

Celebrating our faith - Celebrating the Past, Affirming the Present, Imagining the Future

Faith and Illness

Matthew 11:28: Come to me, all you who are weary and burdened and I will give you rest.

When we are no longer able to change a situation, we are challenged to change ourselves: Victor Frankl, holocaust survivor.

"How can you believe in God after all that you have been through", this is what a friend said to me during a very testing time. It is a good question and goes to the core of anyone's faith.

Most of us go through testing times and periods of doubt, and that is probably a good thing. Complacency is not good for us. However, illness and pain can take over your life and fill you with anger and regret. Faith can help you look beyond that and to find a way to gain strength Victor Frankl, quoted and hope. above, survived the holocaust and became an eminent neurologist and psychiatrist and spent many years trying to understand the meaning and reality of human life. We all search for meaning in life and faith can lead us to a path that helps us face the more difficult times that life throws at us.

a chronic illness has Having changed my life: from hiding its effects in order to carry on working and not be judged by it, to accepting that I could no longer work. It also brought me to Beulah by giving me the time to explore and experience faith and people of faith. I do not think I would be a member, elder and writing this now if I hadn't had my life plans derailed. Beulah is a non-judgemental and compassionate community believers. This is important for anyone facing illness, particularly invisible ones. Beulah helps people to find where their strengths lie and offers the opportunity, should they wish, to contribute to the daily life of the church. That is incredibly life enhancing particularly if your life has been circumscribed by illness. By winatever the state of our outward circumstances.

Chaplain Trystan Owain Hughes (now Vicar of Christ Church, Roath).
Trystan wrote a book 'Finding Hope

BEULAH CROSSROADS BE

the lens of pity and regret or through the lens of hope and joy".... and goes on to conclude "As we react to our situations, we create our own little worlds. Each day therefore becomes a battle to keep the burdens of our lives from polluting our minds with oppressive thoughts. Yet, it need not be this way. If our thoughts not be this way. are hopeful and life-affirming, our

and Meaning in Suffering' as a result of his own experience of debilitating

away from church but had always

had a feeling that I was missing

something. My talks with Trystan

helped clarify my feelings and

reading his book certainly helped me in finding my way to Beulah. In

fact when I mentioned that I lived in Rhiwbina and had popped into

services in Beulah and enjoyed them, Trystan suggested that I

return there as he had trained at All Saints and knew Beulah from that

time. He thought Beulah might be a

good place to try. It seemed Beulah

was going to be my destination,

particularly when, after taking early ill health retirement, I joined the

Beulah knitting project that was just

starting. There I met the wonderful ladies who knit (far, far better than I can) but more importantly got to

know them and to feel the welcome

giving me to come and try Beulah. I probably wouldn't have talked to

Trystan as openly as I did or been free to meet the Beulah knitters if I

hadn't been ill. Sometimes things just happen in a certain way and

you have to take hold of them and embrace the moment. As Trystan

"We certainly have a choice of how we view our lives whether through

and encouragement they

writes in his book:

I had been a long time

BEULAH CROSSROADS BEULAH CROSSROADS BEULAH CROSSROADS BEULAH CROSSROADS BEULAH CROSSROADS BEULAH CROSSROADS BEULAH CROSSROADS



CHURCH NOTES

any of you responded to the invitations to come and share vour stories of Beulah at a series of meetings as part of our Transitional Ministry work. The next stage will be the huge task of analysing and collating all the material gathered – we hope this will help us understand more about ourselves, find ways of developing what we are good at, and be able to express more clearly what ministry and mission mean in Beulah. I came across an editorial in the Guardian this week which had some interesting things to say (not a place I usually look to for my theological education!) about the relationship between theology and action. The central point made is that religions and ideologies do not proceed from word to action, but that words are chosen to justify decisions and actions that have already happened. The writer then describes theology as being 'the process by which these ideas take root in the life of the world'. Throughout Lent we are sharing with friends from City Church in a series led by Ken Graham on the gospel of Mark, based on a book by the theologian, Marcus Borg. In the section on Resurrection Borg asks about the meaning of the empty tomb; to the women who discovered it, it inspired terror and amazement. If theology is the taking root of ideas in our lives (and many of you could comment more on this), what does the empty tomb mean for

you, for me, for the Church? If we are to participate in the dying and rising of Christ, what needs to die and be re-born in our own lives and perhaps in the life of the Church too? What ideas need to take root, so that we can counter the narratives of hate and violence which are so dominant in many cultures? How do we show the biblical narrative of the crucifixion (which too contains hate and violence) giving way to one of hope, love, resurrection and forgiveness, a perhaps subversive message to many around us? Not easy questions, and there are no easy answers – but such exploring is part of what we are called to do together as church.

FAMILY NEWS

It was with great sadness that we learned of the death of Dennis Richards, who has been such an important part of our church life for so many years. Dennis served as an Elder, and was involved in many activities and organisations, such as Beulah Alive and Meeting Point. He will be greatly missed by many friends in the church, as well as by his family. We send deepest sympathies to Janet, Liz, Hywel, Mike, Fleur, Catrin, Joe, Anna and Rhys, and again thank Ken who led the funeral service on what would have been Dennis's 90th birthday.

Following this news, we heard of the death of Ann Hughes,

another long-standing Beulah member, who also served as an Elder. Ann was a lay preacher and involved in many areas of church life, here in Beulah and in the wider church. Our prayers and thoughts are with Gwynfor, Tessa, Rhys and all the family at this difficult time.

We also send our love and

We also send our love and support to those friends who are unwell and undergoing treatment at home or in hospital, including Ann Williams, John Prosser, Elinor Ludlow and John Rhys. We were delighted to hear that Denie and Ron Leech have become greatgrand-parents again. Lowri (Thelma's daughter) has had a baby girl, Ellie Rose India, and we send warmest love and congratulations to all the family.

Congratulations also go to Jack McCormack, who will be celebrating his 18th birthday in April.

I was also very pleased to hear the following item of news from the Stevenson family: Lili-Nel Stevenson came first in the Urdd Eisteddfod solo singing competition for Cardiff East Schools, and subsequently came second in the larger Cardiff and the Vale Urdd Eisteddfod.

Finally, I would like to wish all Beulah members and friends a very happy and blessed Easter.

Louise

Church Secretary:

Mrs Louise Morgan Tel: 07773648730

Church Treasurer:

Mrs Barbara Rhys,

Visit us at...... http://www.beulahurc.org.uk/

Our April theme Sunday will be on April 9 Palm Sunday and will be led by James Hall who has provided the following information on our service for that day:

The readings for Palm Sunday will be: Zechariah 9:9-13
Psalm 118:1-2 & 19-29
Matthew 21:1-12

I will be using our 2017 theme of feasts and festivals:
Celebrating the past
Affirming the present
Imagining the future

CELEBRATING OUR FAITH

We will celebrate Jesus' entry into Jerusalem as a whole church family, just as the whole community was involved on the first Palm Sunday. We will sing Alun Jones' hymn, 'Celebrate', and use the words created for the theme to set the scene.

You can find out more at <u>www.urc.org.uk/feasts-and-festivals/monthly-resources.html</u>.

Anne James

Sanyu Babies' Home, Kampala, Uganda.

I first went to Sanyu Babies Home in my gap year in 2015. I spent three months in the babies' home and was immediately drawn to it, which is why I returned last year and am returning once again this year. Sanyu Babies Home is the oldest babies' home in Uganda and it was set up in 1929 by a midwife at a local hospital who realised the huge number of babies that were abandoned at birth and set up the home to cater for this need. Sanyu Babies' Home cares for children between the age of 1 day and 4 years old. They look after children that have been found abandoned at police stations, on buses, in the ditches at the side of the road and many more places. Some children get taken to Sanyu for temporary protection and custody by social services while family situations are being investigated. Some children are orphans, some come straight from the hospital very ill. The children arrive in a variety of conditions but many arrive severely malnourished, developmentally behind and often sick. The children are looked after 24 hours a day by care givers called 'mammas' and the home is supported by other staff like administration staff and teachers. The older children spend their weekday mornings in "class" where they learn how to play with toys, how to share, they develop their motor skills and later learn to count and do tasks like colouring and cutting and

Last year I did some fundraising

for the home before I went and took the money out there to see where the money could be best spent. Part of the money was spent on taking the 19 toddlers and 15 mamas/teachers/ volunteers on a trip to Freedom City Children's Park. Whilst there we took the children in the pool where they played on inflatables and on the slide, then we went on bouncy castles and on a few children's rides and then had a lunch of chicken, chips and soda. The reason this trip was so important for the children is because usually they do the same thing every day; a treat for the children is sitting by the road on the grass verge watching the traffic go by. Going on an outing was a fun opportunity for both adults and children alike, although very tiring!

The rest of the money was spent on buying a chainsaw for the home. All of the cooking for the children is done on wood fires; Sanyu is supplied their wood from a farm however it arrives in big unmanageable trunks. Until now, the home had to hire someone to come and cut the wood up for them which was very costly as it was a process that needed doing often. However now they have a chainsaw which the men on site have been taught to use so they no longer need to hire someone. This will save the home a lot of money in the long run.

This year I plan to again take out donations I have raised to see what the home needs most. One project I may support is the purchase of new cots for the children. The current cots are very old, many are broken, and

several are a bit wobbly. All of them have sharp edges which not only puts the children at danger but also rips the mosquito nets repeatedly, putting the children at further risk. If you would like to make a donation for me to take this summer please talk to a member of the Cheer family, or come along to our fundraising Barn Dance on 22nd April, where you will also hear some more about Sanyu. I'll be in church myself when I am home from Aberystwyth for the Easter holidays – I look forward to seeing you then!

With many thanks, on behalf of the babies of Sanyu,

Emily Cheer.

SYNOD NEWSLETTER

A monthly Newsletter is produced by the Synod of Wales containing news from the Synod and URC churches around Wales. If you would like to receive this, please let Louise know and she will forward it to you. Alternatively, you can sign up to receive it yourself via the Synod web site: www.urcwales.org.uk, or via their Facebook page: www.facebook.com/

Concerts at the Crossroads

Wednesday April 26th at 1.05pm

Ballaré Piano Trio

Dayna Townsend – violin, Katja Cross – Cello George Fradley - piano

This trio was formed in the summer of 2016 at the RWCMD. These three musicians are all prize and award winners in their own right. George came to give a solo recital in Beulah back in the autumn of 2016. They have just performed some Russian music as part of the Russian Festival so expect some Russian favourites!

More lunchtime recital dates for your diary

May 24th Bute Clarinet Quartet

June 28th Caryl Thomas, Head of Harp at the RWCMD is bringing a group of harpists to give a concert. I am not sure of the collective noun for a group of harpists! This should be a great finish for the season of concerts before the summer break.

Tickets £5 on the door as usual.

All are welcome!



Croeso i Bawb!

Thank You

We would like to say an enormous thank you to the friends in Beulah who helped us in so many ways when we were organising a funeral for our Mum, Eileen Calford. Your help and hospitality was so kind, prompt, efficient and generous. We are so grateful that you unreservedly welcomed us back in to the Beulah family for the occasion, and Mum would have been so proud.

With huge thanks from Angela and Shirley

n May 6th 2017, I'll be doing a skydive to raise as much money as possible for the essential work that ERIC, the Children's Bowel and Bladder Charity, does. It'll be an incredible (although equally terrifying!) experience, and I'd love it if you would be able to sponsor me and support this wonderful charity.

ERIC is the only children's bladder and bowel charity in the UK, meaning the work it does is very difficult, but invaluable. As you can imagine, fundraising to help children with bladder and bowel problems isn't easy, because no one wants to talk about it. You can find out more about what they do by looking at their website, www.eric.org.uk.

ERIC is very important to me for two main reasons; my Mum works as a specialist nurse for the charity, but also because my brother Seb grew up suffering from day and night-time wetting. I've seen the effect continence problems can have on children and young people and the importance of the help which charities like ERIC can give. A huge difference can be made to their lives simply by getting the right care, at the right time, in the right place.

So please help me to help ERIC! You can visit my JustGiving page at https://www.justgiving.com/fundraising/ALICE-CHEER, or if you prefer to make a cash donation, please give it to a member of my family (or me if I'm there!) who will make sure it reaches me. And please think of me on 6th May!!

Thank you very much!

Alice Cheer

KIN

Together we care and together we share

In response to the DEC East Africa crisis Appeal, we are holding retiring collections on March 26th and 2nd April . In south Sudan, Somalia, Kenya and Ethiopia sixteen million people are experiencing famine, with one million children at risk of starvation.

With this in mind, all the collections over the Easter weekend will be for Save The Children's work in the affected countries and will also be sent to the DEC.

I ent

As is our custom and as you are able, we invite you to put aside money during Lent as part of our Alms Bowl collection.

Good Friday Family Lunch

Please come and join us for a bread/soup/cheese Lunch in the Canolfan after the service at 12noon on Good Friday. This is a family meal and all are very welcome.

Easter Breakfast

If you would like to share in the Easter Breakfast, which follows a short act of worship in the garden at 8.45 on Easter morning, there will be a list in the porch for you to sign. Once again all are warmly invited.

Monies raised recently

Eve Appeal £664.20 UNICEF - £80.50 Big Change (Christian Aid) - £82.80

Future Dates for your diary

Shoebox 4 Syria - appeal - Closing date Friday 21st April - Eleri and Elaine have more details of how you can contribute, either by making/filling a shoe box or just donating some items. Items required are similar to Operation Christmas Child.

April 22nd - Barn Dance organised by Brenda and John Cheer. Raising money for Sanyu Babies' Home in Kampala. .

April 27th - Angela Gorman will be visiting to talk about Life for African Mothers - some people from Beulah have been knitting small coats etc for the fish and chip babies - little ones wrapped up to enable them to survive. This will be held in the MW Lounge. Elaine has more details.

21st May - possible date for sponsored walk with tea at the end of Christian Aid fortnight.

More to come too!!!

We thank you all for your continued support - together we can make the difference.

Eleri and Eileen x

ShelterBox

As most of you know a new pound coin will be released into circulation from 28th March this month. ShelterBox have been in touch and we have supported this worthwhile charity before. They are asking for you to donate your first new pound coin you receive to support ShelterBox. If you like to do this I will have a donation box in church available for the next few weeks. A pound may not be a lot, but together it can make a real difference. £35 could provide a Shelterkit to a family in need - that's just 35 of us donating a new pound each!

CHURCH CALENDAR

APRIL

Sunday 2nd 10.30am: Worship Team, led by Mrs. Anne Wilkes

Junior Church

Coffee served in Canolfan after service 6.00pm: United Communion Service at Bethany

7.15pm: Youth Fellowship

Mon 3rd: 2.00pm: Women's Fellowship

7.30pm: Junior Church Leaders' Meeting

Weds 5th: 10.30am: Church Office

10.30am: Mid-Week Meeting Point 7.15pm: Lent Study Group, Beulah 10.00am: KIN Cake Stall

Sat 8th: 10.00am: KIN Cake Stal

Sunday 9th: 10.30am: Revd. James Hall

Palm All Age Junior Church

Sunday Coffee served in Canolfan after service

6.00pm: Music for Palm Sunday - Three Choirs at Beulah

Mon 10th 2.00pm: Women's Fellowship

7.30pm: Prayers for Holy Week

Tues 11th 7.30pm: Prayers for Holy Week
Weds 12th 10.30am: Mid-week Meeting Point
7.30pm: Prayers for Holy Week

Thurs 13th 7.30pm: Communion in the Upper Room – Revd. Roger Bidnell

Fri 14th am: Children & Young People's Workshop

Good 12.00 Noon: Worship for Good Friday led by children & young people

Friday followed by Good Friday Lunch

Sunday 16th 8.45am: Worship in the Garden followed by Easter Breakfast Easter 10.30am: Easter celebration – Family Service with Communion:

Day Mr Geraint Richards & Dr. Alun Jones

Coffee served in Canolfan after service

6.00pm: Communion Service in MWL - Mr Richard & Mrs Sarah Edwards

Weds 19th 10.30am: Meeting Point

10.30am: Church Office

Sat 22nd 6.30pm: Barn Dance in Canolfan

Sunday, 23rd 10.30am: Mr Richard & Mrs Sarah Edwards

Junior Church

Coffee served in Canolfan after service

Monday, 24th 2.00pm: Women's Fellowship

7.30pm: Church AGM

Weds 26th: 10.30am: Church Office

10.30am: Mid-week Meeting Point1.05pm: Concert with Ballare Piano Trio

Thurs 27th: 7.30pm: Talk on 'Life for African Mothers' – Mrs Angela Gorman

Fri 28th 3.15pm: Youth Drop-In

Sat 29th: WRB Prayers at Bethel Baptist, Whitchurch

Sunday 30th: 10.30am: Ms Kate Laws Paradise Run Junior Church

Collection Coffee served in Canolfan after service

7.15pm: Youth Fellowship

MAY

Weds 3rd 10.30am: Church Office

10.30am: Mid-week Meeting Point

Sunday 7th 10.30am: United Service at Bethany Baptist, including children

7.15pm: Youth Fellowship

"Celebrating our past affirming the present imagining the future"

Many thanks to all those who have taken part so in our consultation meetings. We have had over 100 people attend - and have been overwhelmed by the response and the comments from people. We have already had lots of really great information and common themes are emerging, along with some interesting ideas to explore. We are just completing the sessions with as many of you as we can, with a few smaller meetings still planned. Once we have pulled together the information we will get back to share it with you.

Its been a really interesting process so far.

Many thanks to everyone who has taken part.

Lesley and Eleri

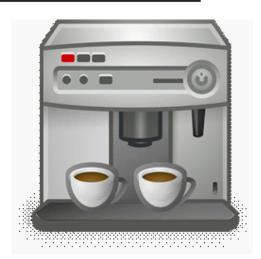
WHITTAKER LOUNGE VOLUNTEERS

Recruitment is not going well as we have had no response to previous notices requesting volunteers

We are now seeking <u>THREE</u> volunteers to join the Whittaker Lounge rota, just one Wednesday morning every five weeks. Please contact Christine on 029 2075 4608

BEULAH BARISTA TRAINING!

If any of the existing Whittaker Lounge volunteers feel they need further guidance on the operation of the new latte/cappuccino machines, then Christine will be available to offer help in the Lounge following morning service on the following dates - just turn up



Sunday 9 April 2017 Sunday 23 April 2017

PASTORAL HELPERS

We are delighted that we have been able to allocate a Pastoral Helper to each Elder as an additional layer of pastoral support. The list below shows which district each helper is attached to, and we thank them all for being prepared to take on this role. We are also grateful to Betty Evans for her work in setting up this new arrangement – it is a role that may evolve and change, and may vary according to the needs of each district and individual Elders.

Dist.	Elder	Pastoral Helper
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	Phil & Mary Edwards Anne James Anne Wilkes Pat Cazenave Gaynor Rees Liz Kidd Andrew Glanfield Richard Edwards Gill Grivas Colin Grimes Marianne & Nigel Barwise Viv & Harley Jones Lesley Richards Elaine Edwards Ian McDowell Fleur Richards	Anne Hughes Kaye Mundy Angie Hughes Audrey Budding Jill Ferdinando Ann Brown Fiona Reynolds Helen Harries Sue Revill Ann Grimes Ruth Williams Tina Taverner Karen Sampson Lynne Davies Mary Bidnell Nesta Thomas
17	Derek Evans	Duncan & Christine Pugh

ANNUAL GENERAL MEETING

A reminder that this will be held on Monday, April 24th at 7.30pm in the church. This is the time when we present our reports and hear news from all of our organisations. If you are the Secretary or representative of an organisation, please can you prepare a report to share at the meeting, and also please can you give a copy to Louise for our records. The report should be for the year January –December 2016.

May 7 at Bethany and May 21 at Beulah

To mark Christian Aid Week which comes later in May, we are coming together with other churches in Rhiwbina in two special services. The morning service on May 7 will be a united one in Bethany - ie there will be no morning worship in Beulah that day, as we are all invited to share together the launch of Christian Aid Week. The invitation is also for our Junior Church children and young people who will share with those at Bethany.

The evening service on May 21 will be a united service at Beulah to mark the end of Christian Aid Week, and there will be a quest speaker from Christian Aid Wales.

Please note these two special dates in your diaries as we look forward to sharing in together in our commitment to the work of Christian Aid.

Churches featured in Crossroads

Some have asked about the pictures of churches I've printed in Crossroads. Unfortunately, the printing process doesn't lend itself to clear reproduction of photographs, so I have tried to use pictures with interesting silhouettes. My wanderings around Wales, and further afield, have taken me to many historic places, and they often centre around interesting churches. During 2016 I've pictured...

February – Penallt Old Church (St Mary's), Trelech, Mon

April - Abaty Tyndyrn / Tintern Abbey

June – Abaty Ystrad Fflur / Strata Florida Abbey

September – Lindisfarne Priory November – St Mary's, Brecon

December - St Mary's, Coity, Bridgend

A couple of weeks ago, Louise and I travelled to Bruges, and I've included a picture of Sint-Annakerk (St Anne's church) in Bruges this month.

Huw

Whitchurch, Rhiwbina and Birchgrove Prayer Group

Members and friends twelve of churches represented by a wide range of denominations meet on the last Saturday morning in the month throughout the year for prayer, music and fellowship. Each church takes its turn to host the group - last month was Beulah's turn and I am grateful to Alun for leading the session.

The prayers and music last for about half an hour and are followed by coffee and biscuits. This is a lovely opportunity to share worship with friends from other churches in the area - if you haven't been before, why not come to the next one and enjoy a half hour of peace in the midst of the busy weekend?

The next meeting is at Bethel Baptist in Whitchurch at 10.15am on Saturday, 29th April. You will be most welcome.

A VERY HAPPY OCCASION

Christine and Duncan Pugh would like to thank members of Beulah for their prayerful support during their daughter Carys' pregnancy, and for the many cards and gifts following the birth of Autumn Minette.



The Cheer Family Would like to invite you to a

BARN DANCE!

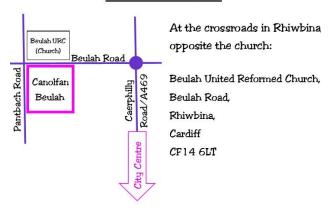
Saturday 22nd April
6.30pm till 10.00 pm in Canolfan Beulah

With Live band!

Free entry – there will be a collection for Sanyu Babies' Home in Kampala. Emily is returning to volunteer there this summer and hopes to help the home by contributing to one of their important ongoing projects, such as buying much needed new cots for the children. The evening will include hot dogs and ice cream (served separately!©)so please let us know if you would like to come so we can cater for all.

RSVP to <u>cheerfamily1@outlook.com</u> or 029 2025 8193 or Brenda – 07752 556264 or John – 07742 129454

Canolfan Beulah





Who's Doing What and When

	N	Лini-Bus Driver	Duty Elder	Stewards	Pulpit Reader
April					
2nd	am	Colin Grimes	Viv Jones	Glenys Scott & Marion Williams	Pat Ruddock
	pm				
9th	am	Harley Jones	Colin Grimes	Elinor Ludlow & John Prosser	Lynne Davies
	pm		Colin Grimes		
13th	pm	Maundy Thursday	Liz Kidd		
16th	am	Mike Warsop	Elaine Edwards	Eleanor Mills & Frank Kinsey	Lorraine Larcombe
	pm		Elaine Edwards		Louise Morgan
23rd	am	Huw Morgan	Marianne Barwise	Christine & Duncan Pugh	Liz McCarthy
30th	am	Phillip Edwards	Audrey Budding	Diane Burton & Chris Phelps	Kate Hampson
May					
7th	am	Keith Jones	United morning s	service at Bethany	
14th	am	lan Budding	lan McDowell	Carol Coleman & Bev Hampson	Brenda Cheer
21st	am	Tony Webb	Derek Evans	Betty Evans & Barbara Clift	John Prosser
28th	am	Colin Grimes	Mary Bidnell	Trix Pryce & Mair Haywood	Jenny McDowell



April

2nd Fleur Richards
9th Gaynor Rees
16th Ann & Colin Grimes
23rd Cathryn Hales
30th Jill & Peter Ferdinando

May

7th Viv & Harley Jones 14th Marianne & Nigel Barwise 21st Anne & Frank Rees



Editors' Note

The deadline for articles for the May edition of Crossroads is Sunday, 23rd April 2017, and Colin will be editing.

Colin Grimes, Huw Morgan,

e-mail: crossroads@hotmail.co.uk