



OPEN TABLE

East Cardiff

**A Celebration and Thanksgiving
for the 1st Year of
Open Table East Cardiff**

Sunday 7th July 2024

**Celebrant & Preacher
The Most Revd Andrew John,
Archbishop of Wales**



**Marsha P. Johnson - 24th August 1949 - 6th July 1992
An Icon of Marsha P. Johnson by Franky Mabon Griffiths**

Welcome to Open Table, a Christian worship community which genuinely welcomes and affirms people who are: Lesbian, Gay, Bisexual, Trans, Queer or Questioning, Intersex, and Asexual (LGBTQIA), + our families, friends & anyone who wants to belong in an accepting, loving community.

Open Table aims to create a safe sacred space for you to explore your faith and what it means for you. Whoever you are, wherever you come from, you are more than welcome here.

Open Table East Cardiff meets on the first Sunday of every month in All Saint's Church, Cyncoed, Cardiff at 6pm with refreshments. You are #MoreThanWelcome to #ComeAsYouAre.

Get in Touch:

email: rosemary@eastcardiff.church

Facebook: facebook.com/eastcardiffma/

Instagram: instagram.com/eastcardiffma/

Twitter: twitter.com/EastCardiffMA

For more about the Open Table network, visit:

www.opentable.lgbt

For more about All Saints' Cyncoed
and our East Cardiff Ministry Area churches, visit:

www.eastcardiff.church

Come as you are

Come as you are, that's how I want you.
Come as you are, feel quite at home.
Close to my heart, loved and forgiven;
come as you are, why stand alone?

No need to fear, love sets no limits.
No need to fear, love never ends.
Don't run away shamed and disheartened.
Rest in my love, trust me again.

I came to call sinners, not just the virtuous.
I came to bring peace, not to condemn.
Each time you fail to live by my promise,
why do you think I'd love you the less?

Come as you are, that's how I love you.
Come as you are, trust me again.
Nothing can change the love that I bear you.
All will be well, just come as you are.

*Words & Music: Deirdre Browne
Arrangement: David Pudney*

Welcome

If you are comfortable, please join in with the words in bold.

We gather in the name of the God who creates,
the Saviour who liberates,
and the Spirit who heals.

Amen.

Grace and peace to you from God.

God fill you with truth and joy.

Listen! Listen for the voice of God, naming us all:

Holy. Beloved. Cherished. Valued.

We believe you delight in us!

Make us people who recognise and proclaim
your beauty and goodness in unexpected places.

Surprise us. Challenge us. Transform us.

We trust in you, Holy One, to reveal to us
the sacredness of every life,
of every way of being,
of every physical manifestation of your Spirit.

May it be so!

A Time of Self Reflection

*Please sit as we hold a moment of stillness,
followed by confession.*

We confess our shortcomings, not for shame nor in guilt,
but to wrestle honestly with the impact we have on each other.
We share in collective confession to bear witness
to the struggles of learning and unlearning
under systems of domination and exploitation.
In so doing, we remember that grace and accountability
are healing friends, not divisive foes.
In this spirit, let us join together in confession.

We hold a moment of stillness.

Lord, your arms embrace us with infinite compassion.
Lord, have mercy.
Lord, have mercy.

Lord, your heart is open, inviting us to share your life.
Christ, have mercy.
Christ, have mercy.

Lord, your Spirit breathes on us with new life.
Lord, have mercy.
Lord, have mercy.

From the stillness, hear the words of assurance.

God does not abandon us to the systems that destroy,
bind us to our regrets nor forever hold us
to what we once believed.

God says, come and follow!

Know forgiveness and sin no more.

Wherever new life is desired,

may the peace and forgiveness of Christ
be welcomed among us.

Thanks be to God who leads us on paths of resurrection.

The Collect

*A Collect is a prayer that gathers the themes of the service
and readings together.*

Our God, you are an all embracing, all loving God.

We gather to give thanks for all LGBTQIA+ people
in our churches and communities.

We give thanks for your call on our lives to be bishops,
priests, deacons, church wardens, readers
and the whole host of roles
that support the work of your church.

God, we also gather to lament the times that LGBTQIA+ people
have not been treated with welcome

and ask that you help us to remember

that all are welcomed by you

regardless of gender identity, race, culture or sexuality.

God, in Jesus, you gave us the example of inclusive love
and we ask in your name

that we might always imitate him

and be his hands and feet in the world.

Amen.

The Gospel

If it's comfortable for you, you are invited to stand to greet the Gospel.

Standing is an ancient symbol in many faith traditions of attentive listening (see Nehemiah 8:5).

Hear the Holy Gospel of Jesus according to St Mathew
Our hearts and minds are open.

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him.

Then he began to speak, and taught them, saying:

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

'Blessed are those who mourn, for they will be comforted.

'Blessed are the meek, for they will inherit the earth.

'Blessed are those who hunger and thirst for righteousness, for they will be filled.

'Blessed are the merciful, for they will receive mercy.

'Blessed are the pure in heart, for they will see God.

'Blessed are the peacemakers,
for they will be called children of God.

'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

This is the Gospel of Jesus.

Thanks be to God.

*Please take a seat for a reflection
based on the readings/themes of the service.*

The Prayers

*Following the reflection, we hold a time of stillness
moving into a time of prayer.*

O Great Love,
thank you for living and loving in us and through us.
May all that we do flow from our deep connection
with you and all beings.
Help us become a community
that vulnerably shares each other's burdens
and the weight of glory.
Listen now to our hearts' longings
for the healing of our world.

*During a time of quiet,
you may wish to spend the time lighting a candle,
or simply sit in stillness listening to the music.*

*Our time of prayer will conclude with:
Knowing you are hearing us better than we are speaking,
we offer these prayers in all the holy names of God.*

Amen.

Sharing the Peace

We share the peace to demonstrate that we are a community that acknowledges its diversity and affirms it and rejoices in it.

Please stand if you are comfortable to do so.

Christ descended to death and hell,
passed through doors locked by fear
to breathe the Spirit of peace and make us one humanity;
nothing can now separate us from the love of God.

Peace be with you
and also with you.

Let us offer one another a sign of that peace.

*It is entirely your choice how you share the peace.
If you do not wish to shake hands etc. then simply smile
and say 'peace be with you'.*

*But equally, if you do not feel comfortable interacting at all then
feel free to sit quietly and simply imagine
or pray for love to surround everybody gathered.*

Please sit to sing our next song.

He is Among Us

You'll find Me with the broken and the weak
In the spaces in between
You'll hear My voice cry out with those who weep
Only if you're listening.

*Whatever you do for the least of these,
You do it unto Me.*

You'll find Me with the ones without a voice
The forgotten and ignored
My blessing is on those who love the poor.
Will you open up the door?

*Whatever you do for the least of these,
You do it unto Me.
Whatever you do for the least of these,
You do it unto Me.*

Hallelujah, hallelujah.
He is among us, He is among us.

By this the world will know the Father's love.
We will know the Father's love.

*Songwriters Andy Piercy, Isaac Wardell,
John Swinton, Orlando Palmer & Paul Zach*

The Communion

God is here

God's Spirit is with us.

Blessed be the names of Love

They touch our hearts with grace.

We open our hands in thanks

Our song is one of welcome.

Blessed are you, Lord God,
our light and our salvation;
to you be glory and praise for ever.

From the beginning you have created all things
and all your works echo the silent music of your praise.

In the fullness of time
you made us in your image,
the crown of all creation.
You give us breath and speech,
that with angels and archangels
and all the powers of heaven
we may find a voice to sing your praise:

**Holy, Holy, Holy Lord, God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.**

**Blessed is the One who comes in the Name of the Lord.
Hosanna in the highest.**

How wonderful the work of your hands, O Lord.
As a mother tenderly gathers her children,
you embraced a people as your own.
When they turned away and rebelled,
your love remained steadfast.
From them you raised up Jesus our Saviour, born of Mary,
to be the living bread,
in whom all our hungers are satisfied.
He offered his life for sinners,
and with a love stronger than death
he opened wide his arms on the cross.

On the night before he died,
he came to supper with his friends
and, taking bread, he gave you thanks.
He broke it and gave it to them, saying:
'Take, eat; this is my body which is given for you;
do this in remembrance of me.'

At the end of supper, taking the cup of wine,
he gave you thanks, and said:
'Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for man
for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.'

Let us proclaim the mystery of faith:
**Dying you destroyed our death,
rising you restored our life
Lord Jesus, come in glory.**

Father, we plead with confidence
his sacrifice made once for all upon the cross;
we remember his dying and rising in glory,
and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit
as we bring before you these gifts of your creation;
may they be for us the body and blood of your dear Son.
As we eat and drink these Holy things in your presence,
form us in the likeness of Christ,
and build us into a living temple to your glory.

Bring us at the last with Blessed Mary
and all the saints to the vision of that eternal splendour
for which you have created us;
through Jesus Christ, our Lord,
by whom, with whom, and in whom,
with all who stand before you in earth and heaven,
we worship you, Father almighty,
in songs of everlasting praise:

**Blessing and honour
and glory and power
be yours for ever and ever.
Amen.**

Together with all disciples across the world,
as our Saviour taught us, so we pray:

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed
by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and for ever.
Amen.**

We break this bread to share in the body of Christ.
**Though we are many, we are one body,
because we all share in one bread.**

*All are welcome to receive communion here.
If you would like to receive a blessing instead,
please hold this service sheet in your hands.
There is no obligation to receive a blessing or the sacrament.
If you do not want to receive the sacrament or a blessing
please feel free to just sit and listen to the music.
Come as you are.*

Post Communion Prayer

Let us pray.

Gracious God,
you give us food from heaven,
to strengthen our love;
grant, we pray, that through our works of justice
and acts of loving kindness,
the perpetual light of your truth would shine:
through Christ our Lord.

Amen.

Please sit for any notices, following a time of stillness.

Blessing

+May the love of the creator,
the tenderness of the saviour,
and the presence of the Spirit
gladden your heart and bring peace to your soul
this day and all days.

Amen.

Grace and peace to you from God.
The feast is now ended, let us depart in peace.
Remember the words we have said and the acts we have done.
The work of the world lies before us.
Accomplish justice, with grace.

Amen!

Please stand to sing if you are comfortable.

This is Me

I am not a stranger to the dark
Hide away, they say
'Cause we don't want your broken parts
I've learned to be ashamed of all my scars
Run away, they say
No one'll love you as you are

But I won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown them out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me

Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh

Another round of bullets hits my skin
Well, fire away 'cause today, I won't let the shame sink in
We are bursting through the barricades
And reaching for the sun
(We are warriors!)
Yeah, that's what we've become
(Yeah, that's what we've become)

Won't let them break me down to dust
I know that there's a place for us
For we are glorious

When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown them out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen
I make no apologies, this is me

Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh-oh
Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh
This is me

Oh-oh-oh-oh
And I know that I deserve your love
Oh-oh-oh-oh
There's nothing I'm not worthy of
Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh

When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown them out
This is brave, this is bruised
This is who I'm meant to be, this is me

Look out 'cause here I come
Look out 'cause here I come
And I'm marching on to the beat I drum
(Marching on, marching, marching on)
I'm not scared to be seen
I make no apologies, this is me

Oh-oh-oh-oh
(When the sharpest words wanna break me down)
(I'm gonna send a flood, gonna drown them out)
I'm gonna send a flood, gonna drown them out
Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh
This is me

Songwriters: Benj Pasek, Justin Paul



*You are most welcome to stay for refreshments after the service.
Donations from this service will go to support
the work of Open Table. **THANK YOU!***

Words used in today's service were taken from:

Welcome - enfleshed.com

Confession - enfleshed.com and Steven Shakespeare

Collect - The Revd R. Hill

Prayers - Richard Rohr

*The Lord's Prayer - The Anglican Church in Aotearoa,
New Zealand and Polynesia*

**Come
join
us!**

**There's something for
everyone in
East Cardiff Ministry Area!**



NACHOS NIGHT



Food, Board Games and Fun

4-6pm

Sunday 11th August

All Saint's Church Cyncoed, CF23 6RU



Tickets are free via ChurchSuite.
If you are able, a £5 donation towards food and drink would be greatly appreciated.

eastcardiff.church/opentable/

Single Parent Group



1st Wednesday of the month (Term Time)

5-6pm

St Teilo's Church in Wales High School.

Run by single parent volunteers, Gingerbread groups are a safe space for single parents to share the highs and lows of parenting or just to have a cuppa and a chat while your children play.



Gingerbread*



EVENING CONCERT ALL SAINTS CHURCH

256 Cyncoed Rd Cardiff CF23 6RU

Fri 12th July 7.30pm

Dewdropper

Beautiful folk songs interpreted by musicians at the height of their powers and playing with an almost telepathic understanding that comes from knowing each other for over 40yrs .. One Day in Spring Festival 2024

Supported by

Diane Williams

Diane is a fabulous singer and guitarist. Her performances are always Entertaining, Captivating and full of energy... Rumney Folk Club

Tickets £10

Available from Church Suite-Scan QR Code below

Further enquiries - Elaine@elainemorgan.co.uk



**Licensed Bar (Cash/Card)
Raffle**





Donations Welcome

FREE



ECMA COMMUNITY EVENTS **SUMMER** **ACTIVITIES**

August 4 | 2-3pm
Forest Church
St Mellon's Church

Join us for outdoor craft activities followed by a short, interactive all age service and snacks!

August 24 | 2-4pm
Summer Party
St Dyfrig's Church

Free craft activities, fun games and storytime and we'll close the event with a waterfight! Free squash, tea, coffee and snacks although there will be a charge for hotdogs.



All children must be accompanied.



East Cardiff Ministry Area Music Festival 14th - 21st July 2024

Sunday 14th July

Festival Choral Evensong

4:00pm St Augustine's Church, Rumney

Monday 15th July

Taizé Service

7:00pm St Dyfrig's Church, Llanrumney

Tuesday 16th July

An Evening of Music *with Cheese and Wine*
with Midnight Martini & Matthew Woodford (piano)

7:30pm St Edeyrm's Church, St Edeyrm's Village

Wednesday 17th July

Student Showcase & Chorister Concert

6:30pm St Augustine's Church, Rumney

Thursday 18th July

Choral Concert: Chantry Voices

7:30pm St Mellons Church, Old St Mellons

Saturday 20th July

Organ Recital: Nathan Bird

2:00pm St Augustine's Church, Rumney

Sunday 21st July

Summer Celebration Songs of Praise

4:00pm All Saints' Church, Cyncoed

FREE
Donations Welcome

COMMUNITY COFFEE MORNING

EVERY WEDNESDAY
ST AUGUSTINE'S CHURCH, RUMNEY
10.30 AM
(MASS 10AM)



**EAST
CARDIFF
MINISTRY
AREA**



You Are Invited!

All Saints' Cyncoed | 9.30am

All Saints' Llanedeyrn | 9.30am

St Augustine's Rumney | 8am + 10am

(10am Sunday School - Term Time)

(Evensong every 3rd Sunday, see website for details)

St Dyfrig's Llanrumney | 10am

St Edeyrn's | 9.30am



St Mellons | 11am

(9.30am Sunday School - Term Time)

OpenTable LGBT+, All Saints Cyncoed

1st Sunday on the Month | 6 pm

Our Ecumenical Churches:

Church of the Resurrection, St Mellons | 10am

Pontprennau Community Church | 10.30am





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East Cardiff

eastcardiff.church



**EAST
CARDIFF
MINISTRY
AREA**