



by the individuals who are carrying on with their jobs even at a time like this is truly amazing.

**Disorganised** - We get very used to our routines and this has majorly disrupted them, making life feel very chaotic as we rush to try and adapt to this unique situation. Though slowly we are adapting and we have learned to use Zoom and Mixcloud and others for our work, church, and family.

**Overwhelmed** - All this can be very overwhelming as we feel mixes of emotions as well as facing difficult choices and situations. We hope to make the right choices for us and others around us.

**Worried** - Many of us are very apprehensive over the health and wellbeing of ourselves and others around us in these uncertain times. However, we need to be alert and follow the guidelines and not be anxious.

**Normality?** - This situation has created a new normal through clapping every Thursday at 8 and enjoying the peace and quiet, our shared experience of this time. However, when the streets once again crowd with traffic let us think about what we want to take with us and what we have gained from this experience. The rediscovery of bikes and woods and trainers, the decreased air travel and pollution and the community spirit.

One of the main differences between normal life and that in lockdown is the lack of

face to face communication. Things that we used to take for granted such as saying hello to a friend or neighbour seem a lot more difficult now. However, we should not let our current state of affairs hinder our communication between loved ones and with God. There are many ways that we can still greet each other and experience church and the love of God when we cannot touch, shake hands, or hug.

Just because we have to stay two metres apart does not mean that we cannot be with one other using online meeting spaces such as Zoom and WhatsApp. In a similar way, we can be with God through simple acts such as lighting a candle and taking a minute to reflect in a calm place in your home. On a Sunday, we gather in our own houses, apart but yet together, to listen to the word of God, hearing and experiencing the readings and hymns through online services and Zoom Church. The monthly sharing of communion from our homes reminds us of Jesus and the sacrifice he made for us, and that hope is not lost, even when we might feel that way. There will be an end to the pandemic, and with it a return to normality, or a new normality as the case may be. In the meantime, we can share the love of God by the simple act of saying hello to a friend or neighbour, which might just make their day.

*Simon, Jonathan and Seniors*

## Church Notes

Lockdown continues and we can now go out for exercise more than once a day. I have enjoyed walking to work, with time to reflect each day. The pavements and roads are starting to get busier now and we will see what the next review of lockdown brings. Church life continues to be different too. We have the weekly Pastorate Service available on Zoom, Mixcloud or telephone. Thanks again to everyone involved each week.

Other weekly Pastorate events continue on Zoom and Facebook with Bible study on Tuesday and Thursday, evening prayers on Wednesday and Coffee on Friday. Please get in touch if you require any links to access them.

We are continuing to hold Church Life Elders meetings on Zoom too. May's focus was on Outreach. We agreed the recommendations from Eco Group to have an energy and heating feasibility study in the Canolfan ahead of updating the boiler. Further details are available in this newsletter.

Ascension Sunday coincided with the flowering of my Easter Cactus. Quite an event as it's the first flowers in 4 years.



While writing this we are at the end of Ramadan. My neighbours are celebrating Eid-ul-Fitr, the "Festival of Breaking the Fast". These celebrations are different this year as no communal festivities are allowed.

### Family News

Since our last newsletter we have sadly heard that Jean Rogers has died and will have a memorial service later in the year. The funeral for Gwladys Brown was held last week. Our thoughts and prayers are with both families and also with the family of Denie Leech who has died. There are no further details yet. We are also thinking of members and friends who are unwell at present. Richard Edwards is recovering well after a fall and visit to A&E. We hope you will be back playing the ukulele soon.

Belated Special Birthday wishes to Pat Cazenave and James Hall, I'm sure you will both be looking forward to celebrating again with family and friends.

Good luck to those students who have had recent exams. I'm sure they weren't quite the way you were expecting to do them.

Best Wishes to all those who will be celebrating special events in June. Please do let me know if you have news you would like to share.

Take Care, Stay Safe  
Anne

### Cardiff & Penarth Pastorate Meeting

There was a zoom meeting with the Pastorate secretaries on 27th May. We discussed when and how we will introduce return to our Churches.

There has also been a suggestion that we publish a book outlining the history of each of our Churches. Thanks to John Rhys who has already researched and written The Beulah Story 1849-2000, which can be accessed on our website. We now have to update the last 20 years! It would be good to include some personal reflections from Beulah members and friends. Please let me know your reflections and if you are able to help with this work.

Anne



### Cardiff & Penarth Pastorate Weekly Events

Telephone line for Mixcloud service, available at all times - 0333 009 0887

Mixcloud service: [Mixcloud.com/cardiffurcs](https://www.mixcloud.com/cardiffurcs)

An order of service will be sent out weekly via e-mail and be posted on Beulah Friends

Various activities within the Pastorate will be shared using Zoom: for more details please contact Anne, Helen, our Church Administrator, or your Pastoral Elder.

### Crossroads Front Page

I am still looking for 'volunteers' to write the front page for Crossroads:

July/August edition with 21st June deadline  
October edition with 20th September deadline  
November edition with 18th October deadline  
December/January 2021 edition with 22nd November deadline

Please let me know,  
Anne

# Musings from the Manse

Dear Friends,  
June 2020

I recently read a story of a church leader who spend two thirds of the days between 1 January and early March on the road. Since then he has now found himself at home full-time. The former was his normal practice. Though his current pattern may not be his long-term “new normal,” he is finding grace in this current pattern.

While most of us would not experience patterns of work like this colleague, many us are used to spending time running around, tackling many jobs, enjoying the freedom to come and go as we please to make decisions about our lives with reference only to our partners and children or to no one other than our whims. For the past two plus months we have made limited decisions about going out. We simply have not, because the choices have been removed from us for the good of others.

This has been strange, uncomfortable, challenging, maybe even a relief. When our lockdown finishes we will have lots of choices to make, thinking about our risks and the risks we pose to others. That again will be strange, uncomfortable, challenging, maybe even a relief.

How do we, as God’s people, make those choices? How do

we shape our lives in the in-between stage—when there is still risk but we are encouraged to emerge from our homes and re-engage with life? We may make different choices. In the US people are being vilified for wearing masks and not wearing masks. I hope we can offer grace to people as we make different choices based on our personal assessments of risk. When we make decisions corporately, we will have to reflect on the principles of love, justice, and welcome which we understand are based in God’s revelation in Jesus. Our lives may look different for some time, but we are still bound together by love. We are still connected by the Spirit. The church is God’s people, not a building. How do we, in this time, create the church in the shape of God’s love?

We are still “church.” We are meeting virtually. We are connecting with our history when there were no buildings to house our meetings—there were only homes or isolated gathering spots. In the midst of the pandemic we do want to see what is working, wonder what else we might do, evolve our work. To that end, there is a questionnaire on page 5 offering you an opportunity to reflect with us. If you haven’t sent one in, please feel free to use this one and send it on to us for thought and reflection.

In this strange, uncomfortable, and challenging time we

may have had glimpses of God’s grace. Perhaps we find that grace in our continue connections. Perhaps, in isolation, we struggle with where God is at the moment. Still the community of love surrounds us and reflects that grace into the world. Still God leads us in response to the changing world. Still God is present and speaking into the world, whispering love in our ears, creating love in our hearts and actions.

May you catch a glimpse of God today.

*Peace, Martha and David*

**Church Secretary:**  
Mrs Anne Wilkes

email:  
[secretary@beulahurc.org.uk](mailto:secretary@beulahurc.org.uk)

**Church Treasurer:**  
Mrs Barbara Rhys,



**Ministers in the Pastorate:**  
Revd. Martha McInnes  
Revd. David Dean  
Email: [ministers@beulahurc.org.uk](mailto:ministers@beulahurc.org.uk)

# Church during the Pandemic

*We would like to gather some information about what you have found helpful and what you think we might add to our activities and worship opportunities. We would also like to find out which of the various online (and 'phone) ways of accessing our activities you have found most accessible and any advantages or issues you have encountered with each. If you can, please take 5 minutes to provide your feedback. Please return your completed questionnaire to Martha and David*

**1. Have you accessed the MixCloud services (please circle)?**

Every few weeks      Each week      Not at all      No interest

If you have accessed MixCloud, did you access them by (please circle):

Phone                      Internet                      Both

**2. Have you accessed or participated in the Facebook Live Prayers (please circle)?**

Yes                      No                      Not Interested

What did you like about Facebook Live?

What was missing in Facebook Live?

**3. Have you connected with Zoom (please circle)?**

Coffee Morning:      Yes                      No                      Not interested

Bible Study:              Yes                      No                      Not Interested

Evening Prayer              Yes                      No                      Not Interested

Sunday Service              Yes                      No                      Not Interested

What did you like about Zoom sessions?

What was missing in Zoom?

**4. As we will be in lockdown for some time more, what other things could we do virtually?**

# KIN ( Kindred In Need)

## Christian Aid Week

This year raising money and awareness for Christian Aid Week had to be adapted. Although we couldn't knock on doors or host Big Brekkies or Coffee Mornings, we still responded with generosity and love by donating online and fundraising together. Many thanks to Andrew and Jonathan Glanfield for all the time and preparation they put into hosting such an enjoyable and successful Quiz and Bingo Evening held on 16th May.

The Cardiff and Penarth URC Churches Justgiving page raised £1,125. Along with other donations from across the Pastorate, to date £1,580 has been raised.

You can still donate to Christian Aid at <https://donate.christianaid.org.uk/>

## Food Bank

As you some you may know myself , Eleanor Mills and Julie Jones have started collecting items for the Cardiff Foodbank.

We originally put a message on Beulah Friends Facebook page and collected 13 bags of items which amounted to 64 meals!! So we are going to keep going with this as we feel there will be even more need as the weeks go by.

So you want to help you can either bring tins etc and leave them inside my porch door ( 4 Heol Y Bryn) , or if you need us to collect items from you ( remembering social distancing) we can collect from outside your door. Julie has offered to do this - so just let Julie or myself know and we'll arrange a time etc to pick up items.

The items Foodbank need are: Sponge Puddings, Longlife UHT Milk, Long Life Fruit Juice, Squash, Rice, Tinned Rice Pudding, Tinned Custard, Tinned Tomatoes, Tinned Fruit, Tinned Veg, Tinned Meat, Jam, and they are also collecting toiletries ..... Shampoo, Shower Gel, Deodorants and Soap. So if you can donate anything, that will be great.

You can also donate money on line via the Cardiff Foodbank website, or donate items in Morrisons or Sainsburys too if you are shopping.

Hope you are all keeping safe  
Eleri and Eileen and the KIN group

## 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. 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.*

## The Other

During the lock down many people are reporting difficulties in sleeping, sometimes because of specific anxieties such as illness, bereavement, family, work, finances. For others there are more general, vague worries about uncertainties for the future and what they are missing; experiencing fears that always loom greater at night, when the clock seems to stand still.



Thinking about this reminds me of a poem by the Welsh poet, R.S. Thomas. In 'The Other', Thomas describes lying awake 'in the lean hours', hearing the sounds of the owl, a fox, and particularly the swell of the sea off his home on the Llŷn Peninsula. His thoughts then turn to:

*'...that other being, who is awake, too,  
letting our prayers break on him  
not like this for a few hours,  
but for days, years, for eternity.'*

We may find some comfort in the thought of that eternal presence, the One whom the psalmist says 'neither slumbers nor sleeps'. Perhaps this idea also brings the idea of God closer to us in our humanity in that he too understands the weariness that we feel, and is with us in all our anxieties, allowing our prayers to enter his being.

Louise

## 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 you 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. Helen's email is [admin@beulah.org.uk](mailto:admin@beulah.org.uk)

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

Ann Grimes.

## The London Marathon 2.6 Challenge

Back on the 28<sup>th</sup> April I posted a message on Facebook letting people know that Ann and I had taken part in the London Marathon 2.6 Challenge. Many of you will know that this year's London Marathon has been an understandable casualty of the Covid-19 pandemic. The charities spotted an opportunity to get the socially distanced/self-isolating population involved with a '2.6 Challenge'. Participants were encouraged to skip/swim/unicycle 2.6 km/miles in aid of their chosen charity. Ann and I chose the Tap Twinning charity (a spin off from Toilet Twinning) which encourages hand washing all around the world to help prevent the spread of coronavirus. Ann and I were going to do the unicycle thing, but I had lost the spanner to get the other wheel off our bikes. Instead, we did a 2.6 mile walk around Rhiwbina, taking some photos along the route to 'prove' we completed!! We have pledged the £60 ourselves to 'twin our tap', and with other donations have since 'twinned a second tap'. If anyone else wishes to donate and raise more for the cause, it's not too late!!

All the best,  
Ann and Colin.



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### CORONAVIRUS APPEAL

We are stepping up our hygiene and handwashing training worldwide in response to the coronavirus...

If you donate £60 to help communities protect themselves from the virus, we will send you a special Tap Twinning certificate to thank you for your support to help stop the spread of Covid-19.

If you would like to be sent a Toilet Twinning certificate, please go to [Twin your Toilet](#) instead.

Please don't forget that, although Beulah's buildings remain closed, our ministers, secretary, and elders are working hard to keep in touch via the Beulah website.....

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

and also through our Facebook pages.

<https://www.facebook.com/BeulahURC>

*The current state of Lockdown has given many of us, both here in Beulah, and in our wider community, time to think, and wonder .....*

## Safe Families UK

Many of you may be wondering how to respond to the current crisis, specifically how to help the vulnerable families in your area who risk being sent further into social isolation during this period.

Safe Families vision is to equip, encourage and support your church and enable you to support families in need in your area. We know how difficult life is for people especially during Covid 19. We would love to connect with you and your church members to show Gods love throughout Cardiff with families who would not necessarily go to church, or even ask for support.

Together working in partnership with Safe Families we can offer help and support, we are looking for new volunteers to help in two specific areas:

1. Volunteers who are willing to support a family virtually (Calls/ Video calls)
  2. Volunteers who are willing to drop basic food supplies to families who are self-isolating and need emergency supplies.
- If this could be you, or you think other church members could get involved, please pass the information on. You can follow this link, fill in the details and we'll be in touch: -<https://volunteer.safefamilies.uk/>

Blessing in Him,

Sam

**Samantha Whittington**

Hub Manager

Office: 02921660555



***The next edition of Crossroads will be prepared by Colin, and anything for inclusion should be sent to him by Sunday, 21st June 2020.***

Colin Grimes,

Huw Morgan,

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