



## A NOTE FROM THE EDITORIAL TEAM

Hello everyone,

Welcome to our September / October issue. A big thank you to all our contributors for offering such engaging content to inspire and guide our readers. Please continue sharing your thoughts, stories, and photographs with us!

Thank you for your continued support. We hope you are all staying safe and well.

Best wishes, Claire

You are invited to join us for our

# FAMILY EUCHARIST SERVICE

10.30am  
Sunday 15th September

## Holy Cross



  **ST CADOC'S  
CAERLEON**

# WORDS FROM REVEREND SUE

## Refurbishment Update – September 2024

The labyrinth is now laid, and looks incredible. This has been a mammoth task with precision required at every stage; from the design, to the stone cutting, and laying of every piece of stone. There is no room for error. As you can see from the photograph it is back breaking work and I truly admire the skill, expertise and patience required. Davlan Construction and all who have visited, including Bishop Cherry and the Diocesan Advisory Committee Secretary, Martyn Jones, have been impressed not only with the outcome but the vision and determination to include the labyrinth as part of the refurbishment project.



# WORDS FROM REVEREND SUE —continued

## Air Source Heat Pumps & Wall Monuments

Jupiter, the underfloor heating experts have been back on site, putting in the compound in the graveyard for the underfloor heating, the air source heat pumps in the plant room, and testing the system. And the stonemasons have been relocating some of the wall memorials in preparation for the construction of the mezzanine.



## Grant Application

Kevin Davies, Ruth Kehoe and Rev'd Sue have continued to meet regularly to work on grant applications to help fund the project. A £30,000 grant has been awarded by Newport Council whereby helping us achieve our net zero target, thus meeting the Welsh Government and Church in Wales of 2030 target. A major focus of the project is to reduce heating and lighting costs and strive to be an eco-church.

## Time Capsule

Charles Williams CinW Primary is celebrating its 300<sup>th</sup> anniversary and with the start of the new school year I eagerly anticipate the Senydd considering and preparing the content to be placed in the time capsule which will sit in the centre of the labyrinth. I am sure they will come up with amazing ideas to mark the past, present and creatively imagine what St. Cadoc's, the school, and Caerleon will be like in a 100 years time!

With Love in Christ,  
*Rev'd Sue*



# TEA & CAKES—WE'RE BACK!



After a short transitional break, normal service has been resumed. Our grateful thanks go to Miss Rebecca Penn, head teacher of CWP school for allowing us to use the school facilities.

We are so happy to be able to continue to provide these lovely events; which are always well attended. Being away from our church building, it's important that we keep connected with our church family and 'Tea & Cakes' gives us this welcome opportunity for continued fellowship.

Of course we continue to thank our talented bakers; Lyndon for providing our music; and all who support us, without whom none of it would be possible. All monies raised are added to the Church Refurbishment fund for the foreseeable future.

Julie, Vikki, Linda & Trish



# CHAIR SPONSORSHIP FOR ST CADOC'S



- The cost of one chair is £155
- The names of donors with a personal message or dedication will be recorded electronically and viewed on the website in due course. eg **Pauline foster In memory of my grandfather, William Richard Foster**
- Minimum towards the chairs is £50 for a personal donation and £155 for a business sponsorship
- We accept payment by bank transfer, <https://stcadocscarleon.uk/st-cadocs-church-refurbishment-appeal/checkout.justgiving.com/53lh55wm54> and QR code and cheques payable to St Cadoc's Church PCC. Please indicate clearly on the back of the cheque, 'Chair Sponsorship'.
- To make a donation via JustGiving please use the button above or follow the QR code link. If you're a tax payer please consider adding gift aid to your donation as this increases the amount by 25%. Once you have made the donation please email [phil.sergeant1@gmail.com](mailto:phil.sergeant1@gmail.com) providing your details and any personal message or dedication you would like recorded in the online register of



An advertisement for Tovey Bros Funeral Directors. The top part features the company logo, which includes a stylized 'T' and the text 'TOVEYBROS FUNERAL DIRECTORS An Independent Family Concern since 1840'. Below the logo is the slogan 'Serving the people in and around Caerleon and Ponthir for six generations'. The bottom part of the ad provides contact information for two locations: Newport Funeral Home (9/11 Cardiff Road, Newport NP20 2EH, Telephone: (01633) 266848 [24 hrs]) and Usk Funeral Home (Maryport Street, Usk NP15 1AB, Tel: (01291) 625000 [24 hrs]). It also includes an email address (info@toveybros.co.uk), a website (www.toveybros.co.uk), and a logo for 'Golden Charter Funeral Plans'.

# CHAIR DONORS UPDATE



The list of donors and their dedications below are also listed on [St Cadoc's website](https://stcadocsaerleon.uk/chair-sponsors/)—<https://stcadocsaerleon.uk/chair-sponsors/>.

Tim and Angela West	In memory of Henry and Mary West, faithful parishioners.
Tim and Angela West	In memory of Jeanette Blyth (née West), our beloved sister.
Kaye Smith	From Kaye, Graham and Emma Smith
Patricia Watkins	In memory of my husband, David Watkins.
Patricia Watkins	Dedicated to my children, Rhian, Delyth and Gareth.
Patricia Watkins	Dedicated to all my grandchildren.
Shanika Perera	I would like to dedicate the chair to my beloved father, Sunil Perera.
Julio and Carolyne Benavides	For blessings received.
Hywel G Jenkins and Mary-Jane Sweeting	Hywel Jenkins, former chorister at St Cadoc's, and his partner, Mary-Jane Sweeting.
Alyn E Jenkins	Alyn Jenkins, former chorister at St Cadoc's. He married Carol at St Cadoc's. Also for their son, Finlay.
Gareth Jenkins	Gareth Jenkins, former chorister at St Cadoc's, and his family; his wife, Jennifer, their son, Laurie and their daughter, Claudia.
Veronica E Jenkins	In memory of Geoffrey A Jenkins BA, MED, AWACM, FGMS. Musical Director at St Cadoc's church from 1973 to 2013. Praised God through music. Also for Veronica E Jenkins and love of the music and tradition of St Cadoc's, a peaceful church.
Veronica Moody and family	In memory of Nev, who was devoted to his family and to St Cadoc's church.
Shirley and Mike Hopkin	
Cliff and Christine Suller	To commemorate becoming mayor and mayoress of Newport during 2013 to 2014.

# CHAIR DONORS UPDATE



Village Services Caerleon	
Arthur Peake Funeral Services	
Ponthir Road Services	
The Flower Den	
Lynne Purkis	
Elizabeth Ford	Remembering their marriages at St Cadoc's church; Frederick Charles and Rachel Jane Hammett 26/12/1936 Malcolm and Elizabeth Mary Ford 10/06/1961 Howard Quilla and Sally Ann Croft 17/04/1995 Also married at St Stephanus Golkrath Erkelenz, Germany; Timothy Malcolm and Martina Ann Ford 25/08/1990
Florence C Mabley	In loving memory of my parents, Silvester and Phoebe Amelia Derrick

**A heart felt “thank you” to all our kind and generous sponsors.**

**All proceeds go to the St Cadoc's Church Refurbishment Appeal**

**COME AND JOIN US  
AT CHARLES WILLIAMS CInW PRIMARY SCHOOL  
Tea and Cakes  
SAT 21st SEPTEMBER 2024 2pm to 4pm**

## ST CADOC'S CHURCH BELLRINGERS

The St Cadoc's Church bellringers have recently had their Annual General Meeting and it was decided that we should write an article for the parish magazine on a regular basis to update parishioners of how we serve the community and what we do as a Caerleon band.

We practise every Wednesday from 7.00pm to 8.30pm. This time has recently been changed from 7.30pm to 9.00pm as it is more convenient for ringers coming along who live outside Caerleon.

As the church is being refurbished, we have continued to ring every Sunday morning for Sunday service which is currently taking place in Charles Williams Primary School.

We currently have approximately 10 ringers who regularly attend practice nights and numbers can be slightly lower on a Sunday morning due to ringers living out of the area.

Earlier this year we introduced a bellringing simulator into our tower (See photo), marking a significant enhancement in the training and development of our ringers. This innovative system allows for practice sessions to take place without the bells being heard outside the church.

The setup works by securing the bell clapper to prevent it from striking the bell. Instead, sensors track the bell's movement, and a computer generates the sound accordingly. The simulator offers a range of valuable features. For instance, a ringer can practise alone by ringing a tied ball whilst the computer provides the sound of the other bells. The simulated bells ring in perfect time so the trainee only has to worry about their own mistakes.

The computer also provides graphical images of real ringers for the learner to watch and follow. This technology enables methods practices, which normally require a minimum of six ringers, to be done with just two any time day or night without disturbing our neighbours.

## ST CADOC'S CHURCH BELLRINGERS

The cost of the system was covered by the bell ringers' own funds, supplemented by a grant from the Llandaff and Monmouth Diocesan Association of Church Bell Ringers.



If you would like to find out more about the bells or are looking to take up a new hobby please contact Phil Sergeant on 07866445705 or email [phil.sergeant1@gmail.com](mailto:phil.sergeant1@gmail.com).

Karen Jones

# SING WITH US

## St Cadoc's Childrens' Choir now recruiting young singers aged 7 upwards

Are you between 7 and 14 years old and love singing or maybe you know someone who does? You don't need any previous experience. If so, why not contact Claire at [office.stcadocs@gmail.com](mailto:office.stcadocs@gmail.com) to find out more.

- Fun and friendship
- Developing personal confidence, self-discipline
- Enjoying part of a team with a strong sense of identity
- Free musical instruction working towards the RSCM 'Voice for Life' scheme
- All music and uniform provided
- Receive Choir Pay for singing
- Social events (cinema, pantomime visits, summer BBQs)



For more information email Claire at [office.stcadocs@gmail.com](mailto:office.stcadocs@gmail.com)

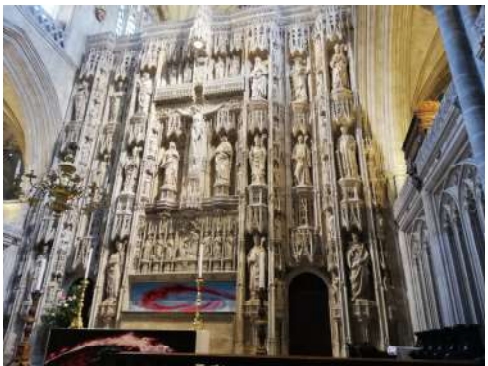


## WINCHESTER CATHEDRAL PARISH TRIP

Many thanks to Julio and Carolyn Benavides for organising the parish trip to Winchester cathedral on Saturday 31st August 2024.

A fabulous day was had by all!





## GOING FOR THE SILVER AWARD!

Do we remember the Bruce Forsyth catchphrase: “What do points make?”

### *Points make Prizes!*

As most of you are aware I am doing the ARocha Eco Survey. When enough of the questions are in the affirmative we will have enough points to apply for an award. So far we have achieved a “Bronze Award”, having achieved sufficient points in all five sections.

The five parts of the ARocha questionnaire are:

1: Worship and Teaching; 2: Buildings; 3: Land; 4: Community and Global Engagement; 5: Lifestyle.

We are already up to “silver” in the first three, but still at “bronze” status in the last two. In these last two sections we now need to move from bronze position up to silver status, so then we can apply for the total Silver Award.

I have included some of the questions which should take us into the silver status. Section: “Community and Global Engagement.”

### **1: Can we form a local litter picking group?**

Angela West and I are trying to either form our own group or to join in with a local village group. The points for the “yes” answer are 10 points. Please let me know if you’re interested.



### **2: Are we able to “provide or share a local car-share scheme “between us?”**

Perhaps we could car-share if we live close to each other. It’s worth discussing amongst ourselves I believe. I have taken the liberty of answering “yes” on the survey. (a further 10 points)

### **3: Has our church ” committed to pray for an overseas project“**

**Harvest Festival**  
**Sunday 6th Oct**  
 10.30am Sung Eucharist, followed by  
 12.00pm Harvest Lunch

*Everyone welcome*  
 Donations to Raven House Trust

I have asked Carolynne about this, and I have suggested we could pray for a project close to our link parish in Benoni. As a suburb of Johannesburg, we could pray for their "JCPZ" Conservation Project. Carolynne is looking into this possibility. If accepted we will then include this scheme in our intercessory prayers. Again I have already answered "yes" to this question. (5 points)

**4: IS our church" participating in the TearFund: Toilet Twinning scheme".**

I have spoken to Rev'd Sue. When the refurbishment is complete, her intention is to twin both of our toilets probably in Africa (there is plenty of online information on why and how this scheme works, and what our cost would be.) I have already answered in the affirmative. (10 points)



**5: Do we financially support an environmental charity.**

This will be discussed at the next LCC meeting. If we do, it will add another 10 points.

Section: "Lifestyle "

This section concerns our individual efforts to become more eco-friendly. This will be a gradual process, though we can at least make a start to move our lives in this direction. I have included a short article called "An Audit of our Lifestyle". If you visit the website: "[creationcare.org.uk](http://creationcare.org.uk) ", there is plenty of information on how to do this.

If we can give positive answers to all the above questions, we will have enough points to achieve the Silver Award!

So we're "Almost There" .....does anyone remember that 60s song of the Canadian crooner Andy Williams!?!.....showing my age again!

Huw Lewis

## ChurchesTogether MEMORY CAFE

Supporting our Communities



An opportunity for people with memory problems, including dementia, to come along with a family member or carer.

- ◆ Socialise.
- ◆ Enjoy organised activities.
- ◆ Games cards, dominoes, jigsaws, crafts & more.
- ◆ Listen to, and join in with music.
- ◆ Catch up with old friends and make new ones.

**Free!**

**Wednesdays 10.30 AM - 12 Noon**

**Lodge Farm Church, Caerleon NP18 3DL**

**(Very Top of Lodge Hill-Private Road)**

**Contact Gaynor 07988666029 Chris 07860617120**

**CLOSED 29 May. 21&28 August. 30 Oct.25 Dec**





## DO YOU REMEMBER? WHEN, WHO & WHY?

Here a few more photographs to think about.

If you recognise a friend, family member or even yourself, the year and the occasion, let Sue Batey know—[sbatey.stcadocs@gmail.com](mailto:sbatey.stcadocs@gmail.com)—just for fun, no prizes!

Who was in the winning team in 1993?

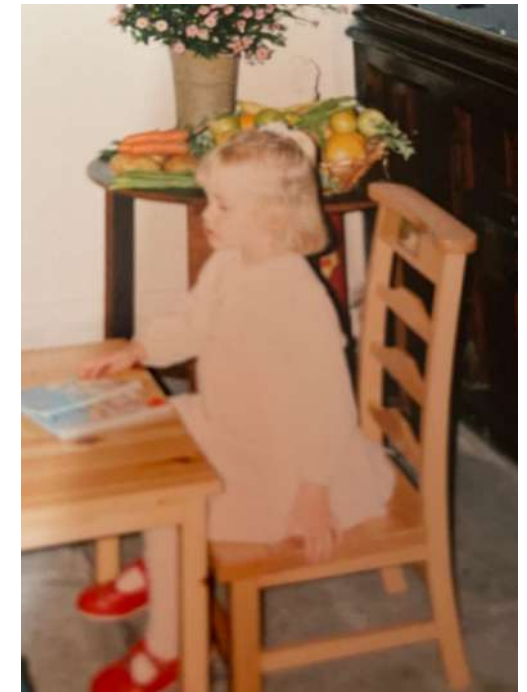


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Workers from the Dutch Auction.



Who are the mother and daughter team?



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# St. Cadoc's Church Caerleon

refurbishment fundraiser

# RACE NIGHT

Charles Williams CinW Primary  
Junior Hall

Friday 18th October 2024  
7pm

£5 entry

Refreshments included  
Bring your own drinks



## KNITTING FOR MISSION TO SEAFARERS



Please may I ask you all knitters who have been knitting Beanie hats for the *Mission to Seafarers* to bring them to one of our Sunday services. Our contributions are always appreciated as it's always chilly in the wind when ships are far out to sea. The hats are given to seafarers on board ships docking in our South Wales ports. It's lovely that we can show the crewmen our appreciation for their hard and often dangerous work at sea which benefits us all in so many ways. Please bring the hats to a Sunday service—NO earlier than Sunday, October 13th and NO later than Sunday, October 27th. Many thanks.

Veronica Jenkins



The simple acts of kindness shown by each of these hats will be warmly welcomed by those who will wear them. Thank you!

## AN AUDIT OF OUR LIFESTYLE

Changing our personal lifestyles is essential if we're to worship God with heart, soul, mind and strength and love our neighbours as ourselves. We all need to make a complete, radical and honest audit of our lifestyle, their impact on the poor and on our planet.

Using the Creation Care website you will be introduced to the seven categories:

Worship & prayer resources

1. Home
2. Garden
3. Travel
4. Food
5. Possessions and waste
6. Community and global engagement

Individuals can do the Creation care survey alone. But I have also registered St Cadoc's church, so when you register and say that you go to our church you should eventually see the collective impact of our individual choices.

To take part, please go to <https://creationcare.org.uk/>

Thank you.

## ETHICAL INVESTMENT

Part of our churches effort to become more "eco - friendly " involves saving our money in such a way that we don't do damage to our planet. Most of us by now have heard of the term "ethical investment ": that is: investing that considers ethical ( moral) values as well as financial returns. In this case I refer to climate change, biodiversity and anything that damages our planet ( though the umbrella term also covers workers rights, arms sales, gambling etc).

The world of investments is, as we all know, extremely complex, so if you've got limited time or investment experience (in which I certainly include myself) you could ask an independent financial adviser (IFA) to choose investments for you, at a cost. But always use an IFA that's part of the "UK Sustainable Investment and Finance Association."

Huw Lewis



## SHOEBOXES FOR CHRISTMAS

It's the time of year when like it or not, we plan ahead for Christmas! Every year people throughout the UK fill and send shoe boxes to charities for distribution to those in dire need at Christmas. Churches Together locally are organising the annual Shoe Box Appeal, on behalf of Blythwood Care. Please see here for instructions as to how you can help this worthy cause.

**If you would like to take part, please collect a leaflet, either from the back of the church, or contact me on 01633 422051, and I'll make sure you have one.** Last year our parishioners were extremely generous, and the need has not diminished.

I would add one caveat; please don't send in your box without an official checklist form, which is part of the leaflet. Several of you sent in boxes with home - made lists attached to the front, and our local organiser Myra Ashcroft, had to open all of them, check the contents and fill in the correct form. This was really time consuming.

Please support as enthusiastically as you always do. Thank you.

Chris Purkiss

### 6 steps to bring happiness

**1 Find:** Find an average-size shoebox. Decide who to fill it for; a child, a teenager, a man or a woman.



**2 Wrap:** your box and lid separately so that the lid can be removed without tearing the paper.



**3 Pack:** Gather the items, remove all plastic and cardboard packaging and pack into the box. **Please choose items that will last rather than those with a short life and can't be recycled.**

**4 Check:** On the checklist, tick the items you have put in your shoebox and note any that are not on the list.

**5 Donate:** Secure the ticked checklist to the **outside** of the shoebox lid using sticky tape. Detach the donation envelope as instructed and place **on top of the items** inside your box.

**6 Deliver:** Secure the lid with rubber bands. (Custom regulations require Blythwood Care to check the contents of your box)

**Deliver your box to your local collection point.**



**PLEASE BRING IN YOUR FILLED BOXES, WITH A COMPLETED FORM STUCK ONTO THE LID, TO A SERVICE IN THE SCHOOL BY 27TH OCTOBER 2024**

## Checklist

Please tick items included and firmly secure this list on your shoebox lid.

Tear along the perforation to detach this panel and secure to the outside of your shoebox

**ESSENTIAL ITEMS**  
(ALL ITEMS MUST BE NEW)

Please include the following items highlighted in red opposite.

**Toiletries** (NO TALCUM POWDER)

- Shampoo/Shower gel
- Face cloth/ Moist wipes
- Deodorant
- Moisturising Cream
- Comb/Brush
- Sanitary Products
- Shaving foam/Razors

**Miscellaneous**

- New Make-up
- Sewing Equipment
- Household Candles
- Screwdrivers/Pliers
- Household products

**Stationery**

- Pens/Pencils/Sharpener
- Notepads/ Colouring books
- Rulers/Rubbers

**Clothes and other Items**  
(T-shirts/Pyjamas/ Jumpers/Shirts) etc

- .....
- .....
- .....
- .....

- Toothbrush and Toothpaste**
- Hat, scarf, gloves**
- Soap**
- Underwear/ Socks/Tights**
- Small Toy\***
- Sweets\***

**NOTE\*** *Small toy for boys and girls such as, cars, dolls, balls. A **small gift** for teens and adults. Please only include new items.*

*\* (No chocolate or any other food) 'Best before' date no earlier than 31 March next year. No loose sweets, lollies or undated bags of sweets.*

**Do not include** used or damaged items; war related items such as toy guns or knives or military figures; hand-made or knitted stuffed toys; chocolate or any food other than sweets. Chocolate Eclairs and Chocolate Limes are not allowed; books that are mainly words should also not be included.

**Please tick the box** next to who the box is for and the age of the female or male you have filled this box for:

**Female**
 **Male**

- Preschool age.....
- Primary age.....
- Teenager age.....
- Adult age.....
- Elderly age.....

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# ECO CHURCH

AN A ROCHA UK PROJECT

## SEPTEMBER

Green your home this Autumn. Tackle climate change and reduce your heating bill by testing how draughty or leaky your home is. Find the gaps that let the cold air in and warm air out (think keyholes, letterboxes, gaps around the edges or bottoms of windows and doors, loft hatches, floorboards etc.) and fix these gaps using the correct materials: (there are lots of handy tutorials on how to do this online). Now is also a very good time to prepare for winter by sticking tinfoil or radiator panels between the wall and radiator, as these will help reflect heat back into your room during the colder months.

## OCTOBER

Provide food and shelter for wildlife, now and in preparation for next year. Clean all your bird feeders to avoid the spread of disease to winter migrants and put up a nest box well in advance of breeding season. A nest box could also prove a cosy spot for small birds to spend the night on particularly cold winter evenings ahead.

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a beautifully arranged funeral  
is an opportunity to celebrate life.

VA Peterson

FUNERAL SERVICE LTD

Woodside House  
Maendy Way, Pontnewydd  
Cwmbran, Torfaen  
NP44 3LH UK  
01633 483 127 or 01633 861 188

support@vapetersonfuneralservice.co.uk  
vapetersonfuneralservice.co.uk

Hook

FUNERAL SERVICE

Marsden Funeral Home  
12A Sunnybank Road, Griffithstown  
Pontypool, Torfaen  
NP4 5LT UK  
01495 763 539 or 01495 758 332

support@hookfuneralservice.co.uk  
hookfuneralservice.co.uk

FUNERAL PLANS FROM  
Golden Charter  
Smart Planning for Later Life



## REFLECTIONS OF AN OLD GEEZER ABOUT GOD AND HOW WE RELATE TO HIM

### 10. The Eucharist

Source and summit of our faith and our greatest call to mission.

What's the purpose of the Eucharist? Why is it such a big deal? What need does it fulfil in God's grand scheme of things? Is it simply a very sacred form of worship, or does it have a practical purpose for us? Why did God give us such an awesome gift? What are we meant to do with it?

I struggled to find meaningful answers, beyond the most common response of "It's a mystery." However, over time, I did find answers that satisfied my personal need for understanding. As ever, when I seek God's purpose, he draws me closer but the closer I get, the greater the challenge I face as a disciple of Jesus. My understanding of the Eucharist certainly confirms Jesus' warning that he did not come to make life easy for us. Fortunately, there is also a reassuring certainty that I am not on my own.

For the Eucharist to make sense, I had to be clear on what defines a Christian. A disciple is a learner, striving to emulate the life of a Master. A Christian is a disciple of Jesus who is recognised by their love for others. A follower of Jesus would embrace the Good News that the Kingdom of God is at hand, recognising that the God of love makes no demand of us, but rather offers a free choice to live under his reign, or not. For three years, Jesus taught us the meaning of love and how to live it, so that we may become love, to become one with God.

Disciples of Jesus are expected to continue the work he started, by announcing the Good News and teaching all nations how to live under the reign of God, by striving to love one another just as Jesus loves us. This is the whole purpose of Church - which was clearly spelt out by Jesus.

Before he ascended into heaven, Jesus commanded his apostles to meet him at the mountain. Considering he was leaving them physically for the last time, it makes sense that he would want to give them a final directive, summarising exactly what he expected of them. This is his Great Commission to all disciples.

**"All authority in heaven and on earth has been given to me..."**

Jesus claims his full authority as the eternal Christ, one in the Trinity, God himself. This is no longer the fully human Jesus, who the disciples had followed for three years and who was totally dependent upon the power of the Father for all he did. This is the risen Christ, the all-powerful, triune God eternal, who is addressing us. He is not messing about. He expects his commission to be obeyed. It is not just a teaching, it is a divine

## REFLECTIONS OF AN OLD GEEZER ABOUT GOD AND HOW WE RELATE TO HIM

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command to all his disciples, across the centuries.

**“Go...”**

We have been sent. We are a Church with a mission. It is not enough to put a big sign up on the door of the church saying all are welcome, please come in. Christians are sent out - with a purpose:

**“...and make disciples of all nations.”**

All Christians are called to be evangelists. We are to share the Good News of the kingdom of God, here and now, a kingdom of mercy, compassion, justice, peace and freedom for all to fulfil their potential and purpose.

**“Baptise them, in the name of the Father, the Son and the Holy Spirit...”**

We should welcome all who want to belong, just as Jesus did. It's not up to us to decide who is worthy. Nobody needs to change to meet Jesus, rather we change because we have met Jesus. Why would anyone follow someone they have not met? When newcomers choose to follow Jesus, as his disciple, and live under the reign of God, it is their free choice to commit by being baptised, to belong in the Body of Christ.

**“...and teach them to observe all that I have commanded you.”**

Jesus spent three years teaching and then promised his Holy Spirit would continue to guide us for all time. As disciples we are expected to teach and pass on what we continue to learn, always guided by the Holy Spirit. A Sunday homily is not enough. We need ongoing learning and reflection to always improve our performance. More than anything else, our example will have the greatest impact in making disciples - or not. (*“Go out and preach the Gospel, only if necessary, using words.”* - attributed to St Francis of Assisi)

All of Jesus' commands, all his teaching and indeed all of scripture are summarised in the three parts of the Great Commandment, which is the foundation of all teaching for all disciples.

**“You shall love the Lord with all your heart, mind and spirit.”**

Loving God means learning how to become love, so we can become one with God who is love. To love God, we need to know God. How can you love someone you don't know, or perhaps even doubt the existence of? Oneness with God means participating in all he does, and most of all, God loves. As Church we should enable people to encounter God and get to know him personally. We should also be teaching people the true meaning of love, as defined by Jesus - *unconditional self-giving for the good of all affected.*

**“The second is just like it; you shall love your neighbour...”**

## REFLECTIONS OF AN OLD GEEZER ABOUT GOD AND HOW WE RELATE TO HIM

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We cannot hope to love God without loving our neighbour. The Church should enable and support each other to love one another and our neighbour, just as Jesus loves us. This involves becoming vulnerable. It risks being taken advantage of. This is scary and not easy. Fear prevents us from becoming love. Fear prevents us from forgiving seventy times seven and so we hang onto our grudges. Fear is the greatest barrier to love, which ultimately prevents us from becoming one with God.

**“as yourself.”**

We cannot hope to love others if we do not love and respect ourselves. Love of self means meeting our needs, not our wants. Selfishness spoils us, literally. Love of self is much like putting on our oxygen mask first, in an aircraft emergency, which ensures we remain able to help others.

Jesus understands how difficult it is to overcome the barriers of fear and get the balance right between love of self and others. He knows we aren't going to succeed alone and as ever, Jesus goes further in his self-giving love, with his conclusion of our Great Commission.

**“And behold, I am with you, even to the end of the age.”**

In the Eucharist Jesus keeps that promise to us. To overcome fear and learn to love, we need support. Individually we have little chance of success. The forces of darkness can and will pick us off, one by one.

It is for this reason we are Church. Church is not a building. Church is not a gathering of individuals. Church is intended to be a Holy Communion of all of Jesus' disciples united, one with each other, through Jesus, with him and in him - the Body of Christ. A true Holy Communion in Christ is a formidable force for evil to reckon with.

At the Last Supper Jesus took bread and broke it, telling all his disciples (over the centuries) to take and eat his Body, broken as a gift for us to eat. We are what we eat. In accepting this gift, we become the physical Body of Christ.

He told us to do the same in memory of him. As the Body of Christ, he expects us to offer ourselves as a gift to be broken for others, to love one another and our neighbours, just as he loves us. At that moment of consecration, I find the courage to accept this challenge with a silent offering: “Here I am Lord, use me as you will.”

When we drink from the cup of forgiveness, we are called not just to be grateful for God's forgiveness, but as the Body of Christ, to forgive and let go of all the grudges we

## REFLECTIONS OF AN OLD GEEZER ABOUT GOD AND HOW WE RELATE TO HIM

cling to, that prevent us from becoming love. This is not easy and so I pray silently for help: "Lord, help me to forgive as you forgive."

Why on earth would Christ be physically present in the Eucharist? There must be a reason. Is the Body of Christ intended to be symbolic, or does Christ expect us to go out as his physical Body to make disciples of all nations? Should we just stand at the foot of the cross and thank him for his sacrifice? Realistically, can we claim to be the Body of Christ, his Church, without joining him in the sacrifice of self-giving love for the good of all affected? To become one with God, we need to become love as he is love. A house divided cannot stand. The path to our resurrection is through the cross of self-giving for the good of others.

By his life, death and resurrection, Jesus defined love as unconditional self-giving for the good of all affected. He clearly demonstrated that he has no limit to giving all that he is. In the Eucharist he continues to give all that he is, both spiritually and physically, because he is desperate for us to be one with him in every respect, to become his physical Body, a Holy Communion in him, going out together, to share God's love with all his creation, through unconditional self-giving for the good of all affected.

St Paul tells us we each have an important role to play in the Body of Christ, depending on the gift given to each of us by the Holy Spirit. These are not just nice words or something symbolic. We are literally given these gifts, which we need to discern and continue to develop, to use collectively and cohesively together, as the Body of Christ, to effectively make disciples of all nations, living under the reign of God, here and now.

**"The Church is the only society that exists for the benefit of those who are not its members."** - William Temple, Archbishop of Canterbury (1942-44)

Christ in us is the Source of our faith. By willingly joining in a Holy Communion, through him, with him and in him, we become the Body of Christ, the Summit of our faith. The Eucharist is our greatest call to mission.

God bless, Des



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## CHURCHYARD TIDY-UP

When you have some spare time, just pop around the churchyard and see if anything that needs doing which you feel you can do.

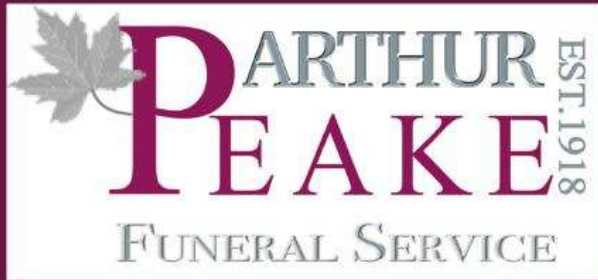


- Pick a nice sunny day so that the experience is ENJOYABLE
- Perhaps bring a small bottle of Prosecco (to be consumed afterward of course!)
- Maybe bring a pair of secateurs, clippers or a trowel or whatever you need, but *don't forget a bottle of water*. There will be a couple of small wheel barrows left outside the machines garage by the rectory and a brush and a rake.

Whatever you decide to do, make it ENJOYABLE, with no stress and no need to go to your gym class!

Huw Lewis

"a gentle suggestion and if you have any questions, please let me know  
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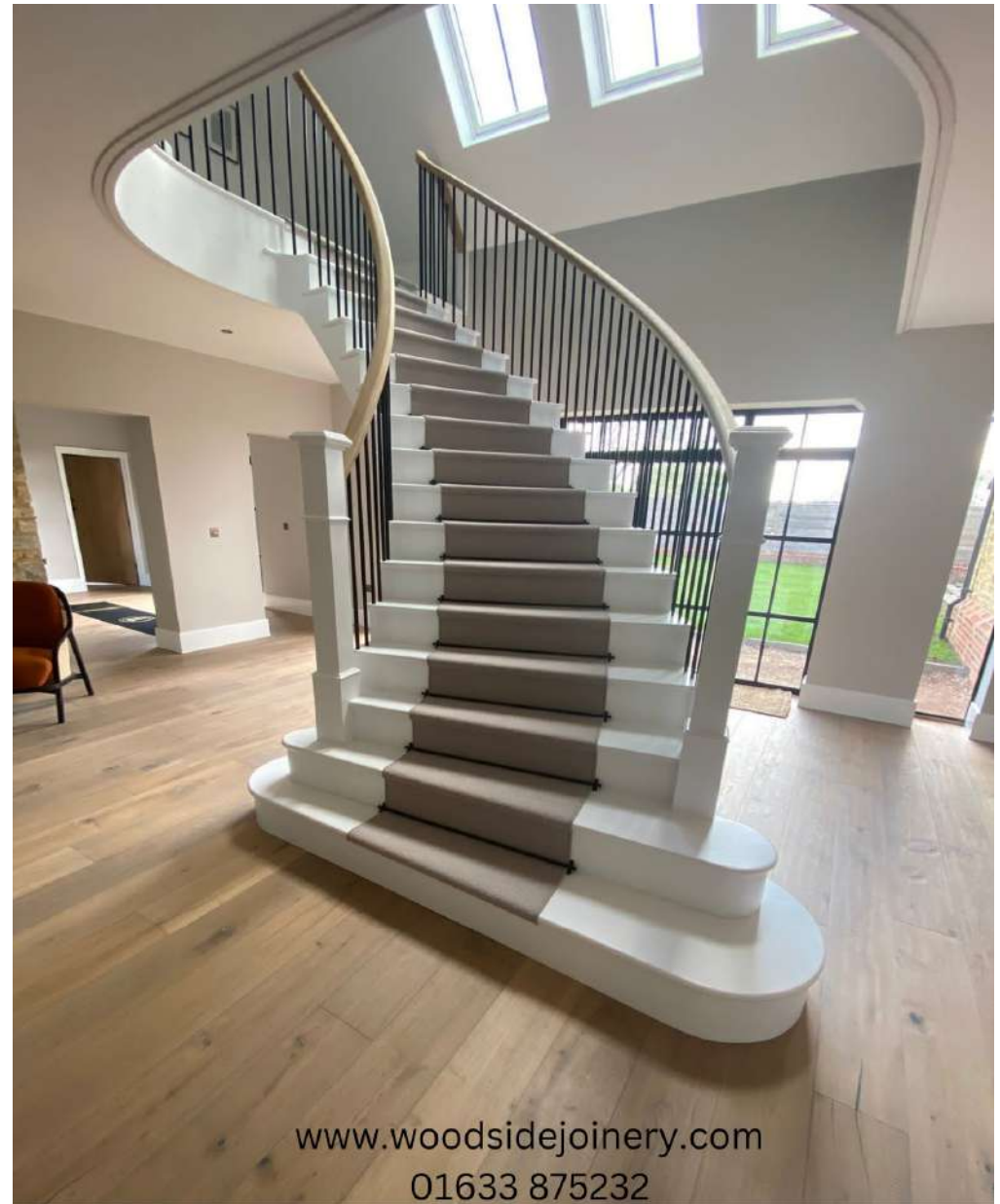
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# FROM THE REGISTERS

July / August 2024

**HOLY BAPTISM**—None

**HOLY MATRIMONY / RENEWAL OF VOWS** - *We offer our congratulations to the following couples*

- 6th July Kirsty Louise Evelyn Donovan and Jonathan Roy Vaughan, St John's, Maindee  
20th July Kirsty Leigh Corten and Richard Hellier Shier, Holy Trinity, Christchurch  
17th August Emily Kate Frost and Gavin Mel Lentle, Holy Trinity, Christchurch

**FUNERAL**— *We offer our deepest sympathy to the relatives*

- 2nd July Elizabeth Joan Edwards, St Cadoc's  
5th July Llewellyn Morgan Davies (*Interment of Ashes*)  
9th July Thomas Harold Harper, St Cadoc's  
10th July Emma Jane Buckley, Langston Vale  
12th July Pamela Winifred Marlowe (*Interment of Ashes*)  
15th July Yvonne Rose-Marie Martin, St John's, Maindee  
16th July Emma Jane Buckley (*Interment of Ashes*)  
25th July Phillip Darrell Hovell, Langstone Vale  
31st July Teresa Ann Selmes (Howell), Langstone Vale
- 12th Aug Libby Williams, St Cadoc's  
13th Aug Patricia Mary Harris (*Interment of Ashes*)  
23rd Aug Michael Harold Price, St John's, Maindee



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01633 421485      vicar.stcadocs@gmail.com

Please contact Rev'd Sue about baptisms, marriages, funerals and pastoral visiting. For information about other parish matters or church services, please contact the churchwardens.

**Churchwardens**

Sue Batey      01633 430259  
Tim Ford      0771 168 3454

**Safeguarding Coordinator**

Graham Davies      01633 485074

**Health and Safety Officer**

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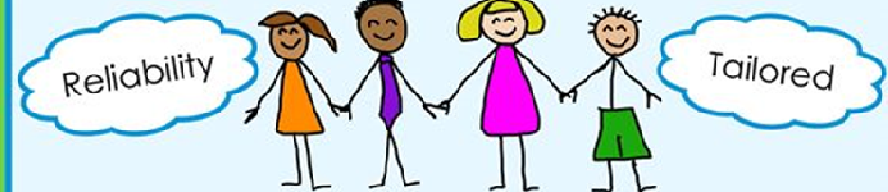


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