



# CHURCH NEWS

This month we continue Lent reflections and focus on the 5 senses. There is a sense of hope too. Many people have had or are having vaccinations and while we are still in lockdown there has been some relaxing with some pupils returning to school and even thoughts of being able to travel further from Easter.

I always love spring flowers and there are plenty shooting up and coming into bloom. The daffodils at my work have been out since mid-December and still going strong for St David's Day. Brighter and lighter days help too.

Q & A time on zoom will continue each month after worship to keep you informed of Elders' meetings.

## Family News

The funeral service for Cyril Cazenave is on the 1st March at 10.45 a.m. and Elinor Ludlow on the 11th March at 1.30 p.m. Our thoughts and prayers will be with both families on each day.

Special Happy Birthday wishes go to Marg Jones (January), Dr Alun Jones and Marion Williams (March). Happy Anniversary to Steve and Keirsten Eales who I believe celebrated their 35<sup>th</sup> anniversary.

Good Wishes to those members and friends who have been unwell and wish you well on your recovery.

Please do let me or your Pastoral Elder/helper know any family news you would like to share.

*Best Wishes  
Anne*

## Synod News

The Spring meeting is on Zoom again on 6th March, please let me know if you are interested in attending.

There is a Mental Health and Wellbeing Webinar Friday 19th and Friday 26th March 1.30-4.30pm. More information can be found on the Wales Synod February Newsletter online.

Also a zoom Equipping Elders training on Saturday 20th March 9.30-12.30. Helping elders reflect on their church's life and attitudes to disability.



## A Letter from Uganda

In this month's 'Letter from the Manse', Martha and David refer to the words of Dewi Sant, who urges us to 'Be joyful, keep the faith and do the little things..'

Like many people, I look forward to hearing the post coming through the letter box – a triumph, usually, of hope over experience, as there is rarely anything other than bills and adverts. However, a few weeks ago, something unexpected arrived – an actual hand-written envelope with some large and colourful stamps attached. The letter was postmarked Kampala, Uganda, and inside was a lovely handwritten letter from a young boy, thanking us for the Christmas gifts which Emily Cheer had organised.

In his letter this little boy also asks that God will bless us and our family, thus offering something truly beautiful to us. His act, seemingly so small, certainly brought joy all the way from Uganda on that cold, dull January morning – so thank you to him, and thank you to Emily for forwarding his words to us.

*Louise*

## Ministers in the Pastorate:

Rev. Martha McInnes

Rev. David Dean

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

## Church Secretary:

Mrs Anne Wilkes

email:

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

## Church Treasurer:

Mrs Barbara Rhys,

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of nature? Find a minute or two to make space for that connection. Despite the fact we are not gathering in churches, God is still with us. Maybe we are learning God is especially with us in our homes. Take a minute to do some thing that helps you connect with God.

Do the little things—right now this is about doing what we can. Some of us are still required to do major pieces of work. Others of us have to do what we can to get through the day. When we find life difficult, it is okay to simply do what we can. If we miss a deadline or fail to finish the ironing, let's refrain from giving ourselves a hard time. Remember, do what we can. There will be time for us to address the big issues together. Now is about getting through the day, doing what we can, even if that is the 'little things.'

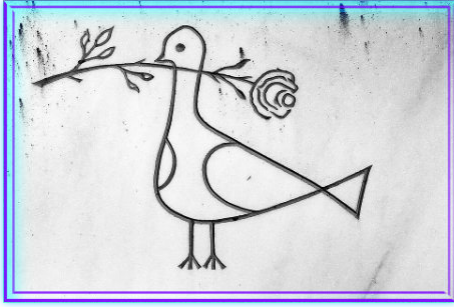
Dewi's final phrase is 'you have heard and seen me do'—remember we are part of a community. Despite the fact the way we have to do community has changed for the time being, we are still connected. That connection can give us courage, hope, and guidance.

'Be joyful, keep the faith, and do the little things that you have heard and seen me do'—words for our Lenten practice.

*Yours in Christ,  
Martha and David*

### A Year of Remembrance —a Virtual Memorial

On 14 March at 6 p.m. we will lead a memorial service to mark a year in lockdown. This memorial will be on Zoom. The link will be widely available. We hope you will join us to reflect and remember.



### Easter Presents!!

If you missed out on the opportunity to get a Lockdown Recipe Book for your family or friends at Christmas, here's an idea for Easter presents instead, but not sure what to get. Here is the answer to your prayers!

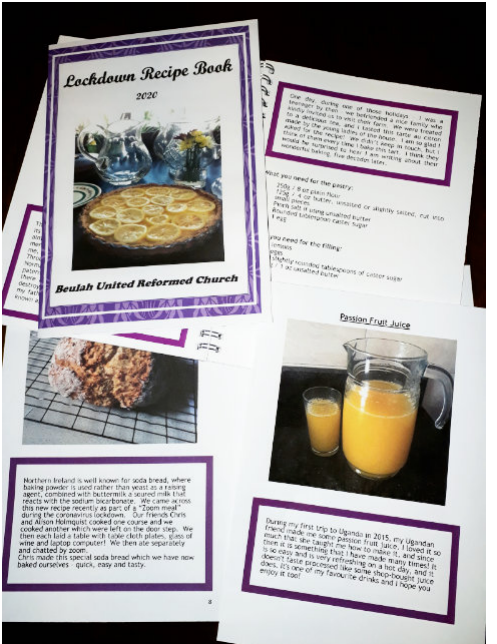
Beulah's "Lockdown Recipe Book" is available for purchase now.

The Recipe Book is filled with the much-loved recipes of members and friends of Beulah, with ideas for each meal of the day, and a wonderful range of cakes to bake.

The price of this 'must-have' addition to the kitchen bookshelf is a very reasonable £5. However, as this was the brainchild of Elaine (who didn't cook or bake!!), and Ann has been very much the driving force behind getting it produced, we would suggest an additional donation of £2.50 towards the British Heart Foundation, in Elaine's memory.

Copies will be available from Ann Grimes and Eleri John. Just call one of them on the phone before you knock the door, to ensure they have enough copies in stock for your needs!

*Colin*



Visit us at..... <http://www.beulahurc.org.uk/>

# 90!

I never thought I would get to 90! - but if I did it would be celebrated with a party in Beulah - just as we had celebrated our wedding and all anniversaries there since. No such luck!

Well, I did get to 90 - not nearly as fit as I would like to be but able to enjoy FAMILY, Friends, beautiful things, lovely relationships and all the blessings I have been given.

I had told the family 'no presents please' but about a fortnight before the 30th of January I started receiving gifts that Liz & Jonathan had worked out between them. Something would arrive every few days and this included a purple balloon with HAPPY 90th BIRTHDAY on it!

The day arrived! We celebrated with a whole family Zoom at 10a.m. How wonderful to see everyone and to hear our two great grandsons shouting Happy Birthday Great Gran! The day was freezing cold, but not raining! Sarah, one of our granddaughters had made me a cake. I blew out one candle and Alun & I celebrated with a piece of delicious cake.

I received so many wonderful cards, beautiful flowers and lots of phone calls from the Beulah Family and I want to THANK YOU ALL so much. There are many people in Beulah who are very sad at this time. Alun joins me in remembering them.

All my love to you ALL.  
Marg



*Fiona sent this poem, that was written for 'Random Acts of Kindness week' which was 14 - 21 February.*

## Kindness

To recap what we now know: it did not begin in a laboratory in Wuhan, nor with a pangolin or bat, but it already lay dormant within us, like a seed in need of certain conditions to grow; its symptoms are many and various, and may include some, or all, of the following: tear drops, sudden laughter, a feeling of warmth, and a peculiar uplifting of the heart; it leaves its traces everywhere: from boxes left on doorsteps to conversations over fences; it can be transmitted over vast distances, through a phone call, or from a smile across a street, or a certain softness of tone spoken beside a hospital bed; it affects young and old equally; there is no race or gender immune from it; it has the power to topple bad governments; if one person were to pass it on to just three others and they, in turn, were to pass it on to three more, in no time at all, the world would be full of it, and where, might we ask ourselves, would we be then.

*Brian Bilston*

# WHITTAKER LOUNGE REFURBISHMENT

Work in respect of a refurbishment of the Whittaker Lounge has been ongoing for quite some time and this is to provide an update.

In 2019 a group was established to look at the replacement of the existing two small Tassimo machines which are used to dispense premium coffees (cappuccinos and lattes). Concerns had been expressed as to the recycling of used capsules and the extent to which arrangements were consistent with Beulah's eco-credentials. A specification of requirements was agreed and, following extensive research and visits, a decision was taken to acquire a particular (commercial) device. In relation to refurbishment plans, it was recognised at the time that installation would necessitate major changes to the kitchen area given the weight, dimensions and associated issues, as well as the siting of existing equipment. This would include replacement of many kitchen units. Matters ground to a halt with the arrival of the pandemic.

In 2020, I was asked to coordinate the work of a group looking at the refurbishment of the lounge. Our brief was quite broad, namely to refresh the present lounge image. Valuable work had been done prior to my arrival on the scene, and my first objective was for the group to all agree a specification of requirements. We evaluated and costed a number of options and after, detailed discussions, re-

commended the following option.

This involves upgrading the existing lounge and kitchen unit configuration (not replacing the latter) with a view to achieving the objective of addressing the need to refresh the lounge image. The work includes improvements to the current decor, lighting improvements, curtains, flooring and seating provisions, together with replacement of the existing worktops in



the kitchen area to provide a more hygienic surfacing. Also, to provide a small 'coffee-bar' arrangement to the side of, and integrated into, the existing kitchen area. It is also hoped to provide a suitable framing of the Alison Fear tapestry, before re-hanging, and some upgrading of kitchen equipment and crockery

As part of our work, further investigations were undertaken into the recycling of the Tassimo capsules, and that concluded that revised disposal/recycling arrangements, working with a commercial business, would meet Beulah's eco requirements therefore not necessitate the costly replacement of existing kitchen units

Our recommendations were first considered by the Finance

Committee and subsequently approved by Elders.

The project group shares the view of many in respect of the advantages of undertaking refurbishment work whilst the lounge is closed thereby facilitating re-opening the lounge at the earliest opportunity. Independent advice has been sought and it is now clear that, consistent with Welsh Assembly requirements, work can proceed provided it is done so in a COVID-safe manner and we must first complete a risk analysis. Detailed project/work plans are now being prepared by the project group and we will then meet with potential contractors, get quotes, select contractors etc. prior to work actually starting. Dates will depend on the availability of those involved.

Completion of this refurbishment work does not imply the Lounge will then reopen. The actual re-opening of the lounge itself depends on very many other factors, notably those which are COVID-related, and which are not the responsibility of the refurbishment project team. These include the ability and willingness of the (almost 40) volunteers, upon whom serving clients depends, to return to the lounge. There are many other factors and the Whittaker Lounge Committee is aware of relevant issues and will, of course, discuss these with church leaders and those affected at the earliest opportunity.

Duncan J Pugh  
February 2021

## A matter of consent

**W**e have been sending out new 'consent' forms to all parents of Beulah children and young people. These are important for several reasons:

They give us up to date contact details so that we can keep in touch. It has been especially important during lockdown, when we don't see one another in church, that we can make contact by text or email, or drop by with some activity material or other for children and young people to engage with. We appreciate that not everyone wants or is able to spend time on Zoom and so we are discovering different ways to keep the church family, of all ages, connected and involved.

They also ensure that we have on record vital information in case of emergencies and they let us know your parental wishes regarding, for example, the taking and use of photographs and the use of electronic communication with your child.

These consent forms are not only of practical value to our Junior church team, they also are important for us to fulfil our legal requirements with regard to safeguarding of children.

So please don't make life difficult for us - we urge you to return your completed forms to Helen in the Beulah office, without delay – [admin@beulahurc.org.uk](mailto:admin@beulahurc.org.uk). If you are in touch with a parent who doesn't read Crossroads then please kindly give them a reminder too. If you want to discuss anything concerning your child's involvement in Junior Church please don't hesitate to contact a member of the team.

*Fiona Liddell*

## Easter Cards

If anyone would like to buy some handmade Easter cards in aid of Marie Curie Holme Tower please contact me (details in directory). They are 20p each.

I also have cards for almost every occasion.

*Thanks  
Ruth Williams*

## Thank You

I would like to thank the Beulah Family for all their love and support on the death of my son-in-law, George. George was always ready to help with the odd jobs that needed doing around my flat – as long as there were lots of chocolate biscuits in the tin!!

I would also like to thank Louise and Lynne for keeping in touch at this time.

*Lots of happy memories.*

*Pam.*



## NOTES FROM Q & A SESSION HELD VIA ZOOM AFTER MORN- ING WORSHIP ON SUNDAY 14 FEBRUARY 2021

Members of the Pastorate were again invited to remain in the meeting if they so wished. Approximately 40 people attended and Andrew asked everyone to share a few minutes of silence to remember those friends we had lost recently and their families.

Re-opening of Buildings. We had written to all our regular Canolfan clients to let them know that we would not be re-opening until Easter at the earliest and asked them to let us know if and when they would like to return. Also, continuing with our practice of reviewing worship arrangements at each Elders' meeting in the light of current URC and Welsh Government guidelines, he reported that the decision had been taken that no worship would take place in the Church during March.

We are currently looking into the possibilities of streaming services from the Church. The Wifi is now in place and Huw Morgan is kindly researching this with our electronics engineers. Those who would be leading worship in the future would then need to get together to plan the best way forward. In the meantime, Martha and David would be using the interiors of the pastorate churches as background from time to time. However, some people said they found the virtual background distracting.

There was discussion on a memorial service at some time in the future to remember all those we had lost since the beginning of lockdown in March last year. It was pointed out that, whilst

social distancing remained in place, it could be some considerable time before we would be able to hold such a service with the numbers of people who would wish to attend. Martha said that, in the meantime, she and David were planning to hold a virtual memorial service during March – date to be decided

#### Elders' Nomination Process.

Geraint Richards had presented a paper to Elders on how members of the Leadership Team, Church Life Elders and Pastoral Elders might be called in the future and the possible timeline involved. He was thanked for all his work and a firm proposal would be brought to the next Church Meeting on Sunday 28 February. The question was asked if it would be possible to share the papers prior to Church meeting and we are looking into ways that this might be done.

Youth Worker. Members were reminded that we had been discussing the possible employment of a Youth Worker before Martha and David had joined us but had decided to put this on hold until after ministers had been appointed. Discussions had now resumed and Fiona Liddell had brought a proposal to Elders together with the potential budget. It had become clear during those discussions that only Beulah was in a position to lead on this as other churches, except City URC, either had no children or young people or funds. However, some would be interested to link in from time to time. The options were for a full time, a part time worker, or no appointment at all. The total cost of a full time YW would be c. £30,000 for each of 3 years. It was noted that Synod would be prepared to contribute up to £12,000 p.a. for those 3 years as long as there was an element of regional development involved across the Pastorate. However, there were other possible sources of funding but

Synod would not be prepared to contribute if these were used. So Fiona had kindly agreed to research this further and report back. There would be a strong element of community involvement in the post and there had been considerable support amongst the Eldership. Children and young people remain a priority for Beulah and there was a sense in the meeting that this post too remained a key priority. It was also noted that we had a range of skills and expertise in the congregation on which we could draw to support the work.

Whittaker Lounge. In November 2019 the Church had agreed to a spend of £10,000 on refurbishment of the Lounge but work had been held up because of Covid. However, a small team had been working hard planning the work and had brought an up to date budget proposal of £11,500 to Finance and Elders during this month. The recommendation from Finance Committee to Elders was:

'That Elders confirm that they are happy for the Lounge Committee Project Group to proceed as above. Hopefully, this will mean that we will be ready to open the Whittaker Lounge to the public as soon as guidelines allow. The Lounge is such an important link with members of the Church and the wider community and one which has been very much missed over the past 10 months.'

This was unanimously agreed at the meeting on 8 February.

However, with the current restrictions on the use of our buildings, it was proving difficult to meet. The guidelines state that only *essential* work could be carried out and Duncan Pugh had looked into this and had been told that this was not essential. During discussion, the importance of the Lounge

being available for use as soon as it was allowed was recognised, although, with social distancing in place the numbers allowed would be very low. It was also noted that many of the volunteers who staffed the Lounge were in the vulnerable age group and it was confirmed that the Church would be very mindful of their welfare. In the meantime, the group would continue with their planning via Zoom and Duncan would seek further advice on access for potential tradesmen to obtain estimates, and ultimately to carry out and finish the work.

Finance. Barbara reported that the Church had made a substantial loss during 2020 but she would be bringing more detail and a draft Budget for 2021 to the Church meeting on the 28 Feb.

Synod Draft Environmental Policy. Synod would be voting on this important item at its meeting on 6 March. However, it was pointed out that it would need considerable funding and effort to implement the policy once it was passed.

General. Everyone was encouraged to go and see what had already been done to illustrate the Show the Love campaign and to add their hearts to those already there. Thanks to Marianne Barwise for her work on this and to our artist, Jo Jones, for her input.

One suggestion during the meeting was that we should focus on what we CAN do during this difficult time. Unanimously agreed.

Andrew thanked everyone for their participation and reminded them about the Church meeting following morning worship on **Sunday 28 February**. The first item on the Agenda would be: Pancakes – how many did you manage to eat?!!

***NB This will now be held on Sunday, March 7<sup>th</sup>.***

# KIN

## Together we care and together we share

As we begin another year's fundraising in restricted circumstances, the KIN Committee would like to thank you all once again for your incredible support and generosity in 2020. Together, we quickly adapted and improvised and found new ways of continuing our collections and fundraising and, thanks to you all, we achieved the following ...

### Money raised

- £600 - WCVA (to help with flood damage after Storm Dennis)
- £1580 - Christian Aid
- £240 - Tap Twinning
- £645 - Beetle Drive/Quiz for Sanyu Babies Home
- £200 - Space4U
- £950 - ShelterBox
- £700 - Ty Hafan and Noah's Ark (this will appear in 2021 donations)
- £100 - HHI (this will appear in 2021 donations)

### Collections

- 55 Shoeboxes for Romania
- Food/toiletries/pants and socks for Huggard Centre, Space4U, Romania, Ronald McDonald House
- Chutney, jams and redcurrant jelly were sold with money donated to supply school bags for Sanyu children
- Chocolates and biscuits for families supported by the Family Intervention Service/ Children's Services

### Foodbank

Many thanks to everyone who has donated food for the Foodbank, and especially to Eleri who has let us use her porch as a drop-off point. Collections are starting again and her porch is open for donations. **The Foodbank currently needs donations of tinned fish, litre bottles of squash, steamed puddings and longlife fruit juice**

A typical parcel from Foodbank contains..... breakfast cereals, soup, pasta, rice, pasta sauce , tinned beans, tinned meat, tinned vegetables, tinned fruit, longlife milk, longlife fruit juice, tea or coffee, biscuits and snacks. This provides three days of healthy food for individuals or families.

Julie Jones took 116.4 KG of food to the Foodbank (3 days supply of food for 12 people) ... all donated by you. Thanks also to Jan McCormack who held a street collection and filled lots of the carrier bags of food which were donated.

This is a great example of how we can still work together to help others, even if we are in lockdown!

*Thank you so much  
from Eleri, Eileen and all the committee*



# KIN at EASTER

## ALMS BOWL and CHRISTIAN AID BOXES

As many of you know, each year in Beulah we invite people to set aside some small change for Christian Aid as part of their daily actions and reflections during Lent. The money is then brought to church as part of the Easter Sunday celebrations. Last year, of course, there was no opportunity to bring either your Lenten Alms Bowl collections or any Christian Aid collecting boxes you may have.

If you are able, we'd like to invite you to collect once again for the Alms Bowl during Lent this year and then we can come and pick up any money you may have at home and make sure that all gets sent off to Christian Aid. So, after Easter, please contact either Eileen Newington (01248 811111) or Ann Grimes (01248 811111) if you'd like us to collect anything from you.

### EASTER RAFFLE



Following the success of our Christmas raffle, we thought you might like some beautiful Easter prizes! There will be Easter Breakfast and Tea Hampers, an Easter Bunny, Simnel Cake, Easter Flowers and, of course, some Easter Eggs!

During the pandemic we've heard much about those suffering from poor mental health, and also about the particularly difficult circumstances of so many children. For this reason, we've decided to raise money this Easter for **Mind Cymru** and **Childline**.

**Please support our raffle ...**

**there are three ways in which you can pay for your raffle tickets (£1.00 each):**

by cash - contact your Pastoral Elder;

by cheque - made out to Beulah URC and sent to Barbara Rhys (address in the Beulah directory);

by BACS - please contact Barbara (however, many of you already use SO and will already have the bank details, in which case please just add the reference 'KIN' when making your payment).

Dates for your diary ...

**Christian Aid Week 10<sup>th</sup> - 16<sup>th</sup> May**

**Get in training for the 300,000 STEP CHALLENGE!!  
(details to follow)**







## SHOW THE LOVE

A big thank you to everyone who supported the Climate Coalition's Show the Love campaign by making green hearts and displaying them around Beulah. Special thanks to Marianne and all the Junior Church children whose hearts were so effective in the Canolfan and Margaret Whittaker Lounge windows.

**EDITORS**  
Colin Grimes,

Huw Morgan,

**Contributions for the next edition of Crossroads should be submitted by Sunday, 28th March , and Colin will be editing.**

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