

CHURCH NOTES

Easter is the busiest time in the Church Calendar and we have been busy in many different ways this year.

I do hope you were all able to connect with Beulah in some way. The mix cloud services continue each Sunday, the link should be available by e-mail and on Beulah Friends. It has been lovely to hear both familiar and new, different voices. We now have an order of service too allowing you to find relevant Hymns and to sing along.

During Holy Week it was good to see Martha & David live on Beulah URC Facebook each evening and see others give their thumbs up and positive comments.

Louise kindly posted on Beulah Friends a previous Holy Week Walk with reflections, around Rhiwbina. Colin and Ann provided us with the photos showing the route for those unable to get out at present.

Our Holy Week booklet yet again provided some different reflections to think about. I received mine via email, the pictures were very vivid, helping to set the scene and give a different focus.

We were unable to undertake the Walk of Witness from Bethany to All Saints and then

Beulah although I did see the video of last year's.

This year the Cross was pictured outside the Margaret Whittaker Lounge and then adorned with flowers on Easter Day - Thank you Karen.

Easter Day wouldn't be complete without Breakfast and a service in the Beulah Garden. I am reliably informed the service was lively and interactive, with 70+ attendees across the Pastorate using Zoom. There were of course the 'usual' first time connection 'problems'. Having no sound I must admit I switched over to the mix cloud instead!

Graffiti Jesus' return was widely welcomed and great to see the

weekly changes including butterflies and rainbow. The last image reminding us to Stay Safe. Thank you to Jo and the knitters.

Seb Cheer has set up access to services by 'phone if you prefer. This can continue if there is sufficient demand. Please let your elder know if you are using this.

Thank you to everyone involved.

Finally, if you are out and about on your daily walk around Rhiwbina - please remember not to sit down for too long but if you do, how about on our new suggested seating? (See below)

Take Care & Stay Safe,
Anne



Contact

Ministers in the Pastorate:

Revd. Martha McInnes,

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New Bible Study and Prayers on Facebook and Zoom

**Sunday at 7.00pm
Evening Prayer on Facebook Live**

**Tuesday at 2.00pm
A Bible Study on "Bad Girls of the Bible"**
This is on Zoom so contact Martha for the link.

**Wednesday evening at 8.30pm
Evening Prayer in the style of the Iona Community**
Again on Zoom so contact Martha for the link.

**Thursday evening at 7.30pm
A Lectionary Bible Study
(with a break at 8 to clap for the Carers)**
Again on Zoom so contact Martha for the link.

Thanks, Martha and David

**Please get in touch with Martha or David if you are
interested.**

**It may be useful to say that the first Elders Zoom Meeting
with Church Life Elders has taken place and we will
continue to meet monthly in this way while social
distancing measures are still in place.**



Thanks to the Beulah Family

The loss of Anne, Andy's Mum, at the end of February was a sudden and shocking event for our family. This has been compounded by the coronavirus social distancing measures, which have intruded significantly into our grieving and our funeral arrangements. Nonetheless, we managed a natural burial in lovely spring sunshine that felt very fitting.

Very many of you have found time to write words of condolence to us and to send cards and messages, and we had some lovely flowers from Beulah soon after the event.

The thoughtfulness and kind wishes of quite so many people has been uplifting in these trying times. Whilst we desperately wish Mum / Nanny was still with us, we feel lucky for the love and support we have received, and we extend our heartfelt thanks to all.

*Andy, Cathy Summer &
Crystal Wales*

NEW BABY!

In a world where all the talk is of antibac, social distancing and toilet paper, miracles are still happening. The Holbrook's welcomed a new addition to the family on Saturday 25th April. Matthew and Stephanie had a baby boy. All are well, and at time of writing (Saturday lunchtime) waiting to be discharged.



It's good to take a moment to remember that life does go on and it is beautiful. I hope it isn't too long until we can go and meet him.

Thanks for all the messages of congratulations.

Love from Karen and Ross and family

Visit the Beulah website at:

<http://www.beulahurc.org.uk/>

HEAVEN'S GROCERY STORE

I was walking down life's highway a long time ago.
One day, I saw a sign that read "Heaven's Grocery Store",
As I got a little closer, the door came open wide,
And when I came to myself, I was standing inside.
I saw a host of ANGELS. They were standing everywhere.
One handed me a basket and said; "My child shop with care".
Everything a Christian needed was in the Grocery Store,
And all you couldn't carry, you could come back the next day for more.
First, I got some PATIENCE, LOVE was in the same row,
Further down was UNDERSTANDING, you need that everywhere you go.

I got a box or two of WISDOM, a bag or two of FAITH.
I couldn't miss the HOLY GHOST for it was all over the place.
I stopped to get some STRENGTH and COURAGE to help me run this race.
By then my basket was getting full, but I remembered some GRACE.
I didn't forget SALVATION for SALVATION is free,
So I tried to get enough of that to save both you and me.
Then I started up to the counter to pay my grocery bill,
For I thought I had everything to do my MASTER'S will.
As I went up the aisle I saw PRAYER and I just had to put that in,
For I know when I stepped outside, I would run right into sin.
PEACE and JOY were plentiful, they were on the last shelf.
SONG and PRAISES were hanging near so I just helped myself.
Then I said to the Angel, "Now, how much do I owe?"
He just smiled and said "Just take them everywhere you go".
Again, I said, "How much do I really owe?"
He smiled again and said:
"MY CHILD, JESUS PAID YOUR BILL A LONG, LONG TIME AGO!"

Submitted by Mike and Mary Warsop



Ann and Colin would like to apologise to anyone who has tried to phone us on our landline over the last 4 to 5 weeks, and not had a reply.

The line went down just before lockdown, and for a variety of reasons it hasn't yet been fixed.

If you need to contact us please call us on our mobile phones.

Thank you.

An Update

I thought you might like to have an update on our present financial situation – just a little light reading!

The annual accounts for the year ended 31st December 2019 have been completed, audited and finalised. However, as you will understand, we are unable to sign them off until such time as the current situation changes. They will be brought to a Church meeting for your approval when we can.



Thank you to all who give by Standing Order as this is ensuring that our current account remains stable as there are obviously still bills to pay.

Can I encourage those of you who use the weekly envelopes to continue to fill them each week as you would normally and we will celebrate them all arriving safely in the church plate when we are able to return to worship together!? However, if you feel it might be easier for you to give by Standing Order, if only for the time

being, then please do get in touch and I will arrange for a form to be sent to you which you can complete and pass on to your bank. Alternatively, I can give you our bank details to enable you to process this on line.

Thank you as always for your support and generosity and I hope we will be seeing each other before too long. In the meantime, love and peace to those of you who are self-isolating like John and I, and also to those of you who are thinking about us all and helping when needed. Thank you.

Keep safe and well.

Barbara
Church Treasurer

**Editorial
Team**

Colin Grimes

Huw Morgan

**Please note, new editorial email address:
crossroads@beulahurc.org.uk**

KIN (Kindred in Need)

Together we care and together we share

Christian Aid Week 10th - 16th May

We wanted to share these thoughts with you from the Christian Aid website as the charity responds to the Coronavirus crisis and more than ever needs our support.

Love never fails. Coronavirus impacts all of us. But love unites us all.

As this virus spreads across the world, love rises up in response. You've already shown incredible kindness to your neighbours. Now is the time to reach out to your neighbours both near and far.

Your love protects. From storms, from drought, and now from coronavirus. Your love protects our global neighbours battling the spread of this illness. Your love protects. With soap, clean water and medical supplies.

By supporting us this Christian Aid Week, you can reach out and protect more of your neighbours today. The coronavirus outbreak threatens the health of our neighbours near and far. Together we must respond quickly to help the most vulnerable.

Christian Aid Emergency Coronavirus Appeal
Coronavirus has shown us that our futures are bound more tightly together than ever before. And now it is spreading across the world's poorest countries, putting people living in poverty at great risk.

These people are already facing a lack of water, food and healthcare. Some are homeless. Some are living with underlying health issues such as HIV.

As coronavirus infection rates speed up, they will feel the impacts of the virus deeply. We must respond now.

Christian Aid's Response

Together with our local partners, we are working quickly to limit the impact of coronavirus in some of the most vulnerable communities around the world.

- We are drawing on our experience from the Ebola crisis and helping communities to prevent and delay infection.
- We are providing essential soap, water and handwashing training.
- We are ensuring urgent health messages get through to help keep people safe.
- We are working through our networks of church partners and faith-based organisations to reach the most vulnerable at this critical time.

Where we are responding

In Bangladesh, we are helping Rohingya refugees living in overcrowded camps understand the risks and take precautions by sharing hygiene messages in their local languages and offering handwashing sessions.

In Nigeria, we are working to ensure safe distributions of food can continue for displaced people living in camps.

Your global neighbours urgently need your help. Please support our response to the coronavirus pandemic and give what you can today.

<https://www.christianaid.org.uk/appeals/emergencies/coronavirus-emergency-appeal>

Christian Aid week in Beulah

'Bingo and Family Quiz' online at 7.00pm on Saturday 16th May ...
please join us!

We are extremely grateful to the Glanfield family for offering to host this for us.

Look out for details and instructions nearer the time via Facebook and email.

Christian Aid will be live streaming worship each day with guest speakers and hosting fun daily quizzes. We hope to make these available for you.

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KIN (Kindred in Need) Together we care and together we share

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There are lots of other ways you can organise your own virtual fundraising:

<https://www.christianaid.org.uk/christian-aid-week/virtual-fundraisers>

Here are some suggestions: cook-a-long session, craft-making, art competition, karaoke, hymn-a-thon, baby photos contest ... have fun! Please donate to Christian Aid:

- online at:

<https://donate.christianaid.org.uk/>

- by phone on 020 7523 2269
- by putting money aside to be collected in Beulah later in the year

Size of Wales launches eCards ...

Having difficulty buying greeting cards and getting out to post them?



Size of
Wales
Maint
Cymru

Here is the answer!!

Some of you may remember **Size of Wales** visited Beulah at the Winter Festival last year. They are a Welsh charity based in Cardiff with a mission to sustain an area of tropical forest twice the size of Wales as part of our national response to climate change. They work with businesses and schools to raise funds for forests and raise awareness of the importance of forests in tackling climate change.

Size of Wales has launched a series of eCards to help people stay connected even when they're apart. The

eCards have been designed by students at Cardiff Metropolitan University exclusively for Size of Wales, and each card will help support approximately one hectare of tropical forest.

The range includes eCards for any occasion, so you don't need an excuse to show someone you're thinking of them. In addition there are specific designs in Welsh and English for sending Birthday wishes, Congratulations or a message of Love. There are also eCards for Mother's Day and Father's Day, as well as new Christmas cards available later in the year too.

The beautiful designs are available at:

sizeofwales.org.uk

and each £1 eCard donation will help Size of Wales support communities to secure, sus-tain and restore tropical forests.

So, whatever the occasion, you can reach out and let someone know you're thinking about them, with a Size of Wales eCard.

Sending our love and thanks to you all,
Eileen, Eleri and the KIN committee



How to stay healthy and sane during the lockdown.

As I am writing this article, we are approaching week six of this lockdown. For a lot of people this is posing a serious health challenge, especially for those who have to self-isolate and whose lives are even more restricted. Being stuck at home can have a huge effect on your mental and physical state - weight gain, anxiety, depression and feelings of helplessness and loneliness can all have an impact. However, it doesn't have to be this way and there are a lot of things that you can do to keep your body fit and your mind positive.

Keep your body fit, even with limited means.

Take a leaf out of Captain Tom Moore's book. As a thank you to the NHS he decided to raise funds - his initial target was £1000 - by walking 100 laps in his garden with his Zimmer frame before his 100th birthday. Since he started this fundraiser on the 16th of April, the 99-year-old not only finished his 100 laps, he has also raised over £27 million. He also inspired other older people to start their own fundraising by taking exercises and documenting it on social media.

I am highlighting this story for two reasons - to show you that you can stay positive and exercise when there is not much space available and also because it is simply a heart-warming and positive story.

Exercising not only keeps your body fit, it also releases endorphins and serotonin, which is good for your mental health. Of course, the type of exercise

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you can do, depends on your mobility and available space. Here are some suggestions:

- Do like Tom Moore did and walk around in your garden counting the laps. Each day try and add more laps.
- Walk up and down your stairs.
- Try skipping with a skipping rope.
- Use a Theraband to strengthen your upper body muscles.
- If you have an exercise bike or a stepper - use that (or if you still can, order one online).
- Try yoga. Gentle yoga exercises keep your mind focussed, reduce tension in your muscles and also relieve stress. Yoga has also a calming effect and centres the nervous system. There are different types of yoga for different levels and not all yoga exercises require you to lie down. You can also try chair yoga - this is great for people with limited mobility.
- You can find plenty of free exercise videos on YouTube you can work out to.

One tip - make exercise part of your daily routine. Choose a time when you want to do it and decide how many minutes you want to exercise each day. If you struggle with motivation - find an exercise buddy who keeps you accountable.

***Eat a healthy diet
and seek out the sunshine.***

It goes without saying that a healthy diet can make all the

difference to how to cope with this lockdown. Now that the initial panic buying has settled down, the supermarkets are well stocked and have made arrangements to limit the purchase of certain items. They also offer dedicated time slots for shoppers such as NHS staff and older people. Make sure your diet is varied and balanced. This means eating a balance of protein, fruit and veg, less biscuits and sweets and avoid saturated fats. You can find tons of healthy recipes on the internet.

As we stay indoors more, we will get less exposure to the sun. Sunshine is a vital source of vitamin D, which is important as it helps to regulate the amount of calcium and phosphate in your body and keeps your muscles, bones and teeth healthy. Some early research has even suggested that vitamin D may be important in resisting Covid-19. To make sure you get enough vitamin D - take advantage of the sunshine by sitting out in the sun as much as you can or go for your allotted walk. You can also take supplements as a precaution. Fatty fish such as tuna, salmon and mackerel are good sources for vitamin D too. Other foods include cheese, egg yolks, soy milk, some fortified dairy products and cereals, orange juice and beef liver.

***Keep your mind occupied
and healthy***

We are used to meeting other people and being with friends and family and going to church. Now that this has changed, we have to adapt and figure out how to combat the feeling of isolation and loneliness. There are ways to stay in touch via social media. We can use Skype or Zoom to see each remotely. This is of course not for everyone - and some

people don't have access to the internet - my own parents-in-law don't and my 97-year old Grandma doesn't understand how her iPad works (though her carer does). However, staying in touch is super important. So, make sure you call your loved ones regularly and have a chat. If you feel lonely and need moral support or help you can also call one of our volunteers who are happy to chat with you.

Boredom can be another problem for some people who are not used to being stuck at home. Now is a good time to read that book that's been on your reading list or take up a new hobby. Crafting is good for your mind too. Not only do you keep your mind focussed on what you're creating, you also have something at the end to show for your efforts and keep or give as a gift. You could even combine the crafting with charity. There are lots of free videos available on YouTube that teach you all sorts of crafts. I have recently started to teach myself Origami from a book and discovered a useful Origami instruction website. I just fancied learning something new. I am currently practising my drawing skills by drawing lots of cats and dogs.

And finally - avoid the news channels. It's all incredibly negative and the constant barrage of bad news won't help your mental state. If you can't live without the news - try to find the positive uplifting stories - just like the one of Captain Moore. There are more good people out there than bad - and this situation shall also pass. If people can survive two world wars - we can manage a few weeks of house arrest.

Helen White

Dear Friends,

If we had asked you to describe church in January, you probably would have talked about a building, a friendship circle, support, God's presence. If we asked you to describe it today, how would your answers be different?

Many people are, of course, saying the church is not a building. We know that, but what is it when we cannot meet in a physical place? Those of you fortunate enough to live near another church person, you can walk by and wave or shout up the driveway or over the fence. That is super. Others of us do not have that option. So what is church?

For us at the moment, it is knowing that others are facing this pandemic with a sense of God's presence, trying to discern what God is saying in these moments, and wondering about God's direction in the future. It is trying new technology together and finding new

ways to connect. It is knowing that other people care about those who remain disenfranchised — in contrast to the statement that "we are all in this together." We may be together, but some of us are still better off than others. God still cares about those with less — and we do too.

For us church has always been larger than any national borders. This pandemic highlights that.

Each of us can access church from almost anywhere in the world now. We also know that because churches are offering so many resources online there are many "places" we can be nourished spiritually, but we hope that the Beulah community remains a community of support and encouragement, offering hope and love to people, a virtual and a physical space to be nurtured.

Peace,
Martha and David

Something to look forward to

We have shows booked at the Wales Millennium Centre for when we come out of lockdown (hopefully). I have group bookings for the following:- On 16th November 2020, The Book of Mormon, tickets are £44.50. This show comes with a warning! This is not a show for the faint hearted! It contains strong language and content. And then, The Phantom of the Opera, on 12th January 2021, tickets are £55.50. If you would like to add your name to the list, please contact me on my mobile phone, email, by post, or on Beulah Friends.

Happy days!

Ann Grimes.

Editor's Note

The **deadline** for articles to be included in the **June 2020** edition of **Crossroads** is **Sunday 24th May** and **Huw** will be editing.

Together in Prayer

Perhaps you might wish to include each of the below, in your prayers of intercession, week by week, either in your virtual church services, or in your own prayers.

A single document containing the prayer calendar for the whole of 2020 is available to download.

Week 18

3rd May

Pray for Cefnybedd Cilmeri United Reformed Church
Pray for Sudan, South Sudan and Uganda

Week 19

10th May

Pray for Crane Street United Reformed Church/ Baptist Church, Pontypool
Pray for Kenya and Tanzania

Week 20

17th May

Pray for Stow Park United Reformed Church/Presbyterian Church of Wales, Newport and Trinity United Reformed Church/Presbyterian Church of Wales, Llanidloes
Pray for Malawi and Zambia

Week 21

24th May

Pray for Dan-y-Graig United Church, Newport and Simon Walkling and other officers serving the National Synod of Wales
Pray for Botswana and Zimbabwe

Week 22

31st May

Pray for Bailey Street Uniting Church, Brynmawr and Tabernacle United Reformed Church, Rhayader
Pray for Lesotho, Namibia, South Africa and Swaziland

PASTORAL

We are living in strange times are we not? But just because we are not able to meet as we usually do, it does not mean that we are not thinking about each other. The Elders are doing a wonderful job of trying to keep in touch with each one of you either by email or by personal phone calls.

There has been a lot of information via email sent over the last few weeks. We had information about Holy Week Prayers, services and even a Zoom service on Easter Sunday.

I would also recommend Martha's Blog as each one seems to put into words many of the feelings we have about what we are experiencing. It is much appreciated.

Not everyone can take part in those things, but those without

email have the chance to listen to services over the telephone and some have been doing that. We would very much like feedback on those using this service as it is expensive to maintain and we want to make sure it is being used to its fullest. Please let us know what you think.

If you are receiving information via email but having problems opening or understanding what is sent please don't hesitate to contact your Elder as we have experts who could try & sort things out for you.

If anyone is having problems with shopping or collecting medicines we have a list of people willing to help, but again we need to know how best we can help. Some of you may have little contact outside the home and would

welcome a chat on a regular basis over the telephone. Again we would love to hear how you are getting on as the "lock down" continues and are more than happy to have a telephone "cwtch".

Whatever problems you are having, I assure you that nothing is too much trouble, and we want to help. Please contact your Elder or ring me direct, that is what we are here for.

Again a big thank you to the Pastoral Elders who have been thrown in at the deep end and have adapted quickly to the changed situation. Make sure you are involving your Pastoral Helpers as they have offered their services and want to share the work.

Betty Evans

Coronavirus Cookbook or Lockdown Recipes?

Whilst sitting in my garden, I had an idea! What is the most talked about thing we do, since being in lockdown? Well, it seems to me that food is trending.

So, I thought to myself, it has been over 20 years since we last had a Beulah Recipe Book (you know, that well thumbed yellow covered book that's a bit messy, that is on your shelf in the kitchen, ... well, mine is anyway). So, while we have some time on our hands, why don't we have a go at another one? If you have a favourite recipe that's your 'go back to' recipe, time and time again, like a cake, a dessert, a savoury, a



salad, or a Summer cocktail you know, the one that impressed your mother in law, or put a smile on the children's faces, maybe the one that Barbara or Pat asked you to

provide for one of our 'sad parties' anything really!!

So, if you are little, and have been cooking with your Mum and Dad since you've been home from school, or a little older, or even older still!! ... send your recipe to either Helen or myself, by post, by email, or even hand deliver if you're out daily exercising. I will have a box in my porch for you to pop them in when you are passing.

Looking forward to receiving your recipes. Please, a picture would also be good so we can see what it should look like!!

Ann Grimes.



When I need images to fill space in Crossroads, and want to add some colour, I seem to be always drawn back to our times on Caldey Island.

