



# CHURCH NOTES

We are now a few days into Lent. What have you decided to do this year?

Last Sunday, David invited us to use the Christian Aid Lent material called Count your Blessings, put your faith into action through daily reflections and challenges. We are to contemplate how climate change impacts our sisters and brothers around the world and act to implement a change.

Growing up attending the Church of Scotland I was not aware of ever giving something up for Lent. In the last few years I have given up chocolate, cakes, biscuits and increased exercise, although not all at the same time!

This year 'we', my family, are also going to try one of the suggestions from Living Lent Creating a climate of change. We are giving up electricity for 1 hour a day.

My daughter's initial reaction was - that's ok we can do it after I've gone to bed!

Beulah Worship Team met a few weeks ago with Martha to plan Beulah's Lent and Easter Services. We have planned services with titles starting 'Called to be....' and Dr Alun

Jones has written a hymn for us to use.

What is God calling us to be?  
What is God calling you to be?

The Cardiff & Penarth Discussion Group continues, in February we met at Elfed Avenue. The topic was Mary and Martha where we spent some time discussing a painting of Christ in the house of Mary and Martha by Spanish artist Diego Velazques from 1600's. It wouldn't be my first choice of painting, certainly plenty to think about though.

Since then on my trip to Edinburgh's National Gallery I saw another of Velazques's paintings showing the same old woman this time frying/poaching eggs - I thought she looked familiar! What will the next discussions bring?

## FAMILY NEWS

Several members and friends are unwell or had major or minor surgery recently. We send you our thoughts and prayers.

Best wishes also to Gaynor Rees now recuperating with family, and to Gladys Mason, Denie Leech, Rubina Lewis and Chris Phelps.

Congratulations and Happy Special Birthday wishes this month to Roger Bidnell, and Tony Webb.

Congratulations also to Eileen Newington who has a new role as Green Advocate for the Synod, more information is included within this Crossroads.

Other good news includes unanimous Church Meeting approval of 2 new members Geraint Richards and Giles Ballisat who will be formally welcomed during the church service on 22nd March.

If you have any family news you would like included in Crossroads please let me or your elder know.

Best Wishes to all,

Anne



**Contact**

## Ministers in the Pastorate:

Revd. Martha McInnes,  
Revd. David Dean,  
Email: [ministers@beulahurc.org.uk](mailto:ministers@beulahurc.org.uk)

**Church Secretary:** Anne Wilkes, Email: [secretary@beulahurc.org.uk](mailto:secretary@beulahurc.org.uk)  
**Church Treasurer:** Barbara Rhys, Email: [treasurer@beulahurc.org.uk](mailto:treasurer@beulahurc.org.uk)

**Church Office:** Administrator - Email: [admin@beulahurc.org.uk](mailto:admin@beulahurc.org.uk)

[admin@beulahurc.org.uk](mailto:admin@beulahurc.org.uk)

## *A New Beginning*

(Continued from Front Page)

and beauty; "samanu", a sweet pudding made from wheat symbolising the sweetness of life, and "sabzeh", sprouted wheat grass symbolising rebirth and the renewal of nature. There are also other possibilities – vinegar symbolising patience and immortality, garlic for protection from evil, a goldfish for new life, a candle for light, and painted eggs for fertility.

In Europe, the many pre-Christian traditions and symbols celebrating Spring were absorbed into Easter celebrations of the resurrection of Christ, such as the Easter egg, symbolising new life. While our January New Year celebrations are long gone, the Spring Equinox does feel like a fresh start. As Gerard Manley Hopkins penned in his famous poem "Spring":

"What is all this juice  
and all this joy?  
A strain of the earth's  
sweet beginnings  
In Eden garden –  
Have, get, before it cloy,  
Before it cloud, Christ, Lord  
and sour with sinning."

So perhaps, as you do a little of your own "house shaking", I wonder what 7 objects you might place on a table to celebrate Spring, and a new beginning. As Christians, the cross is surely our most potent symbol of a new beginning, the new life Christ has made possible for each of us.

*Jenny McDowell*



## **Easter Services**

**Palm Sunday 5th April 10:30am**

**Called to be Servants - Revd Martha McInnes**

**Monday 6th April: 7.00pm**

**Called to Follow**

**Tuesday 7th April: 7.00pm**

**Called to Faithfulness**

**Wednesday 8th April: 7.00pm**

**Called to Forgiveness**

**Maundy Thursday 9th April:**

**7.00pm Communion Service**

**in Upper Room Canolfan Beulah**

**Good Friday 10th April:**

**9.30am Bethany Baptist Church**

**followed by Walk of Witness to All Saints**

**10.30am All Saints Church service**

**followed by Walk to Beulah**

**12:00 noon Beulah URC service**

**followed by lunch in Canolfan Beulah**

**Easter Sunday 12th April:**

**8.45am Service in Canolfan Beulah Garden**

**followed by Breakfast**

**10.45am Easter Family Service**

**with Communion - Revd David Dean**

## **Congratulations to Eileen Newington, Wales Synod Green Advocate**

Most Synods have now appointed a Green Advocate, or Green Apostle, to concentrate on environmental issues and actions within the Synod, and to work alongside local churches. The Synod of Wales has recently registered as an Eco Synod and Eileen's main focus will be to encourage local churches to start on the Eco Church journey themselves. She is hoping to devise and run Eco Church workshops. This year she will also urge churches across Wales to engage with their MPs as part of the 'Hope For The Future' campaign in the run up to the COP26 climate conference in Glasgow.

## Lent Booklet

Martha and David invite you to write a piece (200-500 words) for our Lent Production Booklet. We would like to have at least one reflection for each topic however more than one viewpoint would be welcomed. Please sign up in the church porch and send your completed reflection to: [admin@beulahurc.org.uk](mailto:admin@beulahurc.org.uk) by 22nd March 2020.

If you have ideas for images that could be used please forward with your writing and we will try to include (space permitting).

Palm Sunday: Matthew 21:1-3: The owner of the ass and colt

Monday of Holy Week: John 12: 1-2: Lazarus

Tuesday of Holy Week: John 12:3: Mary

Wednesday of Holy Week: John 13: 21-30: Judas

Maundy Thursday: John 13: 3-11: A servant who normally washes feet

Good Friday: John 18:3-12 One of the band of soldiers

Holy Saturday: John 19: 39-40: Nicodemus

Easter Sunday: John 20: 1, 11-18: Mary

At present, we have had volunteers for Tuesday, Wednesday, Maundy Thursday, and Holy Saturday.

## DAY TRIP TO THE COUNTRYFILE ANNUAL SHOW IN WINDSOR GREAT PARK

We are planning to run a day trip on **Saturday 22 August 2020** to either the Countryfile Show or you can be dropped off in Windsor if you prefer. I shall be booking a coach which will cost in the region of £14.00 per head if we can fill the coach. However, if you wish to go to the Countryfile show you will need to apply for your own entry ticket. They are currently costing £12.00 per head and can be obtained on line. The cost will shortly be going up to £18.00 per head so the sooner you get yours the better. **There will be a new sign up list in the Church Porch from next week.**

*Barbara*

## Christian Climate Action Cymru

You are invited to a multi-faith prayer and meditation vigil outside the Senedd, Cardiff on Friday afternoons in Lent.

**Friday 28th February  
to  
Friday 10th April,  
between 2pm and 6pm**

We will be holding the people and the planet in our hearts and praying for humanity to have the wisdom and strength to survive the climate emergency. In concert with others praying outside Westminster, we are praying for the transformation of our politics to create a post-carbon world of justice and peace.

People of all faiths and none are welcome to come along on one



or more Fridays. There will be periods of silence, and times for talking/singing/ritual. If you would like to offer a prayer, a guided meditation, a song, a choir, a brief talk, a ritual or anything else appropriate, please let us know. Or feel free simply to join us.

This is a peaceful, non-violent, and prayerful event open to all faiths and perspectives.

(Organised by Stephen Lingwood, Minister with the Unitarian Church in Cardiff).

## Canolfan Garden Working Party



**Saturday 7th March - 9-11am**

We are applying for a Green Flag Community award for the Canolfan Garden.

Judging will take place in April so we need to tidy up the garden before then.

Volunteers are sought for helpers on Saturday morning 7th March from 9-11am

No special skills needed. Just a pair of gardening gloves and be willing to pull up some weeds or do some pruning.

If you are able to come, please contact Ian McDowell.

## Editorial Team

Colin Grimes,

Huw Morgan,

Email address: [crossroads@beulahurc.org.uk](mailto:crossroads@beulahurc.org.uk)

Visit the Beulah website at: <http://www.beulahurc.org.uk/>

## **YOUNG PERSON'S TRAVEL FUND**

A reminder that the Church Meeting on 18 November 2013 unanimously approved the setting up of the above fund as another fitting memorial to Revd Ann Sheldon from her very generous bequest. The Fund enables us to help our young people [aged up to 25 years] when they are carrying out voluntary work wherever that may be. The total available is £1,000 per annum and the maximum individual grant is up to a maximum of £250 in any one year. All we ask in return is either a written or verbal report on their travels after their return.

To fulfil this requirement Simon Ruddock and George Sweetnam will be talking to us about their visit to America last year when they took part in a global Scout Jamboree. This will be taking place after the morning service on **Sunday 19 April**. You may remember that not only did they benefit from the Travel Fund but many of you helped their fundraising when they held a Soup and Sandwich lunch prior to their trip. So do stay and hear all about their adventures – coffee will be served straight after the service and then we look forward to hearing from Simon and George. We hope you will be able to join us.

Application forms for the Fund are available from Barbara Rhys, Church Treasurer. Ann and Colin Grimes and Louise and Huw Morgan will assess them and make the necessary decisions on each application.

*Barbara*

## **KIN (Kindred in Need)**

**Together we care and together we share**

### **Alms Bowl Collection during Lent**

For our Alms Bowl collection we will turn again this year to Christian Aid's Count Your Blessings reflections and challenges. Throughout the Lenten journey we are invited to contemplate the impacts of climate change on our brothers and sisters around the world. As we meet people pushed to the brink of survival by the climate emergency each daily action helps us to give, act and pray for a greener future.

The money you collect during Lent can be brought to the church on Easter Sunday and will be used by Christian Aid to help fight the climate crisis.

Dates for your diary (and details to follow)...

### **Good Friday Bread and Cheese Lunch**

All are warmly invited to this family meal after the morning service on Good Friday. We will be raising money for Christian Aid.

### **Easter Breakfast**

Please join us at the Easter Breakfast which will be held before the morning service on Easter Sunday. This year we will be raising money for the thousands of families displaced in Northern Syria who are in urgent need of shelter and protection.

### **Easter Presents**

Just to give advance notice .....We have been given some small silver crosses with fresh water pearls on them which we will be selling at Easter time. They will make ideal Easter presents, and all money raised will go to charity. Please look out in the notices for more information about this.

*Eileen*

## **THANK YOU**

We would like to thank everyone for their well wishes, cards and gifts since the birth of our son, Aidan Edward James Grimes on Sunday 22nd December 2019. We have loved bringing him to church to meet his Beulah family (although we realise the angelic singing has so far meant for most of his visits he has been asleep!) We feel blessed to be surrounded with so much love. Diolch yn fawr,

*Jonathan and Vicki Grimes.*

# **My Wow! Moment**

## **- The Experience of Cataract Surgery**

I have been aware that my eyesight has been deteriorating for some time, certainly over the last three years or so, and I had been told by my optician that there were cataracts developing in both eyes. I felt that the deterioration was advancing fairly quickly as I was needing a new distance prescription about every six months. The main issue for me was being able to drive safely and confidently. However, it also impacted on being able to see the views when I was out walking in the countryside. I wasn't really aware that light was dimmer or colours duller at that time. My perception of the issue was one of distance and clarity rather than lightness or brightness.

My optician advised me to think carefully about if and when I wanted to be referred for cataract surgery: I was told that from the time of her referral, I would probably have to wait for about a year to be assessed at the hospital, then possibly two months or so longer before having the surgery. I was also told that if I were to be referred too soon, it might be considered at the hospital that my sight was not "bad enough" to warrant having the operation done at that time. I explained that I felt that the deterioration was advancing, so that I felt I needed a new prescription in less than six months and - apart from the concern I felt about this - it was very expensive having new glasses so frequently.

I was referred in the early part of 2019 and got myself into a stoical frame of mind to wait my turn. I still needed a new prescription a few months later and was told nicely that this was the most that

could be done to help my sight until I had the surgery.

I was on a walking break at Weymouth with friends in October and was actually on a hike, descending a tricky path from the Isle of Portland to Chesil Breach when my mobile phone rang and there I was, trying to stay safe on this path while attempting to retrieve my phone from my rucksac - The call was from the cataract department at UHW asking me if I would be prepared to have surgery at St Joseph's Hospital, Newport free of charge! Of course I said I would and thank you very much - then the person just said they'd be in touch and that I would have the operation before Christmas and the call ended. I felt stunned and excited.

To cut a long story short, I saw the consultant for an assessment on Monday 16th December and had the right eye cataract removed on Friday 20th.

What an amazing experience it was. I'm sure that many of you reading this will have had cataract surgery and I wonder if you found the process as truly amazing as I did. There was quite a bit of waiting about on the day while drops were administered to my eye to dilate the pupil - plenty of time to get nervous perhaps - but I was just so relieved to be having it done that I stayed in a relaxed state of mind, reading the newspaper.

It felt to me that I was in the anaesthetic room for some time but, by coincidence, I discovered that I used to teach the daughter of the anaesthetist - small world! Then I was in the operating theatre, the nurse kindly holding

my hand, and the consultant saying, "Look up at me, Diane."

Then the process started and it was like an adventure. I could see through the affected eye only. I could see that my eye was being irrigated - it was like being in a frozen lake and looking up through solid ice at water falling onto it. I saw three blue lights and the consultant told me where to focus my eye. I could feel movement and a slight sensation of pressure but no pain as the blue lights moved around. And it was like watching a Sci-Fi movie. It was actually amazing! Then in no time at all [or so it seemed, it was probably about 15 minutes later] the consultant said, "There you are, Diane. All done!" Truly amazing.

I had been told what to expect of my eye and how to look after it with eye drops, and that I should rest up for two days.

When my son came to collect me I was so excited - although I had a transparent shield over my eye I was already aware that things were lighter, and had to wear dark glasses in the car because of the glare of headlights.

As I said, things were lighter immediately and when I put the light on in my lounge, I had my first "Wow!" moment. It was so bright, I felt like a blind person feeling the almost pain of bright light.

As I had been told, there was some mistiness for a few days, but by the fourth day it had completely cleared and I had my second "Wow!" moment. I was already aware that things were lighter, but now I became aware

*(Continued on page 7)*

## My Wow! Moment *(cont from page 6)*

that colours were so much brighter. It was like a miracle, it really was and I was reminded of the stories of Jesus healing the blind. I have just found two such stories in Mark Chapter 8 verses 22 to 26 where Jesus heals Bartimaeus, and John Chapter 9 verses 1 to 41 where Jesus heals a man blind from birth. Far be it from me to criticise the gospels, but I feel that the texts don't really capture this "Wow!"-ness.

I remember some time at Sunday School as a child, hearing these stories of Jesus healing the blind and being asked how it would feel to be one of them. Now I can really understand.

I was relating this anecdote of "Wow!"-ness to Ian McDowell in coffee after church one Sunday when he suggested, "You should write about it for Crossroads." I thought, "Really?"

I was also telling Ian how lovely the consultant had been. There have been occasions in the past when I have had to deal with consultants looking after my mother, and my experience with

them has not been pleasant. But my consultant was so nice, so pleasant and made it all a positive experience. In fact, I wrote him a letter of thanks and said, "You, and people like you, make such a difference to the quality of life of others."

It's true, isn't it? We have a wonderful, dedicated National Health Service, with thousands of doctors, nurses, technicians – you name them – looking after us. We are so blessed. We know some of them in Beulah – you know who you are. Thank you for all you do. God bless you.

In my prayers I give thanks for all these wonderful people who do so much to improve the quality of life of others.

If you are awaiting cataract surgery - don't worry – it's an adventure!

I'm looking forward to having my left eye done to have another "Wow!" Experience.

*Diane Burton*

### EASTER THANK YOU

Gladys Mason's granddaughter got in touch to say how pleased and touched Gladys was when she received the beautiful bouquet and well wishes, that she asked us to share the photograph of the flowers with our readers.



## Church Meeting

Reminder there is an extra Church Meeting on **29th March** with a single item agenda - Agreement of Church Life Elders and Pastoral Elders prior to Induction and Ordination service on 5th April.

**The service on 5th April will be followed by a Bring and Share Lunch.**

### THANK YOU FOR THE 'THANK YOU' BUT.....

I don't know who the kind person was who thanked me for single-handedly arranging the recent Church family lunch but this was not a job that could have been done by anything other than a team. Pat Cazenave and I are the 'official' catering team and she, along with many others, made this happen. A team came in on the Saturday and laid up all the tables. On the day, others helped with the preparation, serving, clearing away, washing up, putting away of tables, etc, etc. Thank you all for your contribution to such a happy event.

*Barbara*

# You're Invited

to one of our 2020 Christian Aid Gatherings.

The Gathering will be an opportunity for you to be inspired, enthused, encouraged and challenged to step out in faith this year to support our brothers and sisters who are living on the front line of the climate crisis.



Cynan Llwyd will share his experiences from his recent trip to Kenya, which is the focus of Christian Aid Week, you will have the opportunity to share fundraising ideas and hopes, while learning about priorities for prayer & action. All are welcome!

When **7 March 2020, 10am-1pm**  
Where **Park End Presbyterian Church, Cardiff, CF23 6EG**  
RSVP by **2 March: cardiff@christian-aid.org / 02920 844646**  
/ or our Facebook page - Christian Aid Cymru



Eng and Wales charity no. 1105851 Scot charity no. SC039150 Company no. 5171525 Christian Aid Ireland: NI charity no. NIC101631 Company no. NI059154 and ROI charity no. 20014162 Company no. 426928. The Christian Aid name and logo are trademarks of Christian Aid. Christian Aid is a key member of ACT Alliance. © Christian Aid June 2017 J33817

## RUNNING THROUGH LENT

**A couch - to - 5km programme  
Reflecting on Community  
in preparation for Easter**

A 6 week couch-to-5km programme over Lent, consisting of running and/or walking combined with Scripture based reflections inspired by activities and organisations in the running community. Aimed at those trying to increase their activity levels, by the end you will be ready to take part in 5km running and walking events, such as Parkrun. The programme is led by Welsh Athletics licensed run leaders and a member of the Sports Chaplaincy UK team, and is delivered free of charge.

-----  
Where and when?

Near Café Castan, Llandaff Fields  
Saturdays, starting on the 29th of February 2020  
2pm running, 2:50pm faith discussion, 3pm walking  
-----

Contact us:

Email: [runningthroughlent@yahoo.com](mailto:runningthroughlent@yahoo.com)  
Find us on Facebook and Twitter

## In Memory of Elaine



A huge thank you to everyone who gave monies towards Jonathan's Snowdonia Marathon. He completed the marathon last October, and £750 was donated to the British Heart Foundation in Elaine's memory.

Love,  
*The Grimes Family*



# Pastorate Youth Group

Young people from City, Canton Uniting and Beulah have been getting together every school holiday for well over a year now. The original target age was 11 – 14, but the upper age has risen as the members get older, and there are often some younger siblings and leaders' children in the mix.

The group has become a lot more conscious of the pastorate since Martha and David's Induction, hence the evolving group title. We don't think there are any young people in the other churches at the moment, but anyone young in age or temperament is welcome to join us!

Our Christmas holiday get together took place on Friday 3rd January in Canton Uniting. As usual, we met at 10.30 and started with games to get to know each other and generally have fun. And also as usual, the host church provided lunch...we do like our food!

The theme for this session was New Year's Resolutions. We divided into groups and thought about our own resolutions for 2020, then our New Year's Resolutions for the world. Suggestions were imaginative and diverse:

- Use alternative methods of transport to reduce pollution
- Use more re-usable products and less single-use plastic to save the animals!
- Donate more to charity to help with injustices in the world, and give voice to those without one
- Be nice!
- Recycle by doing it more in our own society, even if we can't influence it in some other places in the world
- Try and make a change personally
- Donate to people who are less fortunate than us more
- Respect people more; all world leaders should show respect for other people!
- Increase people's access to freedom
- Increase research into carbon cap-ture systems

Discussion then turned to our New Year's Resolutions for our churches. Ideas flowed; these are just some of the young people's suggestions:

- Become closer to God by listening to other people
- Incorporate other churches in our activities (in the Pastorate and out)
- More charity based things with other churches
- Get together more
- Have coffee mornings
- Learn how to respond to homeless people better
- Do a forest church activity for the children
- Host homeless people – open our doors
- Support people with mental health problems
- More activities for young people
- Joint services between churches
- More activities/events for the local community e.g. community gardens
- Pastorate zero single-use plastic policy?
- More support for people who can't come to church because of health issues
- More joint events between our different churches
- Fundraising for community/charity/people around the world
- Places for little ones to play
- Clean up days – cleaning local streets

We came together at the end for discussion about the emerging predominant themes and how we will respond to them. It was agreed that I could share what we had done with the pastorate via our church magazines ... apologies for taking rather a long time to do so!

Homelessness will be the focus of our next session in February, including a visit from a member of staff at the Huggard Centre. And we're planning a sleepover on Easter Saturday, leaving in time to get back to our own congregations for our Easter services. Coming together as young people, and taking a little of what we have done back to our congregations.

It's a privilege to spend time with these vibrant young people. They certainly are thought provoking!

As we moved towards our closing worship the sense of community was palpable. I'm looking forward to the next time.

*Brenda Cheer*

## Beulah's Social Events .....

We would like to give you some advance notice for some social events. As you can see we are waiting to finalise some of the dates.

Young People event - We are hoping to organise an event for some of our young people to tell us all about their travels last year - please keep an eye out for a date coming soon.

April 5th - Bring and Share Lunch for Induction of new Pastoral Elders

June time - Possible Music Quiz night

July 11th - Walk in Cardiff Bay - Murder Mystery Walk

August 22nd - Possible trip to Country File in Great Windsor Park - people can also visit Windsor or Legoland instead, if they wish to. Sign up list currently available in the church porch.

Late August - Beulah's Annual Skittles tournament! Get practising!

Desert Island Discs - Beulah's own version! Keep an eye out for this towards the Autumn.

December 11th - Church Christmas Party

January 8th 2021 - Beulah New Year Meal at Whitchurch Golf Club (instead of New Year Party)

### Trips to Cardiff Millennium Centre



**Book of Mormon** - 16th November 2020,  
**Phantom of the Opera** - 12th January 2021,  
**Strictly Ballroom** - 7th April 2021

Thanks  
*Eleri*

## World Day of Prayer

at Rhiwbina Baptist Church,  
Lon Ucha, on Friday 6th March at  
2.00pm

The World Day of Prayer is an international, inter church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Our local group consists of Beulah URC, All Saints Church, Bethany Baptist and Rhiwbina Baptist Churches. Finally, at Rhiwbina Baptist Church, people will gather to celebrate the service prepared by the women of Zimbabwe.

The Day of Prayer is celebrated in over 170 countries. It begins in Samoa and prayer in native languages travels throughout the world – through Asia, Africa, the Middle East, Europe and the Americas – before finishing in American Samoa more than 36 hours later.

### ***RISE, TAKE YOUR MAT AND WALK***

This is the theme of this year's service which has been prepared by the women of Zimbabwe. Women, men and children of all ages are called to, "Rise, take up your mat and walk!" to join this day of prayer. The women of Zimbabwe encourage us all to reflect on the difficulties and unrest that have plagued their country over many years. They share the challenges they have met and the hopes they have for the future. They ask us to, "Rise, take your mat and walk" with them as they continue their often turbulent journey towards full reconciliation.

A warm welcome is extended to everyone at this service. Please come along to show solidarity with our sisters in Zimbabwe. We hope that you will also stay to enjoy the light refreshments which will be served after the service.

*Diane and Mary*

## Thank you for your donation to Mary's Meals!

We have received the letter below from the charity 'Mary's Meals', thanking us for our donation of £220. This sum was raised from our Christmas Meal at the Golf Club and the New Year's Brunch. Thank you to everyone who contributed so generously.



*Dear Friends*

*Thank you so much for your donation of £220.00 to Mary's Meals, which will be used to provide life-changing meals for children in their place of education.*

*Supporting our school feeding programmes is a great way of helping hungry children to learn and giving them the best chance of a future free from poverty.*

*The daily meals we provide are enabling thousands of children to attend school and work towards their dreams. Children such as 14-year-old Chimza Harry, who attends Mwalamba Primary School in Malawi.*

*Chimza – whose full name, Chimwemwe, means joy – lives at home with his mother Lucia and three siblings. The family ran out of food stores soon after last year's harvest, having only managed to grow one bag of maize.*

*He said: "I feel weak in the mornings when I walk to school. I feel lethargic, but I am excited to go to school because I will eat here, and learn."*

*Chimza is top of his class and has been every year since he started school. However, as the eldest male living in the household, he feels duty-bound to help support the family and is adamant that he would not be at school if it weren't for the phala (porridge).*

*"When I eat the phala I get the strength to eat, study, walk home, and work."*

*"If there was no phala, I would have left school, because I know when I am hungry I cannot listen properly, I cannot learn. I would like to finish my education and become a doctor. I would like to help my people - the people around my village - to see a doctor in hospital faster."*

*Chimza's academic achievements show he is right to be ambitious. Thanks to your generosity, he and thousands more children have the chance to realise their dreams. On behalf of the 1,667,067 children who currently receive Mary's Meals, I thank you from the bottom of my heart.*

*Yours sincerely,*

*Magnus MacFarlane-Barrow  
CEO, Mary's Meals*



# CHURCH CALENDAR

## MARCH

<b>Sunday</b>	<b>1st</b>	<b>10.30am</b>	<b>Called to be Co-Creators: Worship Team - Anne Wilkes, Marion Williams &amp; Ruth Williams</b> <b>Junior Church</b>
		<b>6.00pm</b>	<b>Joint Communion at All Saints</b>
		<b>7.15pm</b>	<b>Youth Fellowship</b>
Mon	2nd	2.00pm	Women's Fellowship
Wed	4th	10.30am	Midweek Meeting Point Stepwise (Elfed Avenue)
Thurs	5th	7.00pm	Service of Celebration of the Welsh Bible (Capel Tabernacle, The Hayes)
Fri	6th	2.00pm	World Day of Prayer (Rhiwbina Baptist Church)
		3.15pm	Youth Drop In
<b>Sunday</b>	<b>8th</b>	<b>9.00am</b>	<b>Holy Habits: Giving</b>
		<b>10.30am</b>	<b>Called to be Curious: Richard &amp; Sarah Edwards</b> <b>Junior Church</b>
		<b>7.15pm</b>	<b>Youth Fellowship</b>
Mon	9th	2.00pm	Women's Fellowship Stepwise (City URC)
		7.30pm	Elders' Meeting
Tue	10th	7.30pm	Stepwise (Beulah URC)
Wed	11th	10.30am	Midweek Meeting Point Stepwise (Elfed Avenue)
		7.30pm	Cardiff & Penarth Pastorate Discussion Group (Canton Uniting)
Sat	14th	10.00am	KIN Cake Stall
<b>Sunday</b>	<b>15th</b>	<b>10.30am</b>	<b>Called to be Troublesome: James Hall - Communion</b> <b>Junior Church</b>
<b>Crossroads Deadline</b>		<b>7.15pm</b>	<b>Youth Fellowship</b>
Mon	16th	2.00pm	Women's Fellowship
Wed	18th	10.30am	Midweek Meeting Point Stepwise (Elfed Avenue)
Fri	20th	3.15pm	Youth Drop In
<b>Sunday</b>	<b>22nd</b>	<b>10.30am</b>	<b>Mothing Sunday</b> <b>Called to Belong: Revd. Martha McInnes - Infant Baptisms &amp; New Members</b> <b>Junior Church</b>
<b>Paradise Run Collection</b>		<b>7.15pm</b>	<b>Youth Fellowship</b>
Mon	23rd	2.00pm	Women's Fellowship Stepwise (City URC)
Tue	24th	7.30pm	Stepwise (Beulah URC)
Wed	25th	10.30am	Midweek Meeting Point Stepwise (Elfed Avenue)
		1.05pm	Lunchtime Recital: Centenary Concert - Rebecca Evans & Michael Pollock
Sat	28th	10.15am	WRB Prayers Beulah URC
<b>Sunday</b>	<b>29th</b>	<b>10.30am</b>	<b>Called to be Compassionate: Worship Team- Derek Evans &amp; Geraint Richards</b> <b>Junior Church</b>
		<b>7.15pm</b>	<b>Youth Fellowship</b>
Mon	30th	2.00pm	Women's Fellowship



## APRIL

Wed	1st	10.30am	Midweek Meeting Point
<b>Sunday</b>	<b>5th</b>	<b>10.30am</b>	<b>Palm Sunday</b> <b>Called to be Servants: Revd. Martha McInnes - Induction of Elders &amp; Communion.</b> <b>Junior Church</b>
Mon	6th	2.00pm	Women's Fellowship Stepwise (City URC)
		7.00pm	Holy Week Meditations, Beulah. Called to Follow.
Tue	7th	7.00pm	Holy Week Meditations, Beulah. Called to Faithfulness.
		7.30pm	Stepwise (Beulah URC)
Wed	8th	10.30am	Midweek Meeting Point
		7.00pm	Holy Week Meditations, Beulah. Called to Forgiveness.

## BEULAH DROP IN

Last month, Drop In celebrated St Valentine's Day with a twist. We decided that everyone should consider the world, our planet, as their Valentine. We wanted to express our love for the environment and the planet through the messages featured below. These heartfelt messages of appreciation hint thankfully that the next ruling generation might be better guardians than those of the past.

*Eleanor*

*Dear Planet,*

*You have survived so much and hold many beautiful animals and plants. You have put up with all our wars and destruction, it's now our turn to take care of you. We will help fight against plastic, pollution and climate change so that new generations can grow up in a happy, healthy world. With each bag we recycle/tap we turn off and walk we take, we will think of you and what you have done for us. When we see the magnificence of your animals and complexity of your plants, we thank you for allowing us the opportunity to live on such an amazing planet. We gaze up at the stars and see how happy you could be, we promise to do better.*

*We love you,*

*From Lucy and Annelise.*

*To World,*

*We promise to look after you, and protect you. For me, today is all about you, world. We are sorry for littering, war and pollution.*

*We hope to be better in the future .*  
*From Clara and Eve.*

*Dear David,*

*We, here at Beulah Youth Club, have written to say that we all wish that there were more people like you doing amazing things like you to save the amazing planet we live on, especially in Australia at the moment. We real admire your work and hope that our planet will be able to heal.*

*With love*

*Emily, Evie and Eva.*

*To the world,*

*We promise to save the planet.  
Thank you.*

## Concerts at the Crossroads Special Centenary Lunchtime Recital Wednesday 25<sup>th</sup> March at 1.05pm

**Rebecca Evans – soprano  
with  
Michael Pollock – piano**

This special centenary concert has been so long in the planning that I can hardly believe that it is now upon us. It was back in April 2008 that the harpist Meinir Heulen gave the first recital in this current series and there were about 60 people in the audience. Slowly and steadily over the years the audience numbers have built up and we also established a regular pattern to the timing and dates of the concerts. It is always held on the last Wednesday of the month with gaps in December, July and August.

I told Rebecca about the concerts and their importance in the community and asked if she would consider coming to help us recognize and celebrate this event. She immediately responded positively and enthusiastically after checking her diary! She is coming with one of her regular pianists, Michael Pollock and the recital is her choice and mainly a song recital. She is singing Mozart, Strauss, Dilys Elwyn - Edwards and Bernstein.

Exciting times! Yes, bring it on!

Date for your diary

**Wednesday 29<sup>th</sup> April at 1.05pm  
Alis Huws – harpist to the Prince of Wales**

Tickets £5 on the door

*Dear Planet,*

*You are a very beautiful world. Plastic is destroying you, but we will save you. We promise to get rid of war and have world peace. We love the world.  
From Lucy.*

*To the World,*

*Thank you for giving me a chance to live.  
We are doing everything to save you.*

*To World,*

*I promise to look after you and never take advantage of you.  
I love the Earth.  
Love Eva.*

*To World,*

*I promise to look after you and try to fight against climate change and plastic pollution and for as long as I live.  
Katie.*

*Dear Earth,*

*I am sorry for all the damage the human race has done to you, we will try to stop. Together, all of us as one, the human race will work together to stop this harm and start over, not making the same mistakes.  
Sophie.*

*To the World,*

*Thank you for letting me inhabit you.  
From Jess*

## Who's Doing What and When

	<i>Driver on Rota</i>	<i>Duty Elder</i>	<i>Stewards</i>	<i>Pulpit Reader</i>
<b>March</b>				
1st	am Harley Jones & Catherine Tyler	Ian McDowell	Mike & Mary Warsop	Mark Stephens
	pm	Ecumenical Communion Service at All Saints		
8th	am Bill Sampson & Colin Grimes	Louise Morgan	John & Mary Prosser	Brenda Cheer
15th	am Huw Morgan & Giles Ballisat	Harley Jones	Bev Hampson & Kaye Mundy	James Hall
22nd	am Mike Warsop & Keith Jones	Liz McCarthy	Ann Grimes & Audrey Budding	Heather Bishop
29th	am Tony Webb & Audrey Budding	Betty Evans	Louise Morgan & Karen Sampson	Lorraine Larcombe
<b>April</b>				
5th	am Harley Jones & Catherine Tyler	Nigel Barwise	Pat Agland & Eleri John	Pat Ruddock
9th	pm	Andrew Glanfield		Jenny McDowell
10th	am	Ruth Williams		
12th	am Bill Sampson & Colin Grimes	Nesta Thomas	Fiona Liddell & Eleanor Mills	Andy Wales
19th	am Huw Morgan & Giles Ballisat	Tony Webb	Mike & Mary Warsop	Barbara Clift
26th	am Mike Warsop & Keith Jones	Colin Grimes	Pam Penny & Denise Dickman	Kate Hampson
<b>May</b>				
3rd	am Tony Webb & Audrey Budding	Jenny McDowell	Richard Sweetnam & Frank Rees	Marion Williams
	pm	Ecumenical Communion Service at Bethany Baptist		
10th	am Harley Jones & Catherine Tyler	Jill Ferdinando	Giles & Philippa Ballisat	Huw Morgan
17th	am Bill Sampson & Colin Grimes	TBA	TBA	TBA
24th	am Huw Morgan & Giles Ballisat			
31st	am Mike Warsop & Keith Jones			

## Mr Potato Head is Back!

One potato, two potato,  
Three potato, four,  
Five potato, six potato,  
Seven potato, more!



The potato growing project is back again for a further year by popular demand!

Potato grow bags will be available with instructions, 3 seed potatoes, and fertiliser. You will need to provide the compost (eg multipurpose).

### Suitable for all ages

Friends and family can take part too  
– a community project

Cost is held at £2.50 per pack  
which includes 50p donation to KIN

If you would like a pack or two (or more) you can pick them up after church in the Canolfan foyer most Sundays from end of Feb to Mid March.

## Flower Rota

### March

1<sup>st</sup> Lesley & Mary Richards  
8<sup>th</sup> Margaret John  
15<sup>th</sup> Betty Hulston  
22<sup>nd</sup> Ron & Denie Leech  
29<sup>th</sup> Fleur and Karen

### April

5<sup>th</sup> Diane Burton  
12<sup>th</sup> Ann & Colin Grimes  
19<sup>th</sup> Cathryn Hales  
26<sup>th</sup> TBC



## Editor's Note

The **deadline** for articles to be included in the **April 2020** edition of **Crossroads** is **Sunday 22nd March**