



Reaching out...

Church services

6pm, Saturday: Vigil Mass of Sunday

9.30am: Sunday Mass – with children’s liturgy in term time
20 October: Family Mass

9.30am: Tuesday Mass

9.30am: Thursday Mass

Activities (in the parish centre)

- Monday, 9.30 – 11am: Baby and Toddler Group
- Wednesday, 11am – 1.30pm: Welcome Space
- Friday, 6.30pm: Junior Club in term time (School Years 3–6)
- No Sustainable Clothes and Books Market this month
- Thursday 10 October, 7pm for 7.30pm start: Community Quiz Night

Contact for Faith and Light:

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For further information, contact Christ the King’s parish office (phone 2075 3945, email llanishen@rcadc.org) or Canon Matthew Jones (phone 2075 2389, email matthew.jones@rcadc.org) or visit the website at www.3churches.org

Services are streamed live at www.3churches.org

The church and parish centre are located at Newborough Avenue, Llanishen, CF14 5DB.

For me, a recent focus has been ‘reaching out’, triggered by two things: becoming aware of the ecumenical Through the Roof charity and trying to stay in touch with several older parishioners.

Through the Roof encourages churches to reach out to disabled people and address the barriers they face in taking a full part in church life, especially as adults. The barriers can be physical but are often the result of a lack of acceptance and understanding.

The charity’s name comes from an incident in Luke’s gospel when a group of men trying to bring a paralysed man to Jesus were prevented by the crowd of people in the house and so took him on to the roof and lowered him down through the tiles. Those without disability reaching out to a disabled person.

Our buildings have level access for those with mobility problems – we don’t have to resort to the roof! – but I wonder whether we are doing all we can to reach out as the men in Luke’s gospel did. We need to address other barriers disabled people face by talking to them and their families.

A starting point is the Faith and Light group that we host. Faith and Light is an ecumenical Christian association of people with learning disabilities, their families and friends. The Cardiff group, started by Lisvane residents Norbert Flynn and his late wife Rhona, meets each month in our parish to share

friendship, worship and celebration. Their daughter Lizzie has taught us about welcoming someone who, without language, communicates so much enthusiasm for life, and about the needs of families caring for a beloved – but very dependent – member.

Reaching out to those who become housebound and can no longer get to church brings other challenges.

All of our services are streamed live. We know that this is helping people to stay in touch. We make a point at the start of Mass of welcoming those joining us on the livestream and they tell us they feel part of the worshipping community. We also arrange for the eucharist to be taken to people at home. And where people are well enough to come to church, but need transport, we organise lifts.

But it is easy for people to ‘disappear’ into supported living and lose contact, or for people moving into such settings to lack information about the local Christian community.

We are putting together information for care homes and sheltered housing communities so that people know about us and how we can support them.

The account, also in Luke’s gospel, of the great banquet challenges us to follow Jesus’ command to ‘bring in the poor, the crippled, the lame and the blind’. We have to respond to it.

Elizabeth Taylor,
Christ the King parishioner



The Faith and Light group visiting St Fagan’s in June