

CHURCH NOTES

I think I am in holiday mode already, although there's a couple more weeks to go.

It's great we are able to travel further afield, our family are looking forward to heading off to Pembrokeshire. We go every year and always manage some sunny days on the beaches, as good as anywhere in the world. This year will have the added benefit of not self-isolating on our return?

As we are emerging we have had an increasing number of enquiries about our plans to reopen the Canolfan and Church. The leadership and Elders will be meeting again this week to discuss and review the reports from the worship and buildings groups who have been looking at this.

Best Wishes

Anne



Courage and Acts of Kindness

(Continued from Front page)

US and lived a long life. Others interned with Elsie Tilney had no idea that this very quiet and 'ordinary' lady had taken this action. Saving these two lives (that we know of) also led to future generations being born.

Reading this book has made me reflect on questions like 'what would I do?' would I have the courage to act?' I hope I would, but I can never know. I felt afraid in lockdown and am still very nervous now when I take my cautious walks. It has been instructive therefore to contemplate acts of real resourceful courage that people undertake time and again. I gained some perspective and strength from this. None of us know what inner strength we can find and what faith can call on us to do. Miss Tilney knew what Jesus would do and did it.

Anne James

THANK YOU

Thank you to the Beulah Church Family for all your congratulations, cards and beautiful orchid for our Silver Anniversary.

Anne & Chris

Ministers in the Pastorate:

Revd. Martha McInnes,
Revd. David Dean,

Church Secretary: Anne Wilkes,
Church Treasurer: Barbara Rhys,

Church Office: Administrator - Helen White, Email: admin@beulahurc.org.uk

Cont

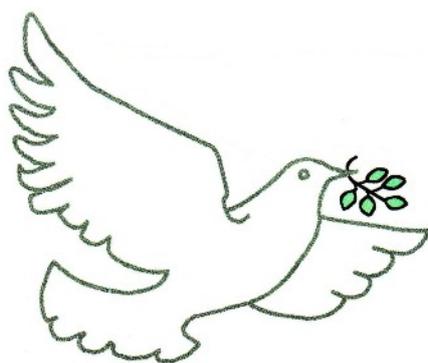
**BEULAH
ANNUAL GENERAL MEETING**

As our AGM was cancelled earlier in the year we are planning an alternative format. Could those who usually provide reports start to prepare them please. If you require help to type them please get in touch with Helen:

admin@beulahurc.org.uk

More details will be in the September issue.

Anne



**Westminster College
Cambridge**

During these challenging and unknown times and as we complete this academic year, we have been working towards the start of 2020-21 and attach our 'Come Study with Us' courses that may be of interest, or you may know somebody who would like a copy of this email. It could be that some of the earlier courses have to be conducted online but will have the same content as if you were right here with us. Any courses that are subsequently offered online will mean that accommodation or meals will not be available at this time!

We also attach the 5th edition of 'Windows of Opportunity' which includes other events you may be interested in, including our online Open Day on 9th July (10.30am - 12.30pm). Tutors will be available to answer your questions and help with courses you may be interested in .

Please do pass this information on as you feel appropriate and we look forward to welcoming you to Westminster College. If you have any questions at this time, please email.

Keep safe and well

Best wishes,
Syd

Tutorial Office
Westminster College, Cambridge
Direct Line: 01223 33 06 32
Direct Email:
admin@westminster.cam.ac.uk

As you can see from the email above, Westminster College have published their courses for 2020/2021. If anyone is interested, and is unable to access the Beulah website, please let me know and I can forward the details. Anne W

**Young Post People
Delivering Crossroads**

Many members and friends of Beulah are getting the monthly edition of Crossroads by email whilst the buildings are closed. But not everyone can receive communications in this way, so about 60 copies are currently either delivered by hand or sent by post.

Some of our young people will be helping with deliveries this month (and perhaps future months too). So if you see them on their rounds, give them a cheery wave.



These young volunteers are under strict orders not to cross the threshold, or to undertake additional tasks; if there are any pastoral or other needs, please contact the relevant pastoral elder.

Fiona Liddell

AUGUST WORSHIP

Martha & David will be on holiday for the last 2 weeks of August however the Sunday services will continue with contributions from across the pastorate.

Anne

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

Mixcloud service:
Mixcloud.com/cardiffurcs



Visit the Beulah website at:

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

KIN (Kindred in Need)

Together we care and together we share

KIN / Social Group

For this month we are continuing to collect for the Cardiff Foodbank. They are especially looking for Life Long Fruit Juice, Sponge Puddings, Chocolate/Sweets, Tinned Custard, and Toiletries - Shampoo, Shower Gel, Deodorants or Soap.

A date for your diaries
August 15th at 7.00pm

Beetle Drive / Quiz evening

Join us all for an evening of fun with a Beetle Drive and Quiz evening via Zoom. You don't even have to go out, so no excuses about the weather!!



We are raising some money for Sanyu Babies Home in Kampla where Emily Cheer is working. Join us for a fun evening and to hear Emily and the work she is undertaking looking after orphaned and abandoned children until they can be reunited with a family member or fostered by a member of the local community. Emily is raising money to send out food parcels to families in need.

Many thanks to the Glanfield Family for organising this.

Walks

Have you walked around Rhiwbina recently during Lockdown on your daily exercise? Have discovered parts of the village or surrounding areas that you never knew existed? Perhaps you'd like to write a little and share your surprise



discovery with other Crossroads readers?

Coronavirus Appeal

You can also help others who are trying to cope with the effects of this virus

Here in the UK we've all had to make sacrifices to protect each other and save lives during the coronavirus pandemic, and witnessed the incredible dedication of our amazing NHS staff.

But as lockdown lifts here, people around the world need our help – families who have fled violence, conflict and hunger in countries where there is no NHS if they fall ill.

Many are now living in crowded refugee and displacement camps with little access to medical care, clean water or enough food, making them extremely vulnerable to coronavirus. In these places, the virus is likely to be even more deadly than it has been here.

Imagine having to leave everything behind to keep your family safe, only to face a deadly new threat: Covid-19. This is the reality for people living in tents and makeshift shelters without running water or soap in places like Yemen, Syria and Somalia.



But, as we have seen in the UK, simple measures can make a huge difference. If we act now to protect millions of vulnerable refugees and displaced people, many lives can be saved.

We need your help to:

- provide families with clean water, soap and information on keeping themselves safe
- provide frontline medical and aid workers with equipment and supplies to care for the vulnerable and sick
- ensure families get enough food to prevent malnutrition, particularly amongst children



People who have already suffered so much need your help now more than ever to face this new threat. Please give whatever you can at this challenging time for us all.

“Coronavirus Appeal Tops £15 Million as DEC Charities Use UK Donations to Help Protect the World’s Most Vulnerable People”

23/07/2020

The DEC Coronavirus Appeal has raised £15 million since its launch on 14 July and DEC charities are now starting to use these funds to help people in the world's most fragile states protect themselves against Coronavirus.

Aid being delivered with funding from appeal donations includes:

- In **Yemen**, Oxfam will be supplying clean water, hand-washing facilities, hygiene kits and public health messaging; Action Against Hunger will be supporting health facilities and a mobile clinic with health services, including identifying and treating malnutrition.

(Continued at top of page 5)

KIN (Kindred in Need)

Coronavirus Appeal (continued from previous page)

- In **Syria**, World Vision will be supporting a dedicated Covid hospital and health facilities with handwashing stations, PPE and other services, as well as providing households with soap.



- In **Somalia**, Plan International will be installing water tanks and handwashing facilities at health centres and schools near camps for internally displaced people and Islamic Relief will be setting up screening stations to carry out surveillance and early detection at primary healthcare centres.

- In **South Sudan**, Tearfund will be supporting health and nutrition centres as well as reaching out to people within church communities raising awareness about the need for improved hygiene practices and social distancing.

- In **Democratic Republic of Congo (DRC)**, ActionAid will be installing handwashing facilities in households and Christian Aid will be targeting communities with health and hygiene information.

- In **Afghanistan**, ActionAid will be providing households with hygiene kits and will be establishing handwashing stations.

- In the **Rohingya refugee camps** in Bangladesh, Save the Children will be providing care to

children and families with Covid-19 at its 60-bed Isolation and Treatment Centres; the Red Cross will be supporting health facilities and Age International will be helping older people and their care-givers.

Today the UK Government announced a further £5 million of Aid Match funding to the Appeal. This support will double the impact of future donations from the public and will ensure that DEC charities working on the ground can reach even more of the world's most vulnerable people as they face the coronavirus pandemic. PayPal users have also been key supporters of the DEC appeal, having raised £600,000 and counting, generously donated through a dedicated fundraising page and 'give at checkout'.

DEC Chief Executive Saleh Saeed said: "We are very grateful to everyone who has supported the DEC Coronavirus Appeal so far; together we have raised £15 million. As ever, people across the country have demonstrated their generosity and compassion. Every donation will give vulnerable families living in the world's most fragile states the help they urgently need to face the silent threat of coronavirus."

The DEC Coronavirus Appeal will help the most vulnerable people in six of the world's most fragile states: Yemen and Syria; Somalia, South Sudan and the Democratic Republic of Congo;

and Afghanistan. A total of 24 million displaced people live in crowded camps and settlements in these countries. The appeal also includes the world's largest refugee camp – in Cox's Bazar, Bangladesh, where more than 850,000 Rohingya refugees have sought sanctuary.



The 14 DEC member charities are already present and working in these places and they urgently need more funds to further scale up their operations and save lives. They need the UK public's help to: provide families with clean water, soap and information on keeping themselves safe; provide frontline medical and aid workers with equipment and supplies to care for the vulnerable and sick; and ensure families get enough food to prevent malnutrition, particularly amongst children.

Stay up to date with developments by following the DEC on [Twitter](#) or [Facebook](#).

YouTube: Appeal video - https://www.youtube.com/watch?v=qABVZh375U0&feature=emb_title

Editorial Team

Please note, new editorial email address:

crossroads@beulahurc.org.uk

Colin Grimes,

Huw Morgan,

I have walked this road before

By Rachel Hazlewood

Somewhere faintly whispering in the shadows of my mind
Through an erstwhile firmly shuttered door
A distant thought – a memory I'd hoped I'd never find
I remember: I have walked this road before.
I have felt this empty chasm, strange detachment from the world
I have lived with this confusion and despair;
The routine and the rhythm once more have been unfurled
My coping strategies no longer there.
The future so uncertain, so many things unknown
One more time my mind and body cast adrift:
No words can ever tell you how exhausted I have grown,
How can I once again my spirits lift?
My mind confused and foggy; my body tired and weak;
'Please not again,' I hear myself implore:
A monumental effort needed to avoid a future bleak:
I remember: I have walked this road before.....



Tap Twinning



You may recall that Ann and I encouraged you to help with Tap Twinning (an offshoot of the better known Toilet Twinning charity). Due to your generosity, to date, we have sent off a total of £240 which has generated four Tap Twinnings, and here are the certificates to prove it!!

Many thanks to all who donated.

Ann and Colin

Editor's Note

The **deadline** for articles to be included in the **September 2020** edition of **Crossroads** is **Sunday 23rd August** and **Huw** will be editing.



And the people stayed home

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Written by Kitty O'Meara on her blog called 'The Daily Round'
- Link: <https://thedailyround.wordpress.com/2020/03/16/in-the-time-of-pandemic/>

"Do not be afraid, for I have redeemed you, I have called you by your name; you are mine"

Isaiah 43: 1.

Submitted by Beverley Clay

Letter from The Manse

August 2020

Dear Friends,

I recently heard Robert McFarlane speak about his book, "The Old Ways: A Journey on Foot." McFarlane writes about trodding paths that have been set down for centuries and what he discovered in the walking. It is a story of ancient walkways and spiritual/personal growth.

McFarlane's book is one in a series of books about walking journeys that inform and transform. Some of you will know Bill Bryson's book, "A Walk in the Woods" or Cheryl Strayed's, "Wild: From Lost to Found on the Pacific Crest Trail"—books written on a similar theme. One theme of this genre of book is that something changes in us when we walk. McFarlane also spoke of the value of the actual paths, set down over time by many who have gone before us.

Across Britain there are walking paths which have been worn by centuries of travellers and pilgrims. There are paths which brought invaders to our lands and have become roads. There are trails that brought people to ports which took them to new homes. There are well-worn walkways which lead people to places of renewal and hope. There are many ancient paths traversed by generations of people before us.

Is this why the image of the "journey" is often used to talk about faith? As we learn how to live in a new and changing landscape, I wonder if this imagery of path and journey, of the cloud of witnesses who have "run the race" before us is a helpful metaphor? There are people of faith who have lived through traumatic and changing times who might be able to teach us lessons about life and faith, and walking a way of faith.

At the moment we are still learning to live in a pandemic world. Life is changing. We may be returning to some of our routines disrupted in March, but in other ways life is still different. Hand sanitiser is a must to enter shops. Eating or drinking outside the pub rather than inside may become the new norm. When someone gets closer than we would like, taking a deep breath, rather than shouting, may become a spiritual practice. Praying alone in church rather than with friends may be an interim solution to the need to stay safe and slow the spread of the virus.

This is all new to us and yet pandemics and epidemics are not new. Wars and rumours of war, displacement and migration have all challenged people to take new journeys, to make new paths, to discover and uncover and rediscover what it means to be people of faith. People have been on this journey before us. Our forefathers and

foremothers teach us about remaining resilient, managing discouragement and grief, hopefulness and love despite facing obstacles. You don't have to look too deeply into scripture or spiritual autobiography to find these messages—from Ruth to Desmond Tutu.

These 'saints' also teach us that whatever the journey, not only have others been a similar way before, we are not alone on this path. We are promised the presence of the God. The stories of our faith are about people who have made mistakes, who have not understood God's ways, who have felt abandoned, and yet God has been with them, redeemed them, bringing them back onto the pathway of life and hope and faith. Love has prevailed. God has been present. They have walked through the storm and known they were not alone.

We do not know what the next few months will include. Scientists and politicians make predictions, but life always has surprises. All we can do is keep walking along the path of life. We can, with God's help, make the best decisions we know to make in the moment. And as we journey, trust that God is guiding us. We journey on, together, with God.

Yours in Christ,

Martha and David



Church Buildings and Church Meetings

Dear Friend,

Although lockdown is relaxing, Covid looks like it will be with us for some time and it's not at all certain when 'normality' will return – if ever. So many people have done so much to keep our Church and our Church community cared for and connected in new and innovative ways during the past 5 months. We learnt to use Zoom and Crossroads has gone mostly online. Our Pastoral Elders and helpers have done such a wonderful job caring for their districts and our Church Life Elders have begun to get to grips with how we might better support their areas – under circumstances none of us could have predicted back in the Autumn of 2019. Graffiti Jesus came on a voyage with us to challenge racism and celebrate the NHS. Most of all, our ministers, Martha and David, have given us unfailing support and encouragement throughout, particularly as we continued our journey, somewhat faster than we might have anticipated, to become a regional pastorate – exemplifying the old adage that the sum of the parts is indeed far greater than the whole. I would also like to thank our Church Officers – Anne and Barbara – for their steadfast devotion to Beulah during a challenging time.

I wanted to update you on two matters the Leadership Team and Church Life Elders have been discussing – when and how we might open our buildings and when and how we might meet together as a Church.

The Welsh Government continues to cautiously follow behind Westminster, but the rules on opening places of worship and community centres in Wales are becoming clearer. There has also been some very helpful advice from the URC (available on their website if you are interested) on the safe re-opening of buildings. Whatever

we decide to do, safety must be first and foremost. We have a major challenge in that many of the Beulah family are in the 'at risk' categories. Unlike shops, pubs and restaurants, we do not have paid employees in our buildings and again, those who look after our buildings and the activities within are often in the higher risk categories. Current 2 metre social distancing rules mean that the capacity of any indoor space falls to a fraction of what it normally would be, and some spaces become effectively unusable. We do not know exact numbers yet, but it may be our church may only be able to safely take around as few as 20 people at a time. Very challengingly for Beulah, a music-loving congregation if ever there was one, there cannot be any singing during worship.....

Taken together, these sound like insurmountable hurdles. However, some churches have opened for private prayer and the opening of our garden has been a spiritual boon during our ongoing restricted life. We also have been contacted by a number of our Canolfan users, including the wrap-around nursery, asking when they might start back up their activities, rebuilding their communities and, for some, their income streams. Many of our Canolfan and MWL users are charities, which are suffering particularly at this time. The Canolfan has been at the centre of so much of our Church life and our mission work as well as being at the heart of the village.

To progress this matter, we have set in train two working groups to look at this problem from two very different angles. Firstly, Premises Committee are looking at 'the art of the possible' and are considering exactly what the capacities of our Church and Canolfan might be, the risks and

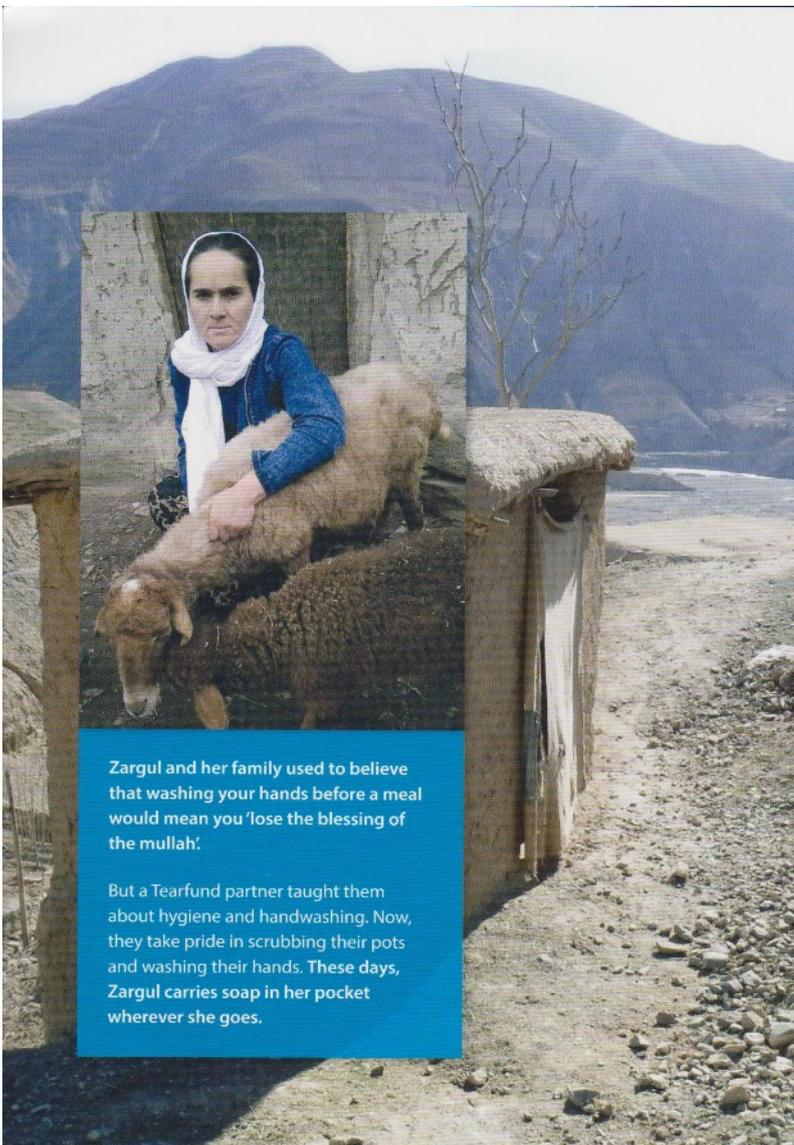
potential mitigations of opening them and how we might make our buildings Covid-safe. Equally importantly, a small group of elders are considering our worship and missions needs and priorities at this time – what are we missing? Where are our areas of urgent need? What are we actually doing well, and perhaps even better than before, that we need to keep? We will then bring the results of these two working groups back to special meeting of the Leadership Team and Church Life Elders on the 31st July before looking to take our recommendations to the wider Church.

This brings me on to the second topic we have been giving consideration to – how do we hold a Church Meeting or AGM in these strange times? The URC has given special dispensation for Church Meetings to be held virtually for the time being. This is difficult for us as our tradition is to meet in person with the Holy Spirit guiding us. However, as a physical meeting will not be possible any time soon, we do plan to hold a combined Church Meeting and AGM on Zoom towards the end of the Summer. Importantly, we will need to give good time to prepare for this new way of meeting, including how to make papers available in advance, in particular so that those who cannot join us in cyberspace can be informed and consulted in advance. If any of you who haven't made the jump into the online world and would like some help to do so to join us for the Church Meeting, please let me know and we'll see what we can do to help you.

Continue to keep safe and look after and out for each other and our wider community, wherever that might be.

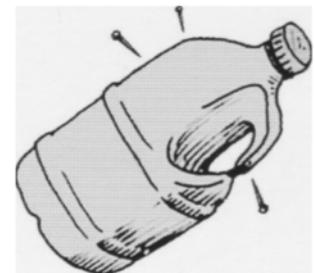
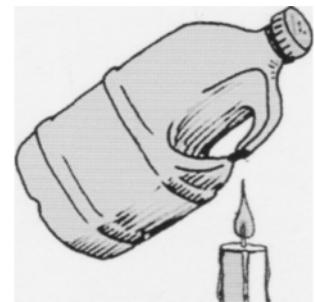
God Bless.

Andrew



Zargul and her family used to believe that washing your hands before a meal would mean you 'lose the blessing of the mullah'.

But a Tearfund partner taught them about hygiene and handwashing. Now, they take pride in scrubbing their pots and washing their hands. These days, Zargul carries soap in her pocket wherever she goes.



What is a tippy tap?

Handwashing is the single most effective way to prevent the spread of infection. In vulnerable communities where families don't have water on tap in their homes, we're helping individual households create a simple handwashing station of their own.

A Tippy Tap consists of an old plastic container with a hollow handle, three sticks and some string. Using a 'tippy tap' will reduce the spread of disease.

Here's how a family makes one:

Warm the base of the handle over a candle. Pinch the softened base of the handle with pliers so that it's sealed tight to prevent water flowing through it.

Use a candle to heat the point of a small nail; make a small hole on the outside edge of the handle, just above the sealed area.

Heat the nail again and make two larger holes on the back of the bottle, then thread string through the two holes and tie the ends of the string to a stick.

Feed a piece of string through a bar of soap and a tin can, and then tie the string to the same stick as the bottle.

Tie a piece of string around the neck of the bottle to tip it once it's filled with water, and so the water comes out of the hole in the handle.

Alternatively, attach the bottle neck with string to a plank of wood on the ground, so that the bottle tilts when you put your foot on the 'pedal'. Wash your hands before cooking, eating and after going to the loo.

