



# Cardiff Methodist Circuit

The Methodist Church in Cardiff & Caerphilly



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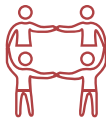
The calling of the **Methodist Church** is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission. It does this through:

Worship

Learning and caring

Service

Evangelism



## SAVE THE DATE!

On Saturday 21<sup>st</sup> March, 4-7pm there will be a family-friendly quiz at Trinity to raise funds for our work! The ticket price is £5 and this will include refreshments. Please bring loose change - if you have any - as some of the games will involve coins.

Tickets will be available soon!

### DATES FOR THE DIARY



#### Eco Cafe

14th February: 2-5pm

at Beulah URC



#### Circuit Meeting

11th March: 7.30pm

at Cyncoed



#### Fundraising Quiz

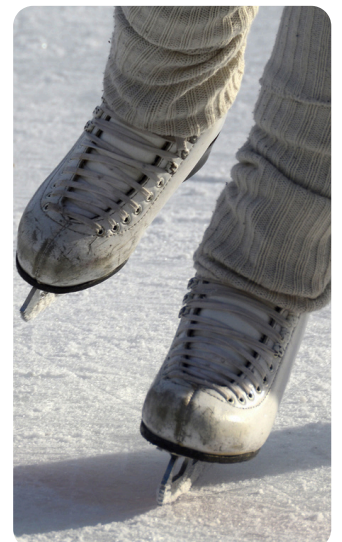
21<sup>st</sup> March: 4-7pm

At Trinity

The format of the Circuit Newsletter has changed. This is to aid those who are printing on recycled paper and, hopefully, will also make it easier to read online.

## ICESKATING WITH YOUTHSACE

18 young people (and 4 brave leaders) took to the ice in Bute Park for our annual slip - I mean skate - and a steaming mug of hot chocolate. 6 other adults also joined in... but only for the hot chocolate! Thank you to all our young people for another fabulous year at YouthSpace.



# WHAT HAPPENED

## AT CIRCUIT MEETING

The meeting took place on Wednesday 3<sup>rd</sup> December at Llanishen Methodist Church. We were joined by representatives from the Eco Committee who led part of the meeting.

Cathy led devotions on the theme of Advent.



**Taffs Well are meeting in a local cafe on the last Sunday of the month, regularly welcoming new faces.**

The end of year accounts were presented. There is a surplus instead of the predicted need to access a significant sum from reserves. We need to learn from this and budget more effectively in future.

The Mission Fund has received 3 applications this round.



**Churches were encouraged to apply repeatedly if appropriate. The next round for applications is in May.**

Heather's absence due to illness highlighted the need for contingency plans within churches and in the Circuit.

22 young people, 4 young leaders and 6 leaders had a wonderful time at 3Generate.



Thank you to Lisa, the Circuit Stewards and to Stuart - Heather's husband - for filling in for Heather in the past few months.

Thank you to Christina, who has stepped down as Treasurer at Radyr.

Thank you to Andrew (Whitchurch) who is retiring from Local Preaching.

**10 young people from 3 churches have recently completed Membership classes**



The meeting agreed to employ an agent to manage the manses. This should help with succession planning, reducing the need for expertise in property.

The final building work is underway at Trinity, allowing Space4U to return in the New Year. The involvement with the National Heritage Lottery Fund will end in March and there is now a push to complete reports and evaluations. The final costs are within budget, with the unused amount now to be spent. **The Trinity Cookbook** was launched with a feast, which several new people attended.

Church members were strongly encouraged to undertake the EDI Training. Gauri is willing to talk to anyone who has any questions.

On-line Safeguarding training sessions have been set up. The policy needed no amendments and was agreed.

Investigations are being made into a safe way for church documents to be stored on-line allowing access by more than one person. They need to be secure as well as accessible.

The Urdu congregation at Trinity have registered as an ECO church.

The Environmental Policy has been reviewed by the Circuit ECO group. No changes are required.

# WHAT (ELSE) HAPPENED AT CIRCUIT MEETING

**The meeting split into groups, each with a member of the ECO group. The following 4 questions were considered:**

1. Where is your church in terms of engagement?
2. What is your understanding of how the ECO church scheme works?
3. What is stopping you moving forwards so that the whole church embraces the scheme e.g. understanding, time etc.
4. What could the wider circuit / ECO church circuit group do to help?

Following discussion, Sarah presented the draft Circuit Carbon Reduction Policy. It is ambitious, but in line with the Methodist Church in Britain's commitment to be carbon neutral by 2030. Every church will be required to help, initially with calculating their current carbon footprint, using a tool such as 360 Carbon. Help and support can be provided.

The Methodist Church has a Net Zero checklist on the website, and grants are available for ECO developments.

Cathy thanked Sarah, the committee, and Vera for moving the Circuit forward.

the meeting closed with a prayer.

The next Circuit meeting will take place on Wednesday 11<sup>th</sup> March, 7.30pm at Cyncoed.

“

*Lord, thank you for your humble birth and mission. Help us stay focused on You amid the distractions of the season.*

*Heavenly Father, we pray for our brothers and sisters who are going through times of darkness. We ask, gracious God, that you may bring them light, hope, love and direction. Open our hearts to your light and Your presence in our daily lives. Lord guide us to live as instruments of peace, love and comfort in a hurting world. Amen*

”

## PRAYERS FOR THE WORLD



The season of Advent calls us to embrace the way of Jesus. It encourages us to align our hearts with the message of his birth, to deepen our understanding of His presence in our lives, and to live out this truth in hopeful waiting, peacemaking, resilient joy, and self-giving love.

We are invited to join with Christ in sharing hope, peace and love to a world still suffering—waiting in darkness for light, wrestling with the reality of present brokenness and hardships. As temperatures drop and nature enters its winter solstice, we are drawn to the uncertainties and struggles many face in this season: the hardship of the poor, the displacing effects of war and exploitation, homelessness, broken relationships, job loss, and the erosion of political confidence.

These struggles call for us to reach out to those in need—physically, socially, and emotionally. As the Apostle James urged, we must not only be people of prayer but also people of action, living out our faith through our deeds (James 2:14, 17).

In Mark 11:17, Jesus states, "My house will be called a house of prayer for all nations." So we are reminded to act in faith, reaching out to others with prayer and action and finding hope in the promises of a Saviour to come.

**Pauline**

# CARING FOR GOD'S CREATION



## REDUCING YOUR CARBON FOOTPRINT

### Have you measured your carbon footprint?

The Methodist church is encouraging everyone to measure their personal carbon footprint and then take steps to reduce it.

If you have not done this before then the World Wildlife Fund has an easy online questionnaire which asks a series of lifestyle questions in the areas of energy usage, travel, food and belongings.

It's a fun and easy to complete and will give you a rough estimate of your carbon footprint and tips on things you can do to reduce the impact you have on the environment. Go to <https://footprint.wwf.org.uk/> and have a go!

For those who have done this before, or who want a more accurate figure, the Methodist church is recommending the 360 carbon footprint calculator for individuals and families <https://footprintr.me>

### Have you switched to a renewable energy tariff?

This is one of the best ways to reduce your carbon footprint and signal to the government that renewable energy sources are in demand. As part of our Circuit Carbon reduction objectives (see Circuit meeting report) we are encouraging all churches, manses and individuals to switch to a renewable energy tariff. The best companies are ones that actively invest in renewable energy. According to the Which? Guide and Ethical consumer, the best companies are:

Ecotricity <https://www.ecotricity.co.uk/>

Good energy <https://www.goodenergy.co.uk/>

100 green <https://100green.com/>

Octopus energy <https://octopus.energy/>






## YOU CAN HELP!



**Switch your energy company to Octopus energy and raise money for Trinity Centre!**

If you decide to switch:

-  Trinity Centre will receive a £50 donation
-  You will receive £50 credit on your new account
-  You will be helping to reduce reliance on fossil fuels by switching to a company that invests in renewable energy.

Go to:

<https://trinitycentre.octopus.energy/> to get a quote for greener energy

**This is a great opportunity to help the environment and the Trinity Centre at the same time!**



# INFAR-RED HEATING INSTALLATION

## AT RADYR METHODIST CHURCH

In January 2024 we received a grant of £6,000 from the Wales Synod Cymru Advance Fund - Ministry and Mission Grant Support - towards funding the second phase of our decision to replace all our existing heaters, electric and gas powered, including water heaters, with new long range infra-red radiant electric heaters. This enabled us to fulfil our plan to discontinue using gas and to commit to a future energy supply that is 100% renewable green energy. Our ambition is to be carbon neutral by 2030.

In the first phase (completed in February 2023) our very dated and expensive-to-run electric wall-mounted heaters and freestanding electric heaters in the older part of our church building were replaced by highly efficient infra-red heaters, with 3 hive thermostats to control them divided into three areas. That made a very noticeable improvement to our comfort in the old hall and the two upstairs rooms.

In the second phase the gas-fired boiler and radiators in the remaining parts of the church including the sanctuary were removed. 16 heaters (7 panels, 9 bars), 5 thermostats and a gateway were required so that we could control and monitor the heaters remotely, including setting timers and temperatures. The sanctuary heating is divided into two areas to save energy when only half the area is in use.

Immediate benefits included warmer rooms and more responsive heating controls. Additionally, there was reduced energy consumption since rooms only need to be heated 30 minutes in advance of their use. Previously it took a couple of hours using the gas central heating system.

There were some inevitable teething problems including individual heaters and thermostats not

The working, building users changing thermostat settings and the heating was left running either too hot for too long or turned off. The remote controls proved less flexible and comprehensive than expected, necessitating many more visits to the premises to re-set them until that was fixed by some changes to the hive controls. The wi-fi had to be improved to ensure remote communication was effective. However, teething problems with new technology are to be expected and the benefits have been significant!

During the first full year of being gas-free the amount of energy used (in kWh) fell by 25% compared to 2023. Unfortunately, the annual energy usage fluctuates quite widely depending on building usage and weather patterns, and of course those initial teething issues. We will continue to monitor and report energy usage in units (kWh) and cost (£). This project has helped the church to achieve Silver Eco-Church status in recognition of our commitment to the environment and caring for God's creation. Additionally, we are now perfectly set up to benefit enormously from installing solar panels with battery storage and generating our own electricity, and hopefully selling some of it back to the grid!

We tell visitors and other people about these heaters and have shown people from other churches around the building and explained the installation. We will continue to promote the heating system at our eco fair days.

**Christina Crow and Tim Phillips**



***Do you know if your church has any Eco Reps on the Circuit group? Find out!***

***Is this something you could join in with?***

# CELTIC CHRISTIANITY AND PRAYER

## AT RADYR METHODIST CHURCH

My involvement in the prayer ministry at Radyr church started with the production of a weekly prayer letter several years back and extended with a monthly prayer meeting and occasional Quiet Days.

During the Covid lockdowns I was able to explore different types and approaches to prayer. I had previously used prayer books from the Celtic tradition and found these resonated with me. The simplicity of their faith and their connection with nature really spoke to me. God always seems closer when I'm outside than in the confines of a building.

Post covid the desire to spend time quietly with God and one another arose. Having had that space during lockdown the return to seemingly constant busyness hit hard. A small group of us chose to meet initially monthly but now fortnightly on a Saturday morning to give ourselves time to be still, to read, pray, draw and even sleep! This has become a precious time for many of us and is a chance to rest and recharge in our busy lives.

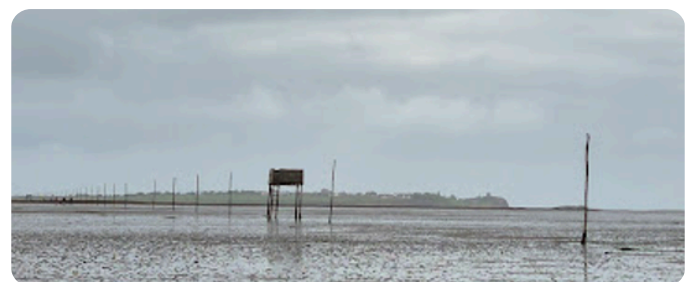
During this time and our fortnightly prayer meeting I shared information and prayers from the Celtic tradition, and it was something that caught the imagination of others. A deepening interest developed and we now have quite a library between us of books about Celtic Christianity and the Celtic Saints.

From this developing interest the idea of retreating to one of the significant sites of Celtic Christianity arose. It was decided that we would travel as a group of 13 to Lindisfarne where we stayed in Marygate Retreat House for 5 days. The Island is a very special place and although busy, particularly when the causeway is open, there is space to spread and spend time quietly enjoying

the beautiful scenery, the sea and the sky. A particular highlight for me was crossing another tidal causeway onto St Cuthbert's Island which was where he used to withdraw when life in the Monastery became too much.



Another special experience was walking the Pilgrim route from the mainland to the Island following poles to mark the route through the quicksand which originally would have been the only way to get to the monastery. Many of us did this bare foot as it would have been done. There is a real sense of peace on the Island and a connection with the past. The Celtic monks followed a daily rhythm of prayer and it was possible to experience part of this in our time there with led prayers happening on the Island early morning, midday, evening and night. Through this we discovered the Community of Aidan and Hilda, a new Monastic community who led the Night Prayers at 9pm every evening. They have their own prayer book with four sets of themed prayers for each day of the week. This is something that some now use daily joining with others of the community and that we often use in our new session of Night Prayers on Zoom on a Saturday evening starting the Sabbath together.



## CONTINUED

A Blessing from the Community of Aidan and Hilda's Tuesday morning prayers.

May God help us to live simply, laugh often and love deeply.

May we see the face of Christ in everyone we meet.

May everyone we meet see the face of Christ in us.

**Deep peace of the quiet earth  
to you,  
deep peace of the still air  
to you,  
deep peace of the forgiving heart  
to you,  
deep peace of the Son of Peace  
to you.**

## SHARE YOUR NEWS!

- Are you planning to do something special in your community?
- Have you recently done something that has left your church family energised?
- Could you do with some help? An extra volunteer (or two) for a one-off or regular role?
- Is there something that happens regularly in the life of your church – a group perhaps – that others might benefit from attending?

Email me at [laurajevans@me.com](mailto:laurajevans@me.com) with your stories by **16th March 2026** or give me a ring on 07542 879512 to discuss.

## CHRISTMAS FAYRE AT WESLEY, CANTON

We held our annual Christmas Fayre on Saturday 6<sup>th</sup> December, where we were delighted to see so many friends and neighbours both from our local community and further afield.

As ever, the big attraction was our now renowned



homemade cakes, but we also had a great assortment of craftwork, knitted items, toys, Christmas decorations and raffles.

We even had a visit from the big man in the red suit. It was hard work (for some!) but we had a very enjoyable time and managed to raise over £1,300 for church funds. Maybe you'd like to see it for yourself next year...

**ho ho ho**

## ANNUAL GIFT DAY AT WESLEY, CANTON

We can sometimes get sentimental about 'Christmas being about giving, not just receiving' and are reminded 'It is more blessed to give than to receive' (Acts 20:35) so for the past few years we have devoted our annual Gift Day to the Cardiff Foodbank. We collect for them all through the year and make a special point of donating items we ourselves sometimes take for granted, but which we know are very much appreciated by those less fortunate than ourselves. We hope this helps towards ensuring no-one goes hungry in Cardiff this Christmas.





# RUMOURS OF ANGELS

## AROUND ST. ANDREW'S

Five hundred knitted angels have been gathering in the Birchgrove area and they were seen together in worship recently.

It is understood that the plan is for them to bring blessing to the community just before Christmas when they visit various locations early one morning while it is still dark, waiting to be discovered and to bring joy to those who find them. We understand that the local school, pub and neighbourhood are excitedly looking forward to catching a glimpse of an angel or even taking one home. After all the tag on each angel says: Please take me, I'm free! Happy Christmas with love from St Andrew's Methodist Church.



# MINCE PIE MISSION

## AT ST. ANDREWS

Encouraged by the experience of offering hot cross buns to passers-by on Good Friday, friends at St Andrew's are engaging in a similar activity with mince pies. A team of 12 (always a good number for an outreach activity!) will be prayerfully engaging in conversation, using the special Christmas serviettes from CPO as a conversation starter. They remind us that the very first mince pies were filled with strips of meat, shaped to look like Christ's manger. May we all find creative ways of pointing to the Saviour as we celebrate Christmas.





# A NATIVITY WITH A DIFFERENCE

## AT LLANISHEN

On the morning of Sunday 7th December members of the Llanishen Methodist Junior church wrote and performed their own modern take on the nativity story.

Their performance was very well received and included some well known Welsh characters and places to help tell such a familiar story.

The young people did remarkably well to rewrite their story with great humour and originality. We all really enjoyed it!



## CHURCH ONLINE

*Several churches in the Circuit hold worship that is accessible online.*

### On Zoom:

Weekly from Radyr Methodist: contact [radyrmc@gmail.com](mailto:radyrmc@gmail.com)

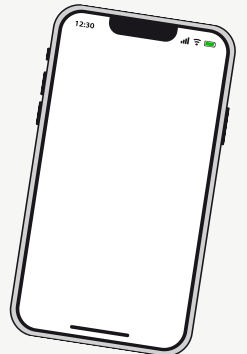
Once or twice monthly from St Andrew's Methodist  
contact: [office@cardiffmethodist.org.uk](mailto:office@cardiffmethodist.org.uk)

### On Facebook Live

Weekly from Wesley Methodist, Canton:  
[www.facebook.com/wesleycardiff](https://www.facebook.com/wesleycardiff)

### On YouTube (Live)

Weekly from Church of the Resurrection, St. Mellons.  
You can join from their website [www.cotr.org.uk](http://www.cotr.org.uk)



# CAROLS ON THE STEPS

## AT CONWAY ROAD

Carol singing on the steps with Barry Brass Band is something of a tradition for us. In fact no-one's really sure when it started! This year, in the run-up to Advent, the adults and children were all tasked with making as many angels – out of wool, doilies, card or whatever they liked – and over the course of a couple of weeks a few of us went around knocking on our neighbour's doors to let them know what we were doing over December.

It's always a bit nerve-wracking to knock on the first door, but most people are used to us by now and remembered us from when we delivered butterflies at Harvest. and a few even said "Oh good. We were wondering if we'd see you before Christmas. When are Carols on the Steps / the Carol Services?"

On the night we weren't sure if anyone would turn up – there was a storm forecast – but about 80 people came. Some from the Sunday Congregation, some who use the building in the week, some because of the leaflets, and many

who were just passing by but found themselves drawn in by the warmth of the atmosphere and the promise of mince pies.



# CHRISTMAS

## FAYRE

### AT LLANDAFF NORTH

We held our Christmas Fayre on Saturday 29th November. In preparation we delivered flyers advertising the Fayre to around 350 homes in the community near to the Chapel.

Despite the poor weather and also Wales Rugby Team playing South Africa (we won't talk about that !) we had a great support from so many people and families from the community 😊👍. A lot of hard work by the Church folk resulted in a really good event which was enjoyed by those that came and also raised over £1,000 for our Church funds.

We also had a table promoting the work of the Trinity Centre which was run by Sian Mahoney

We look forward to our Christmas Carol Singing in the Street and our Christmas Services when once again we will "invite" the local community to share in the outreach of our Church.

# CHAPEL

## ANNIVERSARY

### AT LLANDAFF NORTH

On the 16th November Llandaff North celebrated 148 years of Christian Witness and Service from its present building in Copleston Road.

A wonderful meaningful service was led by the Rev. Cathy Gale with a congregation of over 40 enjoying the worship and friendly fellowship. We give thanks to God for all this is past and ***trust him for all that's to come.***

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# TRAVELS WITH CMCC

CMCC, as part of their mission and outreach, sang this Advent in the little town of Neath. Neath Methodist Church—an imposing red-brick building standing proudly on a small roundabout—opened its doors to our small group of singers and musicians.

It's been a bit of a harrowing term, with illness and retirement leaving us short both instrumentally and vocally. We received the Neath invite three weeks beforehand, and we all sat down to discuss whether we would realistically be ready.

We decided to go for it and let God show us the way.  
And God most certainly did!!

The welcome we received was amazing. The good congregation of Neath Methodist laid on refreshments that went far beyond a nice cup of Methodist tea. It was a real struggle to resist testing how many cupcakes one could fit in one's mouth, and the sandwiches came with a firm warning from our director not to overload on them before singing!

Alongside the refreshments, Neath Methodist also blessed us with an excellent drummer who, after just an hour's rehearsal, knew exactly what to do—an incredible help. Together with our brilliant bassist, he delivered a really funky drums-and-bass sound. Our pianist had only been with us for three weeks, and as some of our accompaniments seemed to require eleven fingers, he had to grow a few more very quickly. Somehow, he did—and the combined sound was simply awesome.

And the singers? Three rehearsals to get a full set list up and running, plus choreography to shame Pan's People! They pulled it off—with bells on (not literally).

We did, however, add candles with real fire and broken glass into our witness, and not one soul was injured—though one small boy did go home with some lovely wax patterns on his trousers.

Our message was simple: whilst we know that Advent is a season of hope and longing for God, do we truly understand why?

We left Neath with no doubt that our congregation understood exactly why CMCC longs for God to come again. They told us they had never seen such a powerful message delivered through Phil Collins' iconic Gorilla drum break and the lyrical tones of Capaldi's Someone You Loved.

CMCC weren't entirely sure they had ever witnessed so powerfully before either—so that was okay.

Everyone felt the Holy Spirit—in the tears, the smiles, the frustrations, and the sandwiches of the day—and CMCC returned to Cardiff having grown just a little more in God's presence. And for that, we give thanks.

