

CHURCH AND FAMILY NEWS

I hope everyone has enjoyed the summer and had some time to recharge ready for the Autumn. Moving into September and the start of the new academic year best wishes for your new classes, in school, college and university. For those moving away please let us know your contact details if you wish to receive Crossroads to keep in touch.

September also brings the changes in Leadership Team and Elders. The districts remain unchanged and you will find details in the new directories. Please check your details are correct.



From September pre booking for the Sunday Service is no longer required. We will still need to keep a register of attendance. Face coverings are required to be worn in Church. For those still wanting to retain distance, we will keep a section of the seating at 2 metre distance. Other seating will be unrestricted.

Communion service continues on the 1st Sunday of the month, on September 5th please bring your own bread and wine, in October we will resume serving communion.

The evening of September 5th is the Nations' Climate Sunday Service from

Glasgow Cathedral, starting 3.30pm with the service from 4pm. Please register at <https://www.eventbrite.co.uk/e/nations-climate-sunday-service-churches-prepare-for-c-o-p-26-tickets-165258230817?aff=ebdssbdes-tsearch>

I have enjoyed our recent pre recorded Caring for Creation services, thanks to all involved they have been very thought provoking.

The 12th September is a Family Service and Coffee will be served afterwards in the Canolfan, our new Elders will also be inducted.

Weekly notices should continue to be sent by Wednesday, to Helen White (admin) and myself. Please note Helen will be on leave the weeks beginning 13th and 20th September.

Our best wishes go to those unwell at home and in hospital this month.

Anne

Letter from the Manse

(Continued from front page)

on Sunday mornings. Sharing a meal creates a space in which the gift of friendship is nurtured.

Last night on a Zoom call, I said to the group, 'Why don't you come over for food and drink?' That is the first time I have said that in over a year and a half. I'm not one who has the gift of hospitality, but in my previous church I regularly had people 'round to the manse. It's time to begin again, to nurture friendships, to laugh together, and feed each others.

As restrictions ease, we wonder how can we again share this gift with each other? Can we invite a few church members over for a meal? Can we gather at church and eat together? Can we ask a few people from another church to a meal at our house?

We look forward to sharing many meals, great stories and deep laughter, and growing friendships in the months ahead.

Yours in Christ,



CONTACT

Ministers in the Pastorate:

Revd. Martha McInnes,
Revd. David Dean,

Email: ministers@beulahurc.org.uk



Church Secretary: Anne Wilkes, Email: secretary@beulahurc.org.uk
Church Treasurer: Barbara Rhys, Email: treasurer@beulahurc.org.uk
Church Office: Administrator - Helen White, Email: admin@beulahurc.org.uk

To Simply 'Be'

- Barbara Collins

Thank you, Martha, for endorsing my recent experiences, in August's 'Letter from the Manse'.

Recovery from a six week stay in the Heath Hospital Covid Wards, earlier in the year, plus lockdown, plus the exigencies of advancing years, have restricted activity mainly to home premises. With so much time to sit outside and simply 'be', my solace has been the garden. This is divided into three:- patio, lawn, and 'secret', (backed by a bank of towering trees.) This morning, I saw two fat pigeons sitting on the fence, a squirrel frisking in the branches of the pieris tree, a jay with its mate, and a small blackbird scratching for 'pickings' beneath the emptied seed containers.

Is the inability to be part of the busy, busy world to be regretted? Of course, at times, but this awareness of natural life is a blessing in itself, as is the freedom to simply 'be', and to quote again that well known verse:

The kiss of the sun for pardon,

The song of the birds for mirth.

You are nearer to God in a garden,

Than anywhere else on earth.



THANK YOU

The Holbrook family would like to thank members of Beulah for their cards, flowers and messages of goodwill sent to Patricia on her recent birthday celebrations and her move from Cyncoed to Rhiwbina.

Love from
*Tricia, Ross, Karen
and family*



Vera Ruddock

Hello everyone, Just a reminder that my Methodist Local Preacher accreditation service takes place on Sunday 5th September at 6pm. This is the service where I affirm my commitment to preach, receive authorisation to do so from the President of the Methodist Conference and tell something of my story. Due to Covid-19 spaces in the church are limited - I've sent invites to a few friends from Beulah. But everyone is welcome to join the service on Zoom. John Cheer is leading the music for us - so Beulah will be well represented. For details please email the Cardiff Circuit office office@cardiffmethodist.org.uk

I'm looking forward to worshipping with you soon and preaching at Beulah again at the end of November.

Shoebox Appeal

Operation Christmas Child



It is time to start thinking about Shoeboxes. Even during the difficulties of last year, Beulah members and friends filled and delivered 55 boxes for distribution to children who otherwise would have very little or nothing at Christmas. Thank you, so much, to all those involved in that effort.

So, again, this year we will be having a shoebox collection to help with the cause. If you are unable to make up a box, yourself, we will be happy to receive your items or donations. The collection date for items will be the beginning of November. We will have leaflets available soon to provide you with guidance, but if you have any questions in the meantime, please ask Denise Dickman or Ann Grimes.

Thank you,

Team Shoebox.



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

KIN

Together we care and together we share

Dear Friends,

As we're preparing the KIN item for this month's Crossroads, we're aware of the many pressing concerns and needs around us. With this in mind, we're including details of how you can send money now to the emergencies in Afghanistan and Haiti. If you are unable to donate online, please give any cash to your Pastoral Elder who will make the donation for you.

Afghanistan

Christian Aid's suggested response to the crisis is to donate to their Global Hunger Appeal
<https://www.christianaid.org.uk/appeals/emergencies/global-hunger-emergency-appeal>

Haiti

<https://www.christianaid.org.uk/appeals/emergencies/haiti-earthquake-appeal>

Harvest in Beulah supporting the Huggard Centre

If you're able to contribute to our Harvest collection this year, there are two ways of making a difference. As ever, we're asking for pants and socks for the homeless. Alternatively, you could give a donation for the Huggard's new project which Karen describes for us, now:



HUGGARD
helping the homeless

"As members will know, The Huggard Centre has been working with some of the most chaotic and vulnerable people

in our city, offering support, food and accommodation to anyone who needs it. Huggard have been working with this group of people for the last 25 years, and our services include: a day centre, 20 bed hostel, and supported housing in the community. During the past 18 months, we have continued to be open 24 hours a day for anyone finding themselves homeless, but due to the pandemic, we have had to rethink the way in which we work.

As the Council opened more emergency accommodation, and our service had to restrict the number of clients entering the day centre, we continued to offer all of our services, such as advocacy, food, and harm reduction, but did this as an outreach service, taking our experienced specialist staff to the new accommodation, across the city.

As we start to emerge from COVID restriction, Huggard has been asked to take over one of the Council hostels. This is because we can offer a full wrap-around service for clients giving residents opportunities such as volunteering, education, harm reduction, independent living skill, and much more. The new hostel has 24 en-suite rooms and 20 emergency beds.

I am asking KIN if it could support us in this new venture by raising money to help us fit out one of the new bedrooms. We have always given our clients rooms with a small kitchen area, containing kettle, fridge and microwave, along with cooking utensils,

crockery and cutlery. Each room costs around £230.00 to fit out. Anything that could be raised towards this would be very much appreciated.

Many thanks for your continued support."

Karen Holbrook

The socks and pants can be brought to Beulah on Sunday 3rd October, or you can contact Eileen or Eleri to have them collected.

Money should be donated by bank transfer to Beulah's account with HUGGARD as the reference.

Alternatively, you can put cash in a sealed envelope with HUGGARD written on it, and give it to your Pastoral Elder.

Many thanks to you all for your continued support and generosity from the KIN Committee.





Silver Eco Church Award Certificate

This is to certify that

Beulah United Reformed Church

has won a Silver Eco Church Award in recognition of their efforts to care for God's earth in each of the following areas (as applicable):

Worship and Teaching
Management of Buildings and Land
Community and Global Engagement
Lifestyle

Signed  Date 20th August 2021
CEO, A Rocha UK



ecochurch.arocha.org.uk
arocha.org.uk

Eco Group

The Eco Group is delighted to share with you that Beulah has recently received an Eco Church Silver Award. Over the last few months we have been working on the online survey of church activities.

We were also asked to provide additional comments and photographs to A Rocha and we included information on our solar panels, the Canolfan garden and Green Flag Award, our campaigning alongside Christian Aid and our divestment from fossil fuels. (For all the comments and photos, please contact Eileen).

While completing the survey we were able to assess the church's achievements and ongoing environmental commitments while also identifying the challenges and opportunities we still have ahead of us.

Liz and Neil Kidd collated all the material and supporting information which led to our original Eco Congregation Award in 2015. Liz was a founder member of our present Eco Group and has always been committed to Beulah's environmental work but, as she now prepares to take on her new role as Chair of the Leadership Team, she will be stepping down.

We would like to thank her sincerely for her many years of help, expertise and enthusiasm and we look forward to her return when time allows.

Editor's Note

The **deadline** for articles to be included in the **October 2021** edition of **Crossroads** is **Sunday 19th September** and **Huw** will be editing.



Editorial Team

Colin Grimes,
Huw Morgan,
Email: crossroads@beulahurc.org.uk



Please join in Rhiwbina's Green Week 18th - 26th September 2021

Celebrate how our community is taking action to tackle climate change and protect green spaces ... together we can create a cleaner, greener, healthier world.

GREEN FAYRE in RHIWBINA VILLAGE Saturday 18th September from 10.00am - 1.00pm



Create a leaf for Green Week (see separate item for details and inspiration)

- packs available at Beulah on Sundays 5th and 12th September, from Siop Sero and from Jo Jones
- we're inviting people to make their own leaf and to hang it on our Green Tree in the heart of Rhiwbina
- there'll be a chance for children to make a leaf on the day so please do come along
- a big thank you to Jo for helping us to be creative!

Food stalls with local produce

- we're delighted that Men's Sheds will be operating an apple press
- please contact Ian McDowell if you'll have any fresh desert apples we could use on the day
- there'll be a stall with homemade chutneys, marmalades etc
- please contact Eileen if you have any you would like to give us
- Siop Sero
- all about bees, with local honey for sale

Environmental organisations and initiatives

- send a prayer or a message to COP26 with Christian Aid's **Rise to the Moment** craftivism
- see what's going on ahead of the Climate Summit

FILM EVENING in BEULAH Friday 24th September at 7.00pm



All seats must be booked in advance ... please contact Eileen

RHIWBINA ECOTEAM ECO DAY Saturday 25th September in Parc-Y-Pentre 10.00am

Activities, demonstrations, local groups, information, talks and lots more for all the family.



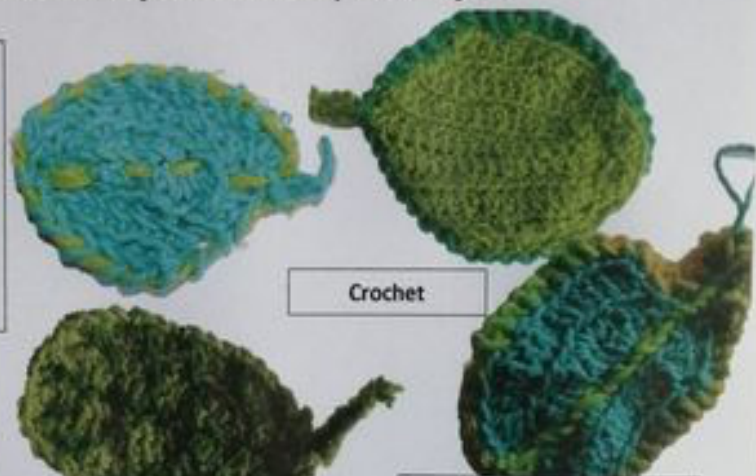
Create a leaf for Green Week

For Green Week this September Beulah URC is working with other groups in the Rhiwbina community to raise awareness of climate change and the upcoming COP 26 in November.

We are inviting people to make their own leaf to be placed on our 'Green tree' which will be placed in the planter where the Christmas tree is displayed, on the 18th of September 2021, 10am-1pm.

The leaf can be made in crochet or knitting, as long as it is green, or neutral in colour.

Alternatively, you can decorate one of the felt or plywood leaves in the packs. These are some examples, painted, sewn onto, or edged. Decorate however you wish, include words, recycled ribbons, wooden beads etc, preferably no plastic.



Crochet



Paint on wood

Collect packs from the Zero Waste shop in Rhiwbina, or after church on Sunday 5th, or Sunday 12th of September, or contact Jo.



knitting

Make as many different leaves as you want and bring them to hang on the tree outside Northwood Estate Agents on the 18th of September, or in the following week, up until the 25th.



Felt

Find out more at; www.greatbiggreenweek.com



CLIMATE CHANGE - EARTH - Ways to be proactive

It seems impossible that individuals like us can possibly influence the increase of the 'sky of iron, earth of bronze' which we have witnessed even since Lucy and I devised our talk on EARTH, but we have to believe that tiny changes made by millions of people have a cumulative effect.

What follows is the very difficult proposal that we need to change our life habits. And it's even more annoying to have these changes recommended by others 'holier than thou'. But there is no obligation: we must change what we can, dependent not necessarily on our financial resources, but on our imagination.

The first point we made in our video, concerned the materials to be mined from the ground. We need to think proactively when a machine breaks down - washing machine, radio, computer. We are unfortunately at the mercy of manufacturers who make repair difficult or expensive. And the government should be doing much more to encourage recycling. So, the proposal is:

- repair a broken machine where possible
- recycle it responsibly when it's not
- don't put recyclable products in black bags
- parents: train your children to be recycling-responsible

Then we made the point that we create demand by how we spend our money, in food and on clothes.

FOOD: there are signs that farmers are beginning to realise that organic farming is better all round - economically, they get a lower yield, but they save the cost of pesticides and fertilizers, both of which have terrible side-effects on the countryside.

- Buy your food from a local organic producer. Try making a relationship with a butcher, a fishmonger, a grocer, rather than a supermarket, to get/deliver your food.

Even more controversial, consider changing the diet of your family! A sudden change is maybe a bad idea, but consider the enormous burden on the land that is created by animal husbandry. Rather than eating the grain off the land, we feed it to our farm animals to create meat, a process that makes much more demand on the land. We are also at the mercy of greedy producers of meat and fish whose top priority is to maximise profits to the detriment of animal and ocean welfare.

- Consider reducing your consumption of meat, fish and dairy produce. Buy these from sustainable, organic sources (i.e. not from the US, not from Australia!).

- Be choosy about the origin of your food - make it local if at all possible. Reduce the air-miles

A further advantage is that we and our children will be healthier and be less of a burden on ourselves and the NHS!

Do you have a garden or outdoor space? The amount we can save by growing our

own fruit and veg is maybe tiny, but it's worth doing if only as a reminder that the process of feeding ourselves is ultimately more fundamental than grabbing a packet off a shelf. This is also a powerful lesson for our kids.

- Grow vegetables in your garden, or herbs in a garden space, or in pots indoors.

CLOTHES: another provocative subject! This is a parallel case to food, where the necessity is to be inquisitive about the conditions under which the clothes are created. Yes, there's organic clothing as well - where cotton, say, is produced without fertilizer or pesticide.

- When you buy new clothes, go to a reputable shop that offers clothing produced in a sustainable environment.

The trouble is that this will cost more - a teshirt for £30 rather than £6. Value for money is a tricky idea. We estimate value by (lower) cost, which ignores the 'invisible' sacrifices and serious damage caused by the manufacturing process. Buying higher quality clothes (if we can afford it) means that they last longer. So:

- consider wearing the clothes you have for longer.

- if you know you have to throw an item out, clean it and offer it to a charity shop. If it's unwearable, take it to your recycling depot.

- buy clothes with minimal plastic content.

- cheap cotton comes at the price of exploiting workers

and pollution. Choose something else.

- buy quality and from responsible suppliers.
- Organic cotton, linen and silk are the greenest dress materials.

Finally, in the video we made the point that political votes do have an effect on the UK's priorities on climate change. So don't ignore the issue. We don't want to let a Trump in by the back door (if we haven't already!).

- Vote positively for the climate. Make it a top priority!

Water

Items that can help save water at home:

<https://aqualogic-wc.com/shop/>

Fix dripping taps and toilets – there are strips that can highlight leaks you weren't aware of

Take shorter showers – use a shower timer

Use a special shower head that can reduce water consumption by 60%

Add a small aerator to the end of your tap spout which injects air into the water, which can help reduce water consumption by 50%.

Put a full water bottle or a hippo in your toilet cistern, which can save a litre of water per flush

Use a trigger gun on your hose to control the flow more easily

Water meter:

People could also sign up for a water meter to save money while they're saving water. (Dŵr Cymru also used to provide some water saving

items when you signed up for a meter.)

To help people in other countries, you can support:

Christian Aid:

Christian Aid's focus this year has been on providing safe water for communities around the world through building earth dams and providing community taps.

Water Aid:

Water Aid works all over the world aiming to make water, toilets and hygiene normal for everyone, everywhere.

Fire

Change your utility supplier to a green energy company.

Sign up the Climate Cymru

Air

Walk, cycle or use public transport rather than drive.

Service petrol/diesel engines and oil/gas boilers regularly.

Consider switching to green energy suppliers (who can also be low cost).

Recycle/reuse etc and compost rather than send to general waste collection or burning garden waste.

For open fires/burners think about dry wood and smokeless fuel rather than wet wood or coal.

Take advantage of grants for home insulation to reduce heating energy use (and hence emissions).

Biodiversity

Local:

The sermon suggests using a Bee-bomb (wild flowers) - <https://www.beebombs.com/>

It also suggests cutting your lawn less often. See: <https://>

www.plantlife.org.uk/uk/discover-wild-plants-nature/no-mow-may (If you don't have a lawn of your own, you can write to the local council to suggest that they do the same in the parks – which Cardiff already does – and on the road verges)

For the more adventurous, combine the above and turn your lawn into a meadow: <https://www.rhs.org.uk/advice/profile?pid=436>

Generally improving biodiversity in your garden - <https://www.wildlifetrusts.org/actions/how-grow-wild-patch> or <https://www.kew.org/read-and-watch/how-to-make-your-garden-more-biodiverse> or <https://www.rhs.org.uk/science/conservation-biodiversity/wildlife/encourage-wildlife-to-your-garden>

With particular emphasis on hedgehogs (who are now greatly endangered) - <https://www.britishhedgehogs.org.uk/creating-wildlife-garden/>

In Wales: read <https://www.biodiversitywales.org.uk/>

Even better - get out to enjoy nature reserves in Wales: <https://www.wtwales.org/>

There is a world conference on biodiversity in October in China (COP15) – just before the COP26 in Glasgow on Climate change. More information here: <https://www.cbd.int/>

Well worth writing to your MP and MSs and local councillors to ask whether they know about COP15 and what they are doing about the biodiversity crisis – and if you are writing to them about climate change, mention biodiversity too – the two crises are profoundly interconnected.

CHURCH CALENDAR

September

Sunday 5th	10.30am	Communion: Derek Evans & Ruth Williams
	6.00pm	Vera Ruddock's Local Preacher Accreditation Service ('Zoom' links to be circulated nearer the time). There will be a small physical congregation at Whitchurch Methodist Church but most attendees will be online.
Sunday 12th	10.30am	Beulah URC Family Service: Martha McInnes
	10.30am	Pastorate ZOOM Worship
	7.30pm	Youth Fellowship
Monday 13th	7.30pm	Elders' Meeting
Sunday 19th		Crossroads Deadline
	10.30am	Worship: Martha McInnes & David Dean
	3.00pm	Junior Church: Outdoor Church in Heath Park.
	7.30pm	Youth Fellowship
Friday 24th	7.00/7.30pm	Film in Church: Life on our Planet - TBC
Saturday 25th	10.15am	Virtual Worship (ZOOM): TBA
	10.15am	WRB Prayers
Sunday 26th	10.30am	Pastorate ZOOM Service
	7.30pm	Youth Fellowship
October		
Sunday 3rd	10.30am	Communion: Martha McInnes & David Dean
	10.30am	Junior Church
	7.30pm	Youth Fellowship

Please note that we can meet, after Worship, for tea/coffee in the Canolfan garden (weather allowing), but people will have to bring their own beverages.

	<i>AV System Rota</i>	<i>Bible Readings</i>	<i>Prayers</i>
Sept 5	Nigel Barwise	Pat Agland	Jenny Mc Dowell
Sept 12	Beulah service and Pastorate Zoom		
Sept 19	Richard Sweetnam	Andrew Glanfield	James Hall
Sept 26	No Beulah service: Pastorate Zoom		
Oct 3	James Hall	Liz McCarthy	Richard Edwards