



Walking the Way - Living the life of Jesus today

TRAVELLING HOPEFULLY

"To travel hopefully is a better thing than to arrive":

So wrote Robert Louis Stevenson, early in his career, in a collection of essays entitled "Virginibus Perisque" (for maids and youths). He offered some philosophy by which to live. There was rather a lot of good advice around towards the end of the 19th century from "Men of letters", like Ruskin and his mates. When I first heard the words, I thought they sounded a bit Chinese. I do not imply that Stevenson "cribbed". It is perfectly possible for anyone to have an idea that is new to them, but has already occurred to somebody else. In this case, there was a Taoist saying about 2,000 years old: "The journey is its own reward.". (when we were using flint implements and painting ourselves with woad). You may agree that when we decide upon, or accept, a particular objective in life, and how to achieve it; the result of our striving may be rather different from what we originally had in mind. We have all been warned; "Be very careful what you pray for; because you just might get it."

If you go for a hike, the view changes as you go along. Could it also be that, as we progress through life, the way in which we look at things tends to change; and we ask ourselves;

"Why on earth did I decide to do this?!"

I wanted to avoid another autobiography. However, just a tiny bit you may find you share. I am quite unacceptably old, and my short-term memory is a problem. Even worse than "Why did I come into this room?"; I am now trying to come to terms with; "Why am I looking in the fridge?" I can remember with absolute clarity how I felt as a young man (early twenties). I had worked and studied hard, and I realised that whilst I did not know quite everything, if I continued my progress, it would not be long before I did!

How wrong can one be? All I have learned as the years have gone by, is how abysmally ignorant I am, and I am certain about less and less. Could it be that "knowledge" and "wisdom" are very different from one another?

I am very grateful that I was born when I was, rather than more recently. (It really is time that the divine shelf-stacker noticed that I am well past my "sell by" date, and should be removed smartly.).

We are told that young people nowadays must expect to re-train several times during their working lives: They have to accept change. Jesus told us the same thing. "Except that ye become as a little child, etc". Go back to the simple

BEULAH

CROSSROADS

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The
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Beulah URC

acceptance of truth that you knew as a child; before you became entangled in the complication, equivocation and greed of your adult life. Nobody said it was easy. It is not. However, try to follow what Paul wrote; "These three remain; faith, hope and love -----". For me, "hope" is the easier one, whilst "love" is a bit more difficult (particularly with people you don't like very much). "faith" is (for me) by far the hardest: So I will have to make do with the bit that I have. "Hope", I have "in spades". Was "All my hope on God is founded" written specially for me? We are all on a journey; as individuals and as a Church. We may think that we know where we want to go. Personally, I look forward to "The last great adventure", and I have hopes.

As a Church, we are trying to navigate towards a safe and happy harbour. We are certainly learning as we go. I think it may be said that we travel hopefully; and with that we have to be satisfied: And, perhaps, even enjoy some of the surprises, as we try to reach our chosen destination.

Travel hopefully my friends!

Tony Vinall

Church Secretary:

Mrs Louise Morgan

Church Treasurer:

Mrs Barbara Rhys,

CHURCH NOTES

Avery Happy New to you all! An awful lot has happened in Beulah over the past weeks, with many people working hard to ensure that Advent and Christmas were marked in a variety of ways: moving and uplifting services, challenging and thoughtful writings, time to reflect, thought-provoking art work, ecumenical carol singing, KIN coffee morning – and much more – all of it leading to a wonderful celebration of the birth of Christ on Christmas morning, followed by the Christmas Day Lunch for guests who would otherwise be alone on Christmas Day. Deepest thanks go to all those who made those things possible.

Our Advent theme was 'Walking towards the Light', and this was reflected in various ways in our worship, writings and art. Many of us watched with interest and anticipation as figures started to appear on the wall of Canolfan, leading to speculation about the meaning, and whose silhouettes they might be!

It was a joy to welcome 'Graffiti Jesus' back in his familiar spot, and to realise that the colours around the figures became lighter as Advent progressed. We can think of many verses to illustrate this theme – my favourites are probably, 'The people who walked in darkness have seen a great light', (Isaiah 9.2) and 'The light shines in the darkness and the darkness has never put it out.' (John 1.5). The figures are all of us, as we travel, alone and together, through our journey of faith and life, all of us trying to reflect something of the light that Jesus has brought into the world. ***

This idea of the colours lightening and brightening through Advent

was also (co-incidentally) the thinking behind the colours of our Advent candles as recommended by the URC 'Walking the Way' programme, whose liturgies we also used. Throughout the coming year this will our Beulah theme, and we will be exploring it in various ways through worship, discussion and private study. If you would like to borrow a copy of the book 'Holy Habits', which is recommended to accompany the theme, please see me as we have purchased a few for the church.

We also enjoyed a number of social occasions which are important for developing friendships and providing fellowship, so we are grateful to Ann and Colin for organising the meal at the Golf Club, to the Merry Men who provided the New Year's Day Brunch, and the Social Group for organising the New Year family party – where we must have covered pretty well every party game ever invented!

FAMILY NEWS

Many members and friends have experienced accidents or illnesses over the past weeks. We think of Trevor Jones, Lorraine Larcombe and Eileen Davies who have fractured bones from serious falls, and Lynne Davies also received treatment after falling. Sally Jones, Ann Brown, Cyril Cazenave, Pat Agland and Gill Grivas have all received hospital treatment of different kinds. Others have been unwell at home with seasonal illness, which affected many over the Christmas and New Year period, including Marion Williams, Christine and Duncan Pugh, Jenny McDowell, *cont. p3....*

....from p.2

Peter Stevenson, Mary Bidnell and Sarah Edwards.

Others in our thoughts who have been unwell include Emma Cavanagh, Gwynne Rees, Beryl Coker, Rubina Lewis, Ann Harris, Brian Jones and Margaret Lewis. To these and all others who are experiencing health problems we send our thoughts and prayers.

We also send our prayers and sympathies to Barbara Collins and all the family on the recent death of Barbara's brother, Charles. We were also sorry to hear of the sudden death of a close family friend of Lesley, Mary, Geraint and Teresa Richards, and remember them all in our prayers. Other families are going through anxious times with the illness of family members, and they too are remembered in love and prayer.

We have recently learned that Jean Rogers has moved to a Care Home – so we send her, and all our friends in residential care, our best wishes, and remember them in our prayers: Ann Williams, Gwladys Brown and Olive Frost.

The New Year has also marked some happier events for some of our members – we send birthday wishes to Gaynor Rees and Eleri John who have celebrated special birthdays this month, and to Barbara Collins who has a land mark birthday on February 4th. I won't give away their ages – other than to say they are all different ones!

Further congratulations go to two of our families who are celebrating the recent engagements of family members – we are delighted for Michael Williams and Katherine, and also for Rachel Morgan who has

just become engaged to Chris. Finally, on a pastoral note, I would like to say a special thank you to Betty Evans for her work on the Pastoral Committee. Betty herself was in a minor car accident last week, and is suffering from the effects of whip lash, so we trust she will soon be fully recovered and able to enjoy her much-earned holiday!

*Blessings
Louise*

**** For those who have been asking and wondering, the figures are of: Louise Pocknell, Derek, Barbara and John, Debbie and Damarai, Kathryn and her beautiful dog, also Jamie, Anna and Indigo, Nick and Griff and Louise and Huw! Our thanks to them – and particularly to Jo Jones for her ideas, inspiration and talent.*

On our New Year holiday to Staffordshire while watching Midlands Today News, we heard that Baxter United Reformed Church in Kidderminster had their Foodbank broken into. In fact it was targeted twice in 48 hours. Food and money was stolen affecting up to 200 local families who were relying on donations over the holiday period. As we had just had our New Year's Day Brunch at Beulah while others had been losing out I wondered if we could help a fellow URC church in need. KIN kindly agreed to donate some money raised at our Brunch to help. Baxter URC informed us they had many kind offers of help and were pleased a sister Church in Cardiff could help too.

Anne Wilkes

Soup and Sandwich Lunch

Youth fellowship would like to invite you to a soup and Sandwich Lunch on Sunday March 4th. We have been lucky to have been invited to a stay on Caldey Island. again. We are really looking forward to the experience . The first time on the island for some of us.

Unfortunately it is a costly venture and we hope to raise some money towards cost of travel and accommodation by holding this event.

Please come along and enjoy homemade soup sandwiches and a cuppa.

Thank you

Youth Fellowship.

CHRISTMAS DAY 2017

As ever, enormous thanks to everyone who contributed in any way whatsoever in making Christmas Day 2017 very special for all our guests. It was a shorter day than previously but was thoroughly enjoyed by all who came along and worked well. We had 34 'in house' and sent out meals and goodie bags to 4 others who were not able to be with us. The number of people required to prepare much the day before, look after everyone on the day, collect and return them home, and do a mountain of washing up, was considerable. Gifts of money too were much appreciated as the cost of everything has increased as we all know only too well.

A few weeks before Christmas it was looking as if the day might not happen, so heartfelt thanks once again to all from The Christmas Day Team.

Concerts at the Crossroads

Lunchtime Recital

Wednesday 28th February at 1.05pm

Jessica Robinson – soprano

Caradog Williams – piano

Jessica recently graduated from the RWCMD where she was a major prize winner. In 2016 she was made a Prince of Wales scholar. Her programme contains some well known arias, Handel, Mozart and Strauss plus some beautiful songs by Schubert and Hahn from the song repertoire. Caradog makes a welcome return to Beulah.

Tickets £5 on the door

Date for your diary

Wednesday 28th March at 1.05pm

Charlie Lovell – Jones – violin

Pianist TBA

PS Please can anyone help with the translation into Welsh of the poster Marg and I prepare for the lunchtime concerts.

Marg prepares the poster on her computer and Cathryn and I distribute them but the Rhiwbina library will not now accept a poster in English only.

It would mean 9 posters a year - there are not many words on the posters as you will have noticed.

All are welcome!



Croeso i Bawb!

Thank you

I would like to thank the Beulah Family for the lovely flowers, gifts and kindness shown to me after having had a recent fall in the village. I am pleased to say that I have now had a complete recovery.

Zena (Jones)

TRAINING TO USE THE DEFIBRILLATOR

Many of us came along to the sessions which were arranged for the above last year but I am aware that there are some who weren't able to make any of the dates.

If there are enough interested people we will set up another day – probably on a Saturday morning. So if you are one of those who missed out but would still like to learn more, could you please contact me as soon as possible?

CHURCH CALENDAR: FEBRUARY

Sun 4th:	10.30am: Revd James Hall Junior Church Coffee served in Canolfan after service 6.00pm: United Communion, Beulah: Revd. Gethin Rhys 7.15pm: Youth Fellowship
Mon 5 th :	2.00pm: Women's Fellowship
Weds 7 th	10.00am: Church Office 10.30am: Mid-Week Meeting Point
Sat 10 th :	10.00am: KIN Cake Stall
Sun 11th:	10.30am: Mr Lewis Lewis-Head All Age Junior Church in Canolfan Coffee served in Canolfan after service 7.15pm: Youth Fellowship
Mon 12 th :	2.00pm: Women's Fellowship 7.30pm: Elders' Meeting
Weds 14 th :	10.00am: Ash Wednesday Service at All Saints
Fri 16 th :	3.15pm: Youth Drop-In
Sun 18th:	10.30am: Mr Richard & Mrs Sarah Edwards with Communion Junior Church Coffee served in Canolfan after service 6.00pm: Worship in MWL: Mrs Louise Morgan 7.15pm: Youth Fellowship
Mon 19 th :	2.00pm: Women's Fellowship
Weds 21 st :	10.30am: Church Office 10.30am: Midweek Meeting Point
Sat 24 th :	10.15am: WRB Prayers, St. Andrew's Methodist Church, Birchgrove
Sun 25th:	10.30am: Revd. Roger Bidnell Paradise Junior Church KIN Meeting Run Collection Coffee served in Canolfan after service 7.15pm: Youth Fellowship
Mon 26 th :	2.00pm: Women's Fellowship 7.30pm: Church Meeting
Weds 28 th :	10.00am: Church Office 10.30am: Mid-Week Meeting Point 1.05pm: Concerts at the Crossroads: Jessica Robinson, Soprano, Caradog Williams, Piano 7.30pm: Joint Lent Study Group with City URC (venue TBA)
<u>MARCH</u>	
Fri 2 nd :	2.00pm: Women's World Day of Prayer Service at Beulah
Sat 3 rd :	Spring Meeting of URC Synod of Wales at Llandrindod Wells
Sun 4th:	10.30am: Revd. Sally Thomas Junior Church Coffee served in Canolfan after service Youth Fellowship Soup & Sandwich Lunch 6.00pm: United Communion Service at Bethany Baptist 7.15pm: Youth Fellowship
Weds 7 th :	10.00am: Church Office 10.30am: Mid-Week Meeting Point 7.30pm: Joint Lent Study Group with City URC (venue TBA)
Sat 10 th :	10.00am: KIN Cake Stall
Sun 11th:	10.30am: Mr Edmund Plummer, HHI All Age Junior Church

Walking the Way

Living the life of Jesus today

The first service featuring the Beulah theme for 2018 *Walking the Way Living the life of Jesus today* took place on Sunday 14 January, led by the Rev Roger Bidnell. A new hymn has been written by Dr Alun Jones and the congregation had the opportunity to

sing it for the first time. This is also the theme of the URC for the year. We are looking forward to exploring the theme together in the coming year and hope that it will enable us all to share ideas and thoughts in services and elsewhere.

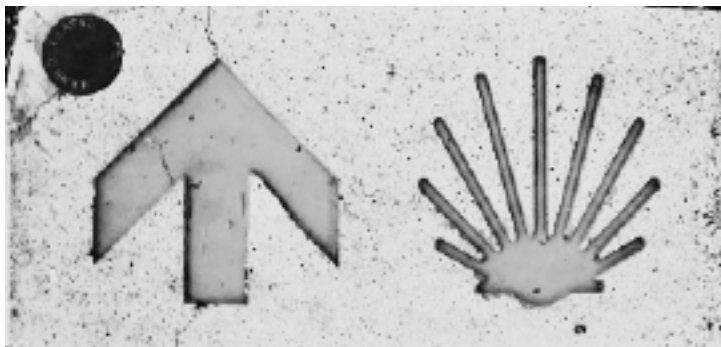
The URC explains the choice of theme as follows:

This is the United Reformed Church's exciting focus on lifelong Christian discipleship and mission and moves beyond a set of programmes into the world where each step we take is accompanied by Jesus, eventually bringing about an emerging culture change in the Church and society. As you engage in Walking the Way we hope that your own understanding of what being a Christian disciple deepens. Who knows, you may grow beyond your wildest dreams, living as a disciple in all parts of your life.

There is also a recommended book *Holy Habits* by Andrew Roberts and Beulah is purchasing a number of copies to keep in the church for consultation. It is also available at the URC bookshop and on Amazon and other retailers.

You can find out more about the theme at the URC website:

www.urc.org.uk/our-work/walking-the-way



SO MUCH TO BE THANKFUL FOR... COUNTING MY BLESSINGS

Since my accident on 1st December I have had lots of time to thinkI realise that I have so much to be thankful for. Instead of feeling low I made myself count my blessings.

Thank you Peter for all the loving care given to me.
Thank you my lovely family for cheering me up.
Thank you friends and neighbours for cards, telephone chats and flowers.
Thank you Beulah for your prayers and love.
Thank you paramedics and Hospital staff for the kindness and care given to me.
THANK YOU GOD for saving me on that Friday morning from a much more serious injury.

My fractures are still painful but I am now gradually throwing away my crutches, one by one.

Love Lorraine. X

POSSIBLE WEEKEND TRIP

As many of you will know, the Terracotta Army will be on display in Liverpool for most of this year and we are considering running a trip to see this. It would have to be an overnight stay because of the distances involved and it would be good if we could organise our own weekend, including our own coach travel. The aim is to try to do this at the end of June/beginning of July depending on availability of tickets.

However, before going ahead, it will be important to know how many might be interested in coming along. There will be a list in the Porch until **Sunday 25th February**. If you wish to be included, could you please sign this as soon as possible. We can then make a decision as to whether or not this will be viable. Thank you.

Barbara

KIN

Together we care and together we share

Many, many thanks for all the help, support and generous donations over the November/December period. We raised an incredible amount of money for various charities and causes. So I thought this month you'd just like to know what we raised - see information below. Its a fabulous effort - and I hope you enjoyed helping.

Many thanks too to Chris Phelps for providing our Christmas Card again - fab job!.

And 2018 fundraising lets have some fun again this year whilst raising money for worthwhile causes. Any ideas?? If so please share them with us. Together we can (and do) make a difference - as you can see.

The next KIN meeting will be on **February 25th** after church during coffee - come and join us and help us plan events to raise some funds. Also if you have a special charity you'd like us to raise money for, then come to the meeting or let Eileen or myself know.

Just a reminder tooCake makers, can you remember to make a cake for our KIN cakes sale please - held every 2nd Saturday in the MW Lounge 10.00am onwards. Or if you fancy just practicing at making a cake , then we'll be pleased to sell it for you! The next KIN cake sale is on **10th February**

Some future events for your diary and calendar

10th February - KIN Cake sale

4th March - Soup and Sandwich Lunch - Youth Fellowship raising money for their summer trip to Caldey Island.

11th March - Cakes sale after church service and over coffee, raising money for HHI

Many thanks again for all your help - and keep an eye out on the notices for future events.

Eleri and Eileen x

KIN FUNDRAISING 25 NOV-31 DEC 2017

Raised

Oxfam (Yemen) - Bazaar	£1,250.00
Christian Aid (Enough for Everyone)	£228.06
Health Help International - Blessing the Crib Service	£434.50
Space4U – refreshments Winter Festival	£290.00
The Huggard Centre – refreshments Winter Festival	£330.00
CRUSE – Light for our Loss Service	£120.00
The Samaritans - Church Christmas Card	£332.00
Action for Children - Carol Singing	£576.73
Ronald Macdonald House – KIN Coffee morning	£252.48

Distributed

Oxfam (Yemen)	£1,250.00
Space4U	£290.00
The Huggard Centre	£330.00
CRUSE (Light for our Loss Service)	£120.00
The Samaritans	£332.00
Action for Children	£576.73

Earmarked for distribution in 2018

Health Help International	–	Blessing the Crib	£434.50
	--	J Church sale of garden produce	£133.45
	--	Profit from sale of calendars	...tba...
Ronald Macdonald House -			£252.48

Women's World Day of Prayer

Friday 2nd March at Beulah at 2.00 pm

All God's Creation is Very Good!

The interdenominational movement of the Women's World Day of Prayer invites everyone to attend one of over 5,000 services being held on Friday 2nd March with the title "All God's Creation is Very Good!". We will join an estimated 3 million people around the world that day in a service which has been written this year by the women of Suriname in South America.

Starting in Samoa as the sun rises, and ending as the sun sets off the coast of American Samoa, the service will have been translated into more than 95 languages and 1,000 dialects as we are reminded that we have responsibilities in caring for this wonderful world we live in. With its vast rainforest and wealth of resources, Suriname asks us to pray for conservation and the protection of wildlife, through an awareness of pollution, misuse and abuse, as well as for the situation in Suriname and concerns for the future.

This is not simply a day of prayer for women, but for everyone who cares about our world and those who live in it.

This year it is our turn in Beulah to host this

wonderful service and we hope that as many of you as possible will be able to attend. The service begins at 2.00 pm and lasts for an hour, after which you are invited to join us for tea in Ganolfan. This is an opportunity for us to meet and socialise with each other and with members of other local churches.

Although the service has been traditionally called the Women's World Day of Prayer, it is open to everyone and we hope that the congregation will include gentlemen as well as ladies.

As a matter of interest, this may be the last time that the service will retain its present title as it is likely that from next year it will be renamed as the World Day of Prayer in order, one imagines, to promote inclusion and to encourage a broader range of people to attend.

Mary Bidnell and I are organising the service this year and we wish to extend a very warm invitation to you all. Please come and join us.

Dewch yn llw!

Diane Burton

Needed

for refugees and asylum seekers at Space4U

- A pram for a new born baby
- A pushchair for a 2 year old child
- Suitcases and back packs
- Adult bikes

If you can help with any of these items please contact Jenny McDowell 07968670273.

Thank you!



Kin Cake Stall

The Kin cake stall is held on the second Saturday of each month in the Whitaker lounge from 10am.

We rely on cakes being donated for us to sell. In previous years I have distributed a rota and would ask those on the rota

to supply cakes for the same months this year.

If you are able to supply a cake please put a note in your diary !. The next cake stall will be on Saturday February 10th.

*Thank you
Ruth Williams*

COMMUNICATIONS GROUP

A small group has been established to identify ways in which communication can be improved within Beulah and beyond. This group will look at what needs to be communicated, to whom this could or should be communicated and also the various communication methods available (e.g. written, email, website, social media etc.).

The first stage will be a pilot exercise (using Transitional Ministry) which will be

used to test the waters, assess the various pros and cons and, dependent on the experience gained in that pilot, could be extended into new areas as appropriate.

The group has had its first meeting, but we need a fourth person to join us. If you feel able to contribute to this work do let me know.

Duncan Pugh

Beulah's Transitional Work

At the November Church Meeting we examined the 'provocative proposals' which had been developed by the Transitional Ministry Team for Beulah. These are re-printed below for those who may not have seen a copy:

Theme: Reaching Out

1. As a visible expression of our Christian faith, develop a pastoral presence in the village to encompass the users of our buildings, local schools and youth groups.
2. Broaden participation in the wider outreach programmes of the church and create a deeper understanding of their origins in faith.

Theme: Growing Together

1. Sustain, grow and equip Beulah's team of children's and young people's (CYP) leaders, enabling:
 - a) Identification of opportunities for further engagement with CYP throughout the week and throughout their lives.
 - b) Continuation of existing good practice (e.g. drop-in, youth fellowship)
 - c) Support of CYP as they explore their own beliefs in a secular world.
 - d) Regular consultation with our CYP to ensure their needs are identified
2. Develop existing links with CYP in the local community (e.g. drop-in, holiday club) and establish more formal links with groups in the wider URC.

Theme: Worship and Faith

1. Develop and equip a cohesive worship team to work alongside ordained ministry; ensuring that the needs of Beulah and the wider church are met in relation to:
 - a) Challenging, inspirational and varied worship
 - b) Individual spiritual development
 - c) Providing a firm faith-based foundation for life (within the church and beyond)
2. Foster stronger links with our local and URC neighbours through mutual support in training and worship.
3. Compile resources and create opportunities for personal faith to flourish and deepen; build on existing links with other churches to enable this.

Theme: Caring & sharing

1. Provide Beulah's pastoral team with the knowledge, expertise, resources and confidence to:
 - a) Offer pastoral support
 - b) Refer to others in the church community
 - c) Refer to outside agencies

NB: Who cares for these carers?

2. Explore ways to ensure that Beulah continues to be open, welcoming and inclusive.
{Acknowledging the fact that some do not feel that they belong}

Theme: Doing well, doing better?

1. Ensure a sustainable, tangible, human link between the many and diverse areas of Beulah's life.
2. Create a robust management structure which ensures:
 - a) efficient use of the time and talents of willing volunteers
 - b) clearly defined expectations of church officers/management team
 - c) periods of rest, reflection and rejuvenation for those involved
 - d) strong links between day-to-day church business and our faith.

cont. p10...

... from p.9

3. Create a team which links with, and works alongside an ordained minister, ensuring optimum use of resources.

Theme: Communication

1 Implement and maintain methods and styles of communication which are:

Creative

Targeted to specific groups when appropriate

Designed to respond to diverse accessibility needs.

2 Discover ways in which communication will enhance and promote all areas of the life of Beulah church, ensuring that God is at the centre.

3 Contribute to the creation of strategies for effective communication between all the Cardiff churches during the transitional period and beyond.

We must now begin to implement these proposals: Duncan Pugh is working with a group on Communication, and the Elders have begun to think about structures and responsibilities. All these will take us well into the future, through the transitional period and beyond. They all need people to work on them and we will be looking for willing volunteers over the coming months – please come forward with any ideas and suggestions for doing this.

During the consultations last summer, many of you asked questions about the structures of the URC, so Adrian Bulley, the Synod Clerk is coming to Church Meeting on February 26 to talk about this in the light of the new Synod of Wales structure – so do come along and have your questions answered.



Planning for Lent & Easter

With Christmas behind us, we are now planning for Lent, Holy Week and Easter. There will be joint study groups again with City, planned for February 28, March 7, 14 and 21, which we would encourage people to attend – as few or as many as you are able.

For Advent, we set up a working group where people took on different aspects of the season, and I am grateful to all those who willingly took on responsibility for leading worship, creating art, publicity, reflective writings and music. It would be useful to try this collaborative approach again for Lent and Easter, so if you would like to be part of such a group, please let me know as soon as possible.

On Good Friday we are planning a 'Walk of Witness' with our ecumenical partners in All Saints and Bethany, which will finish in Beulah at 12.00 for our service led by children and young people, followed as usual by a soup lunch. Look out for more details nearer the time.

Louise.

Lauren Wilkes: World Challenge Expedition 2017



In the summer of 2017 I went to Thailand and Cambodia for a month. I went with a company called World Challenge who take students on expeditions across the world in order to learn about different cultures, gain confidence and learn new skills.

Our itinerary for the trip started off in Cambodia. We spent the first couple of days in the capital Phnom Penh getting used to the 30 degree heat and the surroundings. We wanted to learn about the history of Cambodia so we visited some important places. We went to the killing fields in Cambodia where an estimated 3 million people were killed during the Khmer Rouge regime between 1975-79. We also visited the Tuol Sleng Genocide museum which was a former high school that was used as a prison during the regime.

The main religion practised in Cambodia and Thailand is Buddhism, so we visited many Buddhist temples as they had so many. We had to remove our shoes before entering the temples and we weren't allowed to take photos inside most of them. There are several different types of Buddhist statues that have a different pose, so people pray to certain ones for certain things.

Then once we'd had a few days of exploring, we left the capital and headed to the jungle for our acclimatisation trek. This was a practise before our main trek in Thailand at the end of the trip. On the first day we walked for a few hours and when we

arrived at camp we had to set up our hammocks before it got dark. Then we spent the next two days in walking through the jungle and looking at lots of wildlife, there were lots of spiders.

After the trek was completed we travelled to Siem Reap for the last leg of our stay in Cambodia. Whilst we were there we visited the temples of Angkor which is one of the "Seven Wonders of the World". We visited quite a few of the temples, and we went to the one which was in the film "Tomb Raider".

Then we left Cambodia on July 22nd to go to Thailand, which was an 8 hour coach journey and an additional 2 hours going through immigration before we arrived in Bangkok. We spent our only night in Bangkok having food from local street vendors. Then we went on an overnight train from Bangkok to Chiang Mai, ready to start our project and volunteering part of the expedition. We stayed in a village with the Karen tribe and spent the week looking after and learning about elephants with a project called 'Journey to Freedom'.

We met some elephants who were all injured but had been freed from trekking companies. The elephants we were with were lucky as they lived in the forest and were looked after by Mahoots, who are people who follow and care for elephants 24/7. Elephants spend their whole day eating and searching for food, they don't sleep for long.

Elephants have to eat a large range of plants in their diet, but many of them are used by trekking companies and have a limited diet which mainly consists of bananas, which isn't good for them. The elephants who are in work are cooped up in small cages which makes them anxious and stressed as they sway from side to side and make sounds as if they're in pain. Elephant rides injure the elephants back and legs, as the weight is damaging. The workers who sit on top of the elephants whip them, which leaves cuts that can get infected. This is why the Journey to Freedom project is so important as it is trying to teach people to be more aware of the problems that elephants face.

After the week at Journey to Freedom, we travelled to the Elephant Nature Park, where we got to spend a day there. The elephants at the park had been rescued from trekking companies so they were being looked after by the volunteers who come and visit the park.

We then travelled to Chiang Rai for our final expedition and last week in Thailand. Each night we stayed with a different tribe and slept in stilt houses or hammocks. We swam in waterfalls and walked up lots of mountains, and the views were breathtaking.

I would like to thank Beulah very much for help towards my fundraising for the expedition.

Lauren

Editors' Note

The deadline for articles for the March edition of Crossroads is Sunday, 18th February 2018, and Colin will be editing.

Who's Doing What and When

		Mini-Bus Driver	Duty Elder	Stewards	Pulpit Reader
February					
4th	am	Catherine Tyler	Anne James	Barbara Clift & Diane Burton	Andrew Glanfield
	pm		Anne James	United Communion at Beulah	Ruth Williams
11th	am	Huw Morgan	Ian McDowell	Christine & Duncan Pugh	Andy Wales
18th	am	Ian Budding	Derek Evans	Pam Penny & Denise Dickman	Anne James
25th	am	Tony Webb	Ruth Williams	Betty Evans & Chris Phelps	Audrey Budding
March					
4th	am	Colin Grimes	Nigel Barwise	Eleanor Mills & Eleri John	Brenda Cheer
	pm			United Communion at Bethany	
11th	am	Harley Jones	Mary Edwards	Philippa & Giles Ballisat	Anne Thomas
18th	am	Mike Warsop	Trix Pryce	Helen Harries & Harley Jones	Betty Evans
25th	am	Huw Morgan	Viv Jones	Jenny McDowell & Karen Sampson	Bev Hampson

BEULAH ART WORK CALENDARS

One of the suggestions from the consultations last year was that we should produce a calendar featuring some of the art and artefacts which we have in Beulah. This idea was enthusiastically taken up by the Social Group who worked against the clock to have it ready for Christmas. It has proved very popular and has realised a profit which will go to Health Help International to support a little girl called Beulah whose prosthetic legs need replacing as she grows. There are just 5 calendars left at the time of writing, so please see Ann Grimes if you somehow still haven't got one and would like one. We will be welcoming Mr Edmund Plummer from HHI to lead worship on March 11.



Flower Rota

February

4th Alan Wilson
11th tba
18th Denie & Ron Leech
25th Tina Taverner

March

4th Mary & Lesley Richards
11th tba
18h Sally & Rhian Jones
25th Marg & Alun Jones

Save the Date

What ?

Beulah Church Family Christmas Meal

Where ?

Whitchurch Golf Club

When ?

Friday December 14th 2018

Further details nearer the date

Colin Grimes,

Huw Morgan,

e-mail: crossroads@hotmail.co.uk