



Letter from the Manse

Beulah CROSSROADS

The
Monthly
Newsletter
of Beulah
United
Reformed
Church

August
2021



Part of the United Reformed Church Cardiff and Penarth Pastorate

Dear Friends,

Below you will find part of a poem by Mary Oliver entitled, 'Summer Day.' It seems a good way to begin our summer reflection.

*Who made the world?
Who made the swan, and the
black bear?
Who made the grasshopper?
This grasshopper, I mean—
the one who has flung herself
out of the grass,
the one who is eating sugar
out of my hand,
who is moving her jaws back
and forth instead of up and
down—
who is gazing around with her
enormous and complicated
eyes.
Now she lifts her pale fore-
arms and thoroughly washes
her face.
Now she snaps her wings
open, and floats away.
I don't know exactly what a
prayer is.
I do know how to pay atten-
tion, how to fall down into the
grass, how to kneel down in
the grass,
how to be idle and blessed,
how to stroll through the
fields,
which is what I have been do-
ing all day.*

When you read it, you can see Mary Oliver, can't you? Wandering a field, stopping, finding a grasshopper that has settled on her. The temptation is to brush it away. Instead, she simply watches it, carefully examining it, noting what it looks like, how it moves, what it does. When she returns home and tells her family what she has done, you can hear the implied criticism—'Couldn't you do something better with your time?'

As we enjoy summer, we wonder whether all of us can allow ourselves time to simply 'be' rather than running around 'busy, busy, busy' all the time. Can we give ourselves time to wander in a field and allow the joy of nature to catch us? After so many stressful months, whether home or away, can we sit outside and watch what is around us? Can we wander in a field and notice the bees and other insects? Can we sit outside and notice the birds flying above our heads? In the evening, can we look up at the sky and count the stars? These moments of simply being might help us recover just a bit from the year that has been.

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CHURCH NEWS

Church & Family News

As we head off on staycation or for some further afield I hope everyone is able to enjoy the rest and have time recharge.

In Beulah we now have a change in our serving elders and pastoral helpers which was agreed at Church Meeting last week. Sincere thanks to all who have completed their time in serving roles.

A big thank you to Andrew Glanfield, Derek Evans, Alun Jones, Colin Grimes, Eleri John, Diane Burton, Duncan Pugh, Jill Ferdinando, Lynne Davies and Nesta Thomas. The last year had been particularly challenging for all and we have had to change and work in many different ways.

Our thanks also to those taking on new roles: Liz Kidd (Chair), Andrew Glanfield (RPC Rep and CLE, Communications), Anne James & Ian McDowell (CLE Community), Jenny McDowell (CLE Worship). New Pastoral Elders are Eleanor Mills, Laura Davies and Marianne Barwise and Liz McCarthy will be a Pastoral Helper. Not least thanks to Pat Cazenave who is kindly continuing as Pastoral Elder, and Alun Jones continuing to help with Worship.

There are spaces for 1 Pastoral Elder and 2 Pastoral Helpers, so there may be some changes to the districts. The directory will be updated now and sent out in September with Crossroads, please

Ministers in the Pastorate:
Revd. Martha McInnes
Revd. David Dean
Email: ministers@beulahurc.org.uk

make sure your contact information is up to date - please contact Louise Morgan with any amendments.

We have also had discussions about how worship will change. In the meantime we are still in Beulah on the 1st Sunday of the month (Communion service with either Martha or David) 3rd Sunday of the month (pulpit supply) 5th Sunday of the month (watching Synod Service). These are all live-streamed. The current covid numbers are still too high to sing in church and continue to pre-book your place with Helen. As guidelines alter through August we will keep you updated of further changes.

Best Wishes to all and to those who have been unwell I

wish you a speedy recovery. I look forward to catching up more in person in September.

Anne



INVESTMENTS

You may recall that at our Church meeting on 23 June 2019, it was agreed by an overwhelming majority, to divest from investments in fossil fuels. As a result, an application was made in May this year to the CCLA to transfer our monies in their COIF Charities Investment Fund, so prudently invested for us by Ray Lacey many years ago, to their COIF Charities Ethical Investment Fund.

I am delighted to tell you that this transfer was completed on 2 July 2021.

*Barbara
Church Treasurer*



Church Secretary:
Mrs Anne Wilkes
email:
secretary@beulahurc.org.uk

Church Treasurer:
Mrs Barbara Rhys,

From p.1

These are 'stop and smell the roses' moments. Maybe August can hold a few of those for us.

In addition to noticing the grasshopper, Oliver writes that she doesn't know what prayer is. This may seem an odd connection, but she suggests prayer may be as simple as 'paying attention.' This is indeed a form of contemplative prayer—noticing what is good in our day and noticing what was challenging. This is a simplistic form of Ignatian prayer. So, in effect, when Oliver was noticing the grasshopper, we might say she was praying. Can we also 'pray' our way through the summer, noticing what is happening around us, in nature, in the city, in a busy work environment, or a quiet garden? Can we use this summer time to experience the simple pleasures and give ourselves space to recover from the challenges of the last year?

Perhaps summer give us time to relax and recover just a bit, to focus on the beauty around us, and to rejuvenate so that we can face the tasks before us in the autumn.

Blessing on your summer noticing, resting, connecting, and praying.

*Yours in Christ,
Martha and David*

Summer Worship Theme

The summer worship theme across the pastorate is *Caring for Creation*. As we enter the

run up to UN Climate Change Conference in Glasgow, worship materials have been prepared to help us connect with creation, climate change, and spirituality. Friends have prepared video 'sermons' that we will use in worship. Other friends have prepared prayers that can be used live. We hope these sermons and worship material will help us notice the wonder of creation and reflect on how we can engage with climate change and honour God's good creation. Whether you are on Zoom, listen to MixCloud, or are at an in person, you will find this worship material shapes the services.

Worship Patterns

As we begin finding our way out of the Pandemic restrictions, one thing that is going to change is Zoom and MixCloud worship. While we don't know what the autumn with hold, for the next couple of months there will only be a service on Zoom on alternate Sundays. The *first and third Sundays* will be in person worship. If your church is not open, you can watch a live-stream service. At the moment only Beulah is set up for this:

It is likely other churches will be able to live-stream in the near future. On the *second and fourth Sundays* there will be a Zoom service. Eventually, it is hoped the fourth Sunday will be a regular pastorate Zoom service in which we can worship at home or at church sharing a Zoom service together. The fifth Sunday will offer us an option to share a National Synod of Wales service. This pattern will begin in August.

MixCloud will continue, but it will eventually be a recording of an in-person service rather than a compilation of voices from across the pastorate.

As we shift our worship patterns, David and I want to express our thanks for the help provided to us—the tech support, the musicians, the readers and prayers who have participated in worship leadership. The worship has been enhanced by everything you have done. Thank you.

As we go forward, we hope we will be open to experimentation, to working together and to developing in new ideas because of what we have managed to do with the resources across the pastorate.

A message from Ron Leech's family

We would like to thank everybody who sent sympathy cards and kind words to us after Dad died and for the donations we have received for the three charities.

Thank you to all the stewards who were on duty at dad's funeral and allowed the occasion to run smoothly with difficult covid restrictions.

Special thanks to: Huw Morgan for his technical expertise; Anne Wilkes who organised the seating plan; Dr Alun Jones for playing the organ and the choir who recorded the two hymns .

Thank you Martha for officiating at both services and for giving me the encouragement to read the eulogy.

*With many thanks
Thelma , Kerry and family*

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

On a recent week on Iona we were encouraged to write our own **Lockdown Psalm**. This was mine.

*Did you see the distress of an old man
When no-one was allowed to visit?*

*Or the aching heart of a woman
Longing to greet her newborn grandson for the first time?*

*Did you hear the cries of exasperation
As young hopes were dashed, plans shelved and doors of opportunity closed?*

*Where were you when the NHS was on its knees
And care workers couldn't take any more?*

*Did you sense the fear as the 'R' number rose
And our leaders pronounced more death and gloom?*

*Where were you then, God?
Where are you now?*

*Yet I trust, deep down, that you do not abandon us
And I have looked for you amid the chaos and confusion of these times*

*I saw you in the unfolding of another spring
And in the miracle of renewed life.*

*You called us to sit awhile, putting cares aside
To live in the present moment – just to be.*

*You remind us what really matters
And set our hearts on that.*

*With you we worked together for the common good
Protecting the vulnerable and developing vaccines.*

*You unlock our creativity and imagination
Giving us power to overcome barriers and frustrations.*

*You make us question our lives of wastefulness and greed
And to dream of something different.*

*God of new life and new beginnings, of creativity and power
God of the future and of now
Do not restore to us the life we mourn
But lead us to a better way.*

Fiona Liddell

In-Church ROTAS

	AV System	Bible Readings	Prayers
August 1	Marianne Barwise	Roger Bidnell	Andrew Glanfield
August 15	Andrew Glanfield	Richard Sweetnam	Helen Harries
August 29	Huw Morgan		
September 5	Nigel Barwise	Pat Agland	Jenny Mc Dowell
September 19	Richard Sweetnam	Andrew Glanfield	James Hall

Junior Church update

After a summer break we look forward to meeting a little more often. This is what we are planning:

Junior church for 7 to 14 year olds will take place on the first Sunday of each month, starting with October 3rd, meeting in the Nance Leaver room of the Canolfan 10.30 – 11.30. (A service in Beulah church will be taking place at this time).

Those aged 14+ are encouraged to attend our main Beulah services – in person or virtually, the future pattern of services will be clearly communicated - and to join Youth Fellowship which meets on Sunday evenings (contact Liz McCarthy).

Primary and creche are meeting in Canolfan garden on Sunday 15th August and will continue to meet regularly (although not weekly) in the autumn- details below.

Outdoor church takes place monthly on the third Sunday, with the next one on Sunday 19th September at 3pm. This is for all ages with accompanying adults. Details as to where to meet and what to bring are emailed to Junior Church contacts each time by Helen, or are available from Fiona. We have been meeting in Heath Park for the past few times, which offers us good tree cover when it rains!

Sunday 12th September will be our 'Promotion Sunday' when we acknowledge children growing up and moving on from one age group to another, and in some cases moving away to further studies elsewhere. After this Zoom service there will be a special breakout group for parents and children of Junior Church so that we can answer questions and clarify arrangements with you. We hope to see you there.

We are pleased to welcome some new helpers to the team - Carol Coleman and Audrey Budding. If you would also like to help out, on a rota or occasional basis, have a word with one of us.

Fiona Liddell on behalf of the Junior church team

Junior Church for the youngest children

Junior Church for the youngest children will take place on the 1st and 3rd Sundays of each month, 10.30 -11.30am, in the Garden Room of Canolfan, starting on the 3rd October. These are the Sundays when services are held in church (booking to attend the services are required through the Church Administrator, Helen White – email: admin@beulahurc.org.uk).

During the next two months, we will be meeting on Sunday 15th August and 19th September in Canolfan Garden 10.30 -11.30am. All are welcome.

Creche

Until weekly services re-commence, Creche facilities will be available on the 1st and 3rd Sundays, with Pat, Pat and Ann in the Garden Room of Canolfan.



We are keen to re ignite our Beulah Family Camping weekend this year, as covid restrictions are easing. We already have a number of Beulah and Pastorate families interested. Please contact Marianne Barwise or Andrew Glanfield if

you would like to join us. We usually go mid September, Fri to Sunday and in recent years have been to Forest of Dean and Pembrey. Offer is open to all ages and individuals, as well as families, and we can prob-

ably loan equipment if you haven't camping gear. We will invite all who are interested to an online meeting soon, to plan date/ venue and activities, so reply ASAP!

Thanks, Marianne

Church Calendar

August

Sunday 1st **10.30 a.m. Worship in Beulah: Revd. David Dean**

Sunday 8th **10.30 a.m. Pastorate ZOOM Service**

Sunday 15th **10.30 a.m. Worship in Beulah Revd Gethin Rhys**

Sunday 22nd **10.30 a.m. Pastorate ZOOM Service**

Crossroads deadline

Saturday 28th **10.15 a.m. Whitchurch, Rhiwbina, Birchgrove Prayer on Zoom**

Hosted by Ararat Baptist, Whitchurch

Zoom details from Anne Wilkes or Louise Morgan

Sunday 29th **10.30 a.m. Worship in Beulah: Synod Recorded Service**

10.30 a.m. Pastorate ZOOM : Synod Recorded Service

September

Sunday 5th **10.30 a.m. Worship in Beulah: Communion:**

Mr. Derek Evans & Mrs. Ruth Williams

6:00 p.m. Vera Ruddock's local preacher accreditation service

(Zoom – links to be circulated nearer the time).

Sunday 12th **Junior Church Promotion Sunday**

All "In Church" services will be live-streamed

Please note that we are re-introducing coffee mornings after worship – this will happen in the Canolfan garden (weather allowing) and people will have to bring their own coffee.

- *Please book (with Helen) for Beulah services by the preceding Thursday.*
- *During the current restrictions, for Communion services on the first Sunday of the month please bring your own bread and wine.*

EDITORS

Colin Grimes,

Huw Morgan,



Contributions for the next edition of Crossroads should be submitted by **Sunday, 22nd August,** and Colin will be editing.

Please note,
editorial e-mail:
crossroads@beulahurc.org.uk