiling faces
Sharing cups of tea,
Fancy cakes and pickles
So much, for you and me.

Bric-a-brac and china,
CDs by the score,
Cuddly toys and board games
Hardly room for any more.

A Bottle Stall most exciting,
Perfume and jewellery too,
Books there by dozen,
All just waiting for you.

I hope it all went swimmingly
And was a great success,
For all of those who so worked so hard
The Lord will surely bless.

Thanks to those who made it so,
For all the volunteers
Who work so hard from year to year,
We all shout loudly -CHEERS!

Hazel
Williams

Why did You make me broken?

Helen Jeffries

14th Feb

It's a weird moment when you face that you're disabled if you [have religious faith](#) - or at least it was for me. [Getting my autism diagnosis](#) was hugely [liberating](#) in that I could stop blaming myself for the autistic behaviours I have. Up until then I'd regarded them as moral failings such that, for example, failing to make [eye contact](#) was being selfish. If I did it, it was my fault, it meant I was a bad person, and should try harder. The diagnosis took that guilt away but it also meant that - with my Christian hat on - I had to confront why God would have chosen (in His Infinite Wisdom) to make me autistic. When He could have put a bit more effort in and got my brain wired up "correctly" in the womb which would have saved me a whole lot of trouble. I write frivolously, but you can see the issue.

Perhaps you're thinking that [autism's just part of the diversity of humanity](#) (which it is) and that therefore [it doesn't \(or shouldn't\) be a disbenefit](#). You may be telling yourself that [autism is a super power](#), which is a well-intentioned thing to think, but obscures [autistic suffering](#). I hope we're getting towards a society where autism won't have to cause suffering but in my generation it certainly has done and some of its features will always be disabling. You might have watched Chris Packham's programme [Inside Our Autistic Minds](#) and heard about one autistic man's frustration that he cannot speak, although he has many things to say. That's not a blessing to him or a superpower. So if autism can be [a profoundly unlucky thing to have](#), why should God in his Infinite Mercy [which I generally believe in](#), have it in his world, and, not to put too fine a point on it, WHY ME?

At that point my [autistic fairmindedness](#) kicks in and I remind myself that actually the world is full of bad things and that the ones that happen to happen to me aren't special. In fact they're incredibly minor compared to, many of the bad things happening in the world today. For whatever reasons [[insert a](#)

[library full of theology here](#)] the world is full of suffering, and we as people have to confront it and minimise it.

Today is [Ash Wednesday](#), the start of [Lent](#), which is the period of forty days running up to [Easter](#) when [Christians](#) try to notice the many things they're doing wrong in their lives and, ideally, stop doing them. Lent is associated with [fasting](#), and many people nowadays use it as a time to [give up chocolate or some such indulgence](#). It's equally worthwhile though to give up an intangible indulgence such as (for example) being self-righteous, pompous, preachy or whatever. Still working on those myself. [Said she self-righteously. And preachily. Ahem.]

Ash Wednesday is a good day for thinking about what's wrong with the world but particularly what we can all do about it. My bit is I'm trying to raise awareness of [the prevalence of autism](#), the autistic experience and [reduce the misunderstanding and shame](#). [Yay - pomposity - that's [three for three](#) failings in two paragraphs!] There are lots of things that I would like society to do differently [to be allies to we autistics](#), to [help us at work](#), and to [make us feel welcome](#). Ultimately, though, [human beings get things wrong](#), always have, always will, and that includes both neurotypicals and autistics. As we enter Lent, approaching spring and Easter, which is a time of rebirth, I hope I'm right that the world is at a tipping point regarding autism so that while it will always continue full of pain, suffering and wrongness, this area at least might be beginning to improve.

This post has been brought to you by the [Collect for Ash Wednesday](#) which emphasises that God doesn't hate anyone or anything he may have made no matter how much people may hate or reject us, or how broken we may feel.

ALMIGHTY and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Downloaded from <https://helenjeffries.wordpress.com/> and reproduced here with the permission of the author.

'AMAZING GRACE' IS 250 YEARS OLD. HERE'S THE STORY BEHIND THE SONG

'Amazing grace' marked its 250th anniversary on Sunday January 1st 2023. We look at the story behind one of the world's most famous hymns and its author, John Newton. Sung at the inauguration of presidents, 9/11 commemorations and memorably recorded by such luminaries as [Aretha Franklin](#) and Elvis Presley, you could be forgiven for thinking that 'Amazing grace' had its origins on the far side of the Atlantic. But not so. Its roots lie in the small market town of Olney, in rural Buckinghamshire, and with a former slave trader by the name of Captain - and later Reverend - John Newton. Newton's story is a powerful tale of redemption and God's grace. As a young man, his life was spent at sea. He became part of the [slave trade](#), rising to the rank of captain and transporting slaves from Sierra Leone to the West Indies.

But in 1748, on board *The Greyhound*, a fierce storm arose off Ireland. Newton, fearing for his life, cried out to a God he barely knew. He promised that, if his life was spared, he would devote the remainder of it to God's service. The ship survived – barely – and Newton miraculously made land. In his gratitude, he never forgot his promise to God and committed his life to serving him. Due to his previous life experience and lack of education, it took more than seven years for him to be accepted into ministry in the Church of England. His first post was as curate at St Peter and St Paul church, Olney - at that time a poor Buckinghamshire village consisting mainly of farm labourers and lace-makers.

HYMNS THAT HELP

As Newton preached and ministered to his flock, he developed the habit of writing hymns - many with his good friend and local poet William Cowper - to accompany his weekly sermons and help his listeners understand the message. And so it was that, ahead of his New Year's Day service in 1773, Newton wrote 'Amazing grace' to accompany his teaching on [1 Chronicles](#)

[17:16-17](#). Little did he and his congregation know that his hymn would go on to be so internationally renowned.

The words speak powerfully of Newton's own personal experience of grace – how God had seen him through toils and dangers; how he had been spiritually lost but yet God had, both physically and spiritually, rescued him and led him home. Later, having fully realised the horrors and atrocities that he had been involved in, Newton became heavily involved in campaigning for the abolition of the slave trade. Moving from Olney to St Mary's Woolnoth, in the City of London, he began to work with the nephew of a friend, William Wilberforce MP, who led the parliamentary campaign which would eventually see the slave trade made illegal in 1806. He died a year later, aged 82.

ADAPTED AND ADDED

Since that time the hymn has developed a life of its own. We do not know the tune to which the hymn was first sung; the one we are familiar with today emerged in the mid-1840s in America, perhaps a well-known tune to which many songs were put. What we now often consider to be the final verse – “When we've been there ten thousand years / Bright shining as the sun / We've no less days to sing God's praise / Than when we first begun” - was not actually written by Newton at all. The verse first appeared in Harriet Beecher Stowe's immensely influential 1852 anti-slavery novel *Uncle Tom's Cabin* (Wordsworth Editions), and quickly became assimilated into the hymn.

In 1972, 'Amazing grace' topped the UK charts with The Military Band of the Royal Scots Dragoon Guard. And in 2015, President Obama famously sang it unaccompanied after delivering a eulogy for Rev Clementa Pinckney, who was [shot dead along with eight members of the congregation](#), at Emanuel African Methodist Episcopal Church in Charleston, South Carolina. The song still serves as a great source of comfort to many Christians today, particularly for those who are searching for faith or meaning, or struggling at difficult points in their lives.

ENDURING LOVE

And in Olney, where it was first heard and sung on Sunday 1st January 1773, it continues to carry much significance. “The hymn speaks of God’s love and forgiveness, and reminds us that he is with us when life is not easy, that he protects his people and has prepared a place for all, with him, for eternity,” says Rev Andrew Pritchard-Keens, current rector of St Peter and St Paul. “Newton says that he was lost, but speaks of being found by God. He tells us how his eyes were opened to God’s love. My prayer is that all who know God will be ever increasingly released to praise him. And all who don’t yet see how much God loves them, will come to know his ‘Amazing grace’!” As we mark the anniversary of this enduringly popular hymn, it provides a poignant moment to pause and reflect on the grace that has been extended to us all through God’s love; but perhaps also to reflect on how we might extend that grace to those in our communities.

By Simon Barker who lives in Olney, Bucks where he organises a primary schools event called Lifepath with over 1000 pupils coming to the town to learn about John Newton and ‘Amazing grace’. He is part of a small team promoting the 250th anniversary of the hymn.

<https://www.premierchristianity.com/worship/amazing-grace-is-250-years-old-heres-the-story-behind-the-song/14620.article>

St. Gregory the Great

Gregory the Great here relates a famous story of a very special meeting between Scholastica and her brother, the great abbot Benedict. St. Scholastica was born at Norcia (Nursia) Italy about the year 480. She vowed herself to seek God in religious life and followed her brother to Monte Cassino where she died around 547, three days after the story related below. Her feast is February 10.

Scholastica, the sister of Saint Benedict, had been consecrated to God from her earliest years. She was accustomed to visiting her brother once a year. He would come down to meet her at a place on the monastery property, not far outside the gate. One

day she came as usual and her saintly brother went with some of his disciples; they spent the whole day praising God and talking of sacred things. As night fell they had supper together. Their spiritual conversation went on and the hour grew late. The holy nun said to her brother: "Please do not leave me tonight; let us go on until morning talking about the delights of the spiritual life". "Sister", he replied, "what are you saying? I simply cannot stay outside my cell". When she heard her brother refuse her request, the holy woman joined her hands on the table, laid her head on them and began to pray. As she raised her head from the table, there were such brilliant flashes of lightning, such great peals of thunder and such a heavy downpour of rain that neither Benedict nor his brethren could stir across the threshold of the place where they had been seated. Sadly he began to complain: "May God forgive you, sister. What have you done?" "Well", she answered, "I asked you and you would not listen; so I asked my God and he did listen. So now go off, if you can, leave me and return to your monastery". Reluctant as he was to stay of his own will, he remained against his will. So it came about that they stayed awake the whole night, engrossed in their conversation about the spiritual life.

It is not surprising that she was more effective than he, since as John says, God is love, it was absolutely right that she could do more, as she loved more. Three days later, Benedict was in his cell. Looking up to the sky, he saw his sister's soul leave her body in the form of a dove, and fly up to the secret places of heaven. Rejoicing in her great glory, he thanked almighty God with hymns and words of praise. He then sent his brethren to bring her body to the monastery and lay it in the tomb he had prepared for himself. Their minds had always been united in God; their bodies were to share a common grave.

This excerpt on the encounter of Sts. Benedict and Scholastica comes from the Dialogues of St. Gregory the Great (Lib. 2, 33; PL 66, 194-196). It appears in the Roman Office of Readings for the Benedictine Feast of St. Scholastica, sister of St. Benedict on February 10.

<https://www.crossroadsinitiative.com/media/articles/saint-scholastica/>



Saint Scholastica Patron Saint of Benedictine nuns, education,
and convulsive children

ST. MICHAEL & ALL ANGELS, CATHAYS, CF14 3JL

Roath & Cathays Ministry Area, Cardiff



LENT GROUP 2024
MEDITATIONS ON THE PASSION OF JESUS

Evening sessions start at 7.30pm
(with refreshments from 7.15pm if so desired)
Sessions end at approximately 8.30pm

- | | |
|---|-------------------------------------|
| • Thursday, February 22 nd | <i>The Crowd</i> |
| • Thursday, February 29 th | <i>The Soldiers</i> |
| • Wednesday, March 6 th | <i>The Onlookers</i> |
| • Saturday morning, March 16 th
at 10.00 am, followed by a
shared soup lunch | <i>The Friends who
remained</i> |

ST GERMAN'S CHURCH
LENTEN REFLECTIONS FOLLOWED BY A SOUP
LUNCH

ALL PROCEEDS TO BE GIVEN TO CHRISTIAN
AID



Lenten reflections, led by Father Malcolm
Brooks followed by a soup lunch in the Church
Hall, **commencing at 12 noon** each Friday
throughout Lent

Friday 23rd February
Friday 1st March
Friday 8th March
Friday 15th March

PLEASE SUPPORT THIS AND GIVE
GENEROUSLY AS PART OF YOUR
LENTEN GIVING

Forthcoming Events

Sun 25 Feb 2024. 3.00pm. St Edward's Church. Piano Recital: Simon Watterton. [Programme](#).

Sun 25 Feb 2024. 7.30pm. St Edward's Church. Pavane Early Music Consort rehearsal.

Mon 26 Feb 2024. 7.00pm. St Edward's Church. St Edward's Orchestra Practice.

Mon 26 Feb 2024. 7.00pm. St Edward's Community Room. Jazz Workshop (Julian Martin).

Mon 26 Feb 2024. 7.30pm. Zoom. [Chatty Crafters](#).

Tue 27 Feb 2024. 2.00pm. St Edward's Church. [Forget Me Not Cafe](#).

Tue 27 Feb 2024. 7.00pm. St Edward's Church. The Inner Voices rehearsal.

Wed 28 Feb 2024. 1.00pm. Beulah URC. [Lunchtime Music Recital](#).

Wed 28 Feb 2024. 2.00pm. St Edward's Church. U3A Recorders.

Wed 28 Feb 2024. 2.00pm. St Edward's Community Room. WI Penylan Craft Group.

Wed 28 Feb 2024. 6.00pm. St Edward's Church. Cardiff Baroque rehearsal.

Wed 28 Feb 2024. 7.25pm. St Edward's Community Room. [Cardiff Recorded Music Society](#).

Thu 29 Feb 2024. 7.30pm. St Michael's Church. Lent Course. [Poster](#).

Fri 1 Mar 2024. 10.00am. St Edward's Community Room. Creative Writing: Claire Syder. [Poster](#).

Fri 1 Mar 2024. 7.00pm. St Edward's Church. Serenata rehearsal.

Sat 2 Mar 2024. 11.00am. St Edward's Church. Working Party.

Sun 3 Mar 2024. 1.30pm. St Edward's Church. Wind Ensemble De Cymru.

Sun 3 Mar 2024. 4.00pm. St Edward's Church. Cantorion Taliesin rehearsal.

Sun 3 Mar 2024. 7.30pm. St Edward's Church. Pavane Early Music Consort rehearsal.

Mon 4 Mar 2024. 7.00pm. St Edward's Church. St Edward's Orchestra Practice.

Mon 4 Mar 2024. 7.00pm. St Edward's Community Room. Jazz Workshop (Julian Martin).

Mon 4 Mar 2024. 7.30pm. Zoom. [Chatty Crafters](#).

Tue 5 Mar 2024. 2.00pm. St Edward's Church. [Forget Me Not Cafe](#).

Tue 5 Mar 2024. 7.00pm. St Edward's Church. The Inner Voices rehearsal.

Wed 6 Mar 2024. 2.00pm. St Edward's Community Room. WI Penylan Craft Group.

Wed 6 Mar 2024. 7.00pm. St Edward's Church. South Wales Clarinet Choir.

Wed 6 Mar 2024. 7.25pm. St Edward's Community Room. [Cardiff Recorded Music Society](#).

Wed 6 Mar 2024. 7.30pm. St Michael's Church. Lent Course. [Poster](#).

Thu 7 Mar 2024. 1.30pm. St Edward's Community Room. Penylan Singers Community Choir.

Fri 8 Mar 2024. 1.15pm. St John the Baptist, Cardiff. Free Organ Recital. *Dr Anthony Gritten (Royal Academy of Music, London)*.

Sat 9 Mar 2024. 11.00am. St Edward's Church. Jazz Month: Glen Manby & Mark Sambell. [Poster](#).

Sat 9 Mar 2024. 2.00pm. St Edward's Church. WAVDA.

Mon 11 Mar 2024. 7.00pm. St Edward's Community Room. Jazz Workshop (Julian Martin).

Mon 11 Mar 2024. 7.30pm. St Edward's Church. St Edward's Orchestra Concert.

Mon 11 Mar 2024. 7.30pm. Zoom. [Chatty Crafters](#).

Tue 12 Mar 2024. 2.00pm. St Edward's Church. [Forget Me Not Cafe](#).

Tue 12 Mar 2024. 7.00pm. St Edward's Church. The Inner Voices rehearsal.

Wed 13 Mar 2024. 2.00pm. St Edward's Church. U3A Recorders.

Wed 13 Mar 2024. 7.25pm. St Edward's Community Room. [Cardiff Recorded Music Society](#).

Wed 13 Mar 2024. 7.30pm. St Edward's Church. [Roath Local History Society](#). *The Very Reverend Father Sebastian Jones will speak on Third Marquess of Bute and the Catholic Imagination.*

Thu 14 Mar 2024. 1.30pm. St Edward's Community Room. Penylan Singers Community Choir.

Sat 16 Mar 2024. 10.00am. St Michael's Church. Lent Course. [Poster](#).

Sat 16 Mar 2024. 11.00am. St Edward's Church. Jazz Month: James Chadwick & Bill Fletcher. [Poster](#).

Sat 16 Mar 2024. 2.00pm. St Edward's Church. Cantorion Taliesin rehearsal.

Sat 16 Mar 2024. 4.30pm. St Edward's Church. Eleanor Watts rehearsal.

Sat 16 Mar 2024. 6.00pm. St Edward's Church. Classical Vocal Recital: Eleanor Watts (soprano).

Sun 17 Mar 2024. 2.00pm. St Edward's Church. [Cardiff Friendly Strings](#).

Sun 17 Mar 2024. 4.00pm. St Edward's Church. Cantorion Taliesin rehearsal.

Sun 17 Mar 2024. 7.30pm. Roath Church House. Discussion Group. *Theme: Hope*.

Mon 18 Mar 2024. 7.00pm. St Edward's Community Room. Jazz Workshop (Julian Martin).

Mon 18 Mar 2024. 7.30pm. St Edward's Church. St Edward's Orchestra Soloists Concert.

Mon 18 Mar 2024. 7.30pm. Zoom. [Chatty Crafters](#).

Tue 19 Mar 2024. 2.00pm. St Edward's Church. [Forget Me Not Cafe](#).

Tue 19 Mar 2024. 7.00pm. St Edward's Church. The Inner Voices rehearsal.

Wed 20 Mar 2024. 2.00pm. St Edward's Community Room. WI Penylan Social Group.

Wed 20 Mar 2024. 7.00pm. St Edward's Church. South Wales Clarinet Choir.

Wed 20 Mar 2024. 7.25pm. St Edward's Community Room. [Cardiff Recorded Music Society](#).

Thu 21 Mar 2024. 1.30pm. St Edward's Community Room. Penylan Singers Community Choir.

Thu 21 Mar 2024. 6.00pm. St Edward's Community Room. Cardiff Baroque rehearsal.

Sat 23 Mar 2024. 11.00am. St Edward's Church. Jazz Month: Trading Standards. [Poster](#).

Sat 23 Mar 2024. 2.00pm. St German's Church. Licensing of Canon Jarel Robinson-Brown as Vicar. [Poster](#).

Sat 23 Mar 2024. 3.00pm. St Edward's Church. Cantorion Taliesin rehearsal.

Sat 23 Mar 2024. 7.00pm. St Edward's Church. Cantorion Taliesin Concert.

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 (Holy Week & Easter) is March 10th

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.