



Taff Wenallt Ministry Area

October 2025 Newsletter

‘ All good things around us . . . ’

‘ When I consider the heavens, the work of Your hands . . . ’
(Psalm 8, verse 3)

‘ The heavens are telling the glory of God.’
(Psalm 19, verse 1)

‘ You crown the year with Your goodness.’
(Psalm 65, verse 11)



I love God’s tiny creatures
That wander wild and free . . .
The coral-coated ladybird,
The velvet humming-bee;
Shy little flowers in hedge and dyke
That hide themselves away . . .
God paints them though they are so small,
He makes them bright and gay.



Dear Father, Who hast all things made,
And carest for them all,
There’s none too great for Thy great love,
Nor anything too small.
If Thou canst spend such tender care
On things that grow so wild . . .
How **wonderful** Thy love must be
For me, Thy loving child.



G. W. Briggs. 1875-1959

Rev’d G.W.Briggs, an Anglican clergyman, was one of the most distinguished British hymn writers of his day. A Canon of Worcester Cathedral, he was a founder of the Hymn Society of Great Britain and Ireland. This is another of the hymns I remember singing in school. A children’s hymn it may be, but in its simplicity it embodies the great Christian truth that, whether we are widely celebrated with millions of ‘ followers ’, or disregarded as complete nonentities, we are all equal, children of a heavenly creator God Who loves us all.

Saturday 4th October is the Feast Day of St Francis of Assisi. The following Reflection was given by John Evans, a member of the Third Order of St Francis, in All Saints' Church Llandaff North on Sunday 7th September.

'Choose life! . . .'

Our first reading today, that great passage from Deuteronomy, includes an invitation which never fails to encourage and challenge me - "Choose life" – "Choose life so that you and your descendants may live" . . . Choose life. Choose the things that give life. Choose to walk in the life-giving way offered to us by God.

It's a wonderful command - to choose life. It implies that there is a life – a more abundant life that we can embrace, that we can enjoy. And it doesn't necessarily involve spending a lot of money, or getting a new car, or a new hairstyle. It's not dependent on how rich we are, how attractive we are, or how old we are – which is getting better and better news for many of us here, as the years tick on by!

We know that life is not dependent on the abundance of our possessions. After all, we are not here in Church to acquire more stuff – there are lots of shops waiting to sell us things. We have chosen to be here rather than spend the time in retail therapy. We are here because we are expecting to find more meaning and purpose in our lives – and new strength to live those lives well.

And we believe, because we have already experienced it in our lives, that receiving the word of God, in our readings and our hymns, and usually (but not today) in the sacraments, will bring us greater peace and life. God is amongst us as we worship, and God is the source of all life. God's word is given to us to draw us into more abundant life.

There are many verses of God's word in the Bible which can enliven our hearts.

My current favourite verse is: "He brought me out into a spacious place; He rescued me because He delighted in me." I am sure you all know verses which speak to you – some people underline them in their Bibles. We have already heard many comforting words from God already in this service of Matins.

But there are times when we are brought up short by the word of God.

The New Testament passage today is a tough one, and I'd like to concentrate on the striking statement towards the end: "*none of you can become my disciple if you do not give up all your possessions.*" That's quite a shock, isn't it? What can that mean? How could that word give life to people like you and me, living in the world? Should we be taking it literally? Are we hypocrites if we do not?

I would like to suggest that most of us, probably all of us here, should take these words **seriously**, but not **literally** - and I would like to illustrate this by telling you a story about Francis of Assisi.

Most of us know Francis of Assisi as someone who loved animals and nature. That's quite true, he really did, but there's much more to him than that.

Francis of Assisi began as a spoilt playboy. His father was a very rich cloth merchant who wanted his son to become one of the nobility. Indeed, he used to give Francis expensive clothes and armour to make him look the part. And in many ways the young Francis was rather good at that. He was a natural charmer and leader and, we are told, loved to gather the young people from Assisi to party together.

It may be that we are told bad things about him to dramatize his conversion, but it *does* sound as if he was rather disreputable. Perhaps the modern equivalent might be a young man who squandered his father's money on wine, women and fast cars – with his father's approval, just as long as it made the whole family look flashy and influential.

But that all changed when he took part in a brutal battle against the neighbouring town of Perugia. Assisi lost and Francis ended up in prison for a whole year during which he lost his health and his will to fight.

Famously, he decided, against his father's wishes, to abandon his way of life completely and live as a hermit. In a dramatic gesture he literally abandoned virtually all his possessions. In fact, in a public renunciation of his old way of life, he threw all his clothes at his father's feet in the town square and went off almost naked.

He had decided to give his life completely to God. He regularly went to church – indeed he spent much of his time and effort repairing church buildings. And one day he found his life's direction, through verses read in Church from the gospel of Matthew, which echo those we have heard today. The verses included these words:

Proclaim this message: 'The kingdom of heaven has come near. Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give. Do not get any gold or silver or copper to take with you in your belts— no bag for the journey or extra shirt or sandals or a staff, for the worker is worth his keep.'

[St Matthew chapter 10, verses 7 – 10]

In other words – go out to preach with nothing – dependent completely on God and other people.

Most people would find these words daunting. Jesus was putting his disciples to the test. But when Francis heard these words, he rushed up to the priest full of excitement and said, " That's exactly what I want to do! "

Francis took off his hermit's clothing, which must have made him look a bit like John the Baptist, and clothed himself with rags – the kind of material people normally throw away. He made himself a cross-shaped tunic and tied a rope around his waist. And off he went into his new life, with no possessions apart from his tunic, cord and underpants!

And what an extraordinarily fruitful life it was. Within a few years he had 5,000 followers, all dedicated to the same kind of extreme poverty – with those previously rich, like Francis, giving up all they owned. The Franciscan Orders eventually became the largest in Christendom.

Francis inspired enormous numbers of people to live for God. He changed Western society forever. We would not be here without the daring witness of people like Francis, willing to give up everything for God.

St Francis was a great and very unusual Saint. Are all Christians expected to live like Francis and sell all our possessions? What do you think? What did Francis think? Actually, Francis thought not.

To Francis' astonishment, hundreds of townspeople, both men and women, declared that they wanted to join him and his community. He realised that new arrangements needed to be made for them – he did not want them to abandon their families. And so he encouraged the formation of the Third Order, to help people live out the Gospel in their everyday lives.

Just to explain: The First Order was the Order of Friars, men who followed his way of life. The Second Order was an Order of Nuns, who also wished to live in total dependence on God for their material needs. The original Third Order, for people living in the world, was set up in Italy in 1221. The Franciscan Third Order I belong to is a revival of that Order, and dates back to 1936.

Members of the Third Order I belong to set ourselves to follow a Rule of Life whose aims are to make our Lord Jesus Christ known and loved everywhere, to work for a spirit of peace and harmony between all peoples, and to live simply.

As I move towards the end of my refectory I would like to offer two thoughts, based on the Rule of my Franciscan Order.

The first is that God calls us in the places where we are. Not many of us – perhaps none of us here – are called upon to give up all our possessions and follow Christ as monks, nuns or friars, with nothing to call our own. God calls us to live for him where we are. God wants to be the centre of the lives we lead right now.

Our possessions are to be held in trust for God, used in the service of God. They should be used, joyfully, for the purposes of God. That can mean giving as generously as we are able.

It means not looking down on people less fortunate than we are.

And it means not setting our hearts on being rich. Hebrews 13:5 says: *“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’”*

My second point is that choosing life generally means choosing to live simply. When we simplify our lives, we make space to live more intensely and meaningfully. It is so often true that less is more.

The world gets this wrong. It encourages us to believe that the more we have and the more we do, the better our lives will be. So many people live their lives at 100 miles an hour, burdened by too many activities, looking after too many things. It is not God's way.

As we follow God, the Holy Spirit leads us into simpler lives, into lives of sharing, with more room for God and for other people.

Let me end with a challenge. Let's ask ourselves about one thing that we do to make us feel better when we're not feeling as good as we would like. Have you thought of something?

Now let's ask ourselves, does it work? Does it really make us feel better?

Quite often the answer can be, "Yes, it does make me feel a little better for a time – but overall, it probably makes things worse."

One example of something which does not really help could be scrolling aimlessly on the smartphone. How many of us find ourselves doing that? I have to admit I often do. And does it help? No, not at all. Another example could be eating comfort food.

So my challenge is this: if you catch yourself doing something unhelpful to make yourself feel better, ask yourself, "What could I do instead that would bring me closer to God? How could I do something life-giving — choose life — instead of this?"

This Reflection was prompted by the Gospel and Old Testament readings for the Twelfth Sunday after Trinity — in which the following verses appear:

St Luke 14, verse 33:

'Similarly, anyone who does not give away all his possessions cannot be my disciple.'

Deuteronomy 30, verses 15 – 17, 19:

*'See, I have set before you today life and good, and death and evil. I command you today to love the Lord your God, to walk in His ways, and to keep His commandments, His statutes and His judgments, so that you may live and multiply, and the Lord your God will bless you in the land which you are entering to possess. But if your heart turns away, so that you will not hear, but will be drawn away and worship other gods and serve them . . . I call heaven and earth today to witness against you, that I have set before you life and death, blessing and cursing: **therefore choose life**, that both you and your seed may live.'*

[Editor]

I don't 'do' abroad! It's too hot, and I'm terrified of flying – which seems to me to be a highly unnatural activity unless one is a bird! But some months after my husband died, my family decided they wanted to take me 'abroad'. 'Where would you like to go?' they asked. I really didn't **want** to go 'abroad' at all, but I didn't want to appear ungrateful. I pondered the matter for some time and decided that, if I **had** to go **anywhere**, it had to be Assisi! I was brought up in a very Low Anglican rural church, and I knew little about the lives of the Saints of the Church. But I **did** know about St Francis, and I do love animals, and I **do** rate humility as the **very** highest of the Christian virtues that one can aspire to. And so we went to Assisi, and it **was** hot, and the flying **was** terrifying . . . but we managed to visit St Francis's totally bare, unpretentious, unadorned, underground tomb at dawn when no-one else – not even an attendant — was there . . . and the heat and the thought of the flight home paled into insignificance in the light of **that** experience.



Engraving printed by kind permission of Nikki of St Mary's

Nikki's Picture Search

How sharp are your eyes? Can you spot the following shapes in Nikki's picture?
When you do, write the bracketed initials on your copy.

		Score:
1 turtle dove	[TD]	[/1]
1 cross	[C]	[/1]
1 orb with 2 crosses	[O2C]	[/1]
1 unlit lamp	[UL]	[/1]
1 lamp with heart flame	[LHF]	[/1]
1 recorder	[R]	[/1]
1 anchor	[A]	[/1]
1 unlit candle	[UC]	[/1]
1 owl	[O]	[/1]
1 pawprint	[PP]	[/1]
1 septagon	[Se]	[/1]
1 capital A	[A]	[/1]
1 ladder	[L]	[/1]
2 boxes	[B]	[/2]
2 sandals	[S]	[/2]
2 7-pointed stars	[7PS]	[/2]
2 keyholes	[KH]	[/2]
2 growing plants	[GP]	[/2]
3 (green?) bottles	[GB]	[/3]
3 crescent moons	[CM]	[/3]
4 lighted candles	[LC]	[/4]
4 keys	[K]	[/4]
4 buckles	[Bu]	[/4]
7 diamond shapes	[DS]	[/7]
9 dolls/angels	[D/A]	[/9]
10 hearts	[H]	[/10]
		Total _____ / 67

Nikki

Nikki attends the Thursday morning Communion Service in St Mary's every week. She is multi-talented: she writes poetry, plays the descant recorder, *[and I think she told me that she once used to play the clarinet]* but most of all she has this amazing artistic talent – as evinced by the composition overleaf, which she has kindly granted us permission to print, and on which she has allowed me to base a picture search. A deeply devout artist, Nikki's works are suffused with religious symbolism. You won't be surprised to know that Nikki attended UWIC as a mature student. There she studied print-making and learned the techniques of copper plate etching. Some years ago, she gave an exhibition of her work in St Mary's Church Hall. She is passionate about fund- raising for animal charities and the homeless.

The Necessity for Humility

(St Luke 14, verses 7 – 11)

‘ On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the sabbath, they were watching Him closely. Just then, in front of Him, there was a man who had dropsy. And Jesus asked the lawyers and Pharisees: ‘ Is it lawful to cure people on the sabbath, or not?’ But they were silent. So Jesus took him, healed him, and sent him away. Then He said to them: ‘ If one of you has a child or an ox that has fallen into a well, will you not immediately pull it out on a sabbath day?’ And they could not reply to this.

When He had noticed how the guests chose the places of honour, He told them a parable. ‘ When you are invited by someone to a wedding banquet, do not sit down at the place of honour, in case someone more distinguished than you has been invited by your host; and the host who invited both of you may come and say to you: ‘ Give this person your place, ’ and then, in disgrace, you would start to take the lowest place. But when you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you, ‘ Friend, move up higher’; then you will be honoured in the presence of all who sit at the table with you. For all who exalt themselves will be humbled, and those who humble themselves will be exalted.’



In this morning’s gospel Jesus chooses a homely illustration to point to an eternal truth: those who exalt themselves will be humbled, and those who humble themselves will be exalted. The former is embarrassing, and the latter is exhilarating.

Humility has always been one of the characteristics of a person who is truly great. Do we not have the saying: *Pride goes before a fall*? The higher we go, the further we fall, and when we are at the top we can only go down.

A well-known author, Thomas Hardy, was so famous that any newspaper would gladly have paid enormous sums of money to publish his work. But when he submitted a poem, he always included a stamped addressed envelope for the return of his manuscript should it be rejected. Even in his greatness, he was humble enough to think that his work might be rejected.

There are many stories and legends of people who have influenced and impressed others by their humility. One such example is that of President Cairns. He would never enter a room first. He always said: ‘ You go first, and I will follow.’ Once, as he stepped up onto a platform, there was a great burst of applause to welcome him. He stood aside, let the man after him go first, and then began to join in the applause: he didn’t dream that the applause could possibly be for him – he thought it must be for the other man!

It is only the small-minded person who thinks himself supremely important and worthy of all praise.

So Jesus teaches us about humility – but how can we retain and maintain that God-given gift?

1. We can retain it by realising the fact that however much we know, we still know very little compared with the sum total of all knowledge – we are never too old to learn. However much we have achieved in our lives, whether at work, in church, or in society, or whatever . . . we still have achieved really very little at the end of the day: there is always a lot more to do and learn. However invaluable our experience, or important we believe our status to be, when death comes, or when we retire from our position, life and work will go on just the same. No-one is indispensable. We might be missed initially, but the time will come when we will be forgotten, and life will carry on – just as it has since time began.

If we realise **that** we will never be conceited, arrogant, or rude. We will be prepared to listen to the ideas of others and respect their views. Humility means respecting others and realising that we do not know it all.

2. We can retain humility by consideration and comparison with perfection.

It is when we see or hear an expert that we realise just how poor our own performance is. Many golfers after a day at the Open Championship have decided to burn their golf clubs after seeing a master golfer get a hole in one! Many musicians decide never to appear in public again after hearing a performance given by a *maestro*! Many preachers have been humbled almost to despair after hearing a real saint of God preach!

And if we set out lives beside the life of the Lord Jesus, the Lord of all goodness, we will soon realise our own shortcomings. When we see our own unworthiness in comparison with the radiance of His stainless purity, our pride dies, and our self-satisfaction shrivels up.

After all, that is what a Christian is — a follower of the Lord Jesus, one who accepts Jesus as Lord and Saviour, who compares his own life with that of the Lord Jesus; one who aims at such perfection but realises just how much he falls short.

Those who exalt themselves will be humbled, and those who humble themselves will be exalted.

Jesus led by example — by His actions He fulfilled the words He spoke — He practised what He preached. The classic example of this occurred at the Last Supper when Jesus washed His disciples' feet — the Master fulfilling the rôle of a slave.

When it was Simon Peter's turn to have his feet washed, Peter was *horrified*! 'Master, **you** wash **my** feet?! **Never!**' To which Jesus replied: If I don't wash you, you can't be part of what I'm doing.' Then Peter replied: 'Master, not only my feet — wash my hands, my head, all of me!'

The Master has a lot to teach us, and we have **so** much to learn.

Amen.



**Sermon preached by Dr Geoff Foot, TWMA Lay Reader,
at 10.00am on Sunday 31st August in All Saints' Llandaff North.**

'The only wisdom we can hope to acquire is the wisdom of humility: humility is endless.'
(T.S.Eliot.)

WORD-ASSOCIATION QUIZ OC (1) Questions

(All answers contain the element OC)

1	Mr. (9)	
2	Dr Watson's friend. (8,6)	
3	Somerset hills. (9)	
4	18th century female intellectuals. (4,9)	
5	Herbal cordial. (9,3,7)	
6	Full to the limit. (5-1-5)	
7	Greek philosopher who committed suicide in 399BCE. (8)	
8	Blonde bombshell burgled by [brown?] bears. (10)	
9	Lundy, Fastnet, Irish Sea, Shannon . . . (7)	
10	Cotswold town, American Music Festival. (9)	
11	He recited the Lobster Quadrille. (3,4,6)	
12	Chanticleer's dawn chorus. (4-1-6-3)	
13	Totality, as of a pistol. (4,5,3,6)	
14	Not instrumental. (5)	
15	Popular music after 1954. (4,3,4)	
16	Portsmouth, Chatham. (5,9)	
17	Biblical adder. (10)	
18	OT Patriarch who 'walked with God; and was not.'! (5)	
19	Nonsense or gibberish – after a poem by Lewis Carroll. (11)	
20	7's poison of choice! (7)	
21	Raised forward deck of a ship. (6)	
22	Far-fetched tale. (4,3,4,5)	
23	1314 Scotland vs England. Scotland won! (6,2,11)	
24	Visited Gloucester in the rain. (6,6)	
25	Legally not guilty. (8)	
26	Mr or Doctor? (5)	
27	19th Century football. (6)	
28	Area of south-eastern France famous for its wines. (9)	
29	Dress. (5)	
30	What Lucy lost and Kitty found. (6)	
31	High-calorie food made from cacao beans. (9)	
32	Country of north-western Africa. (7)	
33	Author of <i>Antigone</i> and <i>Oedipus Rex</i> . (9)	
34	Atomic, alarm, grandfather, cuckoo. (5)	
35	Legally responsible for child in place of a parent. (2,4,8)	
36	Aber, Linnie, Lomond, Inver, Fyne, Ness. (4)	
37	List of known words at one's disposal. (10)	
38	Mussels. (7)	
39	Brassica rich in fibre and vitamins C and K. (8)	
40	Necklace, honey throat-sweet, Lucy's [30] surname. (6)	

Bishop Mary Stallard is raising money for Christian Aid



Cardiff Half Marathon 5th October 2025



Bishop Mary writes:

Everyone is equal in the sight of God. For over eighty years, this truth has inspired us to stand together in solidarity with our most marginalised global neighbours, of all faiths and none. Poverty is an outrage against humanity. It robs people of their dignity and lets injustice thrive.

Bishop Mary's Training Diary:

Began training in earnest today with 4+ mile jog this morning. Legs feeling it now! Thirty-eight days to get event-fit! *Mary Stallard*

14 September 2025 at 21:20

Just three weeks before the race now. My training has been a bit disrupted by all that's happened, but I feel sure that Mum would want me to keep plodding on. I managed a slow six miles this morning. I'll definitely be slower this year, but I still hope to make it.

Target
£1,000



£445
raised already

(15 supporters so far)

If you have internet access and would like to sponsor Bishop Mary, here's the Link:

https://www.justgiving.com/page/mary-stallard-1?utm_medium=FR&utm_source=CL

**The Clergy are always available for the Ministry of Reconciliation and Healing
and the administration of the Sacrament to the sick and housebound.**

Vicars:	Rev'd Peter Mortimer	petermortimer@cinw.org.uk	02920 650883
	Rev'd Anna Harwood	revdannaharwood@gmail.com	07564 012412
	Rev'd Andrew Highway	office@twma.church	02920 624115
Assistant Curate:	Rev'd Henry Grover	henrygrover@cinw.org.uk	02920 624115

FAO those of you with internet access:

Our website address is:

www.twma.church

At **10.00am** on **Sundays** and **Thursdays**,
services are streamed live from St Mary's.

You can watch them at

www.youtube.com/@TWMA.church/streams

For enquiries about the calling of Banns, Weddings, Baptisms, and Church Hall Bookings:
the email address is: **office@twma.church**

The Taff Wenallt Ministry Area telephone contact number is 02920 624115

Or you can write to:

**The Taff Wenallt Ministry Area Office,
The Rectory, 6, Penlline Road, Whitchurch, Cardiff. CF14 2AD**



CARDIFF YOUTH SERVICE

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Contact Rowan on 07971 878917



Henry's running a half-marathon

on

5th October 2025

in aid of

bigmoose



a local mental health charity.

Target: £1,000

SPONSORS NEEDED

Can you help?

www.tinyurl.com/2pc49tze

♪ ♯ ♭ ♯ ♭ ♯ ♪
Treorchy Male Choir
7.00pm*
Saturday 11th October
All Saints' Church, Rhiwbina

Tickets £25
[http://www.ticketsource.co.uk/
taff-wenallt-ministry-area](http://www.ticketsource.co.uk/taff-wenallt-ministry-area)
or from
ASR Committee Members

*doors open 6.30pm

♪ ♯ ♭ ♯ ♭ ♯ ♪

Confirmation Group 2025
Pupils in Year 6 or at High School
3.00 pm
Sunday, 5th October

TWMA Office
St Mary's Church
office@twma.church

Confirmation Service with Bishop Mary
10.00 am
Sunday 23rd November
at
All Saints' Church, Rhiwbina.



High-Tea BINGO

21st October 2025

Doors open: 1.30pm

Eyes down: 2.00pm

Tickets £5
Available at the door



Samaritan's Purse

National Shoebox Collection Week
10th - 17th November 2025

Come, Ye Thankful People, come!



in all TWMA Churches
SUNDAY 5th OCTOBER



TWMA Harvest Bring-and-Share Lunch

12.30 pm

By kind invitation of All Saints' Rhiwbina's Church Committee
PLEASE BOOK YOUR PLACE, AND BRING SOME FOOD TO SHARE

Nostalgia Corner

Nature, we are told, abhors a vacuum! So, when I discovered a blank space in the October Newsletter, I decided to write a short 'piece', as they say on the BBC, to fill the vacuum.

The idea of **what** to write came to me one morning while I was eating my usual breakfast — porridge [*consisting of two different types of oats and **many** varieties of healthy seeds, which I mix together in bulk beforehand in an amateurish, haphazard sort of way!*] topped with stewed fruit and natural yoghurt. It's delicious, and **very** good for you!

Apples are plentiful at this time of year, of course, but so are plums. The fruit-topping of the moment happened to be stewed plums.

Now the annoying thing about plums is the tenacity with which the flesh clings to the stone. I'm too lazy even to **attempt** to prise them apart, contenting myself with merely slitting through the flesh of the fruit before dropping it, stone and all, into a saucepan of simmering water — a form of cooking which even I can manage!

The trouble starts when it's time to **eat** the porridge-plum-yoghurt concoction. I'm usually in a hurry first thing in the morning, but I need to remember that there are dangers constantly lurking beneath the surface in the porridge bowl! For a start, those plum stones are a hazard for unwary, fragile, elderly teeth! Worse still is the danger of swallowing a stone and choking to death! Extreme caution is called for, and I need to take my time.

While chewing away carefully one morning recently, my gaze fell on the discarded stones on the side of my plate. There were five. '*Tinker, tailor, soldier, sailor . . .*', I counted, perhaps prompted by John le Carré's wonderful George Smiley novel.

Suddenly I was transported decades back to the 40s and 50s and school canteen lunches — we called them 'dinners' then. Post-war rationing was in full swing, and fresh fruit was a highly-prized commodity. But **dried** plums [prunes] were available in abundance! We pronounced them 'pru-inns', and they were served up **daily** . . . with custard, or cornflower, or semolina, or ground rice, or tapioca [*alias* 'frog-spawn']. Constipation was rarely a problem in those days!

Probing for the stones with our spoons, we'd arrange those we found around the edge of our bowls. We'd glance around at nearby plates to check that the canteen staff hadn't given more generous portions to anyone else. Then we'd make a tally of our own stones.

'*Tinker, tailor, soldier, sailor, rich man, poor man, beggar man, thief*', we'd chant, calling it a good day if we got as far as '*rich man*'. . . never mind '*thief*'!

Contemplating my five stones the other day, I suddenly remembered that the question: '*When will I get married?*' began this whole sequence of counting jingles. There were four possible answers: '*This year, next year, some time, never . . .*' If there were more than four stones on your plate, you'd start all over again '*This year, next year . . .*'

Using that method to foretell my future prospects, those five plum stones predict my marriage to a rich man **this year!** So I've decided from now on either to stop eating stewed plums altogether, or to ration myself to four!

[Editor]

Dates for your Diaries:

Date:	Time:	Venue:	Event:
Thursday 25.9.25	10.00 am	St Mary's	Eucharist & Coffee Morning
Thursday 25.9.25	2.00 pm	All Saints' Rhiwbina	Ladies' Circle
Thursday 25.9.25	6.00 pm	Online	Diocesan Conference
Friday 26.9.2026	10.30 am	St Thomas's Hall	MacMillan Coffee Morning
Saturday 27.9.25	9.30 am	B of Llandaff School	Diocesan Conference
Sunday 28.9.25	Fifteenth Sunday after Trinity		
Monday 29.9.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Wednesday 1.10.25	10.00 am	All Saints' LN	Eucharist
Wednesday 1.10.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Thursday 2.10.25	10.00 pm	St Mary's	Eucharist & Coffee Morning
Sunday 5.10.25	Sixteenth Sunday after Trinity		
Sunday 5.10.25	10.00 am	All TWMA Churches	HARVEST THANKSGIVING
Sunday 5.10.25	8.00 am	St M's & AS Rhiwbina	Holy Communion
Sunday 5.10.25	10.00 am	St M's, St T's & ASR	Holy Communion
Sunday 5.10.25	10.00 am	All Saints' LN	Mattins
Sunday 5.10.25	12.30 pm	All Saints' Rhiwbina	TWMA Bring & Share Lunch
Sunday 5.10.25	2.00 pm	All Saints' LN	<i>Sine Nomine</i> rehearsal
Sunday 5.10.25	3.00 pm	St Mary's Office	Confirmation Classes begin
Sunday 5.10.25	3.00 pm	St Thomas's	City Ringers rehearsal
Sunday 5.10.25	Bishop Mary's Half Marathon for Christian Aid Target £1,000 SPONSORS NEEDED! — Link & details on Page 11)		
Sunday 5.10.25	Henry's Half Marathon for bigmoose – local Mental Health Charity Target £1,000 SPONSORS NEEDED! www.tinyurl.com/2pc49tze		
Monday 6.10.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Wednesday 8.10.25	10.00 am	All Saints' LN	Eucharist
Wednesday 8.10.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Thursday 9.10.25	10.00 am	St Mary's	Eucharist & Coffee Morning
Thursday 9.10.25	2.00 pm	All Saints' Rhiwbina	Ladies' Circle
Saturday 11.10.25	10.00 am	All Saints' Rhiwbina	Working Party
Saturday 11.10.25	7.00 pm	All Saints' Rhiwbina	Treorchy Male Choir Concert ticketsource.co.uk/taff-wenallt-ministry-area or ASR Committee
Sunday 12.10.25	Seventeenth Sunday after Trinity		
Sunday 12.10.25	8.00 am	St M's & AS Rhiwbina	Holy Communion
Sunday 12.10.25	10.00 am	ASLN and ASR	Holy Communion
Sunday 12.10.25	10.00 am	St M's and St T's	Mattins
Sunday 12.10.25	2.00 pm	All Saints' LN	<i>Sine Nomine</i> rehearsal
Monday 13.10.25	2.00 pm	All Saints' Rhiwbina	Mothers' Union
Monday 13.10.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Tuesday 14.10.25	2.00 pm	St Mary's Hall	Friends of St Mary's meeting
Tuesday 14.10.25	6.00 pm	All Saints' Rhiwbina	Evening Eucharist

Date:	Time:	Venue:	Event:
Wednesday 15.10.25	10.00 am	All Saints' LN	Eucharist
Wednesday 15.10.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Wednesday 15.10.25	6.30 pm	St Thomas's Safeguarding Module B Training	
Thursday 16.10.25	10.00 am	St Mary's	Mattins & Coffee Morning
Sunday 19.10.25	Eighteenth Sunday after Trinity		
Sunday 19.10.25	3.00 pm	Llandaff Cathedral	Taizé
Sunday 19.10.25	5.00 pm	St Mary's	Choral Evensong
Monday 20.10.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Tuesday 21.10.25	2.00 pm	St Mary's Hall	Bingo
Wednesday 22.10.25	10.00 am	All Saints' LN	Eucharist
Wednesday 22.10.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Thursday 23.10.25	10.00 am	St Mary's	Eucharist & Coffee Morning
Thursday 23.10.25	2.00 pm	All Saints' Rhiwbina	Ladies' Circle
Sunday 26.10.25	Nineteenth Sunday after Trinity — Bible Sunday		
Sunday 26.10.25	2.00 pm	All Saints' LN	<i>Sine Nomine</i> rehearsal
Sunday 26.10.25	3.00 pm	All Saints' Rhiwbina	Messy Church
Monday 27.10.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Wednesday 29.10.25	10.00 am	All Saints' LN	Eucharist
Wednesday 29.10.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Thursday 30.10.25	10.00 am	St Mary's	Eucharist & Coffee Morning
Saturday 1.11.25	3.00 pm	All Saints' LN & Hall	<i>Sine Nomine</i> rehearsal
Saturday 1.11.25	7.00 pm	All Saints' LN Church	<i>Sine Nomine Concert in aid of ASLN/TWMA Funds</i>
Sunday 2.11.25	First Sunday of the Kingdom — All Saints' Day		
Sunday 2.11.25	12.30 pm	St Mary's	Baptism
Sunday 2.11.25	3.00 pm	St Thomas's	City Ringers rehearsal
Monday 3.11.25	All Souls' Day		
Monday 3.11.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Wednesday 5.11.25	10.00 am	All Saints' LN	Eucharist
Wednesday 5.11.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Thursday 6.11.25	10.00 am	St Mary's	Eucharist & Coffee Morning
Saturday 8.11.25	10.00 am	All Saints' Rhiwbina	Working Party
Sunday 9.11.25	Second Sunday of the Kingdom — Remembrance Sunday		
Sunday 9.11.25	10.00 am	All Saints' LN	<i>No Service!</i>
Monday 10.11.25	Samaritan's Purse – Shoebox collection week begins today		
Monday 10.11.25	2.00 pm	?	Mothers' Union
Monday 10.11.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Tuesday 11.11.25	10.45 am	Whitchurch Memorial	Armistice Memorial Service
Tuesday 11.11.25	2.00 pm	St Mary's	Friends of St Mary's meeting
Tuesday 11.11.25	6.00 pm	All Saints' Rhiwbina	Evening Eucharist
Wednesday 12.11.25	10.00 am	All Saints' LN	Eucharist
Wednesday 12.11.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning

Date:	Time:	Venue:	Event:
Thursday 13.11.25	10.00 am	St Mary's	Mattins & Coffee Morning
Thursday 13.11.25	2.00 pm	All Saints' Rhiwbina	Ladies' Circle
Sunday 16.11.25	Third Sunday of the Kingdom		
Sunday 16.11.25	3.00 pm	Llandaff Cathedral	Taizé
Sunday 16.11.25	5.00 pm	St Mary's	Choral Evensong
Monday 17.11.25	3.15 pm	St Mary's Hall	Whitchurch Youth
Tuesday 18.11.25	2.00 pm	St Mary's Hall	Bingo
Wednesday 19.11.25	10.00 am	All Saints' LN	Eucharist
Wednesday 19.11.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Thursday 20.11.25	10.00 am	St Mary's	Eucharist & Coffee Morning
Saturday 22.11.25	10.00 am	All Saints' Rhiwbina	Christmas Fair
Sunday 23.11.25	Fourth Sunday of the Kingdom — Christ the King		
Sunday 23.11.25	10.00 am	All Saints' Rhiwbina	Combined TWMA Confirmation Service
Monday 24.11.25	3.15 pm	St Mary's Hall	Whitchurch Youth Group
Wednesday 26.11.25	10.00 am	All Saints' LN	Eucharist
Wednesday 26.11.25	10.00 am	All Saints' Rhiwbina	Eucharist & Coffee Morning
Thursday 27.11.25	10.00 am	All Saints' St Mary's	Eucharist & Coffee Morning
Thursday 27.11.25	2.00 pm	All Saints' Rhiwbina	Ladies' Circle
Sunday 20.11.25	First Sunday in Advent		

Advance Notice:

Sunday 14.12.25	3.00 pm	All Saint's Rhiwbina	Messy Church
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On special occasions, my kind next-door neighbour, Rosemary, bakes me a very special courgette quiche. Her original recipe includes bacon, but she omits this when making one for vegetarians like me. My daughter, also a vegetarian, but, unlike me, an excellent cook, likes the recipe because it is not flour-based . . . and it tastes delicious! She has asked for a copy of it to try her hand at making the quiche herself. Here's the recipe:

Rosemary's Courgette Quiche

Ingredients:

1 cup of plain flour.
 5 eggs.
 1 medium onion – chopped.
 ½ cup of grated cheese.
 Extra cheese to sprinkle on top before baking.
 ½ cup of oil.
 2 or 3 courgettes, grated.

Method:

Grease and flour the dish.
 Warm the oven for 10 minutes.
 Mix the ingredients together.
 Put the mixture into the dish.
 Cook on a low oven shelf at 350°F.
Allow:
 25 minutes for a small quiche,
 40 minutes for a large quiche,
 60 minutes for an extra-large quiche.