



## CHURCH NOTES

A year ago we were planning the induction service for Martha & David, I'm sure we all had different expectations of how our worship and church life would grow. We also had an Advent planning meeting then too. This week in the Pastorate secretaries meeting plans for this Christmas were discussed:

A Pastorate devotional book will be created with Beulah focusing on the second Sunday in Advent - 6th December, we will require poems, prayers, readings, reflections, artwork and photographs to reflect the theme. More information about this will follow.

Plans for how the buildings can open are still under way, in preparation for this you will find included in this Cross roads, a Personal Risk Assessment form. This is for you to complete at home and is not required to be submitted or a barrier for attending but there for your own

information. This may help you decide when we are open if it is right for you at this time.

Whitchurch, Rhiwbina & Birchgrove Prayers will continue on Zoom, the dates set so far are included in the newsletter and if you wish the zoom links please let me know.

### Family News

With sadness we have heard that two of our number have passed away in September. Our thoughts and prayers are with their families at this sad time.

Good wishes to all those who have been unwell or in hospital recently.

Congratulations to those celebrating Wedding Anniversaries at this time.

Please let me know any news to share.

Best Wishes,

Anne



## Zoom Church AGM

**The 2019 AGM  
will be  
at 7.30 pm  
on  
Monday 19th October  
on Zoom.**

As we are unable to hold the AGM in our buildings at this time it will be held on Zoom.

I will be contacting those who have previously provided reports for each church organisation.

A paper copy of your report will be required in advance and Helen White can help to type them for you. Please also, to prepare one Powerpoint slide for your report. This slide will be shared on screen during the meeting. Again if you require any help with this, please contact Helen.

If you are not able to attend on Zoom I would be grateful if you could let me know in advance and arrange for someone else to report on your behalf.

if you have any further queries please let me know.

Many thanks,

Anne W

## Future Dates

4 October

**“Promotion Sunday and  
Communion”**

11 October - **“Harvest”**

18 October - **“Pet Blessing”**

**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 - Helen White, Email: [admin@beulahurc.org.uk](mailto:admin@beulahurc.org.uk)

## Letter from The Manse

(Continued from Front page)

at some point. When our plans came crashing down around us, as holidays and celebrations and normal patterns of work came to a halt, when there was now flour in the shop for our special cake, when we couldn't attend our friend's funeral, we may have had a moment. Our sadness and fear became more prominent than our sense of peace and hope. That seems to be a normal part of our pandemic grief, but Paul reminds us that even when we feel overwhelmed and lost, love remains. Love is present in our lives to carry us through the pandemic, through the tasks we face, the isolation that overwhelms, and the fear that surrounds us. No matter what God's love remains.

So on those troubling days, in the moments of lostness, as the pandemic seems to be infinite, may you be surrounded by a sense of peace and love, remembering the greatest gift we have is love—love for us and love which we embody for others. When we, or someone we know, feels lost in lockdown remember, love (God) never quits.

Yours in love,  
*Martha and David*



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

## A Reminder of Zoom Gatherings

There are two Bible Studies—Tuesday at 2pm and Thursday at 7.30pm.

Tuesday is currently looking at "Reading the Bible Again for the First Time" by Marcus Borg.

You don't have to read the book to participate.

Thursday follows the lectionary readings.

Wednesday evening, at 8.30pm, there is a prayer time, with conversation and prayer led by David.

Friday morning there is a coffee morning at 10am.

If you are interested in any of the groups, just contact Martha for the links.

### PRAYER WALKS

Some of us will have already experienced the Prayer Walks in our Memorial Garden at Canolfan (prepared by Fiona and Jenny), and no doubt there will be some who would like to, but have been unable to access the web based information. If you would like an appropriately sanitized paper copy of either of the Prayer Walks, please let me know and I shall endeavour to get a copy to you.

Regards,  
*Colin Grimes.*

## Fly



As I soar with lightened wings  
On windy thermal clouds  
I fear the beauty of our world  
Is changing down below.

I used to see the azure hue  
Of our blue planet bright.  
But now it's fading, dying, drab  
Because of what they do.

The Amazon has been stripped bare,  
Australia's forests burned.  
Life's revenge now faces them  
They must all learn to care!

They must reduce their awful greed  
Their materialistic ways  
Some have too much, whilst others starve  
It's easy not to heed.

Stay at home they said to all.  
To all around the world,  
So isolate they all do now -  
And pollution levels fall.

I see it all from way up high  
Whilst flying with my brothers,  
The air is so much cleaner now  
That mankind's undercover.

Think of the legacy they'll leave  
To us and nature frail  
For as they crucify this world,  
Will we all still be here?

I beg they think of what they've done,  
Of lifestyles of excess  
I beg they all will make amends  
Before our world just ends.

*Vivienne Jones*



# Rainbow of Hope

Dear Friends in Christ,

As you are probably aware the Rainbow of Hope is a Christian charity that has been serving the homeless and disadvantaged for over 25 years. During lockdown over the last few months, we have managed to continue this service with the provision of food and supplies. The Drop In Centre has now reopened, although with a changed capacity. COVID safety precautions are in place.

We are currently in need of volunteers to help with some of the following, particularly on Wednesday and Fridays from 11am-1pm:

- Help serve teas and coffees
- To pack up food parcels
- To work in the charity shop (which is on the premises)
- To chat to people
- To pray with them

Please would you ask your congregation to pray about this and see if they feel they could help out?

If anyone is able to help or would like to know more, if they contact me on this email address initially with their contact details, someone will get back to them. Thank you.

Blessings,

*Margaret*

[margaret@rainbowofhope.co.uk](mailto:margaret@rainbowofhope.co.uk)

It's shoebox time again!



Time to wrap, pack and fill those shoe boxes with treasures. Please include small toys, toothbrush, flannel, soap, cuddly toy, stationary items, hat, scarf, gloves, small games etc. The National Collection Week is 9th-16th November so plenty of time to start collecting. The donation for shipping is still at £5 this year. We would be grateful for donations of items to fill the boxes, and monetary donations. Due to the current situation a packing event will not happen but we will ensure all donations are used taking into account all the current Covid restrictions.

Please drop your filled shoeboxes in the porch of Ann Grimes, Pam Penny or Eleri John. Any queries please contact Denise Dickman.

Thanking you for your continued generosity. *Team Shoebox*

**Whitchurch Rhiwbina Birchgrove Worship**

## **W.R.B. VIRTUAL WORSHIP SERVICES DURING THE CORONAVIRUS 1015-1045**

**We lift our prayers to you Lord, and trust in your infinite mercy**

**OCTOBER 31st at 10.15am - 10.45am**

Led by Steve & Fiona - we worship together on Zoom

**NOVEMBER 28th at 11.15am – 11.45am**

St Teilo's R.C. Church

– we meet together virtually joining St Teilo's on their webcam

**DECEMBER 19th at 10.15am -10.45am**

Rhiwbina Baptist Church – we worship together on Zoom

***For more information on the Zoom or telephone links  
please contact Anne W or Helen White***

## **Zoom Meeting Sunday 4<sup>th</sup> October Q & A session with Beulah Elders**

On Sunday 4<sup>th</sup> October, immediately after the Zoom worship comes to an end, Beulah Members and friends will be invited to stay in the Main Room, whilst all other attendees across the pastorate will be invited to go into the Breakout Rooms. The purpose of this is that a Q & A session can take place between Beulah Elders, members and friends, on topics across the spectrum of Beulah life.

It is intended that whilst we aren't worshipping in our church buildings, we can try to keep everyone informed of things happening, and we intend to do this once every month.

## Hello from Kampala!

It's been really lovely to exchange so many messages recently with members of Beulah, and to receive so many generous donations and sponsors for our *Christmas School Bag Project*. Readers may be interested to know that all 62 bags have now been sponsored! Thank you to all of you who have signed up; look forward to receiving your photos and letters to enclose.

It may be 3 months until Christmas but it's already occupying a huge amount of my spare time. And not just the school bag project...

**Sanyu Christmas Cards** are back by popular demand! Each card is handmade by one of our beautiful children (and finished in my apartment!) All orders are custom made, so you can select whichever designs you like – see photo below. The cards cost just 50p each; due to orders having to be shipped from Uganda to UK we may ask for a small contribution towards postage so we don't lose all of our profit.

**Sanyu 2021 Calendars** are a new venture for us this year. Each month is illustrated with photos taken in and around Sanyu Babies' Home, including lots of pictures of gorgeous children! The calendars cost £10 each, with profit going towards replacing the roof of the babies' home. The calendars are being printed in the UK, and distributed by my family, so postage costs will be minimal.

Thanks,  
*Emily*



## New Gathering

One of the challenging issues in the pandemic has been loneliness. For those of us used to being in groups regularly or working in an office full of people, finding ourselves working from home, not being able to go to church and have a coffee afterwards, living in an ever decreasing circle of people, has been hard.

We are social beings. Friendship and family relationships, our "tribes", keep us going when the going gets tough. Even those among us who label ourselves as introverts, need to talk to people now and then, while the extroverts may really struggling with lack of social contact.

So we are creating a couple of small groups across the pastorate to reflect on life, spirituality, and offer support to one another. Initially, the groups will have to meet online. There will be a time to discuss how we are feeling, how we are coping, and reflect on where God is.

If folks are interested in such a group, contact Martha. We are going to create two groups—both will be evening/weekend meetings in order to accommodate those who work. The only requirements are a willingness to listen and accept the experience of another an openness to share some about ourselves.

## Editor's Note

The **deadline** for articles to be included in the **November 2020** edition of **Crossroads** is **Sunday 25th October** and **Huw** will be editing.

# KIN (Kindred in Need)

## Together we care and together we share

To all our KIN supporters and members of Beulah, we send you our love and hope you're keeping well. Like so many other people, KIN is having to adapt to these strange times and some of our collections and fundraising will have a slightly new look this year. We're confident though that, with your help, we can continue to support local, national and international charities and we look forward to seeing you either at a distance or online.

### Money allocated in September:

HHI £50  
Space4U £200

### HARVEST

This year our harvest collection will run for 4 weeks starting on 4th October. We'll be collecting items to be shared between the Foodbank, Space4U and the Huggard Centre and we need ...

#### Food:

Longlife fruit juice, sponge puddings, chocolates, sweets, tinned custard

#### Toiletries:

Shampoo, shower gel, deodorants, soap

#### Pants and socks for adults (male and female)

Please leave your donations with Jenny McDowell, Eileen Newington, Eleri John or Ann Grimes (addresses are in the Beulah directory).

If you would like someone to collect donations from your house, please phone Helen White, the church administrator, and leave a message

### CHRISTMAS PLANS

(some of our Christmas plans are subject to risk assessments and may alter)

#### Christmas door hangings

If you would like a Christmas decoration for your front door, please email Karen Holbrook by 20th November (or phone Helen White)

The decorations will be ready for collection/delivery on Sunday 6th December.

**Jams and Chutneys will be available for sale from Gaynor Rees on request**

**Beulah Recipe Book available soon**

**Sanyu Babies Home calendars and Christmas cards**

(see Emily's separate item)

**Online Raffle including Christmas Hampers**

**Zoom KIN Christmas Coffee Morning**

**Shoe Boxes for Romania**

(See article on page 4 of this issue.)

So ... watch this space for further details.

Thank you from all the KIN Committee

### ROMANIA



Hello everyone

My friend, Ancuta really appreciated all the clothes I sent for the people in the villages recently. I am collecting for children and adults and will be sending boxes at the end of November in time for Christmas. I have started collecting warm clothes as it really is much colder than here during the winter. I asked my friend, Ancuta, if there were any other items that were needed. She has suggested a few things, if anyone is able to give them I would appreciate it on their behalf. Items needed are: socks, wet wipes, shampoo and protein bars for the children to take to school as meals are not provided. Items can be dropped to Ann Grimes, Eleri John or Pam Penny. If anyone has any queries please contact me,

*Denise Dickman*





## One World Week Film Night - Thank You for the Rain

Follow the story of Kisilu Musya, a smallholder farmer in Kenya, as he uses his camera to capture the life of his family, his village and the impacts of climate change. Following a storm that destroys his house, Kisilu starts building a community movement of farmers fighting the impacts of extreme weather and he takes his message of hope all the way to the UN Climate Talks in Paris, COP21.

**Bethany Baptist Church**

**Tuesday 20<sup>th</sup> October**

**at 7.00pm**

Please book your place  
with Helen White,  
our church administrator:  
[admin@beulah.org.uk](mailto:admin@beulah.org.uk)



The Season of Creation unites the world's 2.2 billion Christians as we are called to come together to love each other and our common home.

Ahead of the COP26 UN climate summit in November 2021, this year churches were also encouraged to hold a climate focused service to commit to action and to speak up for climate justice.

At our Climate Sunday service on 20<sup>th</sup> September, we reflected on some of the things we could do as individuals and churches.

Here are the links to some opportunities for action ...



Sul yr  
**Hinsawdd**  
**Climate**  
**Sunday**



<https://www.christianaid.org.uk/appeals/key-appeals/global-neighbours-autumn-appeal>

<https://www.christianaid.org.uk/campaigns/debt-jubilee-petition>

<https://www.theclimatecoalition.org/declaration>

<https://www.hftf.org.uk/>



  
**HOPE FOR**  
**THE FUTURE**



## HOW DID HE LIVE?

Ann Brown sent us the poem on the right. She told us she came across the Order of Service of the funeral of Gareth, one of the members of The Men's Shed, at Beulah, who passed away recently. Ann said, "He was a year younger than my eldest son. It puts it into perspective. After reading it a couple of times, it makes one grateful for family. My boys have been my salvation during this pandemic."

## THANK YOU

I was so touched to receive a lovely flowering plant from the Church family at Beulah, delivered to my door by Ann Grimes - thank you so much, it was very kind of you all. The plant is called a kalanchoe and has delicate pink flowers. It's next to me as I type this, and is really pretty.

I send you my love and prayers, hoping that you remain safe and well in these uncertain times.

Thank you again,  
*Valerie Hannagan Lewis*



## Editorial Team

Colin Grimes,

Huw Morgan,

Please note, new editorial email address:  
[crossroads@beulahurc.org.uk](mailto:crossroads@beulahurc.org.uk)

*Not, how did he die, but how did he live?*

*Not, how did he die, but how did he live?*

*Not, what did he gain, but what did he give?*

*These are the units to measure the worth.*

*Of a man as a man, regardless of birth.*

*Not what was his church, nor what was his creed?*

*But had he befriended those really in need?*

*Was he ever ready, with word of good cheer,*

*To bring back a smile, to banish a tear?*

*Not what did the sketch in the newspaper say,*

*But how many were sorry when he passed away?*

*Anonymous*

**Love never fails.**

**In times of crisis, love unites us all.**

Angela's coffee farm used to provide a good living to support her daughters Ariana and Johaira.



**When crisis arrived on our doorsteps this year, neighbourly love helped us through.**

Will you stand together with your global neighbours near and far this autumn?

This autumn, let's show love to communities still facing crisis  
[caid.org.uk/neighbours](http://caid.org.uk/neighbours)



Christian Aid is a key member of ACT Alliance. Eng and Wales charity no. 1105851 Scot charity no. SC039150 Company no. 2171525 Christian Aid Ireland. All charity no. NIC 016131 Company no. N859154 and R08 charity no. 20014762 Company no. 426028. The Christian Aid name and logo are trademarks of Christian Aid. Printed exclusively on material sourced from responsibly managed forests. © Christian Aid July 2020 Edition: Christian Aid 151616-3

## ***BEULAH IN LOCKDOWN - OCTOBER 2020 UPDATE***

Dear Friend,

As we pass the '6 months since lockdown' mark, I'm sure many of you have been wondering where we are with a return to some activities on-site in our church buildings. It's certainly something we have been discussing amongst the leadership team and the wider eldership.

Firstly, I want to say a huge thank you to everyone who has been part of the move to our 'new normal', particularly Martha and David – what a start to their Welsh adventures in ministry!



Our Sunday Zoom services are well attended (normally we have around 60 'devices' – which translates to about 90 people) and we are aware that quite a few more value the Mixcloud services, either accessed via a computer or telephone.

We have had a range of other activities via Zoom - worship and study, musical and social, across the pastorate and it has been considerable solace to see old friends and new. I'd also like to highlight the amazing work our pastoral team has does

looking after us all and keeping in contact. There are so many more that could be mentioned. A heartfelt thank you to all.

So, back to our premises. Before we can use our buildings for any activity, we have to complete and submit a 'building risk assessment' to Synod for approval. This is, very appropriately, an expansive document, with 40 different Covid safety and readiness points that need to be considered. We also have 4 distinct 'locations' – Church, MWL, Canolfan and the garage, and each needs to be

considered. To make this task manageable, we have split these 40 points into 4 areas – Cleaning, Premises, Procedures and Governance, and small groups of volunteers are currently working on each of these.

In parallel, we are looking at risk assessments for priority activities which we might wish to start with, once we are permitted to use our buildings. Church Life Elders have consulted with their areas and we are looking at whether Youth Fellowship might

start up indoors now the nights are drawing in and whether we might be able to hold some socially distanced worship in the garden. Other ideas being looked at are KIN Christmas craft preparations in the garden and potentially if, and how, we might go about opening the MWL for teas and coffees at some point. As some of you may know, we had tried to pilot a socially distanced social event for one of our Districts in the garden but rain stopped play twice – the perils of outdoor activities.

Elsewhere in Crossroads you will have seen a message from Anne Wilkes suggesting that you undertake the URC's personal risk assessment to help you make decisions as to whether to be attend, or not, as and when we are able to get together physically. I know that many are keen to see old friends in the real world, but please do make sure that you consider your own health and safety, and those of your household, when making choices.

The news of cases rising in recent days in Wales and the UK makes sobering reading, and it may be we have to postpone any inside activities for the time being depending on Government announcements and local lockdowns. However, we will continue our preparations for both the buildings and priority activities for when we might find ourselves in safer times.

I hope you are keeping safe and well.

God Bless,

*Andrew*



## Making Choices About Returning to Activities in Church Buildings

As a community of Christian disciples, we are concerned about the safety of all those who contribute and take part in our shared life. Some are employed or paid stipends as office holders, many are volunteers, more are participants. We are expected to have particular responsibilities towards those we pay, but others may also value guidance about the choices involved in returning to activities in church buildings.

We are familiar with risks that have been around for a while, but COVID-19 is a new risk and we are still learning about who may be affected most. Already we know that certain groups of people are at greater risk than others. The Government has categorised some people into groups:

- the [clinically extremely vulnerable](#). The guidance for people who fall into this group may be different in [Wales](#) and [Scotland](#) and other jurisdictions, but the serious consequences of catching COVID-19 are the same. We assume they will still be cautious about gathering indoors with people from a number of households.
- the [clinically vulnerable](#), which includes all people over 70 and those with underlying health conditions.

Other groups have also been identified as more evidence about the effects of the virus is gathered. We may not know which individuals will catch COVID-19, but we can use some of the information about the risk of complications to help with the conversations people will have about returning to gatherings.

At the time of writing it is not clear whether surviving catching the virus gives immunity or for how long such immunity might last.

As well as trying to assess the risks of catching the virus and the appropriate action to take, we recognise that our attitude to risk varies: the risk that one person may be willing to take is too much for another. Living with someone who is at higher risk, affects the risks other household members are willing to take. When we are talking about gathering together, we need to be sensitive to these variations. When we are coping with new risks we may also be more sensitised to them in comparison to risks that we have coped with for many years. However, government policy is related to the general risk for the population which goes down as the number of the people with the virus goes down, whilst the potential impact of catching the virus for a vulnerable individual remains the same until there are additional treatments and a vaccine.

When the lockdown restrictions were imposed, ministers were designated as key workers because of the fears of COVID-19 resulting in many more funerals. Some churches have also helped with essential food distribution or other essential services and ministers and volunteers have been involved in this work. The URC so far has echoed Government advice that ministers should work from home where possible. As restrictions change, it is time for ministers, volunteers and participants to consider their risks.

Catching the virus depends on the amount of virus you are exposed and for how long, and the risk of that happening during any activity depends on the circumstances. Those who are responsible for your church building will have been thinking about reducing these risks using 'Emerging into the New Normal'. There is evidence about which groups are at risk of more serious consequences if they do have COVID-19 disease and you can weigh up these personal risks.

The assessment 'tool' below helps you to see how different risk factors may combine to give serious health complications should you catch the COVID-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who are 'shielding'. It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life.



This should be read alongside other government or local advice about staying safe. We are not claiming medical expertise in sharing this way of scoring your risk but giving a way to show how serious catching the virus may be for you.

**Circle the score next to each one that applies to you and add up your score.**

| Risk Factor                         |   | Score |
|-------------------------------------|---|-------|
| <b>Age</b>                          | 50-59   | 1     |
|                                     | 60-69   | 2     |
|                                     | 70-79   | 4     |
|                                     | 80 and over   | 6     |
| <b>Sex at birth</b>                 | Male  | 1     |
| <b>Ethnicity</b>                    | Caucasian   | 0     |
|                                     | Black African Descent   | 2     |
|                                     | Indian Asian Descent  | 1     |
|                                     | Filipino Descent  | 1     |
|                                     | Other (including mixed race)  | 1     |
| <b>Diabetes &amp; Obesity</b>       | Type 1 & 2  | 1     |
|                                     | Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c $\geq$ 64mmol/mol   | 2     |
|                                     | Body Mass Index greater than or equal to 35 kg/m <sup>2</sup>   | 1     |
|                                     | online BMI calculator: <a href="http://www.nhs.uk/live-well/healthy-weight/bmi-calculator">www.nhs.uk/live-well/healthy-weight/bmi-calculator</a> |       |
| <b>Cardiovascular disease</b>       | Angina, previous heart attack, stroke or cardiac intervention   | 1     |
|                                     | Heart Failure   | 2     |
| <b>Pulmonary (lung) disease</b>     | Asthma  | 1     |
|                                     | Non-asthma chronic pulmonary disease  | 2     |
|                                     | Either of the above requiring oral corticosteroids in the last year   | 1     |
| <b>Malignant neoplasm (cancer)</b>  | Active malignancy   | 3     |
|                                     | Malignancy in remission   | 1     |
| <b>Rheumatological conditions</b>   | Active treated conditions   | 2     |
| <b>Immuno-suppressant therapies</b> | Any indication  | 2     |
| <b>Total Score</b>                  |   |       |

A score of under 3 indicates a lower risk, but you should still be following the guidance for staying safe.

A score of 3-5 suggests a greater risk and you should consider ways of reducing your risk by taking additional precautions or avoiding some activities

A score of 6 or more suggests a high risk and indicates that you should continue to work or participate in church life from your home.

The scoring is based on an [article](#) from the [British Medical Association](#) website.

Risk Stratification tool for Healthcare workers during the CoViD-19 Pandemic; using published data on demographics, co-morbid disease and clinical domain in order to assign biological risk:

David Strain, Janusz Jankowski, Angharad Davies, Peter English, Ellis Friedman, Helena McKeown, Su Sethi, Mala Rao med Rxiv 2020.05.05.20091967; doi:<https://doi.org/10.1101/2020.05.05.20091967>