

the : word

Psalm 46:1-11 – (NIV UK)

- ¹ God is our refuge and strength,
an ever-present help in trouble.
² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.
⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
⁵ God is within her, she will not fall;
God will help her at break of day.
⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.
⁸ Come and see what the LORD has done,
the desolations he has brought on the earth.
⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
¹⁰ He says, 'Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.'
¹¹ The LORD Almighty is with us;
the God of Jacob is our fortress.

Psalm 9:1-12 – (NIV UK)

- ¹ I will give thanks to you, LORD, with all my heart;
I will tell of all your wonderful deeds.
² I will be glad and rejoice in you;
I will sing the praises of your name, O Most High.
³ My enemies turn back;
they stumble and perish before you.
⁴ For you have upheld my right and my cause,
sitting enthroned as the righteous judge.
⁵ You have rebuked the nations and destroyed the wicked;
you have blotted out their name for ever and ever.
⁶ Endless ruin has overtaken my enemies,
you have uprooted their cities;
even the memory of them has perished.
⁷ The LORD reigns for ever;
he has established his throne for judgment.
⁸ He rules the world in righteousness
and judges the peoples with equity.
⁹ The LORD is a refuge for the oppressed,
a stronghold in times of trouble.
¹⁰ Those who know your name trust in you,
for you, LORD, have never forsaken those who seek you.
¹¹ Sing the praises of the LORD, enthroned in Zion;
proclaim among the nations what he has done.
¹² For he who avenges blood remembers;
he does not ignore the cries of the afflicted.

Pastor Roger Grafton: 029 2019 5580 (home)
07876 194 617 (mobile)
email roger.grafton@tabspenarth.org.uk

Pastor Owen James 07375 496 646 (mobile)
email owen.james@tabspenarth.org.uk

Sarah Westmore:
email sarah.westmore@tabs.church

Tabs Twitter: @tabs_penarth

Sermon Recording

Sermons are downloadable from the web site. .

tabernacle : penarth

purpose : to reflect God's love in
our church, community and world

sunday 13th January 2019

today's services

10.30 am – Verse for the year
Psalm 46:1-11

6.00 pm - God is our refuge - Psalm 9:1-12

verse for the year

God is our refuge and strength,
an ever-present help in trouble.
Psalm 46:1

contact : us

Church Centre: 029 2070 2690
Arcot House: 029 2070 9524

E-mail: info@tabspenarth.org.uk
Website: www.tabs.church
Tabs Twitter: @tabs_penarth.
Facebook: /TabsPenarth

Registered Charity No: 1133948

Items for social media and/or the website
should be emailed to:

comms@tabspenarth.org.uk

Items for the newssheet should be emailed to:
newssheet@tabspenarth.org.uk

what's : on at tabernacle

SUNDAY

- 10.30 am Roger Grafton and Simon Pedwell
6.00 pm Roger Grafton and Jack & Sarah Westmore

Why not join us for tea/coffee after the services?

- 7.30 pm @23 in Conference Room

MONDAY

- 9.30 am Maintenance team meet
2.30 pm Women's Hour – Anne Morse
7.30 pm Stand Prayer Meeting

TUESDAY

- 9.30 am Small Group
6.00 pm JAFFA (school yrs 1-2)
7.30 pm Small Groups meet

WEDNESDAY

- 9.30 am - 11.30 Foodbank Breakfast club at Arcot House
10.00 am Communion led by Roger Grafton

THURSDAY

- 1.00 pm Recovery Cymru at Arcot House
2.30 pm Small Groups meet at Tabs
7.30 pm Music Group Practice
7.30 pm Small Groups meet

FRIDAY – Pastor Roger's Day Off

- 9.30 am Maintenance team meet
6.00 pm Xtreme (school yrs 3-6)
7.30 pm Beyond Xtreme (school yrs 7-9)

SATURDAY – Pastor Owen's Day off

NEXT SUNDAY

- 10.30 am Peter Cox - CYTŪN Exchange of Preachers and Peter Robertson - communion will be celebrated
6.00 pm Owen James and Matthew Baird
6.00 pm CYTŪN United Service at Trinity Methodist Church

Advance Notices

Tabs Visitors' meeting for safeguarding training Saturday 26th January at 10.00 am

Church meeting for members Monday 28th January at 7.30 pm

The following groups also meet at the church

- Monday at 7.00 pm Penarth Community Choir
Tuesday at 7.30 pm Cavatina Choir (Sanctuary)
Wednesday at 8.00 pm Spectrum Singers (Sanct)

what's : on elsewhere

TWAM Cymru team meet at Bute Lane unit at 9.00 am on Tuesdays & Thursdays

Please see notice board at the top of the stairs for details of other local events.

family : news

The Stand: Please STAND with us for one hour in prayer on Monday evening at 7.30 pm. Join us as we intercede for those amongst us who are sick and in need.



We extend our love and sympathy to **Pam, Steve, Dylan and Morgan** on the recent death of **Jo Lockyer**. Please remember the family in your prayers especially at this time. Thanksgiving service for Jo will be held on Thursday January 24th at 1.30 pm at Tabs.

We continue to pray for **those going through treatment for cancer**

Would you also keep **Cath McFarlane** in your prayers as she becomes increasingly weak. Also pray for Trish and Steve as their mum becomes more unwell.

Please also remember in your prayers those members who are housebound or living in a nursing home and unable to attend worship or meetings regularly.

Elizabeth Curle is home from hospital. **Beryl Thomas** (now known as Liz Thomas) is on ward E7 in Llandough Hospital.

Do you pray and support **Judy Cook** at Hope Home? Do you want to send any messages of encouragement by hand? Please give to Dot by **TODAY** (13th) as she will be staying with her in Chiang Mai.

Preaching Engagements:

Ann Niblett is at Stanwell BC am
Anne Morse is at Hope BC Gelli

Please remember to let Graham know if you are out preaching so that the details can be included in the news sheet

Safeguarding training

Safeguarding training is on 9th March at 10.00 am; all trustees and those involved in children's work need to attend. Please see Gaynor Haldenby for further information.

Soul Survivor 2019

The booking/consent forms for Soul Survivor 2019 are available now. We are intending to book for the very final week of the last year of Soul Survivor. So the dates are Friday, August 23rd to Wednesday 28th August. To be sure of getting the places we need to begin the booking process as quickly as possible, I think the week will be very popular. If you have questions please speak with Pastor Owen. As previously, the cost can either be paid in full or with a deposit and paid off before the event in August. A deposit will secure your place.

Tabs Events

Are you organising an event in Tabs? If so please let Sarah Westmore know (preferably by email), as she maintains the online and paper Church diary. Please **DO NOT** put events into the diary **yourself** without speaking to Sarah first.