

<p><i>Thought for the week:</i> If it takes temptation and sin to show God in his true colours and Satan in his, something has been saved from the wreck.</p> <p style="text-align: right;">Michael Green</p>	<p style="text-align: center;">THE PARISH OF CATHAYS</p> <p>Priest-in-Charge / <i>Offeiriad mewn Gofaf:</i> Rev'd Caroline Downs Tel: (029) 20495699</p> <p>Assistant Curate: Rev'd Meg Underdown (029) 20331988</p> <p>Readers: Liz Haigh (029) 20496902 Peter Swinbank (029) 20232216 Matthew Dixon 0771 5573013</p> <p>Parish Wardens: Paul Gregory (029) 20403954 Geraldine Payne 0794 7804134</p> <p>Sub-wardens (St. Michael's): Jeff Doidge (029) 20395050 Mike Payne</p> <p>Sub-wardens (St. Teilo's): Mark Beveridge Joan Stevens (029) 20755374</p> <p>PCC Secretary: Rhiannon Williams <i>Please contact Rev'd Caroline to arrange baptisms, marriages, banns, and Holy Communion for the sick and housebound. Please let Caroline know if anyone wishes to be prayed for, is ill or in hospital or would welcome a visit.</i></p>
<p>The Choir will be singing Evensong at 7pm tonight in St. Teilo's. Come along to hear this uplifting service of wonderful words and music.</p>	
<p>Caroline is interviewing on Tuesday and is on a break from the end of the week until March 24th. Thanks to Meg for covering services.</p>	
<p>Our Lent Appeal 2019 collecting boxes are out in each church for the next few weeks. This is a follow-up to Mary's Meals. <i>Teacher Aid</i> is a charity which pledges to help orphans and vulnerable children gain access to quality local schooling. Nsobé Trust School was founded to offer hope and the chance of a better future to children and their families of this impoverished community. If you feel that you can help us, please donate whatever you are able to. <i>Teacher Aid</i> guarantees that 100% of your money will go directly to the school. More information from: www.teacheraid.org.uk.</p>	

Notes & Queries

- ◆ The Wives are holding their AGM in St. Michael's at 7pm on Thursday of this week.
- ◆ **Twelve - come and join me if you can!** Every one of us has a story - the stories of our lives. And every story has questions. *Twelve* is a series of short films where people tell their story. We see the world through their eyes and listen to their experience of God, the Church and the community. We also hear each person highlight a question that has remained with them throughout their life. We will have three devotional evenings in Lent where we will hear some of these stories which encourage us to ponder our faith as we approach Holy Week and Easter. The dates are all Thursdays, between 7pm and 8.15pm in St. Michael's - March 28th, April 4th and April 11th.
- ◆ Sunday, March 17th: 'Women of the Gospels' with Edwina at 7pm in St. Michael's.
- ◆ Sunday, March 24th: Compline with the Choir at 7.30pm in St. Teilo's.
- ◆ Sunday, March 31st: Taizé service in St. Teilo's at 7pm.
- ◆ Please could people save empty roll-on deodorant containers and give them to Caroline? We will be making Bible characters out of them in 'Sunday on Monday' club.

*Readings for next Sunday, Lent 2, are:
Genesis 15:1-12,17,18; Philippians 3:17- 4.1; Psalm 27; Luke 13:31-35*

THE PARISH OF CATHAYS
PLWYF CATHAYS
THE CHURCHES OF
ST. ANDREW & ST. TEILO,
WOODVILLE RD.
ST. MICHAEL & ALL ANGELS,
WHITCHURCH RD.

Everyone is welcome here. In St. Michael's you will find a Sunday School, at which all young children are very welcome. There is a family service on the first Sunday of each month. In St. Teilo's we have a choir in university term-time, and the church has traditionally been a place of worship for students, as well as the wider community. If you are new to the church please make yourself known to Caroline, the Wardens, or a member of the congregation. Please stay for tea or coffee after the service.

THIS WEEK IN THE PARISH

<p style="text-align: center;"><u>ST. TEILO'S</u></p> <p><i>Tonight, 7pm</i> Evensong with the Choir.</p> <p style="text-align: center;"><u>ST. MONICA'S</u></p> <p><i>Wednesday, 9am</i> Assembly</p>	<p style="text-align: center;"><u>ST. MICHAEL'S</u></p> <p><i>Monday, 3.15pm</i> 'Sunday on Monday' club</p> <p><i>Thursday, 9.30am</i> Holy Eucharist</p> <p><i>Thursday, 7pm</i> Wives' AGM</p>
<p>For more detailed information on all our activities, please visit our website: www.cathaysparish.org.uk</p>	



Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil.

Collect of the day:

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ our Lord. **AMEN.**



The Old Testament Reading

The reader says: A reading from the Book of Deuteronomy

Deuteronomy 26:1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Silence

Reader: This is the word of the Lord.

Response: **Thanks be to God.**

The Epistle.

The reader says: A reading from the Letter of Paul to the Romans

Romans 10:8b-13

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Silence

Reader: This is the word of the Lord

Response: **Thanks be to God.**

SIT

Psalm 91:1,2,9-16

STAND

Whoever dwells in the shelter of the / Most / High: and abides under the / shadow / of • the Al- / mighty,
Shall say to the Lord, * 'My refuge / and my / stronghold: my God, in / whom I / put my / trust.'

Because you have made the / Lord your / refuge: and the / Most / High your / stronghold,

There shall no evil / happen • to / you: neither shall any / plague come / near your / tent.

For he shall give his angels / charge / over you: to / keep you • in / all your / ways.

They shall bear you / in their / hands: lest you dash your / foot a- / gainst a / stone.

† You shall tread upon the / lion and / adder: the young lion and the serpent you shall / trample / under- / foot.

Because they have set their love upon me, * therefore will / I de- / liver them: I will lift them up, * be- / cause they / know my / name.

They will call upon me and / I will / answer them: I am with them in trouble, * I will de- / liver • them and / bring • them to / honour.

† With long life / will I / satisfy them: and / show them / my sal- / vation.

The Gospel.

STAND

Priest:

Listen to the Gospel of Christ according to Saint Luke

Response:

Glory to you, O Lord

Luke 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, One does not live by bread alone." Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, Worship the Lord your God, and serve only him." Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, He will command his angels concerning you, to protect you, and On their hands they will bear you up, so that you will not dash your foot against a stone." Jesus answered him, "It is said, Do not put the Lord your God to the test." When the devil had finished every test, he departed from him until an opportune time.

After the Gospel:

This is the Gospel of the Lord.

Response:

Praise to you, O Christ.