



**Welcome**

[www.stcath.org.uk](http://www.stcath.org.uk)

**Tea and Coffee served in the hall after the Sunday 10.15am and Wednesday 10.30am services – all welcome to join us**

**This Coming Week:-**

**Mon 3<sup>rd</sup> July**

1.30pm Dorcas – new people always welcome  
**7.00pm PCC**

**Tues 4<sup>th</sup> July**

7.00pm – Organ Recital with Hywel Evans  
Organist of All Saints Church, Oystermouth

**Wed 5<sup>th</sup> July**

10.30am Holy Eucharist

**Fri 7<sup>th</sup> July**

11.00am Mothers' Union Eucharist at St Mary's  
Swansea – All Welcome

**Sunday 9<sup>th</sup> July**

8.00am Holy Eucharist  
9.00am Cymun Bendigaid  
10.15am Holy Eucharist  
12.30pm Baptism of Jenson Carter Davies  
6.00pm Evensong with Sermon

Today at 12.30pm Baptism of Holly-Rae Mayhew

**Mothers' Union Notices –**

Mothers' Union members would like to thank everyone who supported their Afternoon Tea on Saturday in aid of Faith in Families. Also a big thank you to all MU members and Church members who so generously provided cakes for the event this support is very much appreciated.

**Refugee Project** – There is still a need for lightweight summer clothing in Greece and Syria, new underwear for adults and children, sandals and flip flops. Medicines, toiletries and sunscreen are also requested. Please continue to leave donations at the back of the Church, clearly marked Mothers' Union Refugee Project.

The next **Food with Friends Community Meal** is Saturday 29 July 2017, 12.30pm–2.30pm. If you're able to donate a raffle prize, then please let Adrian know.

**Country & Western Style Hog Roast – Sat 15<sup>th</sup> July 5pm till late**  
Tickets £8 Adults £5 under 10's from Peppita, Gaynor Tregembo or Kathryn Lewis, all proceeds to church funds. Live entertainment with a Country and Western Band and Fully Licensed bar.

**Food Bank** - Grateful thanks to all who contributed to the 26.2 kilos of food items that were delivered to the FOOD BANK last Thursday. Your continuing support IS GREATLY APPRECIATED. Items that are especially requested but not exclusively, include UHT & powdered milk, sugar, squash, tinned fruit, tinned tomatoes, tinned rice pudding, custard (tin or packet), biscuits, tinned fish, tinned carrots/potatoes, jam and coffee..... *I was hungry, I was thirsty were you there, were you there?*

**A trip to Caldey Island** is being arranged on Sat July 22nd, in conjunction with friends from the Blessed Sacrament RC Church. Please put your name on the list at the back of the church.

Please send notices for next week's bulletin to Heather by Thursday  
hculliford@gmail.com

## READINGS FOR THIS SUNDAY

**Collect** – Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; through Jesus Christ your Son our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

**Jeremiah 28. 5-9** Then the prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the Lord; and the prophet Jeremiah said, 'Amen! May the Lord do so; may the Lord fulfil the words that you have prophesied, and bring back to this place from Babylon the vessels of the house of the Lord, and all the exiles. But listen now to this word that I speak in your hearing and in the hearing of all the people. The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the Lord has truly sent the prophet.'

## **Gradual Hymn**

The Spirit lives to set us free,  
Walk, walk in the light.  
He binds us all in unity,  
Walk, walk in the light.

*Walk in the light,  
Walk in the light,  
Walk in the light,  
Walk in the light of the Lord.*

Jesus promised life to all,  
Walk, walk in the light.  
The dead were wakened by his call,  
Walk, walk in the light.

He died in pain on Calvary,  
Walk, walk in the light.  
To save the lost like you and me,  
Walk, walk in the light.

We know his death was not the end,  
Walk, walk in the light.  
He gave his Spirit to be our friend,  
Walk, walk in the light.

By Jesus' love our wounds are healed,  
Walk, walk in the light.  
The Father's kindness is revealed  
Walk, walk in the light.

The Spirit lives in you and me,  
Walk, walk in the light;  
His light will shine for all to see,  
Walk, walk in the light.

**Romans 6. 12-23** Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace.

What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

**Matthew 10. 40-42** ‘Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.’

Need to contact the clergy? – Rev Dr Adrian Morgan 897004 or [adrian@stcath.org.uk](mailto:adrian@stcath.org.uk)