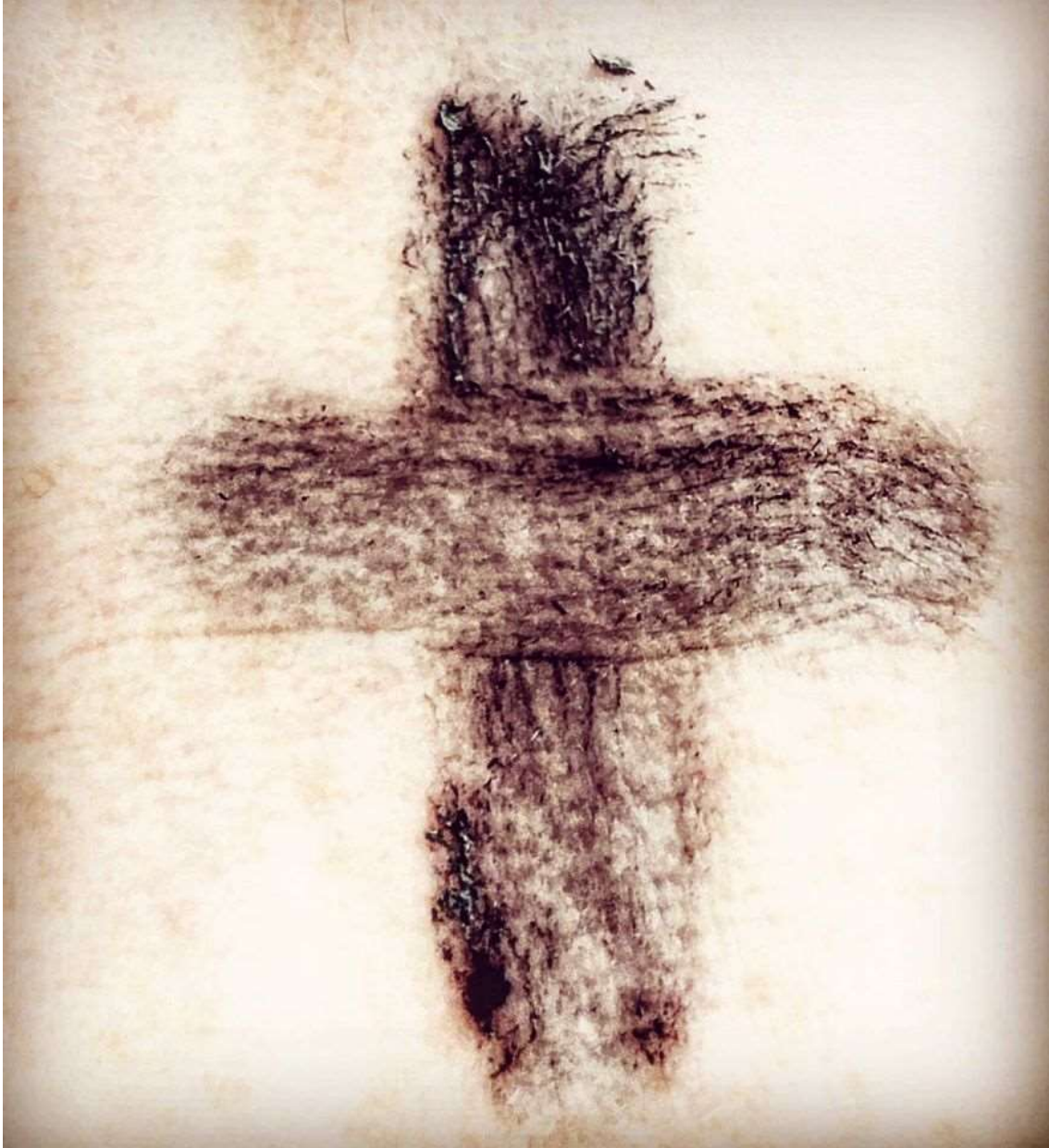


Roath News



Lent 2018

Free but donations always welcome

THE PARISH OF ROATH, CARDIFF

| | |
|------------------------------------|--|
| The Vicar: | Rev. Stewart Lisk Tel: 20487854; 07794157604 email: stewartlisk@live.co.uk |
| Curate: | Rev. Dr Rhys Jenkins |
| Reader: | Mr Geoff Smith Tel: 20499498. |
| Parish Wardens: | Parish Vicar's Warden Mr Robert Hyett Tel: 20471247 Parish People's Warden Mrs Gill Day Tel: 20495496 |
| Parish Treasurer: | Mr Jim Bendon Tel: 20482082 |
| PCC Minutes Secretary: | Mrs Anita White Tel 02920 491340 |
| Roath Church House bookings | RCH Booking Secretary Mrs Anna Mason Tel: 07720641653 |
| Parish 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.

*The Parish Surgery is open on Mondays (except Bank Holidays) between 6.00.p.m. and 7.00.p.m. in Roath Church House to arrange **Baptisms and Weddings**. (Contact no. 20487854).*

Confessions and the Sacrament of Healing by arrangement.

**Copy date for the next magazine (Easter) is
18th March**

From the Vicar of Roath, the Reverend Canon Stewart Lisk

My dear Friends,

Looking back I often write to you at this time of the year about the long awaited arrival of Spring and the natural world around us. Indeed the crocuses and snowdrops are out and the daffodils are already in bloom in our Church grounds ready for St David's Day. However it does not yet feel at all Spring like! The temperatures are still freezing and the threat of ice and snow is ever present in our weather forecasts. I am also conscious of Winter Sun at this time of the year. I do not mean holidays in warmer climes but actually the bright light that we have on these clear dry days. With no leaves on the trees offering shade, the Sun seems to find its way into every nook and cranny pouring into the study windows showing up every speck of dust and reminding me of the need to Spring clean!

You might already be well advanced with your Spring cleaning and decluttering that we are encouraged to do at this time. It mirrors for some of us the task of Church and Parish Inspections which also occur at this time of the year. Some of you in secular employment will be familiar with annual reviews, those in education are well-used to regular inspections, our Churches are also looked at critically under the oversight of the Archdeacon. Every church undergoes this process and our Archdeacon shares the responsibility with the Area Deans. This year I found myself inspecting eight churches in the Deanery. Our own churches in Roath were visited by Archdeacon Peggy. Thanks to the enormous hard work of your Churchwardens, Treasurers, Secretaries and other officers throughout the year in preparation for the

day, we had a successful visit and the Venerable Peggy Jackson seemed pleased with your work. We await her report.

In our lives of Faith, this is also a time of year that we are invited and encouraged to “review” or “inspect” our spiritual lives. Lent is a time traditionally for reflection and study, prayer and self-denial. I know several of you have already grasped this with various activities in the parish and beyond. The weekly discussion groups are underway, the Lent Lunches are being enjoyed. Many are filling their Lent boxes and some are making the effort to go to the Cathedral to hear our Bishop’s Lent addresses.

These may not be what everyone needs or wants. Some of you I know will be attending an extra service or reading a Lent book, or making daily prayer routine. Others I know are putting their discipline into our work with the homeless or other charitable action. Whatever it is make sure that you offer it in prayer to God. If we look at our lives critically, we inspect them or review them then we will have new refreshed ways of living, working and worshipping as the people of God in Roath. Let us allow that Winter Sun to enlighten our lives at this time just as the light of Christ brings light to the world. As Jesus spent his 40 days and nights in the wilderness, let us always remember He is with us at the dark times of temptation and at the bright moments of Joy!

Have a blessed and fruitful Lent
Every blessing

A handwritten signature in black ink, appearing to read "Stuart", with a stylized flourish at the end.



NEWS FROM THE LYCHGATE

These notes are written on Candlemas, a traditional time of celebrating the light coming back to our part of the world. In the Steiner college, which Maggie attended, a large candle is made (from the stubs of Christmas candles). This is then put into a hole in the garden, just below the surface, and lit with due ceremony. If the weather is not wet or rough it stays alight for days, signifying the gradual warming of the earth.

Before we leave the Christmas season we must report on the Christmas Collections for the Huggard Foundation, a charity working with and for the homeless. The total amount raised was £1065. Thankyou to everyone who contributed, and to Mal Rowson who organized it.

The highlight of January was, of course, the visit of our new Bishop June. We were the last deanery she visited and she (almost) said that she had left the best until last. So she had! We were joined by St. Edwards and other members of local churches for a lovely service of evensong. Prayers were offered in English and Welsh. The combined choirs of St. Margaret's and St. Edwards

did really well and concluded with a splendid rendition of Stanford's "Jubilate" in b flat.

The reception afterwards was greatly enjoyed by all who attended, with our new Bishop anxious to meet as many people as possible. We do also thank our vicar, Stewart, for what must have been a lot of work and careful organization.

Talking of the choir we cannot but notice that the choir grows weekly! Thirty adult members had a Dinner in the Molisana recently. It is to be noted that the youngsters in the choir will also have an outing later in the year.

The Ladies Circle had a very successful coffee morning at the beginning of January. On this occasion they presented a cheque of £1415 to each of their charities of last year. These were for the Amber Project and for Motor Neuron Disease. A Splendid effort ladies! This year the first chosen charity is Pedal Power, a local charity that provides bicycles of various kinds for the exercise and recreation of disabled and able bodied people in Pontcanna. The second charity supports the sufferers of Crohn's Disease.

We sadly note the passing of two ladies. The first is Eva Shepherd, well known in the Parish. She was 87. At her funeral people were surprised to learn that in addition to her known employment as a Health Visitor, that she had also been a Policewoman, before settling down to have her three children. The second was Nell Williams a faithful member of St Edwards, along with sister-in-law the late Cynthia Williams. We extend our condolences to both their families. In this context we

also send our sympathy to Mrs Ros Jones whose young brother passed away in the USA just before Christmas.

The Sunday school have embarked on another busy term, studying Moses. "Moses in the Bulrushes" is surely one of the most loved of Bible Stories for children. The congregation will be pleased to learn that the Lent posters, made last year by the children, will be put up as Lent is again upon us.

Once again Lent Lunches have been organized. They are very valued as an opportunity to meet up with other church members during the Lent season. The first one will be on 16th February, from 12-2, at Mal and Steve Rowson's house, 56 Colchester Avenue. If you haven't been before, please do come along.

Sally reports that the Parish Discussion Group – Lent Courses will be commencing on the 18th February, these are an opportunity to do something extra during the Lent season and further your understanding of God's message through the Scriptures.

Also during Lent our new Bishop June will be giving a number of talks at Llandaff Cathedral commencing on Thursday 22 February until 15 March at 7pm. Everyone is welcome to attend.

Also The Sponsorship Calendar 2018 for floodlighting St. Margaret's Church is now on the Notice Board in the porch. Once again you are invited to remember the anniversaries of loved ones, or occasions you would like to celebrate or commemorate. The suggested amount is £3 per entry. **(N.B. More than one entry can be added in any one week)** The floodlighting of St. Margaret's

Church has proved to be quite a landmark as it looks so beautiful when lit. Please help to keep this asset by sponsoring a week or two for only £3 per week. The collection box can be found by the font or donations can be given directly to Chris Webb, our Treasurer.

We also extend a huge thanks to Kelvin Thomas and the Brahms Choir and Orchestra for their excellent performance of Messiah.

Also if you would like anything to be included in these notes then please feel free to speak to either myself or Julia Griffiths.

God Bless and Have a good Lent
Julia & Sally



My experience, almost always, is that, in church life,
**Brave choices in difficult situations are usually
blessed**

My usual seat at the 9.30 Sunday Eucharist in St Margaret's is on the pulpit side of the church, level with the porch door. For some months now, I have glanced each week at the graph depicting funds so far attained for the organ repair fund. It seems to have stood at approximately £7,000 for ages, hardly visible, standing on the floor and partly hidden by the pews.

As a former parish priest who was always seeking during my ministry to ensure we paid our way week by week, debts were a challenge to be eradicated as quickly as possible. Of course, Roath parish had reserve funds and could have paid off the money as and when required. But for me it still stood out as a challenge to be met without drawing on reserve funds.

Also, probably unbeknown to many of you, a very unfortunate incident had overtaken the reality of the true situation relating to the recently repaired instrument. It had been inadvertently left switched on not long after the completion of the restoration, causing it to overheat, which, coupled with a leaking roof directly above, causing water to drip onto and damage the pedal chest, put the organ out of action again prior to Christmas.

This latest setback has cost approximately £16,300 to put right. With Christmas approaching, the decision had to be made to further repair the extensive new damage (with around £10,000 still outstanding from the original overhaul) and upgrading, leaving a new total payment of some £26,000 to be repaid.

I fully endorse this decision to act swiftly to rectify this unexpected accidental damage. If it had not been tackled, the initial repair work and restoration would have been pointless, and all the money spent worthless. Not to mention all the skilled work carried out by Nick the organ builder.

Hopefully, the insurance company will make some contribution to this accidental damage repair, but no doubt there will be some additional costs as further repair work may uncover further damage. The organ is back in working order, but some work needs to be carried out for the instrument to be in pristine condition.

If this article ended here, no doubt you as readers would be feeling quite depressed and concerned. However, after all this rather worrying and sobering detail, I have some very good news to report. Unexpectedly, and incredibly generously, a person known to me personally, but who wishes to remain anonymous, **has donated £20.000 towards the cost of repair.** Naturally we are delighted and deeply grateful for this generosity. The decision to go ahead and pursue the repair of the expensive accidental damage has been ‘blessed’.

I am not able to say if the total debt is now covered; more information is needed about the response of the insurance company and whether or not any further costs may arise. However, it will be a much smaller debt than originally expected, well within the parish’s ability to pay it off quickly. As a thank you for the generosity and kindness of our anonymous donor, ‘are we up for the challenge’?

JOHN WOODWARD

ST EDWARD'S NOTES - LENT 2018

BAPTISM a warm welcome to Logan Preston Jewell baptised on Sunday 25th February within the family Eucharist service. Brother to Dylan, and Grandchild of Sue and David.

HOUSEKEEPING Our regular 5th Saturday in the month clean-up days are 31st March (Holy Saturday), 30th June and 29th September. Please make a note in your diary to come along between 10.00 and 12.00 if you can. These are the days we do extra jobs both inside and outside the church to keep our place of worship and community activities looking good.

COMMITTEE as we anticipate the Easter Vestry to take place at the end of April, it is time to thank the members of the committee who have had another busy year. If you'd like to be a member of the committee please speak to Sue Mansell or Kathie Mayer, new members are always welcome.

NEW PROJECT This time last year we were anticipating the start of the Forget-me-Not project, and in May it will have been going for a whole year. Huge thanks to Kathie who suggested this new venture. Kathie and a number of other wonderful volunteers now regularly welcome over 20 people into the schoolroom every Tuesday, both carers and cared for. Such is the success of the scheme that it's behind another new project. Grants are being sought to fund an extension to the schoolroom and other improvements.

From the Draft Funding Proposal:

“Roath Parish Parochial Church Council and St Edward's Church Committee would like to redevelop the porch, WC and schoolroom area of the church site to better accommodate the growing needs of the congregation and community. It is envisaged that this would include:

- *Redevelopment of the existing school room and entrance to create an accessible community space that meets the needs of our current users and makes provision for future growth.*
- *Updating of the current provisions whilst also providing new facilities, in compliance with accessibility legislation, such as new accessible toilets, a new kitchen, a larger community room that provides for flexibility in use, and provision for external and internal storage.*
- *Alterations to the principal entrance ensuring that all of our visitors can access our building readily and easily.*
- *Off-street disabled parking and gardening opportunities to promote engagement with our community.”*

Please pray for the success of our bid, to enable St Edward’s continuing mission as part of the local Roath Community.

EXCITING CHOIR NEWS Three new youngsters are preparing to join the choir before Easter. Practices are 6.45 on Thursday evenings. Do give them your encouragement and if any other youngsters aged 6 and over are interested, please speak to Heather. Most of our current adult choir joined as children, and some have completed an impressive number of years, we’ll leave the exact number to your imagination!

DEWI SANT¹

St David's Day, celebrated here on March 1st, has his Saints day on July 1st in Brittany.

Shakespeare described the habit of Welshman wearing leeks and daffodils on St David's Day as '*an ancient tradition begun on an honourable request*'

It is said David's spirit visited King Cadwallon's army at Hatfield Moors in 633, telling the army to put leeks in their hats so that they could recognise each other in the battle and Edward of Northumbria was beaten. Certainly the Welsh had the first uniform, (green and white) in European warfare.

Dewi's 'Saying of the Wise is as follows':

*A glywaist ti chwedl Dewi
Gwr llwyd llydan ei deithi
Goreu defawd daioni.*

*Hast thou heard the saying of St David, the venerable
man of extended honour?
The best usage is goodness*

In the Gwaun valley in Pembrokeshire, Old St David's Day (March 12th) marked the end of the winter nights, when supper could once again be eaten in daylight, without the need for candlelight.

DEWI SANT²

The shortage of real historical evidence about St David is more than made up by the colourful legend that evolved in the centuries following his death. Of the real St David, this much is known: Born at Henvynwy in Ceredigion, he is believed to have studied under St Illtud at Llantwit Major.

He became a prominent figure in the Celtic church and founded a monastery at Menevia in Pembrokeshire,

which eventually became known as St David's. His most famous exploit, the miracle of Llanddewi Brefi – where St David is said to have made the ground rise up so his words could be heard by the attendant multitude – is related by Rhyfygarch, a monk writing in the 11th century.

According to Rhygyfarch, the young David cured the blindness of his tutor St Paulinus, before setting out to evangelise among the Britons. Rhygyfrach also claims that David founded monasteries at Bath, Leominster and Glastonbury as well as visiting Jerusalem where he was made a bishop.

David also allegedly survived an attempt to poison him after St Scuthyn crossed the sea from Ireland on the back of a magic horse. Scuthyn blessed the contaminated bread and consumed it without ill effect.

1 The Book of Welsh Saints Breverton T.D. Glyndwr Publishing (2000)

2 <http://www.100welshheroes.com/en/top100>

The church at rest.....

Parishioner to rector's wife: *"Did you wake up grumpy this morning?"*

Rectors wife *"No. I thought I'd let him sleep on"*.

The last word.....

As any member of a church committee will tell you:

After all is said and done, there's a lot more said than done.

Keep Smiling

It makes the world a happier place

Some advice to preachers

If after ten minutes you don't strike oil, then stop boring

Sacred Mysteries - Gluten in bread used for the Eucharist

by Christopher Howse

What kind of bread and wine must be used for the Eucharist, otherwise known, as Holy Communion or the Mass?

In this country the wine is usually a sweetish red wine, but not fortified. The bread is made from wheat and not highly baked, and these days usually presented as individual thin round pieces, sometimes called wafers, though I dislike the term, since it might seem to distinguish it from bread. In the Eastern churches leavened bread is used.

By the time worshippers receive Holy Communion, what is it that they receive? Some Christians think it is bread, used as a symbol for the spiritual presence of Christ; others say it is bread with which the real presence of Christ is joined.

At the Catholic end of the spectrum, which I take to be the traditional teaching, communicants do not receive bread but the body of Christ, which the bread has become by something that the "Church most aptly calls Transubstantiation", as the Council of Trent put it.

I haven't come across any other philosophy that describes the sacrament as satisfactorily as transubstantiation does, but I was interested to hear what the difficulties were that people raised in response to a new document from the Vatican that repeated a ban on gluten-free bread being used in the Mass.

This was presented in some papers as bad news for coeliacs, who have a reaction against gluten. But the document specifically allows low-gluten bread, which may have gluten levels of less than 200 parts per million. The criterion that the document uses is that the bread should hold together as real bread.

So what does this mean at the time of receiving Communion? A bafflingly confused understanding of the

Vatican document was presented in a headline in *The Times* that said: "Body of Christ was not gluten free, says Pope." Neither the Pope, nor anyone else, said anything of the sort.

Another kind of confusion was expressed by a newspaper columnist who wrote that, since communicants received not bread but the body of Christ substantially, there need be no worry about gluten.

The philosophy behind transubstantiation holds that, while the bread is turned into the substance of the (living) body of Christ, the accidents of the bread remain as they were. These accidents include appearance, smell, taste, weight, size and even location. By experiencing these with the senses, the communicant knows he is receiving the sacrament that brings him the body of Christ.

Another consideration is what happens when the accidents of bread break down and change. A few minutes after receiving the sacrament, there will be no sign of the accidents of bread in the communicant's stomach. There will no longer be the sacramental presence of Christ. Instead the constituents of bread will have their natural effects, of nourishment for most people, but more harmful effects for someone with coeliac disease.

The spiritual effects will be quite different. The good Christian eating the sacrament receives the body of Christ, and where the body is, there also is the living blood, soul and divinity of Christ, with whom are inseparably present the persons of God the Father and the Holy Spirit. Jesus Christ is closer to the communicant than he was to the Disciples when they gathered round him during his earthly life.

It is a strange thing to eat anyone - an astonishing notion. Usually it can't be done, as cannibalism is not eating someone, only their dead flesh. Eating most food turns it into us. Eating Christ turns us into him.

From *The Daily Telegraph* July 29th 2017

Notes from the North number 30

We wish a Happy New year to everyone. Kath and I have received an overwhelming number of cards. Thank you all for your wishes.

We are now on the journey to formulate plans and try to avoid as many as possible of the hiccoughs which will inevitably arise!! Any advice will be very welcome.

When the bell ringing team became aware of our wedding plans, I was informed that it is traditional to include any bell ringer to participate in the 'ringing' at one's wedding. When I told Kath, her first reaction was "who am I going to marry then, if you are up in the tower"?. I had to explain this would be after the ceremony. I shall have to be careful in the future, that any misunderstandings are avoided if possible!!!

I hope that the seemingly persistent rain has ended by the beginning of July. The area here in Penwortham, is fairly flat, so drainage is rather common, and soggy gardens are the usual rather than the exception.

Our initial plan was to sell Kath's house and move in to my Bungalow. That was before we started to work out how much space we would require to accommodate the clothing and furniture which we wanted to keep.

Plan 2 was to extend my bungalow and reorder the rooms. That would have created a large amount of building work, and probably take a fairly long period of disruption to complete.

Plan 3 is the current one and starts by selling this property, and for me to move in with Kath., at which point we will (hope) to sell Kath's house and buy a larger bungalow between us. I am sure there may be some

flaws in that plan too, but hope springs eternal!!!! Please use your prayer facilities, they will be very welcome.

We are erecting the scenery for the next play, and at yesterday's session, a couple who have been married for 40 + years were looking forward to their golden wedding celebrations. 'Kath and our future' were included in the conversation, and I said if we celebrated our silver wedding we would be in our 100's. Another lady said her mum had survived into her 100'!!!!s. I am not sure if we can do so, but we shall do our best!!!!

You may remember my baptism in to the world of drama. I had helped by providing the 'props'. At the scene set up, someone asked if I was going to the rehearsal with the props.!!! I asked how that situation had arisen.

Apparently I should have had an invitation to do so back in September.!! Rather puzzled I asked the secretary if that was the case. "Yes it was", but as I had not received the missive and more importantly, had not replied, I was more than a bit taken aback. We had had 3 meetings, and as I was there and had not been asked if I was interested several members also had raised eyebrows.

So Jane and I have had to compress the preparation of reading the scripts, which contain stage directions and the props required and how the stage is to be set. We are gathering the necessary bits and pieces.

And as I am still in a slight state of confusion, I have to sign off now, but shall return with the report on the reception of the performances next time.

Love to everyone.

David and Kath.

**SUNDAY AND WEEK-DAY WORSHIP
IN THE PARISH OF ROATH**

(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
(each Sunday except 1st during school terms)
6.00 pm Sung Evensong
1st Sunday in month – Evensong/Holy Eucharist**

Wed: 9.30 am Holy Eucharist

ST. EDWARD'S CHURCH BLENHEIM ROAD

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

**Conventional District of Tremorfa
ST PHILIP'S COMMUNITY CHURCH
TWEEDSMUIR ROAD**

**Sun: 9.30 am Family Communion
Tues: 3.15 pm 'Messy Church' (in term-time)**

**Copy date for the next magazine (Easter) is Monday
18th March**

Please send hard-copy (typed, hand-written or cut-out) to the
Parish Office; email contributions to:

Jean Rose, jeanmargaretrose@yahoo.com

or Sue Mansell, smmansell@icloud.com

or Gwynn Ellis, rgellis@ntlworld.com, (preferably using Arial
font 12)



**Articles in this magazine reflect the views of their authors,
and not necessarily those of the editors, or the official
teachings of the Church.**