

*Thought for the week:*  
The Church exists by mission, as fire exists by burning.

Emil Brunner

Today is 'Sea Sunday' and there are envelopes in both churches for donations to the Mission for Seafarers, who do such good work in supporting all those who work at sea. Please give as generously as you can.

There will be a service of Northumbrian Evening Prayer with Edwina at 7pm in St. Michael's this evening. All welcome.

Tomorrow is the last 'Sunday on Monday' of this academic year. Many, many thanks to the wonderful team who give up their time and energy for this precious work with our youngest people.

Caroline is interviewing on Thursday afternoon of this week and so will be unavailable.

Next Sunday, July 15th, Tony is organising a Family BBQ at St. Michael's between 6pm and 7.30pm. Indoors if wet. All welcome for food, friendship and fellowship.

And thanks to all those who worked so hard to provide last Sunday's surprise lunch in St. Teilo's. It was a really lovely occasion - much appreciated! Lots of love, *Caroline x x x*

## THE PARISH OF CATHAYS

**Priest-in-Charge:**  
Rev'd Caroline Downs  
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**Assistant Curate:**  
Rev'd Meg Underdown (029) 20331988

**Readers:**  
Liz Haigh (029) 20496902  
Peter Swinbank (029) 20232216  
Matthew Dixon 0771 5573013

**Parish Wardens:**  
Paul Gregory (029) 20403954  
Geraldine Payne 0794 7804134

**Sub-wardens (St. Michael's):**  
Jeff Doidge (029) 20395050  
Mike Payne

**Sub-wardens (St. Teilo's):**  
Joan Stevens (029) 20755374  
Mark Beveridge

**PCC Secretary:**  
Rhiannon Williams

*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.*

### NOTES & QUERIES

✦ It has been decided to postpone the re-opening of the café in St. Teilo's and the planned Grand Fayre until September 1st. Although the new kitchen is very nearly ready, there is a lot of cleaning up to do and a big church to dust! We really need raffle prizes and bottles - please could everyone start to collect items over the summer! Thank you!

✦ All general contributions to the Food Bank are welcome, but the following items are in particularly short supply at the moment: UHT milk; tinned sponge puddings; tinned fish. Please give generously.

*Readings for next Sunday, Trinity 7, are:  
Amos 7:7-15; Ephesians 1:3-14; Psalm 85:8-13; Mark 6:14-29*

## THE PARISH OF CATHAYS

THE CHURCHES OF  
**ST. ANDREW & ST. TEILO,**  
WOODVILLE RD.  
**ST. MICHAEL & ALL ANGELS,**  
WHITCHURCH RD.

July 8th 2018

Trinity 6

Year B

Sea Sunday

*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

#### ST. TEILO'S

#### ST. MONICA'S

Wednesday, 9am  
School Assembly

#### ST. MICHAEL'S

Tonight, 7pm  
Northumbrian Evening Prayer, with Edwina  
Monday, 3.15pm  
Sunday on Monday - last one for this academic year!  
Wednesday, 2pm  
Holy Communion  
Thursday, 9.30am  
Holy Eucharist

For more detailed information on all our activities, please visit our website:  
[www.cathaysparish.org.uk](http://www.cathaysparish.org.uk)



*He called the twelve and began to send them out two by two.*

#### *Collect of the day:*

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we finally lose not the things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **AMEN.**



*The reader says: A reading from the Book of the Prophet Ezekiel*

### **Ezekiel 2: 1 - 5**

He said to me: O mortal, stand up on your feet, and I will speak with you. And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me. He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, "Thus says the Lord God." Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.

*Silence*

*Reader:* This is the word of the Lord.

*Response:* **Thanks be to God.**

### THE EPISTLE

SIT

*The reader says: A reading from the Second Letter of Paul to the Corinthians*

### **2 Corinthians 12: 2 - 10**

I know a person in Christ who fourteen years ago was caught up to the third heaven – whether in the body or out of the body I do not know; God knows. And I know that such a person – whether in the body or out of the body I do not know; God knows – was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

*Silence*

*Reader:* This is the word of the Lord

*Response:* **Thanks be to God.**

### Psalm 123

STAND

To you I lift / up my / eyes: to you that are en- / throned / in the / heavens.  
As the eyes of servants look to the / hand • of their / master: or the eyes of a / maid • to the / hand • of her / mistress,  
† So our eyes wait upon the / Lord our / God: until / he have / mercy • up- / on us.  
Have mercy upon us, O Lord, have / mercy • up- / on us: for we have had / more • than e- / nough • of con- / tempt.  
Our soul has had more than enough of the / scorn • of the / arrogant: and / of the • con- / tempt • of the / proud.

*The GOSPEL*

STAND

*Priest:* Listen to the Gospel of Christ according to Saint Mark

*Response:* **Glory to you, O Lord**

### **Mark 6: 1 - 13**

Jesus came to his hometown, and his disciples followed him. On the Sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offence at him. Then Jesus said to them, "Prophets are not without honour, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

*After the Gospel:*

*Response:*

This is the Gospel of the Lord.

**Praise to you, O Christ.**