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**Weekly Letter - 21 June 2026**

**Matthew 10.24-39**

**Whoever finds his life will lose it, and whoever loses his life for my sake will find it v.39**

Don't you just love Jesus words! Once again he turns our lives upside down! Actually what I think he does is, radically reorients our lives and throws out our false certainties, in order to transform our understanding of God's reality.

Let's have a go at understanding Christ's words. Whenever we walk into a room with a number of people we often become rather 'self conscious' for all sorts of reasons, for example, we want to preserve our image, avoid difficult situations, ensure that people like us, and in various subtle ways make ourselves comfortable. Now, you might be thinking that sounds reasonable. But, behind all these choices are fear, and the danger of preserving an image of ourselves in that it's the perfect recipe for being trapped in a world in which spiritually we shrink, because self protection closes you off from opening your heart to others (Christ), and we will begin to lose 'our freedom in Christ'. For Christianity has never been about disciples seeking comfortable and protected lives.

What does this mean? Well, I think, and I like you have to work hard at this, it means getting rid of those social masks we put on, putting our pride in the dustbin, knowing that shallow certainty is truly a waste of time, and knowing that 'living in Christ' without inner transformation does not add up.

We know we are fragile human beings and so 'living in Christ' means allowing the fake to die, not your dignity, but the illusions you live out, for only when this slowly happens can your deeper true self emerge.

So, this extraordinary verse is pointing to:

Strength through weakness  
life through death  
faith through doubt  
hope through seeking truth

You might say these words reveal something of what an honest Christian life goes through. Or put it like this. The self that refuses to die cannot truly live. Only what is surrendered can be transformed.

**Stephen**

**Sunday Morning Worship in Christ Well, and on Zoom at 10.30 am led by Rev Dr Robert Pope**

**Bible Readings - Isaiah 40: 10-11; Psalm 23; John 10: 1-15.**

**Cycle of Prayer in the Region – we will pray for Temple, Gowerton**

**Prayers for every household – nos. 1-31, 41-63 Brondreg**

**Refugee Week – 15-21<sup>st</sup> June** <https://refugeeweek.org/>

This week is refugee week, so please remember the work of Unity in Diversity, Swansea City of Sanctuary and their partners who support asylum seekers and refugees. Take the opportunity at some point in the week to mention to someone else that refugees make a positive contribution to our city.

**Manselton Mix – 20<sup>th</sup> June, 10:30-12:30 at Christ Well**

*Please support our community morning this year.*





Manselton Christwell URC  
124-136 Manselton Road  
Manselton  
SWANSEA  
Swansea  
SA5 8PW

Fridah at her market

Credit Christian  
Aid/David Macharia



10 June 2026

## Thank you for uniting with us in hope

Dear Friends,

Thank you for your generous gift of £1 600.00. Your donation will soon be working hard in communities across the world, supporting people and helping to ensure that we create a world where everyone can live a life free from poverty.

Your donation makes a real difference. For 80 years, we've been standing with the poorest of our neighbours. We work in 25 countries, with people of all faiths and none, to stand up for dignity, equality and justice.

Together with our trusted partners, we support families to survive violence and poverty against all odds. Our voices and actions are stronger together. And with your help, we can make an even bigger difference.

With over 400 projects funded across the world last year, together with our supporters like you we reached the immediate humanitarian needs of over 3.2 million people. We can only do it with donations like yours.

A handwritten signature in black ink, appearing to read "Robert Ross".

Robert Ross

Community Fundraising Advisor

PS. We would love you to get involved and join our movement. Get in touch at [hello@christian-aid.org](mailto:hello@christian-aid.org) or call 020 7523 2493 to get involved and find out how we can support your church. From volunteer guest speakers, to resources, and ideas we are here to help you like you've helped so many of our global neighbours.

**“QUOTE OF THE MONTH from REFORMED – Magazine of the United Reformed Church**

**“The Christian faith is a firm anchor  
and daily inspiration”**

**KING CHARLES III, ADDRESSING US CONGRESS**

**RENEW THE FIRE**

(Lectionary Readings: Genesis.21.8-21 and Psalm 86.1-10. 16-17: Jeremiah 20.7-13  
and Psalm 69.7-10,(11.15), 16-18: Romans 6.1b-11: Matthew 10.24-39)

Creator, life giving God,  
I turn to you in pain and distress.  
I look around at your beautiful world and  
see it destroyed by war, greed and hate.

You have placed in each of us a unique spark,  
even counting and knowing the hairs on our head.  
Your love is unending and always present if we only dare turn to it.

Recognising the new life found  
through the death of what we have been,  
I bring to you the times I have failed to speak up for your peace, and your justice,  
preferring to walk the path of an easy peace,  
one that does not disrupt, challenge or change, but keeps injustice fermenting.  
I turn now and beg for your renewal.

Renew the fire of your love in me,  
so that I may find the words and actions needed  
to stand for your justice and to speak for your peace.  
From a deeper relationship with you  
I shall find a true and lasting peace in my soul. **Amen.**

John Cooper (URC Prayer Handbook 2026)

