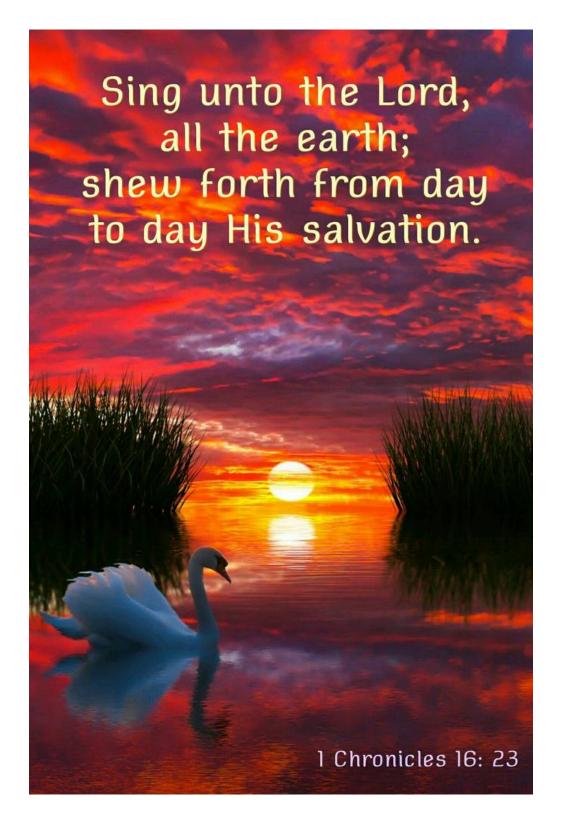
Roath News



Summer 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 (Michaelmas / Harvest) is 2nd September

Letters sent by email from the Vicar of Roath, the Reverend Canon Stewart Lisk during the Coronovirus lockdown

Easter Day - April 12th

My dear Friends,

Thank you all very much for all your kind messages, cards and prayers this Easter. You have all been in my thoughts and prayers.

Every day since Palm Sunday I have been replenishing jam jars of Palm Crosses outside St Margaret's which people have been taking with a prayer request for health and healing as they follow their daily exercise. Lydia and Sophie have decorated the Lych Gate at St Margaret's and the railings at St Edwards with a colourful Happy Easter message (please see photos attached and distribute!) There are devotional pictures on the door of St Margaret's where today at 10.30am our bell was tolled and Easter Candle lit.

Please remember in your prayers all who are suffering at this time and all who we are ministering to those who are bereaved. Please remember especially Mrs Lorraine Harry Church Warden St Dyfrig and St Samson whose husband, Paul, died of Covid 19 this morning.

Stay safe and well

Best wishes and prayers as ever,

Stewart

Vocations Sunday - May 2nd

My dear Friends,

As you may have already read in Llandaff Matters we are at this time encouraged to pray and think about vocations. You may remember we used to do this on the third Sunday in Advent when the clergy were asked to read a letter from the Bishop asking for our prayers and financial contributions to help foster more vocations to the Sacred Ministry. Now we are to do the same but at this Eastertide as we look forward to Petertide one of the traditional times of Ordination for Deacons and Priests.

In the world at the moment we are enormously grateful to those who followed a different vocation, a calling to the caring professions. Our doctors, nurses, care home staff and countless other unsung heroes are doing their utmost to keep us safe and well. We thank God that they have responded to this role and pray that they will be given the strength and health to fulfil it. I know that there are many such people in our congregations and churches who are themselves or who have close family members in this position.

For those who are isolating at home I know this can be frustrating time. However we all can answer a call by making a call! I have spoken to several on the telephone who are doing their best to ring not only close family and friends but others who may be alone or anxious at this time. Even those who seem busy and well most of the time can need reassurance and support when they are under extraordinary pressure and living in unprecedented circumstances. You might feel no one has rung you but if that is the case then maybe it is the time to pick up the phone yourself. Think about those who normally sit near you in church with whom you exchange the Peace, have you spoken to them recently? As I have said before do not hesitate to ring me 07794157604or 02920487854 if you want to talk.

Returning to the call to Sacred Ministry as well as thinking and praying about the subject maybe we can consider if we are called ourselves or a friend or family member might need to have that suggested to them. Following the Second World War there was a surge in Vocations with people wanting to help build a better world. Perhaps in the wake of this crisis that we are all going through there may be a greater sense of service and concern for our fellow human beings and more will respond in giving their lives to work, help and care for others.

Above all continue to pray for the sick, those who have lost their lives and their loved ones.

Best wishes and prayers as ever,

Stewart

VE Day 75th anniversary commemorations - May 7th

My dear Friends,

In the months prior to lock down I found myself attending lots of meetings discussing the plans for VE Day 75th anniversary commemorations. In my role as Honorary Chaplain to the City Council and Lord Lieutenant, I met with colleagues from the City and Welsh Government, the Royal Navy, Army, Royal Air Force, Royal British Legion and musicians and performers to arrange a variety of events. There was to be an open air drumhead service with a march past and fly past in the Oval Basin on Friday 8 May. The Saturday was to see a family picnic event in the Castle and at the Arms Park a rugby match between the Cardiff Blues and the RAF. On Sunday a national service of thanksgiving was to be held in Llandaff Cathedral. These major public events were to be accompanied by local community activities which would have attracted many of us in our parishes. Sadly all of these are now cancelled owing to the current crisis.

Some of you will remember VE Day in 1945. Walter and Valerie Oaten of St Edwards recall their experiences. Walter found a trumpet and like the Pied

Piper led a crowd of children in celebration through Roath Park. There was much rejoicing at the end of the war in Europe, but the conflict in Japan went on. There were of course those whose joy was tempered because they had lost loved ones in that war both overseas and at home as a result of bombing. This reminds us of the dilemma that we have in remembering war anniversaries, sadness at loss but relief at the coming of peace. As we discussed the potential Cardiff events planned for this year, many of us felt that we should emphasise hope for the future and the young were to play a major part.

Now our commemorations will be shared through television and radio, and online. We might be doing this at home if we live with others. The sacrifices that people make at this time are very different from those of 1939/45 but nevertheless require bravery and determination. We continually give thanks for all key workers who are doing so much in essential services at this time to care for us. We also remember those who have lost their lives. The spirit of those who were around at VE Day should also inspire us and guide us now as they had hope for the future and began again after the war to rebuild our nation.

For those of us who share the Christian Faith we are always reminded at this time that we are an Easter people. The message of the Resurrection is one of hope for the future, of new life and new beginnings. As we give thanks for the last 75 years let us also hope and pray that we will be given strength and courage to face the future with optimism even in the face of the challenges before us.

Hoping that you and your loved ones remain safe and well.

Best wishes and prayers

Stewart

Christian Aid – May 15th

My dear Friends,

I hope this finds you and your loved ones safe and well as we continue to cope with the many challenges of the continuing Covid 19 pandemic.

I know that last weekend some of us enjoyed a little respite and fun with marking the 75th anniversary of VE Day. I saw pictures of distanced street parties and afternoon teas with flags and bunting. The Roath Vicarage family dressed up and had tea in the garden, Lydia 18 wore my old Army Chaplain's uniform and Sophie 14 wore a lovely 40s style dress and we listened to Glenn Miller and Vera Lynn! I hope you too had a few moments of fun even if remotely with friends or family.

We perhaps forget that one of the positive things that came in the post war era was the establishment of Christian Aid. The organisation was originally intended to help the thousands of refugees and displaced persons whose lives were torn apart by the ravages of six years of war and persecution. The needs of those people were met and the invaluable work of Christian Aid was begun.

As the years have gone by the scope of Christian Aid has widened massively to embrace many countries and peoples throughout the world. It is very much a development body helping communities work for themselves in providing essential things for life like clean drinking water, good agriculture practices, health care and education for the young in places where these things are difficult to achieve. We are so fortunate in our society that these things are provided for us and we sometimes can take them for granted.

Normally as we begin Christian Aid Week some of us would be arranging street collections and going from house to house to encourage our neighbours to contribute. We have arranged concerts, coffee mornings and quizzes to have fellowship and fundraising for this charity. Sadly all our plans this year have had to be cancelled or postponed.

However the claims on the work of Christian Aid are as great today as ever. Although we are not able to donate this year in the usual ways we must not neglect our obligation to help wherever we can. It is possible to give on line or by post to Christian Aid and anything we are able to give will go towards this valuable task. We may feel that our life is not so good as we would wish at the moment but let us never forget that in the human family we have sisters and brothers who need our help.

As we look forward this week to Ascension Day, let us remember that our Lord left his disciples and us his followers to do his work and surely supporting Christian Aid is one of the ways we can fulfil this calling.

Best wishes and prayers as ever,

Stewart

Ascension - May 21st

My dear Friends,

When I was a little boy a favourite treat when the weather got warmer was an ice lolly. Not any old one but one called a Zoom. It was multi coloured and made in the shape of a rocket which rendered it particularly exciting to a four year old in the early days of space exploration when we were putting men on the moon. We thought that in 50 years we would all be flying around with jet packs and having holidays in the wide universe.

Technology has however taken a different path and although our space stations and travel have developed such is still for the very few. Nevertheless

thanks to brilliant experts we can now travel about virtually. Zoom for me now is not a cooling treat but an example of how science is helpful to us in these extraordinary times. Thanks to Zoom on the computer I have been involved with meetings several times every week since lockdown with the Bishop , the Archdeacon , all the clergy of Cardiff, my fellow governors at St Teilos and the Diocesan Secretary and Accountant. We all remain physically in our sitting rooms or studies or offices but we can see and talk to each other almost as if we are in the same room. Working together for the Church in new ways.

I know some of you are well used to this in your professional or personal lives. It is a new departure for others. It is also a way that some churches and parishes are meeting and worshipping under the restrictions against gatherings which are still in force at the moment.

Sadly we are not able to come into or churches on Ascension Day and see the Paschal candle extinguished following the Gospel reminding us of our Lord's gathering of the disciples as he parted from their sight. It is a day when earth and heaven are brought together in a mystical way beyond the understanding of the greatest scientist but in the mind of the devout believer as a new beginning. We need to use our imaginations and visualise in our mind's eye .Some of you know well the East Window in St Margaret's Roath which is a glorious depiction of the Ascension in magnificent stained glass. It is a window that I often gaze at in quiet moments in church. There is a serenity about Jesus as he returns to his Father but there is also a look of expectation and amazement on the faces of the disciples. Those men and women in the window gathered on that mountain were commissioned to continue to spread the good news of Jesus. They were to be his hands and his feet on earth to go about telling people of his death and Resurrection and now Ascension. We are their successors. We like them might feel uncertain and unworthy of such a calling but as we will be reminded in coming days God does not expect us to do it alone but with the support and guidance of his Holy Spirit.

Many people I meet and speak to at these days say that these are unprecedented times. We are all living in strange and unfamiliar patterns but our Faith remains firm just as those first followers of Jesus saw tragedy and triumph, failures and successes throughout their ministry we too should be inspired to carry on refreshed and restored by the constant presence of our Lord even though we do not see him.

Be faithful in prayer for all who suffer and those who now in God's nearer presence.

Best wishes and prayers as ever,

Stewart

Pentecost - May 28th

My dear Friends,

I remember well my parents and grandparents reminiscing at this time of the year about Whitsun treats of their childhood. Lorries and other commercial vehicles would be converted for the day into makeshift charabancs. All generations would clamber on loaded with picnic baskets and flasks and head off to the countryside or coast hoping for the best that the weather would be kind. Barry Island was a favourite and Porthcawl for the more adventurous!

All that seems very different from the outings and school trips which youngsters enjoy today. My teenage daughters have already experienced excursions to France and Belgium, learning French, visiting war graves and Euro Disney of course! Some of you will recall our eldest Lydia making a trip for three weeks to Costa Rica doing turtle conservation last year. A contrast from paddling in Penarth.

Over the last ten weeks travel for us all, whether local or further afield ,has been out of the question. Many of us have cancelled days out, mini breaks, long planned holidays and even honeymoons. We might yearn for a trip in this period of lockdown even to a local beauty spot for a change of scene. However we must all be patient for the greater good.

Whitsun or Pentecost is about much more than treats. At the first Pentecost the disciples themselves appeared to have been in a kind of self imposed lockdown. After the Ascension of Jesus we learn from the Acts of the Apostles that they were in a closed room. "And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire distributed and resting on each of them . . And they were all filled with the Holy Spirit..." Jesus had left them and returned to his father in heaven. However he had promised them that he would send the Holy Spirit to give them the power to do his work. They were given the gift of preaching in diverse languages to proclaim the good news.

The coming of the Holy Spirit released them from their inaction and inability to do God's work. They went from being in their own homes and daily tasks and work to do what Jesus had set before them. As we read further into the Book of Acts we learn that the apostles lived up to their name as one sent out in taking the Gospel to many parts of the known world at that time. Thanks to their devotion and courage that message has come to us 2000 years later.

We are living in very different times but as we deal with lockdown and potential slow release from it let us be patient and careful, brave and wise as we have new challenges set before us. No one has experienced anything like this before in living memory. The first followers of Jesus also had unique prospects and unfamiliar territory to explore. Perhaps we can take inspiration

from them and pray that the Holy Spirit will guide and strengthen us and all performing vital tasks for the care of our community as we celebrate Whitsun and the weeks and months to come.

Please continue to pray for all who are sick or bereaved and those who are now at rest.

Best wishes and prayers

Stewart

Trinity and following - June 4th

My dear Friends,

It is hard to believe that we have come to the season of Trinity. On Trinity Sunday we give thanks to God for revealing himself to us as Father, the Creator, the Son the Redeemer and Holy Spirit the Counsellor and Comforter. The preacher has an annual challenge to find a fresh way of illustrating this mystery to our congregations. We also have a liturgical season of more than twenty Sundays to meditate on it further.

A day that is often now neglected at this time of the year is the Thursday after Trinity Sunday which your Prayer Book will tell you is the Day of Thanksgiving for the Holy Communion. Ever since the time of Blessed Juliana, a nun of Liege who died in 1258, this has been an important festival of the Church. Some might say that Maundy Thursday when we remember Jesus instituting the Lord's Supper is a day when we give thanks for communion. However that time is so closely wrapped up in the Lord's Passion that it was felt a specific day should be kept to give thanks for the Blessed Sacrament.

The day is probably more famously known as Corpus Christi and is in some people's eyes associated with our Roman Catholic friends. However it is, as already mentioned, firmly set in the Anglican calendar. Some of you will have friends in Cardiff who have been involved in commemorations of Corpus Christi organised by the Roman Catholic fraternity. I was browsing through the book 'Catholics in Cardiff' by John O 'Sullivan which has pages of photographs of girls pretty in white dresses and veils together with smart school boys in uniform with caps in endless processions into the castle grounds for celebration of mass. I have friends who have fond memories of such occasions who also remember being very hot and tired. Sadly the events are no longer celebrated with such public exposure.

Our Anglican parishes tend to mark the day more simply but this year it is particularly poignant. We have not been able to gather to worship for nearly three months. We have not been together as People and Priest around the Altar in all of that time. The lack of open celebrations of the Eucharist has I know been a very difficult sacrifice for many. Perhaps you have like me read

the service privately or with your families. Maybe you have in moments of quiet remembered communion services special to you your Confirmation, a nuptial mass or requiem for a loved one. On the other hand you may have recollections of great events of the Church year at Midnight Mass or Easter Day when we come together as a church family giving praise to God and sharing in his very presence in the Body and Blood of our Lord Jesus. Whichever is the case the fact that we are at present deprived of this most precious gift should make us even more conscious of its value and importance to us.

When the Parish Communion became the normal main celebration in Churches instead of Mattins, the then Archbishop of Canterbury warned against tripping too lightly to the Altar. In other words we should prepare ourselves properly with prayer and reflection before receiving communion. In the century before Queen Victoria allegedly said that it took her three months to prepare to receive the Sacrament. In her case it was not because of lockdown but the custom of the time not to partake frequently.

Alas we do not yet know when we will be allowed to come back into our Churches but we do know that throughout this time our Lord is with us and his Spirit will sustain and guide us. We can also use this time to think of the many sacrifices so many are making and will face in these days and pray for them.

Best wishes and prayers as ever,

Stewart

Schools & Education - June 12th

My dear Friends,

There has been much in the news this week about our schools. In England the primary schools will not be returning to classes as a whole this side of the Summer. Here in Wales all children will have the opportunity to go back from 29 June for at least a short period and in phases to check in, catch up and prepare. What is clear is that whatever part of the Kingdom you live school life will never be the same for our children, young people and their teachers.

However we should not forget that a lot has been happening in the last few months. At a recent governors meeting, by Zoom, at St. Teilos High School we were told something of the activities of our dedicated and hardworking teachers. They have not only been providing work for their pupils but also making thousands of telephone calls and making socially distanced home visits to ensure that there is pastoral care for the young. There are inevitably anxieties for the students and their families and challenges in learning in novel ways. We are enormously grateful to all involved in education in schools and colleges throughout the city for their efforts.

On the home front many of you have been, like us, enjoying the new experience of home schooling. Our younger daughter Sophie,14, has been busy everyday keeping up with all that has been sent out by her teachers. Fortunately she has a clever mother to support her! Lydia, 18 was devastated when she was told that her A levels were cancelled after so much hard work and preparation. She hopes that she will be awarded sufficiently high grades to gain her university place. They are also trying to keep fit with regular training sessions provided by Sophie's athletics coach online. Lydia has been attending national conferences with the Holocaust Educational Trust in her role as Regional Ambassador via Zoom and Teams.

None of these educational and sporting activities would be possible without the benefit of the miracle of modern technology and media. It might seem rather bewildering to people like me who remember a time at infants school when the nearest thing we got to a PC was our own slate and a box of chalk. Our youngsters also use their new technology to keep in touch with family and friends from whom they have been separated in lockdown.

Our Gospel this week tells us of a very different teaching experience. "Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the Kingdom, and curing every sickness." (Matthew, Ch 9). The synagogue at that time was probably the only place where ordinary people could get any kind of education. Elsewhere in the Gospel record we hear of Jesus reading from Isaiah and explaining to his listeners how that prophecy is fulfilled in him. Following his own teaching, Jesus also chooses disciples and sends them out to follow his example "The harvest is plentiful, but the labourers are few, therefore ask the Lord of the Harvest to send out labourers into his harvest."

Although there were scrolls with scriptures written down so much of Jesus' teaching and that of the apostles in the early Church was verbal and made in person. Jesus spoke to individuals, small groups and vast crowds. His teaching made an impact not only by words but by the personal contact that he made with so many people. The disciples, religious teachers and preachers down the ages have been inspired by this practice. It is of course what is missing at the moment from our youngsters' education these days. And what we are all missing from our experience of coming together in worship in our still closed churches.

The Gospel of Jesus was fresh and new to those who first encountered him. The disciples were called from all sorts of professions and occupations to become evangelists and teachers. They had to make massive changes in their lives to share the Good News in the message and the pastoral care they sought to give. 2000 years later we are too called upon to make changes and adapt to new ways of living and being Christians as well as valuing the good things of the past. The few personal encounters we are beginning to be

permitted at this time should be all the more precious as we share Christ's message and love to each other.

Best wishes and prayers as ever,

Stewart

Vera Lynn - June 19th

My dear Friends,

We were all sorry to hear of the death this week of Dame Vera Lynn. Only recently during the pandemic lockdown she was quoted as having emphasised the importance of music in raising morale and people's wellbeing in times of stress and national emergency. Her life and work bear testimony to this in the way she sang to Britain and the Empire both at home and overseas during the Second World War. She had the wonderful gift of appealing to all sorts of people from different walks of life. The troops were reminded of family and loved ones at home and those on the home-front could identify with this young woman from the East End of London who bravely took their good wishes to far flung theatres of war.

Music was the popular medium that Dame Vera used and many of her songs still resonate with us today. We heard only a few weeks ago our own Queen quoting "we will meet again" in her address to the nation. Her Majesty, being of the war time generation, knows well the power and value of how the spirit of those days will support us even now. Another song that Vera Lynn famously sang was 'White Cliffs of Dover'. It has been revealed however that it was written by two Americans who had never been to the UK and did not know that bluebirds are not found in these isles. Nevertheless the beautiful image of fragile bird life in the familiar natural world gave comfort and hope in contrast to the violence and brutality of war.

Many of us have enjoyed watching the birds from our windows in this time of enforced confinement. They are signs of the constant renewal of God's creation and the care that he has for his world. In our Gospel reading this week Jesus asks "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father" (Matthew 10 v29). Every part of the world is important to God and we should remember that we are in his care and protection. Jesus goes on to say "So do not be afraid; you are of more value than many sparrows".

The Armed services that Dame Vera sang to and their families were often in fear of what might come to them as they did their duty in facing battle or from bombing at home. However they took strength from each other, from their community spirit and from prayer and trust in God. As we contemplate a very different future as lockdown begins to be eased in small ways, we should

recall and reinvigorate that feeling. Remember that Jesus told us that we should not be afraid knowing that we are loved and cared for by God.

May you and your loved ones be blessed and safe in the coming days.

Best wishes and prayers

Stewart

Reopening Churches - June 22nd

My dear Friends,

First may I thank you very much for the many different ways that you have all been keeping the life of the Church in our churches and parishes going over the last three months. Arranging virtual church, Zoom services and meetings, sending out newsletters and readings by various media and talking on the telephone to each other. Thank you especially to those who have supported many of those we know who have lost loved ones at this time. We cannot underestimate the plight of the bereaved through this ongoing pandemic. Above all I know you have been devout in prayer and Bible reading in your homes sustaining the spiritual nourishment we all crave now more than ever.

Secondly I wanted to communicate with you following the First Minister's announcement that places of worship may open for private prayer from today. I do hope that you have all been receiving Llandaff Matters which is as you know the main way the Diocese contacts us all both lay and ordained. Last Friday's edition includes a detailed set of instructions, a checklist and a risk assessment which must all be read carefully. I want to emphasise the importance of this, if you are a secretary of a PCC or church committee please can you make sure your members on email receive this.

There are some aspects we need to note immediately. The legislation permits us to open for private prayer, it is not an instruction or requirement at this stage. The documents are for all churches in Wales whether they are a tiny country church or a large city parish. There will of course be ways that we will have to adapt in each Church. Private, individual prayer means just that, there must be no speaking, singing or chanting. No worship may be led. There are also detailed instructions on cleaning, social distancing and how and when we might open.

In addition to this information I have also received information from our own Diocese regarding starter packs with equipment and materials which will shortly be available. The Dean of Deans, Canon Michael Gable is managing this, he writes "we do not want every Church to be open, this needs to be slow and cautious and not create a demand too great to be met." I must also reiterate that no church may reopen until the Archdeacon of Llandaff has approved our individual risk assessments.

I know that many are anxious to open as soon as possible, some I know are concerned that we should not move too rapidly. I want to thank all who will be involved a very different kind of ministry to our congregations, parishes and the wider public. Remember that no one who is shielding, isolating or caring for family or friend should be putting themselves at any risk. The Church has been active throughout the pandemic but now we move to a new stage. If you want to talk about any of these matters please ring 07794157604.

Best wishes and prayers as ever,

Stewart

Providing a welcome as churches reopen - June 28th

My dear Friends,

Some of you with long memories may recall some 20 odd years ago when I was Vicar of Glan Ely, I also served as Diocesan Communications Officer. As well as dealing with the Press, Radio and TV enquiries I was also involved in sharing some training for our parishes in the Ministry of Welcome. I enjoyed going around meeting many sidespersons and Wardens and supporting them in this vital task which is still essential to the survival and success of our churches in proclaiming the Gospel.

I heard many telling anecdotes. One true story came from a curate who was based in a vast Victorian church with a potential seating capacity of 500 but sadly with a regular congregation of rarely more than 25. One Sunday morning a 'new' family arrived. Not sure of where to go, front or back, they decided to sit in the middle of the nave. No one spoke to them until just before the service began when a long established couple arrived, walked down the near empty church, tapped the newcomers on the shoulder and said " Excuse us , you are sitting in our seats." I am sure that could never happen now... .

We are all called upon to offer welcome. It is not our Church that we welcome people to but God's. In our Gospel this week Jesus says "Whoever welcomes you welcomes me, and whoever welcomes me welcome the one who sent me." (Matthew Ch 10, v40). Our Lord was addressing his disciples as he sent them out to do the difficult work of sharing the good news. He warned them there would be challenges and hard decisions to make. Putting Christ's work first would sometimes mean choices that would bring them into conflict with family and friends. He tried to make them realise they would have to make sacrifices. It is never easy to be a Christian but it is often easier when we can support each other within the community of our churches and parishes. In recent months we have had to adapt to the strange circumstances of lockdown.

Some of us are now preparing to reopen our Church buildings, others are waiting for a while with good reasons to pause. I never thought we would be offering the 'welcome' we are giving now for private, quiet, individual prayer only. However it does give us and anyone who wants to come time to reflect and meditate in the peace and tranquillity of our sacred spaces on what has occurred and what God is now calling us to do in the future.

Please continue to pray wherever you are at home, at work or leisure or in our Churches.

Best wishes and prayers as ever,

Stewart

Petertide - July 3rd

My dear Friends,

As we slowly and cautiously find a way out of lockdown many stories of what has occurred at home and abroad are emerging of heroism, self-denial and sacrifice. I read recently of events in Italy where there was a priest named Father Giuseppe Bernardelli aged 72 who had contracted the coronavirus. He had been in hospital several days on a ventilator which had been bought by his grateful parishioners to help him fight the infection. He heard of a younger patient without a ventilator and gave his to them. He died soon after. He was one of 30 priests in Italy who died in the early days of the pandemic ministering to sick people.

Few of us thankfully will be called upon to make such sacrifices and be faithful unto death. We know that at home there are many people who have in the last five months died in their vocations as nurses, carers and doctors as well as bus drivers and security guards. Ordinary people going about their essential daily tasks to help and bring succour and support to the rest of us. This weekend we will recall the 72nd birthday of the NHS and will be given another opportunity to express our gratitude and appreciation of all those who give their lives in service of others.

Also at this time of year, Petertide, we normally celebrate in great services in Cathedrals and Abbeys the Ordination of Deacons and Priests. Men and women who answer a call to the vocation of the Sacred Ministry. This year inevitably things are very different throughout Christendom. There are still limitations on services and gatherings that we have to abide by under the law. However last Saturday our Bishop conducted an Ordination service in the our Mother Church the Cathedral at Llandaff. This was done under government approval and there were only a handful of people present who had a direct involvement in the service. It was a very special moment for those were ordained. However it was not possible to ordain all the candidates who have

been prepared this year. The Reverend Ruth Coombs who has served faithfully and with distinction in the parish of Roath in her diaconate was one of those who has to wait a while longer until restrictions are further eased when they will be ordained. We thank God for all those who are offering themselves for service and pray for them as they continue to minister in a Church and Nation which will certainly be different and challenging for us all.

In the Gospel this week our Lord Jesus says "Come to me, all you that are weary and carrying heavy burdens, and I will give you rest." (Matthew Ch 11, v28). Many of us will I know turn to him in prayer and reflection when we are stressed and anxious. As we seek to live our lives as Christians we do so in the knowledge that we are called to be like Jesus. Those who offer care and support in health care, community service and ordained ministry all in separate and various ways are following Jesus' example of relieving the burdens of those in need. One of the lessons that we are learning through this pandemic is that we must rely on each other, listening and caring and striving to help .We can try to be like Jesus "gentle and humble in heart" and through him find rest for our souls.

Best wishes and prayers

Stewart

Sea Sunday - July 8th

My dear Friends,

One of the things we as a family have missed especially in the months of lockdown is being able to go to the sea. Our two teenage daughters love to go body boarding from March to October and they sometimes persuade their parents to join them. Even in the winter we enjoy a bracing walk along the shore of our favourite beach with the fresh air and sounds and smells of the ocean all around us.

In the past three months, each week I have had a tantalising glimpse of the water as I have travelled from Roath over Grangetown on the link road to Barry as I have driven to the Vale of Glamorgan Crematorium as Thornhill was almost overwhelmed with services. In the distance on many sunny days I could see the wide expanse of the Bristol Channel stretching out to the sea.

This coming Sunday I always particularly remember the Bristol Channel for it was here in 1836 that the Reverend John Ashley started some vital pastoral and evangelistic ministry. He noticed that even on Sundays the seamen working on the ships had little rest from their work, leave alone the opportunity to attend church. They were often unschooled in Scripture or any kind of education. They were also regularly far from home or any family connections and existed in poor conditions. It was here that the Missions to Seamen began.

Now we know the charity as the Mission to Seafarers and recall its valuable work that still goes on today particularly on this Sea Sunday. I am sure many of you will recall singing with gusto 'Eternal Father strong to save' on previous Sea Sundays when we were all able to be together worshipping in our churches. We would also have retiring collections to help maintain the work of those who minister under the sign of the flying angel.

The work is different today from John Ashley's time, but goes on throughout the world supporting seafarers in need with practical help and spiritual sustenance. Those men and women who work upon the seas today have continued their labour for us during the pandemic bringing food and essential supplies to our lands and also taking what we have to offer as a trading maritime nation to the world. We can still contribute in prayer and generosity to this work even if we remain firmly land locked in our homes.

Our Lord Jesus in his ministry was close to seafarers, fishermen who toiled to bring food to the people. He also performed miracles of stilling the waters and producing a miraculous haul of fish. In our Gospel this week, Jesus himself takes to the water. "That same day Jesus went out of the house and sat beside the sea. And great crowds gathered about him, so that he got into a boat and sat there; and the whole crowd stood on the beach." (Matthew Ch 13, v1,2.). On this occasion he told his famous parable of the Sower and how he saw the good news of his message growing and flourishing with varying degrees of success in his listeners.

The Gospel came to us in Wales in early times by Saints who travelled by sea in coracles and ships. Through their courage and devotion we have received and been able to share Christ's good news of mercy and love and can pass it on today to all who we encounter on land or sea.

Best wishes and prayers

Sturner

I have spoken to many of you by telephone. If any of you want to chat please ring
02920 487854 or 07794 157604
It's good to talk!

The Church in Wales News Release June 19 2020

Churches can re-open for private prayer

Churches in Wales can re-open for private prayer from Monday [June 20th] as the Welsh Government's eases lockdown restrictions.

Churches which are able to meet strict safety measures can re-open for individuals and household groups to pray. However, all churches will remain closed for services, including weddings, funerals and baptisms.

The Church in Wales has worked with the Welsh Government on safety measures churches will have to implement in order to re-open. These include maintaining a two-metre distance between people and ensuring sufficient hygiene and cleaning protocols. Churches will also have to complete a COVID risk assessment before re-opening.

As a result not all churches will be able to re-open at this time. Precise opening hours for private prayer will vary depending on each church's capacity to open safely. A significant factor will be the availability of volunteers to monitor social distancing and ensure churches are kept clean.

While welcoming the news that churches can now re-open for private prayer, the Church's bishops say public safety must be the first consideration.

In a statement, they say, "A cautious approach to re-opening, based firmly on Welsh Government guidance, is essential. What has been announced is the giving of permission. There is no requirement, from Welsh Government or the Bishops of the Church in Wales, to re-open at this time.

"Whilst we all look forward to the day that all our churches can open safely, we urge local safely within the guidelines. Match your opening arrangements to your capacity to address necessary safety measures. Our primary concern must be the health and wellbeing of our clergy, staff, volunteers and visitors."

The Archbishop of Wales, John Davies, added, "We are grateful for the permission which has been given to open churches for private prayer where it is both safe and practical to do so. This will bring spiritual comfort and support to many people, particularly in these tense and anxious days. While we are still unable to hold services, it is a hopeful sign that we are coming though this pandemic.

"We are very grateful to our clergy and volunteers who will now be working hard to ensure the churches that can open can do so safely by meeting our robust criteria."

While church buildings remain closed for services, people can continue to join in worship and fellowship online in the many services now being broadcast. Digital church – from live-streamed eucharists on Facebook to prayer meetings on Zoom – is available across Wales. Check out your local church's social media pages for information or find a service through the Church in Wales website at https://bit.ly/3dEVySx

For the full guidance and safety criteria, see https://www.churchinwales.org.uk/en/clergy-and-members/coronavirus-covid-19-guidance/

For more information, please contact:

Anna Morrell

Director of Communications / Cyfarwyddwr Cyfathrebu The Church in Wales / Yr Eglwys yng Nghymru (w) 02920 348208 (m) 07919158794

Llandaff Matters 10 July

Churches can reopen

The First Minister announced today that churches which can meet strict hygiene measures can reopen for worship from Sunday 19 July. The updated guidance and safety criteria for re-opening for public worship will be published on the Church in Wales website by Monday. The Church in Wales has worked with the Welsh Government on safety measures churches have to implement in order to re-open for public worship. These include maintaining a two-metre distance between people and ensuring sufficient hygiene and cleaning protocols. Churches also have to complete a COVID risk assessment before re-opening. While this is welcome news, the Bench of Bishops are urging caution when reopening. You can read their statement on the Church in Wales website. Read the news story in Welsh here.

Message from Bishop June

With news that churches can reopen for worship, including baptisms and holy communion, Bishop June has recorded a special video explaining why baptisms and confirmations have had to wait until now - and looks ahead to that special moment when services can continue.



https://www.youtube.com/watch?v=hQxPKA-uo58&feature=youtu.be

Forget-Me-Not Lockdown

When Forget-Me-Not Café was launched in May 2017 nobody was prepared for the amazing response that followed, and nobody had really appreciated the desperate need for simple fellowship that was all around us. Within months the attendance at our weekly sessions was typically about 40. Although our initial aim was to help people with dementia and their carers, it quickly became apparent that there were also people recovering from stroke, people who were becoming housebound, people who were just lonely - they all appreciate a safe place to meet, and they all enjoy helping one another. We also have volunteers, not just from our churches, but from the wider community, who are all pleased to give their time and talents to make the meetings successful and effective.

After meeting almost every week for nearly two and a half years, we are suddenly faced with a cruel virus that not only requires the closure of our buildings, making it impossible to continue meeting, but actually seems to target older people with underlying health problems. The loss of the Café, together with the simultaneous closure of all of their day centres, has had an enormous impact on a very vulnerable sector of society, many of whom have no family living close by. For some of the more isolated, Forget-Me-Not Café is their only regular contact with other people. At first many of us were afraid that the amazing progress that we had seen in the way so many people had responded to the Café would be undone by the enforced isolation of lockdown - the very situation we had worked so hard to avoid. But after a few tentative phone calls, things didn't look so bleak - the fact that people now knew each other, that they knew they had friends who were interested in them, gave us a foundation to build on.

During lockdown, between us every week we have made at least fifty phone calls, often many more, and kept in touch with as many people as possible. Our great strength lies in the commitment of so many of our volunteers to support their friends. Some of them, having retired from the caring services, have been recalled to the NHS as nurses, as well as helping with Forget-Me-Not. The essence of Forget-Me-Not is variety of activities, particularly those that stir memories of times past, and this has been preserved by having a "theme" every week, often resulting in photographs that can be shared, by email, WhatsApp, Facebook, Twitter, the Forget-Me-Not webpages etc. Not everyone has a smart phone, not everyone can use social media, but one way or another most people have been involved. Our themes have involved celebrating our 3rd Anniversary, VE Day, Jigsaws, Plants in our gardens, and latterly things we have seen in taking "exercise" strolls (until recently, many have been "shielded" and not advised to take exercise outside).

We have also recently managed to get people together on Zoom, and for the first time in three months we can all see each other - a very rewarding experience, especially seeing everyone smiling. This has also opened up the possibility that some people may be able to "attend" our virtual sessions, who may find it difficult to get to the church. We may decide to continue some of the online experience even when we can get back to some sort of "normal" meetings.

Lockdown has been an absolute necessity to preserve physical health, but the experience of lockdown has the potential to create major mental health problems. We are hopeful that the positive Forget-Me-Not lockdown experience has helped to alleviate the worst of these issues, and that we will all emerge from it with a sense of shared achievement and an even stronger resolve to encourage each other.

A Message from Bishop June

I send my warmest greetings to all Forget-me-not-Friends, congratulating everyone at St Edwards for all that has been achieved during lockdown. Keeping in touch with one another and expressing our solidarity with our neighbours is so very important when there are uncertainties and anxieties to cope with. Please stay safe and well. I pray for you all and look forward to seeing you again before very long.

Bishop June



Amazing Vicars -

http://www.historywebsite.co.uk/genealogy/hartley/hartley.htm

accessed 10.17 Wed 6th May 2020

Rev John Hartley's chief claim to fame (by today's standards, but probably noted only in passing at the time and thought to be far less interesting than the fact that his wife's uncle was Earl Harewood), is that in 1879 and 1880 he won the third and fourth All England Lawn Tennis Championships and in 1881 he was the runner up.

His first win was made in somewhat remarkable circumstances. The quarter-finals were held on a Saturday, with the semi-finals to be played on Monday and the final on Tuesday. On Saturday evening, having won his quarter final, the Reverend Hartley took the train back to Yorkshire and took services and preached a sermon as usual on Sunday.

He was then told that one of his parishioners was ill and likely to die. Hartley went to see him and spent the whole night there until the man died in the early hours of the morning. Hartley then went back to the vicarage, collected some sandwiches, rode his horse to Thirsk station and got the train to London. From King's Cross he got a horse drawn cab to Wimbledon and changed into his tennis clothes whilst on the journey. Hartley was probably helped by his semifinal against C. F. Parr being interrupted by rain, which gave him a chance of a breather. On Tuesday he had to play the final against an Irishman, Vere St Leger Gould, who had had the advantage of having had a rest day on the Monday. Gould was a very energetic player and was one of the earliest to be noted for coming off the base line. Hartley was a baseline player and is described as playing "steadily". Despite the disadvantage which his exertions must have created, Hartley won 6-4, 6-4, 6-3 and thus became the person from Wolverhampton to win Wimbledon.







NEWS FROM THE LYCHGATE

At this time of lockdown some of us can only visualise our lovely churchyard with its beautiful trees and daisy strewn grass. But the vicar assures me that it has been mown and is more or less as we would expect it. We have all rejoiced at this time to see and hear more wildlife in our gardens. We have seen sparrows and blackbirds in our small town garden. I did see our cat, Beth, make a dive into the bushes and a sparrow fly out safely. Fortunately at 14, Beth is not any great danger to the sparrow. There have been reports of a family of foxes in Penylan and a nest of baby seagulls. (I remember a radio presenter once asking "Has anyone ever seen a baby seagull?")

Many people have been having a lot of pleasure in their gardens, and we are also very aware of how lucky we have been to have one. Pat Hyett who usually provides plants for the May Fair in Roath Church House was overwhelmed with internet orders when she advertised a little plant sale. By the day advertised most of the plants had already been sold, at a profit of £211 for church funds, thus enhancing many of our gardens. Quite an achievement, Pat, during lockdown.

So many people have said how much they miss going to church. So it's nice to know that works are going well with the actual building. Bob Hyett reports that work on the organ loft roof is even now going ahead. Because the work is deemed "necessary" it is being paid for by the John Bute Foundation. Nick Adams, who takes care of our organ, made sure that the organ was well sheeted up before work started. Scaffolding is now in place. The top of the spiral staircase is the corner of the tower is also being repaired. Of course it's all much easier as there isn't a congregation, so the lockdown has some good outcomes.

Another lovely thing about our church is the painting recently taken down to make way for the reredos from St. Anne's The Madonna and Child as we would call it is actually a copy of "The Madonna of the Chair" by Raphael. It has been cleaned, including the gilt frame, by Sarah Bayliss and is presently in her care until the building work is finished.

Our vicar Stewart will shortly be contacting us about possible arrangements for a gradual return to church as soon as lockdown (and building work) is finished.

Time marches merrily on. Three of our ladies have had significant birthdays. Cynthia McKinty whose husband Alec recently died was 90 on June 26th. Barbara

Green had her 80th birthday on 14th May. Her friend Joy Steven is now 93. Happy Birthday to all these ladies.

Sadly we have to report the passing of people in our congregation, not indeed of Covid 19. One of them is Peter Challender who was a faithful "eight o'clocker." We send our condolences to his family and also to the family of Chris Billsden whose mother, Rita Freeman, passed away at the age of 94. The family were able to sit with her, in her care home when she died.

Chrs Billsden is a choir member. Another choir member Cynthia McKinty, as recently mentioned, lost her husband in April. She tells us that Alec was a Barry man who worked as a journalist for the South Wales Echo, and had an interesting and varied life. He also wrote a book "The Father of British Airships!". He and Cynthia had been married for 53 years. They have a daughter Rachel, and three grandsons. We send our love and condolences to Cynthia and her family.

Usually we remember members of our congregation who are too ill or infirm to be able to come to church. Who could have imagined a time when this included all of us? It has been heartening to see and hear of the contacts by telephone and e-mail that have kept us in contact with one another, Keep it up folks! We are not out of the woods yet. Some of you will remember Betty and John Katchi who moved to Barry a year or so ago, John has not been well, although he is now at home and Betty has been looking after him.

Gary Mullins has been keeping the spirits of his choir with "Daily Gems" of lovely music to cheer them. I'm sure many of us have enjoyed singing hymns on the radio or television during the lockdown, but we will be so pleased to be singing them again at St Margaret's.

To end with we would like to mention a few members of our congregation that have been at work during the lockdown. Of these are Sally Bailey (nee Atzei) who has been working in Sainsbury's, Gillian Body who is a doctor, and Jonathan Tai who is a medical secretary. To these we want to add our Vicar Stewart, who has had a busy and distressing time with funerals, as well as his other duties as vicar and canon. He would like us to mention some of the key workers, the funeral directors, who have been working against the odds to make funerals a dignified manner in the face of difficulties. I am sure there are others known to people. But to all of these and others, our thanks and love.

Sally at this point does not have anything to report other than she and Stephen have now been married 9 months. She hopes and prays that during this national emergency that we all lookout and care for one another and stay safe during the isolation period and remember to keep washing and sanitising our hands as per the Government guidelines throughout life's pilgrimage and this year of pilgrimage as per the hymn we are pilgrims on a journey.





Summer blessings to each and everyone of you, keep safe Love Julia and Sally

February 1996 – Letters from Another Time – Jane Colley

I had by then lived in Manila for some years, working with FEBC Radio (Christian)¹.

Our department broadcast in English on shortwave radio. My job in audience relations was to answer letters from listeners. And once a week this auntie Jane joined Ella from Scotland to discuss letters. Mailbag was a popular program which was aired weekly at three different times for maximum coverage. Frequently over the years young Indians asked us "when are you coming to see us?"

My American housemate and programmer, Chris Johnson had never been to India. I had spent a fascinating two weeks there, and we decided to go. But where, in that vast and fascinating country? Over weeks we discussed it on air and were invited to stay first in Madras, with the Hindu family of four girls who had each written to us, and done a simple Bible study course (their mum had been convent educated and insisted on it for the girls.)

We were met at the airport, and into their home they welcomed us with smiles and garlands. With mutual excitement and delight, they were so easy to settle in with.

Meals were delicious; we sat on the floor with them - me opting to lean my back somewhere. Later I learned that their father, TK Srinivasan, preferred food 'with more gunpowder'.

Chris and I had been given a bedroom each upstairs. (Little did we know that the extra one had been built for us!)

One day, the girls took us to the beach in Madras. We walked barefoot down onto the sand and all happily waded in - we two in rolled up trousers, and the four of them in their sarees - great fun.

Our travels then led us across to Bangalore and up to New Delhi, both with FEBA Radio offices. *En route*, we visited the Taj Mahal - you can imagine it!

A long and delightful rail journey was overnight across to Calcutta, there staying with a wonderful little family, and then up towards Darjeeling, weather becoming very cool!

When Chris returned to Manila, I had been assured of a welcome back to the TKS family, as my base for the rest of my travels.... in total I spent 21 nights with them.

Our contact lessened over the years, though I knew the youngest daughter Vaani was married and had had a son in 2010. So last week [April 2020], I emailed and asked if she could set up What's App.

Early evening on April 21st, sitting here at my table, suddenly there was a video call on my mobile - Vaani was holding her phone to her face, and then both of us laughing and trying to talk. She was jumping up and down with excitement, and her children were bobbing around too. Such joy, after 24 years!

This is another tale, and linked with the first one

From the FEBC Overseas English Section:

We received many letters each week, by airmail of course, and because it was my job, I got to know the handwriting. One lady [Elizabeth Lionel] wrote often, a doctor who told us what had happened a few years before. She had finished all her training, and needed to decide where to specialise, when she became seriously ill. They found a tumour on her upper spine, and a surgeon said he would do his best to remove it. He did so, but it left her with much loss of movement. Someone made her a static exercise bike, which was very painful to use.

She described how she would turn on the radio for our programmes from Manila, because the songs and what was said were uplifting, and gave her the courage to believe that her struggles were worthwhile! That went on for months and years. And when I joined FEBC, we were in touch by letter, and what she wrote was mentioned on our Mailbag programme, when Ella McIntyre and I chatted together!

Dr Lionel wrote that she would soon be moving from the countryside to Madras. But by the time Chris and I were almost going to India, and the TKS family had invited us to stay with them, in Madras, I still had not heard from Dr Lionel. Ella knew this.

Later, in India, Elizabeth Lionel told me what happened.

She had moved to live in Chennai, and on weekdays could attend the clinic run by Dr Jayasingh, M.S., in Royapuram, Madras She would be able to learn from him and work with them. It was much busier than she

was used to, and also she could attend church services, so it had been a while since she needed to listen to FEBC.

One morning she decided to tune in, and immediately heard Ella's voice saying, "Dr Elizabeth Lionel! where are you? Auntie Jane is coming to Madras and she doesn't know where you live!"

She and the doctor discussed how they could possibly contact me in time?? And I think it was Dr Jayasingh's wife who had the bright idea. "Jane will surely go to Feba Bangalore! So you could write to her there!"

And sure enough, when Chris and I eventually reached Bangalore, someone held out her letter to me. I recognised her writing immediately, and when I returned to Madras, I visited the clinic again, and was able to meet her several times!"

That's the brief history, and I love thinking of her switching on the radio to hear her own name called out.....

But now with all this virus pandemic, I wonder how things are at that clinic, and whether Elizabeth is still there. Of course, we are all 24 years older....

¹ FEBC is the acronym for the Far East Broadcasting Company. It is an inter-denominational ministry whose sole purpose is to share the Good News of Jesus Christ to the world through radio, the Internet, and emerging technologies.



"Dear Reader"

This is a very unscientific survey of people's reading during the lockdown. Last week anyone who phoned or with whom I was in conversation was asked what they were reading, or had read during the lockdown. I asked members of St Margaret's congregation, my family and friends. A few people got excited and asked their friends. I didn't ask the postman because we never see one anymore!

Way in front is Hilary Mantel's "The Mirror and the Light" being the third book of the series, Life of Thomas Cromwell, advisor to Henry VIII. Time has dealt harshly with Thomas Cromwell, judging him as self-seeking and ruthless, the man who broke up the monasteries. In Hilary Mantel's lovely prose he emerges as a many faceted man with intellect, compassion and humanity, but also plagued with his own disasters and fears. The son of a blacksmith, he rose to become one of the most powerful men in Henry's court. A true man for our time! People reading this said it was "superb, fantastic and a great read". Described by a journalist as "the size of a small car" it was well suited to the weeks of lockdown.

I once made a list for one of my sons of "the books that are in an educated man's baggage". For some people the lockdown has become the ideal opportunity to catch up on the classics. Examples include "David Copperfield" by Charles Dickens, "The Tenant of Wildfell Hall" by Anne Bronte, "Of Mice and Men" by John Steinbeck and even "War and Peace" by Leo Tolstoy and "Don Quixote" by Cervantes.

More gentlemen than ladies have been reading non-fiction books. Auto-biographies of Debbie Harry (Blondie) and Michael Caine were mentioned live. "A History of Europe" by Norman Davies and "Exerts from Black Women writers" ed. by Marie Evans. One gentleman did ask me whether I wanted what he was reading for his own good, and what for pleasure. Most people didn't seem to have made that distinction.

A vague wave at "murder mysteries" was often all I had. But they are certainly very popular. The adventures of Cormorant strike in the novels of Robert Galbraith (J K Rowling) were mentioned several times and Raymond Chandler's "The Long Goodbye"

My daughter admitted to "a trashy novel" which turned out to be "Sunshine and Sweet Peas in Nightingale Square". Other female writers were more erudite "A Gentleman in Moscow" by Amor Towles and The Towers of Trebizond by Rose Macaulay for example.

We have already mentioned novels by Hilary Mantel. Another third of a trilogy is "Column of Fire" by Ken Follett. Other good reads were "Phoebe" recommended by our curate Ruth. "That Old Ace in the Hole" by Annie Proulx (the author of "the shipping forecast"), "The Color of Lightning" by Paulette Jiles, "Jamaica Inn" by Daphne du Maurier, "The President is Missing" by James Patterson and "Purple Hibiscus" by Chimamanda Ngozi Adichie. That should keep us all going.

I was surprised that there was only one mention of a children's book in this survey. People often return to the books of their childhood in times of trouble, but maybe we are made of sterner stuff! One esteemed lady of St Margaret's is rereading all the "Just William" books, she is on No.11 and has only 21 to go. Fortunately she has the whole collection. I wouldn't like to have seen William in lockdown!

What was my own reading I hear you ask. (Well maybe it was Hilary Mantel's book. I was lost in it for weeks, if she does not win the Booker Prize for the third time for this third novel of Thomas Cromwell then I, with others, will be protesting on the streets of Cardiff

Julia Griffiths

These notes have been kindly typed up by Sally Bailey



Copy date for the next magazine (Michaelmas / Harvest) is Wednesday 2nd September

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)



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