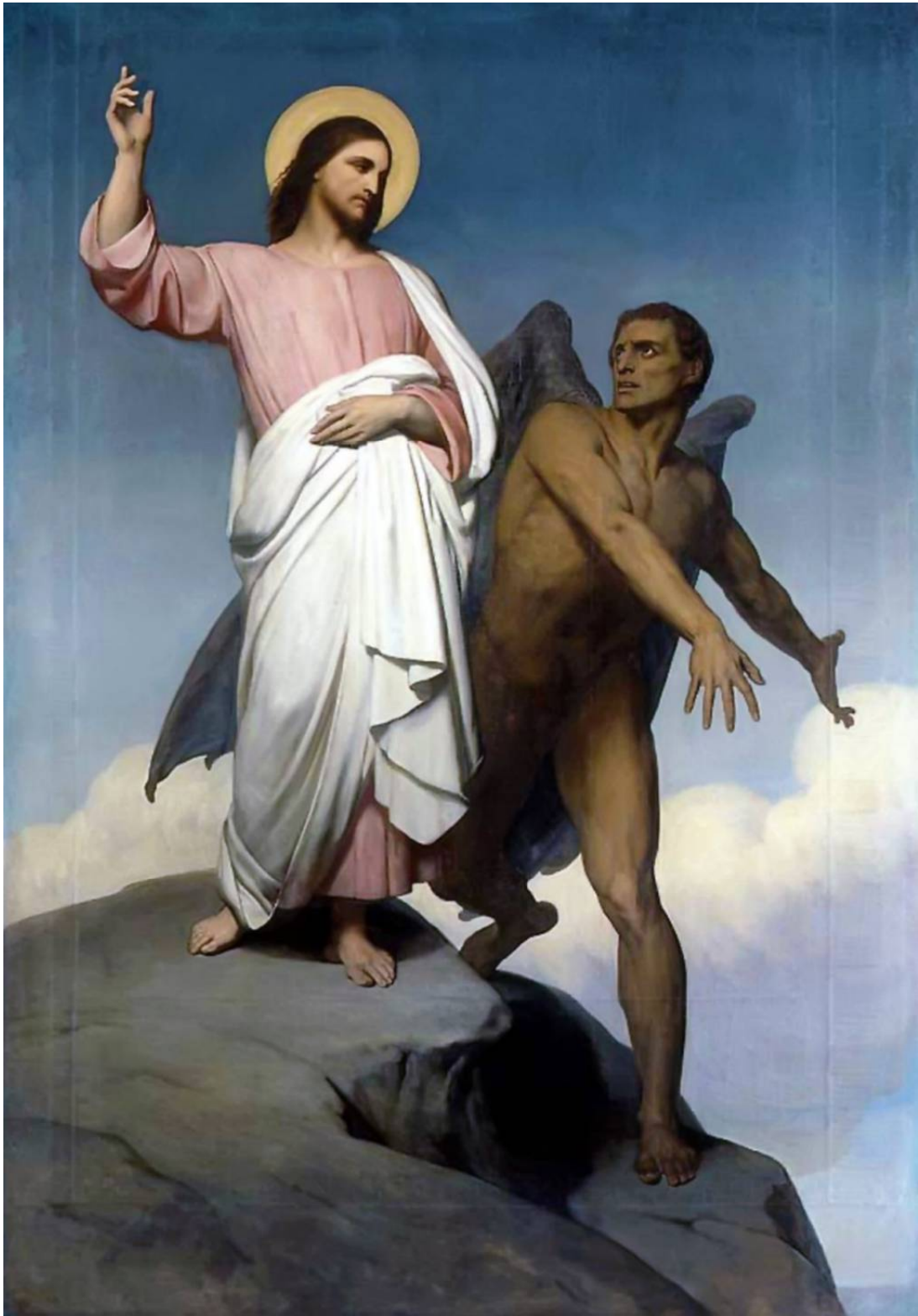


Roath News



Lent 2020

Free but donations always welcome

THE PARISH OF ROATH, CARDIFF

The Vicar:	Canon Stewart Lisk Tel: 20487854; 07794157604 email: stewartlisk@live.co.uk
NSM Assistant Curate	The Reverend Ruth Coombs
Reader:	Mr Geoff Smith Tel: 20499498.
Parish Wardens:	Parish Vicar's Warden Mr Robert Hyett Tel: 20471247 Parish People's Warden Mrs Gill Day
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 20th
March**

From the Vicar of Roath, the Reverend Canon Stewart Lisk

My dear Friends,

At the time of writing we about to celebrate Candlemas, the day of the year 2 February when we finally mark the end of the glorious Christmas and Epiphany seasons when we remember Christ's birth and his 'showing forth' to the world. The full name of Candlemas is the Presentation of Christ in the temple. The occasion when Mary and Joseph took their son to give thank offering for his birth and offer sacrifice, as was the custom of all Jewish families. Even at this early period of his life, the infant Jesus' story is full of Travels. His parents had to journey to Bethlehem for the census, then they had to escape to Egypt to prevent Herod killing Jesus and sometime after they came to Nazareth where they settled. Later on, in Jesus' youth, he travels to the temple at Jerusalem and impresses the teachers there.

Travel is an integral part of the story of our Lord's ministry, I am sure you can think of many more examples. Two of the above mentioned events, the Presentation and Jesus' visit to the temple at Passover were very much part of the traditions of Jewish families. They would leave their homes and go to places of great significance in their Faith to mark important moments.

As you have I am sure heard in Church, or at meetings or read in *Croeso*, this year is a Year of Pilgrimage in our diocese. It was launched at our Diocesan Conference last September. In Advent we had our own preparation for this special time with a moving procession of prayer and witness from St Margaret's to St Edward's. Some 70 people then joined in Choral Evensong and enjoyed food and fellowship before concluding the evening with Compline. Although a comparatively short journey many of the elements of pilgrimage were incorporated into that dark, cold, windy, wet night on 8 December. We offered prayer at various 'stations' or stops on our walk, we enjoyed refreshment and hospitality together and worshipped at places where centuries of believers have come closer to God in their journey of faith. Also we came away from our homes and our usual "comfort zones", taking ourselves out of the familiar to make a new encounter with God and each other.

Those who attended the launch service at the Cathedral on 12th January would have seen some special objects which are to provide a tangible focus for our year. Every church and church school in the diocese will have now received

one of the Pilgrimage Candles. These we are encouraged to light when we go on our own pilgrimages or at special services and events engaging with our communities. In addition there are the Symbols of Pilgrimage or artefacts as we can call them. First the Pilgrim Staff made from naturally shed Deer and Staghorn. You can identify a pilgrim from an ordinary hiker or Rambler by the sight of such a staff. They are also practical helping walk on rough terrain. Secondly the Knapsack, these have come from Sweden, from our friends in our twinned diocese of Upsalla, practically to carry our little luggage, travelling light is also important in Pilgrimage. Thirdly the Scallop shells with the Cross of St James bought when the Clergy travelled to Santiago last year. These shells are long associated with journeying as a pilgrim's badge but also with the practical use of a drinking vessel. Fourthly a Whistle, a Lionheart replica, they were traditionally used by pilgrims to Walsingham and blown to draw attention to the pilgrims' mission in a lively and joyful way.

Lastly we have a Teddy Bear, every church and school will have one of these and there are a few others going around the diocese. They will of course be a way of engaging the young with our own year of Pilgrimage. Again all these items will be taken to every church and to all sorts of activities as we seek to share our new shared vision to help us tell a joyful story, grow God's Kingdom and build his goodness in the world.

Our own parish pilgrims group is busy planning special events including a Virtual pilgrimage in Passiontide, a pilgrimage to Tewkesbury Abbey from where priests came to establish St Margaret's in the 12th Century on 20th June and a walking pilgrimage around some Cardiff Churches culminating in the Cathedral Fun Day on the 11th July and there is much more you will see in due course.

All this travelling around on foot, in vehicles and in our hearts and minds will I am sure enable us as a Church to get to know each other better, build links with others we have yet to know and come closer to a fuller, deeper knowledge of our Lord.

May God bless us all as we journey in Faith
With prayers and best wishes

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



NEWS FROM THE LYCHGATE



Snowdrop time again. Usually we see a few in the churchyard but so far none are to be seen, even though we have had a mild winter. Maybe they are waiting for the snow! Anyway I thought you might like this poem by Tennyson.

“Many, many welcomes,
February fair-maid,
Ever as of old time,
Solitary firstling,
Coming in the cold time,
Prophet of the gay time,
Prophet of the May time,
Prophet of the roses,
Many, many welcomes,
February fair-maid!”

Last Sunday was Candlemas and Snowdrops are sometimes called “Candlemas bells.”

On the first Sunday of Christmas the vicar presented Chris Cooper with flowers to celebrate her eightieth birthday which had been on Christmas Day. So it is with shocked sadness that we report her passing on the 3rd February, after suffering a stroke. At the Wednesday morning communion service the vicar described her as “a devoted and faithful member of the Parish.” She was indeed well known and loved by many. We send our deep sympathy to her husband Viv, her daughters Rachel and Megan, and her grandchildren. We will miss you, Chris, May you rest in peace.

We cannot let Christmas sink into history without remembering what a lovely festival it was. The red flowers were beautiful. The choir was in excellent voice at the carol service, led by Gary and greatly augmented by the children of the choir. The Blessing of Crib Service was, as usual very well attended. The collections for the Huggard Centre for the homeless at this, and other services raised the massive sum of £1340. Thank you everyone for your generosity.

Thank you also to our vicar Stewart, and our curate Ruth, for their stalwart efforts in holding this together. I suppose we should also say “A Happy New Year to all our readers!.”

We would like to add our congratulations to Sophie Lisk for representing Wales in the Schools International Pentathlon in Glasgow. She was the highest scoring competitor in her year group and won a silver team medal. Well done Sophie. But we still love to see you in church on a Sunday morning.

As usual we remember those people who are unwell, or who cannot be in church for whatever reason. We do have a long prayer list at this time of the year. Alec McKinty who has been very ill, is expecting to come home from hospital soon. I also mention Mavis Bartlett whom I met in a hospital waiting room recently. Love to everyone from your friends in St Margaret's.

"We are the Pilgrims, master; we shall go
Always a little further; it may be
Beyond that last blue mountain barred with snow
Across that angry or that glimmering sea,

This is from James Elroy Flecker's "Hassan." For it seems that this year we will all be pilgrims. This year has been designated a year of Pilgrimage for the Llandaff Diocese, to reach out and proclaim our vision of faith. On Candlemas Sunday the vicar spoke of our journeys in the faith, and our role as pilgrims. Then later when the Sunday School joined us he introduced the artefacts of pilgrimage. These will be travelling around the diocese this year. Our curate Ruth, produced them and the children held them up for all to see. They were firstly a pilgrims staff, made from the naturally discarded horns of a deer, and a knapsack which was donated from our sister diocese in Uppsala in Sweden. Thirdly, and very much a symbol of pilgrimage, a scallop shell. This would have been also used as a vessel from which to drink. Then came a whistle for pilgrims to blow to draw attention to themselves and their endeavours. Finally, and not traditionally, comes a nice teddy bear called Pererin ("pilgrim" in Welsh) with his mission to involve the children of the diocese. We do look forward to becoming involved with the Year of Pilgrimage. Bring it on!

Sally and Stephen Bailey send you all blessings for a happy journey through Lent in preparation for Easter.



Lenten Greetings to you all
Julia & Sally



ST EDWARDS NOTES – Lent 2020

CONGRATULATIONS

to Amy and Alex, who had a blessing ceremony at St Edward's on their recent marriage. Canon Stewart has known Amy since she was a toddler, when she came with her brother and parents to worship at St Teilo's. It was a joyous occasion, witnessed by many family and friends.

FORGET ME NOT

March 3rd Piano Trio with Julianna

March 10th Delyth, Celtic Harp

March 17th Usual Fun + Table Tennis and a visit from Citizens Advice Cardiff and Vale - Free Energy Advice Group Sessions

BAPTISM

We were delighted to welcome the Matthews family for the Baptism of Georgia, parents Antonia and David have been regular attenders in recent months, and David grew up near Swansea. Welcome to our family.

THANK YOU

To the Sunday School, for the (now deeply) traditional Christmas Morning Presentation. It was very much appreciated by a large congregation.



What Baptism Means

A sermon given by The Reverend Ruth Coombs on the Baptism of Christ

Well we are in the season of Epiphany, which is more than simply the 6 January with the visit of the Magi. That is very important and we need to unpick what we know from what we think we know. And quite often this means we don't know as much as we might think we know.

So far I have "learnt", or reminded myself of three things about the Magi this year, some of which are a bit contradictory. So for Christmas Celebrity Challenge fans here is a question "with which modern day countries are the three wise men associated"? The answer being:

Casper – India

Melchior – Iran

Balthazar – Iraq.

But hang on a moment I hear you say. Stewart said that we don't know how many Magi there were, and the word Magi is from the Greek and it is gender neutral so there could have been 3 or 33 "wise people", we simply just don't know. So how do those marry up, or not? It's nice to put names to events, so maybe in the mists of time a hymn writer, or someone thought I like these names?

The third thing was remembering being asked by a parishioner in Pentyrch when I was training when Epiphany ended – good question. Epiphany is not just a one-off event, although if you read about Paul's Damascus experience or other "Epiphany moments" you would be forgiven for thinking its something that happened in a flash. But no, the Magi spent a lot of time preparing for their journeys, and they also thought hard about things that happened on their journeys, for example Herod's interference in the guise of wanting to worship, resulting in the Magi making alternative plans to go home when they were worried. The season actually ends before the Presentation of Christ in the Temple, or Candlemas on 2 February.

So what has this got to do with today, when we celebrate the Baptism of Christ? Well perhaps more than we might at first think.

Who has been baptised or Christened?

Can you remember what happened at your baptism? Probably not if, like me, you were baptised as an infant.

Unlike most of us Jesus was baptised as an adult, using full immersion. I am lucky enough to have experienced this in the River Jordan, when renewing my baptismal promises, but I don't remember my actual baptism at St. Eleth's Church in Amlwch.

What is lovely about the account in the Gospel according to Matthew is the exchange between John and Jesus, each wanting to be baptised by the other. Of course it is Jesus who is baptised here, and what a privilege that must have been

for John. Almost like a fourth gift. Another outward sign of the importance of Jesus in the world being that link between our humanity and his divinity. God's great plan for us.

Many people think fondly of baptism and what it means but can't really remember the details, so let's get ready, to think more closely about baptism and what it means.

There are seven key elements of baptism, and I would like to spend a few moments going through them.

I know not every baptism is of an infant, but as most of ours are, this is how I have phrased them.

Baptismal Promises

You will gather around the baptismal font - a large bowl, usually of stone or marble or glass holding the waters of baptism. One parent/carer holds the child. The celebrant asks the parents what they want for the child. You reply, 'Baptism.' Then you make the baptismal promises on behalf of your child. These promises are based on the Apostles Creed.

Water

The priest pours water over the head of your baby (or immerses the baby in the water) and says *"I baptise you in the name of the Father and of the Son and of the Holy Spirit."* This is for cleansing and is a sign that our sins are washed away. Baptism cleanses us of original sin with which we are all born and, in the baptism of adults, of every sin committed prior to baptism. Water is also necessary for life and so is a sign, too, that the life of the risen Christ is ours. Without water nothing can grow. It is a sign of the new spiritual life into which the baptised person is entering.

Sign of the Cross

The priest will trace the cross on the forehead of your baby. The cross is a reminder of the love of Christ who gave his life for his friends. The tracing of a cross on the forehead of the person being baptised is an invisible 'branding' that says 'you belong to Christ'.

Oils

Oil of Catichumens is rubbed on the baby, just as athletes used to rub themselves with oil to strengthen and prepare for the fight ahead. It symbolises strengthening for the struggles of life ahead. Oil of Chrism is a mixture of olive oil and balsam (sweet-smelling ointment) and is a sign of sealing with the gifts of the Holy Spirit.

Baptismal Candle

As a sign of the new life a Baptismal candle will be lit using the flame from the Easter Candle which symbolises the light of Christ - the Light of the World. This is the light that darkness cannot overcome. Light warms and encourages, it gives safety and illuminates the way ahead. It can burn and test substances. The baptised

child, who has opened her eyes to the light of creation, is now awakened by the flame of faith. She is called to see all things through the eyes of Jesus Christ.

White Garment

Clothing in a white garment is part of the ceremony to symbolise your child's new life in Christ. Your family might have a Christening gown that you want to use or a shawl. If you want to use this, then let the priest know beforehand. You might like to use a baptismal gown, or a white stole. The colour white speaks of life, purity, newness and innocence. It is also a sign of the new life of resurrection.

Baptismal certificate and Baptismal register

At the end of the ceremony you will be given a Baptismal Certificate. Your baby's baptism will be recorded in the Parish Baptismal Register.

You are encouraged to light the candle on each anniversary of baptism, and some priests say that when the candle has burnt down, it's time to think about confirmation.

For me, the Baptism of Christ is a very important part of the Epiphany, and helps show how what we do as Christians mirrors the life of Christ and the early Church. It encourages and helps us in our Christian journeys. It helps us make sense of the gifts the Magi brought – gold, frankincense and myrrh.

Baptism is a significant part of the Easter Journey too. This focus at two key points in the year helps us to see the circle of life, death and resurrection, for ourselves as Christians as well as for Jesus. At the Easter Vigil on the night before Easter we renew our Baptismal promises. The Easter Vigil is a service held in Christian churches as the first official celebration of the Resurrection of Jesus. Historically, it was during this service that people were baptised, hence us renewing our promises each year. It's a beautiful service held in the hours of darkness between sunset on Holy Saturday and sunrise on Easter Day and is the first celebration of Easter.

Our baptism is our first outward declaration of giving over our lives to God. It's also, for many of us, quite possibly one of the most fundamental. Today we celebrate the Baptism of Christ and reflect upon our own baptism. Amen.



SERVICES and EVENTS Lent 2020 Parish of Roath

More information <http://StEdward.roath.org.uk>

Wed 19 Feb. 7.25pm. St Edward's. Cardiff Recorded Music Society. Talk entitled "Six of the Best". Gwyn Parry-Jones explores the music of the group of six French composers - 'Les Six'. Non-members welcome (entrance £2).

Wed 26 Feb. 7.25pm. St Edward's. Cardiff Recorded Music Society. Talk entitled "Welsh Women Composers". Norman Doe explores the lives and compositions of a number of Welsh female composers, including Grace Williams, Morfydd Llwyn Owen and Dilys Elwyn- Edwards. Non-members welcome (entrance £2).

Sat 29 Feb. 6.30pm. St Edward's. Special performance of Karl Jenkins' *Adiemus*.

Sun 1 Mar. 12.15pm. St John's (town). Lord Mayor's St David's Day Civic Service. Attend from 11.45, to be seated by 12pm.

Sun 1 Mar. 2.45-5pm. St Edward's. Cardiff Friendly Strings, the string ensemble for adults grade 1-5, £3 per session (please bring string instrument & music stand). Details: ✉philip.heyman@ntlworld.com

Mon 2 Mar. 7.30pm. Roath Church House. Knitting & Crochet Group. All welcome.

Wed 4 Mar. 7.30-8.30pm. St Michael's, Gelligaer St. Christian Mindfulness & Meditation with Rev Caroline Downs (free).

Thur 5 Mar. 7pm. Capel Tabernacle, the Hayes. Service of Celebration (in Welsh) of the four-hundredth anniversary of the publication of the 1620 Welsh Bible.

Sun 8 Mar. 3pm. St Edward's. 2020 Piano Recital Series: Daniel Nicholson.

Mon 9 Mar. 10am-4pm. Llangasty Retreat House. Drop-In Day (Eucharist at 12). No need to book.

Wed 11 Mar. 7.25pm. St Edward's. Cardiff Recorded Music Society. Talk entitled "There's nothing like a Dame". On the fortunes (and misfortunes?) of women in the world of classical music. Non-members welcome (entrance £2).

Wed 11 Mar. 7.30-8.30pm. St Michael's, Gelligaer St. Christian Mindfulness & Meditation with Rev Caroline Downs (free).

Wed 11 Mar. 7.45pm. Roath Church House. Paradise Run.

Sat 14 Mar. 10am-12pm. St Michael's, Gelligaer St, Cathays. Circle Dancing with Archdeacon Peggy.

Mon 16 Mar. 7.30pm. Roath Church House. Knitting & Crochet Group. All welcome.

Wed 18 Mar. 7.25pm. St Edward's. Cardiff Recorded Music Society. Talk entitled "Introducing the carillonneur". Mavis Slaughter will tell us all about

this remarkable musician and let us hear a selection of carillon music. Non-members welcome (entrance £2).

Wed 18 Mar. 7.30-8.30pm. St Michael's, Gelligaer St. Christian Mindfulness & Meditation with Rev Caroline Downs (free).

Thu 19 Mar. 7.45pm. St Andrew's URC. Roath Local History Society talk on "The Raising of the Cardiff City Battalion" by Gwyn Prescott. Non members welcome (£2).

Sat 21 Mar. 11am. St Edward's. Coffee Concert: Suzie Smart (sop), Andrew Matthews (bass baritone).

Wed 25 Mar. 1.05pm. Beulah URC, Rhiwbina. Lunchtime Recital. "Centenary Concert" – the 100th lunchtime recital! Rebecca Evans (sop) & Michael Pollock (piano). £5 on the door.

Sat 28 Mar. 10am-2pm. Roath Church House. Mammoth Book Sale of second hand books. You can fill a carrier bag full of books for just £1! DVDs and CDs will also be available but smaller bags will be provided!

Sat 28 Mar. 7.30pm. St Edward's. Spring Concert: The Marlborough Ensemble. Music by Debussy, Gallay, Fauré and Poulenc.

Sun 29 Mar. 2.30pm. Dora Stoutkzer Hall (RWCMD). Cardiff Polyphonic Choir perform Handel's Dixit Dominus and Vivaldi's Magnificat. Tickets £12 (students £5, accompanied children free) from the College or 20-391391.

Sun 29 Mar. 2.45-5pm. St Edward's. Cardiff Friendly Strings.

Sun 29 Mar. 6.30pm. St Edward's. Stainer's Crucifixion will be performed by St Edward's and St Margaret's choirs in the context of a Devotional Service.

Sun 29 Mar. 7.30pm. Urban Crofters (formerly St Anne's). Roath Chamber Orchestra (formerly known as St Anne's Orchestra) concert.

30 Mar. – 3 Apr. Llangasty Retreat House. Retreat: "Rest, Work and Play". Led by Simon Parke. Cost £400.

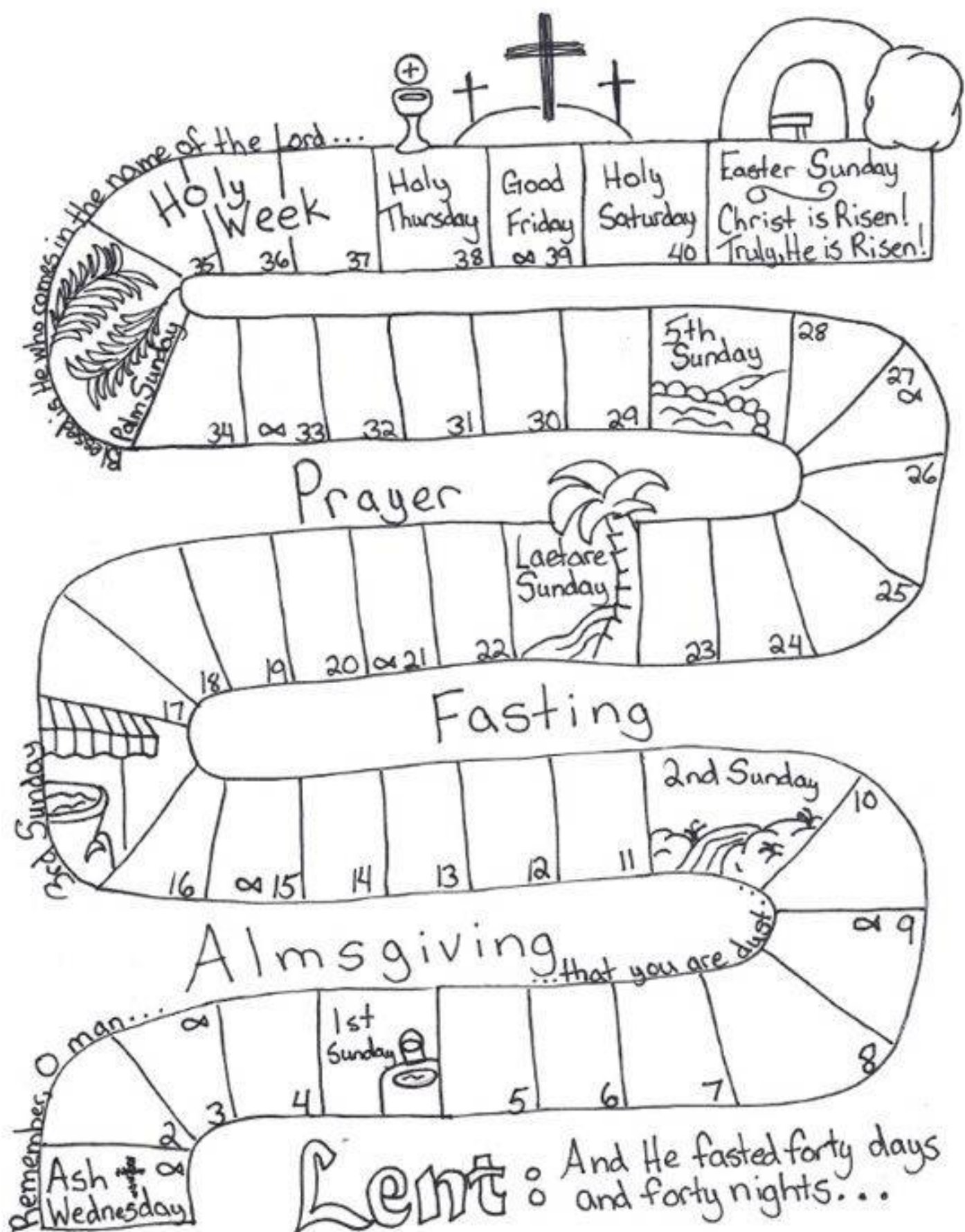
Sun 5 Apr. 2.45-5pm. St Edward's. Cardiff Friendly Strings.

Wed 8 Apr. 7.45pm. Roath Church House. Paradise Run.

Fri 10 Apr. 7.30pm. St Edward's. Good Friday. St Edward's Choir and Orchestra will perform Mozart's Solemn Vespers in the context of a Devotional Service

Sun 12 Apr. 6.30pm. St Edward's. Easter Day. Service of Easter Lessons and Carols.







Karl Jenkins' *Adiemus*

On Saturday 29th February at Roath Church House from 2pm – 6pm a group of 50+ singers will learn Karl Jenkins' "*Adiemus*" in just one afternoon! They will be taught by Natural Voice Leaders Denise Dobson and Sue Ellar and will then give a short performance at St Edward's Church.

Denise leads Songworks, a 70-strong Natural Voice choir in London. Denise is well known and loved for her warmth and fun approach to teaching. Sue of Woodland Voices will be co-teaching and they will have the support of one or two other Natural Voice leaders and several singers who have sung it before so all who take part will be well supported.

For anyone wishing to join the workshop, tickets are £25 - purchase from Sue Ellar online, or in person. 07974 090003, singing@suellar.uk; FaceBook: tiny.cc/Adiemus



Short performance at St Edward's Church 6.30pm open to all

Sue and Denise invite you to come and hear the fruits of the workshop. The newly taught choir will sing for you this hugely popular song in five part harmony (8 parts in places!), with no audition, no sheet music and no accompaniment.

The performance starts at 6.30 and entrance is free but donations towards St Edward's Church are welcome.

**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
(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
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 Friday 20th March

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

Sue Mansell, smmansell@icloud.com

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

ASH WEDNESDAY



Remember that
you are dust, and to
dust you shall return.

Ecclesiastes 3:20

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