

Prayers for this Week

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord. Amen
(website of the Archbishop of Canterbury)

Dear Lord and Father. We stand before you in our weakness and uncertainty to ask for strength. Strength to look for the things we can do and the strength to undertake all that you ask of us in this and the days to come – whether little or big. We know that we fail, that we can be lazy, or just can't see the way to move forwards, but you are our strength and on that we rely. Help us to hear Your voice and have the confidence to act as you would wish. We ask this in the name of Jesus, your own son. Amen

and a couple of verses from Praise, my Soul (StF 83) (Henry Francis Lyte 1793-1847)

Praise him for his grace and favour
To his people in distress;
Praise him, still the same forever,
Slow to chide, and swift to bless
Praise him! Praise him!
Glorious in his faithfulness.

Father like, he tends and spares us;
Well our feeble frame he knows;
In his hands he gently bears us,
Rescues us from all our foes.
Praise him! Praise him!
Widely as his mercy flows.



St. Andrew's Methodist Church, Cardiff Contact

22nd March 2020

As you will all know by now, we have been asked not to come together in groups and so sadly our weekly Church Service has had to be stopped for a while.

We feel that it is really important that we all stay in touch with each other and are part of a living church in a new way. We are able to worship as a church family even when we are not in the same building.

Firstly, we hope to set up a system whereby each Member receives a phone call on occasions.
Secondly, by producing a sheet such as this on a weekly basis, it allows us to pass information and messages of news or updates around. This is not just for our Church Members; but can be passed to anyone who may be interested and would include those who have other connections with the church. We will start this off by email; but realise that many people do not have computers. If you let us know of any who do not have email, we will do our best to deliver a paper copy, or perhaps you could print a copy and pass it on for us!
Thirdly, if anyone has any other ideas for a fresh way of us keeping our worship and support together at these challenging times, please share your thoughts.

What would you like to see in a weekly contact sheet?
Please send your thoughts to general.StAndrews@gmail.com

Collated & distributed this week by Andrew, Pamela, Lisa, Chris & Alan

Message

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tested by the devil.
(Luke 4:2)

We are finding ourselves in strange and uncomfortable times. What is even more strange is that everyone is being asked to remove themselves from contact with friends and neighbours during Lent, and possibly for a period of forty days. This brings into slightly sharper focus the deprivations which Jesus faced as he searched for His purpose and His relationship with His Father, although I do hope that you are all able to get your daily bread throughout this time.

Perhaps this is an opportunity for us to do some of those things which we have meant to do for so long, such as read a particular book of the Bible or settle down for time of prayer or even read that inspirational book we were given as a present. If you have any tips, let us know. Joan Bakewell, whose doctor had advised her to self-isolate some time ago, was interviewed by videophone the other day. Her tip was to set up a regular routine for each day and to enjoy looking at the things that so often pass us by, such as the birds in the garden. Nature is bursting forth with new life and it would be a pity to miss this wonderful expression of God's creation by not going into the garden or looking out of the window.

This Sunday marks Mothers Day, a day on which we traditionally spoil our mothers and often get together as families. Whilst it will not be the same this year, we hope that you will manage to find ways of sharing some time together whether it be by telephone, Skype or over the garden wall.

Your family, the church, are with you, whether in prayer, on the telephone or by written word. Why not try something like giving a different person a ring each day? We as a church are looking at new ways of worshipping & supporting each other and so hopefully you will hear more shortly.

Stay well, stay blessed. Andrew

Have you any short message or news you wish to share? Please let us know on general.StAndrews@gmail.com and we will try to print them in future news sheets.

Here are some useful links (if they don't work from clicking the link, then copy the link into your browser and try again):

The Methodist Church website has offered a Sunday Service Sheet to use with readings, hymns, prayers and a short reflection.
www.methodist.org.uk/our-faith/worship/singing-the-faith-plus/seasons-and-themes/worship-during-the-coronavirus-pandemic

A service from Wesley Chapel is also shared online
<https://m.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA>

At 11:45 on Sunday on BBC1 there is a broadcast of a service of worship from St. David's Cathedral – a new venture in the current situation.

Canon Jenny Wigley is leading the morning worship on BBC Radio Wales at 7:30am on Sunday.

As the monthly prayer group can no longer meet, Chris has offered to share prayer by telephone with anyone who wishes this.

Unfortunately, Alexis has been too busy this week with the changes which are happening, but he hopes to join our team next week.

Don't forget you can contact us
@SAMethodist on Facebook
or general.StAndrews@gmail.com by email
or telephone one of the Stewards

If you do not wish to receive this newsheet, please let us know.