

INFORM



URC
VAN ROAD
CAERPHILLY
March 2020

CHURCH OFFICERS

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An Elder writes ...

"What is the meaning of Lent?"

Lent is a period of fasting, moderation, and self-denial traditionally observed by many Christians. It begins with [Ash Wednesday](#) and ends with [Easter Sunday](#). The length of the Lenten fast was established in the 4th century as 46 days (40 days, not counting Sundays). During Lent, participants eat sparingly or give up a particular food or habit. It's not uncommon for people to give up chocolate and or biscuits during Lent. It's six weeks of self-discipline.

The 40 days of **Lent** represent the 40 days that Jesus spent in the wilderness at the start of His ministry. Jesus fasted during His time in the wilderness, and so Christians identify with His suffering by abstaining from particular foods during this time.

Rather than the usual attempts to give up personal favourites such as chocolate, this Lent why not try "eco fasting", which can benefit both the environment and some of the most disadvantaged people in our world.



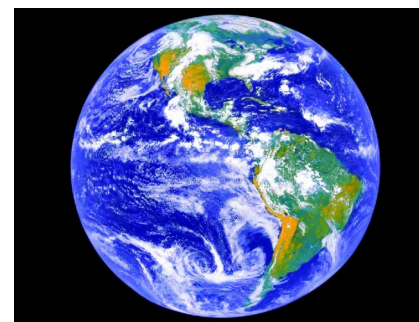
Below are some examples:

- Eat less meat and more fruit and vegetables ...
- Go zero-waste or plastic-free. ...
- Reduce food waste. ...
- Cook from scratch for all of **Lent**. ...
- Buy Fair Trade items. ...
- "Fast" from excess water use. ...
- Try a buy-nothing challenge. ... " Say do I really need this?".....
- Do a digital detox i.e. mobile phone turned off for periods of time.....
- Use public transport more often.....

So why not use this Lent as well as a preparation for Easter, to make your lifestyle greener, to shrink your carbon footprint? Or use it to focus on improving your wellbeing and health in other ways, such as a digital detox.

Many blessings

Lynda



A Lenten Prayer

Remind us often Lord,
when we are feeling
proud,
arrogant,
beyond reproach,
pleased with ourselves,
self sufficient in our ways,
that for such as us
and better
and worse
you walked a road
that took you to a cruel cross,
and rose again to show us where
we might look for rescue
as from this lofty perch
we fall.

(With thanks to the 'Faith and Worship' website.)

Correction to February Edition

In last month's INFORM I incorrectly stated Hope and Market Square had achieved a Bronze Award in the Eco Church scheme. They have actually achieved a Silver Award. Apologies and well done to all involved.

Rob Moverley

From the editor

I think most people enjoy singing hymns and everyone seems to have their favourites. When there is a shared favourite on offer in the service, the congregation's singing is greatly improved and the sound produced is more uplifting.

When the URC produced the hymn book, 'Rejoice and Sing', we welcomed many new hymns that were not in 'Congregational Praise.' However, that meant that perhaps some of our old favourites were left out.

Up until my teenage years I attended St Mellons Congregational Church. When it became unsustainable, members of the congregation either moved to Minster Road Congregational (as did my mother; chosen because all the Sisterhood had decided to go there,) or to Charles Street Congregational, which was where I went, mainly because my grandmother already worshipped there and my father attended there when he was a boy.

At St Mellons we used the hymn book, 'Sunday School Praise.' Looking at some of the hymns in there now can make me cringe; some words are definitely not appropriate. That being said I cringe at some of the words currently sung in hymns such as those speaking of, 'being washed in the blood.'

Probably my favourite 'go to' hymn when I was young was, 'God has Given Us a Book Full of Stories.' I was disappointed when it wasn't included in, 'Rejoice and Sing.'

God Has Given Us A Book Full of Stories

God has given us a book full of stories
Which was made for His people of old.
It begins with a tale of a garden,
And ends with the city of gold.

But the best is the story of Jesus,
Of the babe with the ox in the stall,
Of the song that was sung by the angels,
The most beautiful story of all.

There are stories for parents and children,
For the old who are ready to rest,
But for all who can read them or listen,
The story of Jesus is best.

For it tells how he came from the Father,
His faraway children to call,
To bring the lost sheep to their shepherd,
The most beautiful story of all.

Maria Matilda Penstone (1859-1910)



PULPIT SUPPLY

March

1st, 10.30a.m.	Miss Lynda Jones St David's Day Celebrations
8th, 10.30a.m.	Mr Trevor Grant of The Leprosy Mission, followed by lunch
15th, 10.30 a.m.	Bible Study Group
22nd, 10.30am	Mothering Sunday led by the Young Wives group celebrating their 50th anniversary
29th, 10.30am	Rev. Malcolm Shapland Communion

Mid-week Communion **Wednesday 11th**

10.30a.m.

Rev. Malcolm Shapland



DATES FOR YOUR DIARY

March

Wed 4th, 10.30am	Coffee with Enfys
Thurs 5th, 10.30am	Fellowship and Bible Study
Fri 6th, 11am	World Day of Prayer at Tonyfelin Chapel and St Catherine's Church
2.30pm	
Sun 8th, 12 noon	Fellowship Lunch in aid of The Leprosy Mission
Sat 14th, 7.30pm	Concert-Serenata Singers
Tues 10th, 6pm	Elders' Meeting
Thurs 19th, 10.30am	Fellowship and Bible Study
Fri 28th, 12 noon	Start of Lent Lunches at Wesley
Tues 31st, 5.30pm	AGM



Rotas for March

Stewards
Margaret Baldwin
Phyllis Frayling
Communion
Enfys Hawthorn
Cathy Vernalls

Rotas for April

Stewards
TBA
TBA
Communion
Margaret Craig
Emma Fitzgerald

If unable to steward or serve

Please ask ANOTHER to cover

FLOWERS

March
1st Van-Guard
8th Jen Viggers
15th
22nd Young Wives
29th Cathy Vernalls

Many thanks to all who donate flowers for worship



LENT

U	P	U	V	W	E	C	N	A	N	E	P
P	W	S	U	P	P	E	R	O	H	P	Y
P	I	S	C	E	P	S	I	O	A	A	G
E	L	O	V	E	K	T	S	L	D	S	N
R	D	O	V	N	A	A	M	S	L	S	I
R	E	F	E	T	N	S	E	W	O	O	T
O	R	E	I	N	T	N	E	L	C	V	S
O	N	D	A	U	D	M	G	K	P	E	A
M	E	C	N	E	T	N	E	P	E	R	F
M	S	Y	W	P	R	A	Y	E	R	L	M
E	S	H	O	L	Y	W	E	E	K	O	F
A	S	S	E	N	E	V	I	G	R	O	F
A	N	O	I	T	A	T	P	M	E	T	Y

ASH WEDNESDAY	HOLY WEEK	PASSOVER	
REPENTENCE	TEMPTATION	FASTING	
MEDITATION	WILDERNESS	PRAYER	
PALMS	UPPER ROOM	HOSANNA	PENANCE
FORGIVENESS	LENT	LOVE	SUPPER

We hold in our prayers -

Jean Mutter Frank Frayling Roy Collins
 Rev Malcolm Shapland Chris Harling
 Vernon Holland Barbara Lloyd
 Sally Ball Judy and Rod Jarman
 Family of Barbara Williams



Lectionary Readings



March

1st Psalm 32; Genesis 2:15-17, 3:1-7;
 Romans 5:12-19; Matthew 4:1-11

8th Psalm 121; Genesis 12:1-4a;
 Romans 4:1-5, 13-17; John 3:1-17;
 Matthew 17:1-9

15th Psalm 95; Exodus 17:1-7; Romans 5:1-11;
 John 4:5-42

22nd Psalm 23; Ephesians 5:8-14;
 1 Samuel 16:1-13; John 9:1-41

29th Psalm 130; Ezekiel 37:1-14;
 Romans 8:6-11; John 11:1-45

LENT LUNCHES (Fridays)		
Date:	Venue:	Organising Churches
28/2	Wesley	Wesley
6/3	Wesley	Mount Carmel / Bethel Penyrheol
13/3	Wesley	The Benefice
20/3	Van Road	Van Road / St. Helen's / Windsor Road
27/3	Wesley	The Benefice
3/4	Wesley	Tonyfelin / Bethel Nantgarw Road

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Other music by Haydn, Faure and Brahms.



Special event:

Thursday 12th March at 1.15 p.m.

A few sixth form pupils from a secondary school in Aberdare, who are taught by David Fortey, will be gaining some performance experience prior to their 'A' Level examinations by singing at 'VAN-guard'. Please come along and give them some support. **THERE IS NO CHARGE.** If anyone wishes to give a small donation, it will be given to the school to support music education there.

ADVANCE NOTICE

Saturday 25th April There will be an evening performance given by David Fortey, tenor and Andy Mulligan, guitar. More details next month.

NEW COURSE

The Health and Well Being Course on Living with Chronic Pain

Fridays 28th February-3rd April 10.30 a.m. - 1.00 p.m.

This course has been oversubscribed which is a sign of need for such help. If you have not applied and are still interested in these EPP courses, funded by GAVO and the NHS, then please ask me for contact details. There are courses being arranged in the area throughout the year which may suit you.

There will also be another course here in June and July, but the topic has yet to be decided.

These courses are free.

Mair

The Induction Service of the Rector of The Benefice of Bedwas, Machen, Michaelston-y-Fedw and Rudry.

We were pleased to represent the Church and 'VAN-guard' at the Induction Service of the Revd. Dean Aaron Roberts at Michaelston-Y- Fedw Church on the evening of 18th February. The Service of Induction was carried out by the new Bishop of Monmouth, the Rt. Rev. Cherry Vann. The church is in a lovely, rural location, near Cefn Mably. It is a beautiful, old church, which was full for the service. The Bishop spoke of the responsibility of Dean's ministry to the churches in the parishes he serves. She also stressed the importance of teaching and Bible study with his congregations, something she had learned from her own congregations over her years as a parish priest. Dean is a young man with energy and ideas, who is well known to his congregations through his work as their curate for the last six years. We wish him and his wife Megan, and their two young sons, every happiness as they embark upon this next stage of their lives.

Mair and John Wade.



YOUNG WIVES

From 7.30pm

March

2nd

Mr Dan Curtis
Wales Air Ambulance

9th

Mr Tony Moon
Blaen Rhondda tunnel

16th

Planning Meeting for Mothering
Sunday

23rd

Mrs Judith Angell
Compassion in Action

30th

Golf Club Celebration



Together In Prayer

Please pray for ...

March

1st

Old Colwyn URC, Tiers Cross URC

Austria, Liechtenstein, Switzerland, Andorra,
Monaco and San Marino

8th

Rhos on Sea URC, Colwyn Bay and Wolfsdale
URC, Camrose

Myanmar, Thailand

15th

Tabernacle URC, Holywell, Crundale URC

Cambodia, Laos, Vietnam

22nd

Horeb URC, Dyserth, Zion's Hill URC

China, Hong Kong, Macao

29th

St. John's with Bagillt URC, Flint, Reynaldston
URC

Brunei, Malaysia, Singapore



CHURCH ELDERS

Mrs Enfys Hawthorn	02920 866840
Mr Lewis Lewis-Head	02920 889958
Mrs Emma Fitzgerald	02920 821525
Ms Lynda Jones	02920 884022
Mrs Diane Moverley	02920 866336
Mr Robert Moverley	02920 866336
Mrs Cathy Vernalls	02920 887112

Any items for the next edition should be
submitted by the 19th of the month

to

Mrs Diane Moverley

dianemoverley60@gmail.com

(or if not on e mail then items can be left
in the box at the back of the sanctuary)

