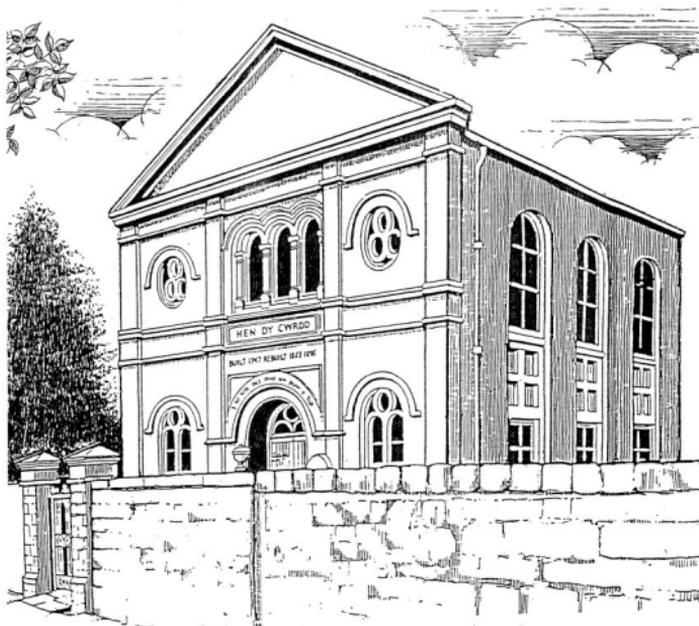




a **unitarian** meeting house
HEN DŶ CWRDD
tŷ cwrdd **undodaidd**



CF48 2PR

www.ukunitarians.org.uk/sewus/cefncoed.htm

Hen Dŷ Cwrdd (Old Meeting House) at Cefn Coed y Cymer has been a centre of religious, educational and social influence since 1747.

It is the oldest Nonconformist cause in the Merthyr Tydfil area.

April 2020

IMPORTANT NOTICE

In the light of the government advice on coronavirus (COVID-19) we have, for the time being, suspended Services of Worship and other activities.



In these unprecedented times, as a growing number are confined to their home or in care, or dealing with changed circumstances at work, Unitarian Universalist minister Lynn Ungar offers some positive ways to deal with the corona-virus.

Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.

Centre down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

Rev Dr Lynn Ungar lives on the east side of the San Francisco Bay. She is minister for lifespan learning and editor of *Quest* for the Church of the Larger Fellowship, an online congregation for Unitarian Universalists and other religious liberals.

Minister

There is no minister at present

Chapel Secretary

Ken Morgan

25c Holford Street

Cefn Coed y Cymer

Merthyr Tydfil CF48 2RW

(01685) 379016

kenneth.morgan25@talktalk.net

Women's League

Mrs Roberta Howells

2 Bryntâf

Cefn Coed y Cymer

Merthyr Tydfil CF48 2PU

(01685) 375642

rhrhowells10@googlemail.com

Children Together

Mrs Janice Farmer

4 Old Chapel Road

Cefn Coed y Cymer

Merthyr Tydfil CF48 2PR

(01685) 377116

Safeguarding Coordinator

Mrs Ann Lewis

43 Heol y Cae

Cefn Coed y Cymer

Merthyr Tydfil CF48 2RT

(01685) 722440