

CONWAY ROAD METHODIST CHURCH

NOTICE SHEET – February 2026



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Dear Friends,

The number 40 is of special significance in the Jewish-Christian Scriptures: Genesis tells of a 40 day flood; the Hebrews spent 40 years wandering the wilderness before reaching the Promised Land; Moses fasted for 40 days before receiving the 10 Commandments; Jesus spent 40 days fasting in the wilderness in preparation for his ministry. I could go on.

I wonder if you have already been asked 'What are you giving up for Lent?' For some this time may present a useful opportunity to give up habits that are life-draining rather than life-giving. Others take it as a time for reflection – a sort of 'Spiritual Spring Clean'. True, we can do this at any time – much the same way as we might enjoy pancakes for twelve months of the year – but Lent provides us with a special opportunity to pause and prepare ourselves for whatever lies ahead in our own lives.

To many people the practice of fasting is bound up with Lent. Throughout history there have been many foods from which Christians have abstained at this time. Meat and fish, for example, have been avoided in order to help unify people who could afford these expensive foods with those who couldn't. Then there are foods such as fats, eggs and milk. So that no food was wasted during the coming weeks of Lent families would have a feast the day before – mixing up the ingredients and adding flour in order to create the pancakes that have become, for many, almost synonymous with Shrove Tuesday or 'Pancake Day'.

It is estimated that the average British family throws away approximately £60 worth of food every month. This country throws away 7 million tonnes of food and drink every year.

I'm sure you don't need me to tell you that there is something very wrong here.

I'm not suggesting we should all fast in a conventional way, but are there ways in which we can be more mindful of what we eat and the ways in which our habits affect the wider world?

How can we speak up for those whose voices are not heard?

How can we use our resources well? Not just our food but our time, talents and all the things that make us 'us'.

How can we help others to do the same?

As stewards of God's creation we have a responsibility to use the resources we are given wisely and for the benefit of others and of God's Kingdom. Perhaps as part of your reflections, your 'Spiritual Spring Clean', this Lent you might consider ways in which we can show solidarity with the world around us.

Every blessing,
Laura

February Services

Sun 1 st Feb	10.30am	Rev. Robin Wood (Holy Communion)
Sun 8 th Feb	10.30am	Deacon Laura Evans
Sun 15 th Feb	10.30am	Ms Rachel Barwise
Sun 22 nd Feb	6.00pm	Deacon Laura Evans

Junior Church

This month we have looked at the wise men's journey as well as studying the books of the Old Testament. We spent time creating old style paper on which we wrote a verse from psalms and listened to the story of Esther whilst creating some clay sculptures to represent the story. The weather was a little too 'January' for us to sit in the church garden and count birds last Sunday, so instead we made our own paper mache birds that we hope to paint this week. We read and discussed verses in the bible that feature birds and how if God looks after even the tiny sparrow then he will take care of us, so any worries we have we should give over to him.

We look forward to the Sponsored Church Sleepover at the end of February, Saturday 28th and we hope you will join us for breakfast on the Sunday morning, March 1st.

The Church **Christmas Party** was a resounding success yet again. A variety of games were played, some more 'action-packed' and noisy than others! The afternoon ended with a magnificent spread. Thanks to everyone who took part, helping to make it a true family occasion.



YouthSpace: 2nd & 4th Sundays of the month at Wesley Canton, year 6 and upwards, between 10am and 12.30pm – which should allow time for parents to attend their own church services.

A Winter thought.

Stuart found the following quote at CROCUS, the on-line garden centre:

"In winter, the garden can feel quiet. Borders fade, colour drains away, and growth seems to pause. But beneath the surface, something important is happening. Roots are strengthening, shoots are forming. The promise of brighter days is already there, waiting. These days are coming". Can these sentiments be applied to our faith and church life, perhaps?

Dates for your Diary

Tues 3 rd Feb	7.30pm	Church Council – held in the New Room
Tues 17 th Feb	10.00am	Bible Study - held in the New Room. Reflecting on the idea of Lent. Matthew 4: 1 – 11.
Thurs 19 th	7.00pm	ECO group – meeting by ZOOM.
Sat 21 st Feb	9.30am	Work Morning – the ground team will be in attendance to help keep our premises and grounds well-maintained – additional volunteers very welcome so please come along and help if you can spare an hour or two!
Feb 28 th Feb		Junior Church Sleepover
Sun 1 st Mar	9.15am	Church Family Breakfast – with Junior Church after their sleepover Bacon Butties and friendly conversation – come and join our young people as they recover from their adventurous night!
Sat 14 th Mar	2.00pm	Bake Sale run by our friends at the Orthodox Church Please do go along and support them if you are able!

Conway Road 50+ Group

Wed 4 th Feb	Photography and Democracy Angela Graham presents her new poetry Collection
Wed 11 th Feb	The Ukulele Nights - a mix of song & laughter for Valentines Day There will be a Charity bucket collection after their performance
Wed 18 th Feb	Spring Awakening! Stories of Wonder and Light Francis Maxey & Megan Lloyd - story tellers and performers
Wed 25 th Feb	Monumental Welsh Women - the Campaign to install statues of Welsh Women - marking International Women's Day Leonora Thomson, Ward Councillor for Riverside, Cardiff Council

Eco-Tip for February

This Lent, take part in Climate Steward's Carbon Fast. Lent is a time when Christians traditionally fast and focus on God. The Carbon Fast will help you consider ways to live more simply, give you new ideas to cut your carbon footprint and invite you to focus on God and consider the whole of his creation. Beginning on 18th Feb, you'll receive a weekly email containing key facts, suggestions for how you could reduce your carbon footprint and a prayer to lead you through this Lenten season. Each week features a different theme designed to help us take climate action in manageable ways that bear witness to a God who has promised to restore all of his creation. Find out more and sign up at climatestewards.org/resources/carbon-fast-for-lent



World Wetland Day

This is celebrated on February 2nd to raise awareness about wetlands. Wetlands are critically important – contributing to biodiversity, climate mitigation and freshwater availability. Yet these important landscapes are now critically endangered. Nearly 90% of the world's wetlands have been degraded since the 1700's. We are losing them 3 times faster than forests. We need to conserve and restore them.

The Gwent Levels stretch from Caldicot to Cardiff. Why not get out and explore them in February? You can read all about them on the Friends of Gwent levels website.

Family News



Stuart and Heather Cox welcomed their new grandson Baby Ellis into the world on Monday 12th January – weighing in at 8lb and 10oz. Matt and Shelle are delighted if a little exhausted! Aria and Immy are over the moon!



Michael and Jenny continue to enjoy the warm sunshine 'down under' accompanied by these regular visitors morning and evening.



We send our love and prayers to Joan Jenkin as she is having a stay in Heath Hospital. We hope that she is home soon. We also pray for Reg, Sarah and all the family.

And to finish:

*Creative and radiant God,
your strong and sure light
is never overcome by darkness.
May it be so in this our time.
Jesus Christ, the Light of the World,
in your mercy and grace
you surprisingly said to us,
"You are the light of the world."
May it be so in this our time.
Spirit of light and love,
kindle in us fresh urgency
to love and serve the human family,
to be amazed by creation and to care for it well,
to pursue justice and offer mercy,
to rejoice in receiving and sharing grace.
In confidence and hope, we pray. Amen.*



Hope Morgan Ward, UMC Council of Bishops

Source: <https://www.methodist.org.uk/faith/prayer-for-the-day/>