

CHURCH AND FAMILY NEWS

Happy New Year to all, I hope you had a good time over Christmas with friends and family. It was lovely during Advent and Christmas to see more people back in church. We had many services starting with Light for our Loss. The baubles Jo Jones has made for the wall of the Canolfan are a lovely reminder of our friends and loved ones. The children and young people's services are always much anticipated and again did not disappoint. I was not able to attend them all in person, however, I was able to connect via the livestream.

Thanks to all involved in the preparation and decorations of the Church, Canolfan, and Garden. They were all looking lovely.

There is now a 'Deja Vu' feeling, we are in Alert Level 2 and required to put 2 metre distancing seating back in place in church so there will be some reduction in capacity. We are all advised to take a lateral flow test and not attend church if covid positive, or symptomatic. Face coverings are still required, we can continue to sing again with face coverings in place. The church doors will still be open for ventilation. A reminder also that downstairs seating entr-

ance/exit will continue to be accessed from the Whittaker lounge entrance. For seating upstairs, use the main entrance on Beulah Road. If you are able to help steward, please let me know.



Thank you to Helen White, our administrator, who finished at Christmas. Best wishes for the future. Please now send me any information you would like included in our weekly notices.

Family News

Sincere condolences to Marion & Kevin Williams on the death of Marion's Mum Glenys Scott. It was lovely to be able to be in church for the funeral service and in the Canolfan for refreshments.

Condolences also to the family of Nina Clinch who passed away before Christmas.

Our thoughts and prayers go to all those who are unwell, have been in hospital or recuperating at home with family.

Best Wishes, *Anne*

THANK YOU

A big THANK YOU to the Beulah family for all the cards and flowers we received during the weeks Betty spent in hospital and since her return home shortly before Christmas. The love and care we all experience from Beulah folk is legendary and it has been so much appreciated by both of us during this difficult time. Betty is continuing her steady progress with her usual determination to regain her independence and return to something approaching normal in the weeks and months ahead. In the meantime we wish everyone the best new year that present circumstances allow.

Derek & Betty

TEA TOWELS WANTED!

If you are one of the kind people who has been taking home tea towels to wash after coffee would you please be kind enough to return them as soon afterwards as you are able? Thank you so much for your help.

Barbara

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Letter from the Manse

(Continued from Front Page)

choices for this moment. And in so doing to trust God for tomorrow.

And isn't that what Jesus said to his followers? 'Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.' (Matthew 6.34) We can make lots of plans for our tomorrows, and then lament that tomorrow hasn't worked out as we planned. Or we can focus on today, and we can leave tomorrow to God.

Perhaps as 2022 dawns, we can focus on the things and people around us today and trust that God will continue guiding us whether there are more lockdowns and restrictions or not. We remember that we and the future are held secure in God's hands.

Yours in Christ,

Martha and David

Glenys Scott

We would like to thank all our Beulah family for their love, support and kindness through Mum's declining years and following her recent death. It has been heartening to know that she will be remembered for bringing joy and fun to so many occasions.

Particular thanks go to Martha, Gethin, Dr Alun, Huw and Anne for ensuring that the funeral service was a perfect tribute – Bendigedig! To Pat, our elder for always 'being there' over many years; to Barbara and the team for taking on the catering amidst the current uncertainties and to Karen and Ann for their ministry of flowers.

We are blessed to belong to this community,

Diolch yn Fawr

Andy, Marion & Kevin, Tim & Natasha and all our families.

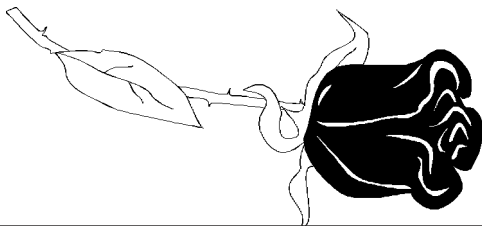
Dear Beulah Church,

I would like to thank you for the opportunity you have given me for the last 2 years to work for you. These have been difficult and testing times for all of us and I was pretty impressed with how you all adapted and adjusted to the situation. Though I ended up working mostly from home, I was able to get to know some of you.

I am saddened that I have to leave this position, but I fully understand why. I will keep working as a German tutor and dedicate myself to my jewellery and art business. So if you know anyone who needs help with their German you are welcome to contact me at hkaut@btopenworld.com (information about tuition is available at www.hkpress.co.uk) – and if you want to help a small local business you are welcome to check out my other website at www.helenkawhitedesign.com.

Best wishes to all of you and happy healthy 2022.

Helen White



CHRISTMAS FOOD GIFTS

A huge thank you to everyone who gave chocolates, biscuits, sweets, cakes, etc., before Christmas.

They were distributed amongst the families, throughout Cardiff, which my colleagues and I work with and were all very much welcomed and appreciated.

Happy Safe New Year to you all.

Ann Grimes



FAIRTRADE
FOUNDATION

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

Carol Singing on Christmas Eve

A big thankyou to all those who gathered on Christmas Eve to carol sing outside the Margaret Whittaker Lounge and special thanks to Alun for providing the music. Although there was no official collection on the morning, passers by donated £35 which will be sent to the DEC appeal for Afghanistan.

DEC Afghanistan Appeal



DONATE £20

People are starving in Afghanistan, with more than 8 million on the brink of famine.

The recent conflict and change of government, coupled with the worst drought in 27 years, have tipped the country over the edge. Economic collapse has sent food prices soaring. Afghanistan's health care system has reached the brink of collapse.

Disasters Emergency Committee (DEC) charities are already on the ground scaling up their operations. Alongside local partners they can provide emergency food, support healthcare facilities, supply clean drinking water and issue winter kits to help displaced families stay warm.

As you know, traditionally in Beulah we've supported DEC appeals by holding retiring collections over two or three Sundays. Because of restrictions and hybrid worship, it's difficult to raise a meaningful amount of money at the moment. If you would like to make your own donation from home, here are the details.

You can donate online at:

www.christianaid.org.uk/appeals/emergencies/afghanistan-crisis-appeal

or phone 020 7523 2269.

KIN

Together we care and together we share

Many thanks to everyone who contributed to our KIN fundraising over December.

Thanks to everyone who helped and supported the Winter Festival - a smaller scale event but one that brought all the Rhiwbina community together. Thanks also for the hamper makers (and we hope those who won enjoyed the goodies), and to everyone who made and served mulled wine at the Festival (it looked very busy on a cold evening!)

Also thanks to everyone in the music group who arranged and organised the Christmas coffee morning. And we shouldn't forget Father Christmas, who took time out of his busy schedule to visit us!

With everyone helping and supporting together we were able to raise money for various charities:-

Christmas Hampers raffle raised £280.00 for The Samaritans.

Winter Festival bottle stall, mulled wine and gifts stall

raised £707.50 for Noahs Ark Children's Hospital emergency packs appeal.

Blessing of the crib raise £232.22 for Sanyu Childrens Home

As you can tell, these are all good amounts and by working together we can make a difference to people's lives (and have fun whilst raising money!).

If you have any charities close to your heart that you would like KIN to support in the future then please let myself or Eileen know.

We are planning for 2022 and for the next events so will let you know through Crossroads when they will be, and how you can be involved. Perhaps you'd like to join us on one of our KIN groups meetings on-line as we make the plans?? If so then let us know.

Many thanks again for all the support you give to KIN, your generosity always amazes us.

From the KIN group.

“I would walk 500 miles... and I would walk 500 more...” : **12-16 April 2022**

In the spring, I'll be supporting (in the car, I hasten to add!) a team of 30 cyclists as they ride from Cardiff to Edinburgh (C2E) to raise £50,000 for Velindre and Latch. In “normal” times, I'd be hounding you to come along to all manner of fundraisers, but like many others, we've been seriously hampered by restrictions so are having to come up with other ways to raise these much needed funds.

Beulah's full of walkers – proper ramblers to pram pushers, and everything in between - so can I persuade you to turn what you'd be doing anyway into a new year challenge and help get us to the target? How about a combined total of 12,000 miles? That's the equivalent of a return trip every week between now and 16th April, when the team arrives in Edinburgh.

The “rules” are simple...

- 1) Join “Team Beulah” by dropping me an email:
LME_RICHARDS@YMAIL.COM or giving me a ring (07919 156060)
- 2) Decide how you want to participate. Maybe you'd like to commit to the full distance (400 miles) and ask family and friends to sponsor you... Maybe you'd like to sponsor the C2E team and contribute your miles (with no fixed target)... Maybe you'd like to sponsor the C2E team and walk with Team Beulah in spirit, from the comfort of your armchair!
- 3) Send your daily, weekly or monthly distances to me – I'll let you know the running total via Crossroads and Facebook – to be in with a chance of winning a weekly and monthly prize!

To check out the story behind the challenge visit www.c2cycling.co.uk where you can also make an online donation (please reference Team Beulah). Any questions, give me a shout, otherwise thanks in advance for any support you can offer these two charities which are so close to many of our hearts.

Thank you!
Lesley xx

PS Maybe we should add that we don't discriminate against miles ... walking, running or cycling all count ... but NOT those miles racked up in a car OR an electric bike!!!!... Ed.



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Where next?

Re-engaging Church

At our last Church Meeting, at Elders Meetings and over coffee with friends, we have welcomed our return to our church building and begun to reflect on where we start in getting things going again, giving people the confidence to return, deciding what we do next and what is important to us. Some things are clear. Others are less so. The future remains uncertain as we move into a new year.

We begin with a wondering:

Are we the same people that we were two years ago? For some life has changed radically. For others there is a drive to pick up the pieces of our lives where we left off in March 2020. After 22 months, Beulah is only now becoming visible again as a lively active church at the heart of the community. It feels as though there is much to be done to reconnect with each other and to remind the community of our care and presence. Some remain anxious and uncertain.

Do people still want what we offer?

How has our community changed? How have people's lives changed and what does that mean for us in Beulah?

Are we reaching those who would like to walk the road with us? What do church members and friends want from church? What do they need that we might be able to provide? What do our children need? What gaps in our lives can spirituality address?

As we go into a new year, with hopes and fears, how can we reflect on and renew our church life as we attempt to address these questions? At our last Elders Meeting of the year, it was suggested that using a theme might help to pull our thinking together. A theme could focus our worship and church life over the next year and offer an opportunity to focus our minds and connect with the wider community.

We are familiar with themes in Beulah. We have never used them as a rigid framework, but as a golden thread through our thinking and action, our worship, our art, music, craft and children's work for a period of time. We hope that a theme would stimulate our imagination and enrich our thinking.

Early suggestions have centred on the idea of a renewed journey - of discovery, reflection and renewal, a journey that is focused on the future. The

theme would be general enough for interpretation across our work and offer opportunities for young and not so young. It helps if we can find something fairly brief and memorable. We hope for something inspiring and poetic, a phrase from the Bible or some other inspirational source.

We would be grateful if you could mull this over in early January, and send us your suggestions for a theme, for consideration by 9th January, in time for our Elders meeting on 10th. Please send your ideas for a theme, or your own thoughts about our church in these challenging times, to me at lizkidd2003@yahoo.com

Liz Kidd, on behalf of the Leadership Team (Anne W, Andrew, Barbara, Liz, Martha and David)



THANK YOU

I should like to thank you for all for the kind messages I received following my hip operation. I am on the road to recovery!

A happy new year to you all.

Best wishes,

Ruth

THANK YOU

I would like to say a big thank you to my friends at Beulah for the beautiful flowers received after my recent visit to UHW. They brightened the day. My thanks also to Philippa.

Love to all,

Barbara Clargo

Editor's Note

The **deadline** for articles to be included in the **February 2022** edition of **Crossroads** is **Sunday 23rd January** and **Huw** will be editing.

Eco Church – Measuring our Carbon Footprint



Last year, Beulah was awarded the Silver Eco Church award (from A Rocha UK). However one part of this award scheme still to be done is to estimate the carbon footprint for our church with its associated buildings and activities.

A carbon footprint is defined as the total amounts of greenhouse gases (carbon dioxide and methane) emitted per year, that are generated by our actions. If we can measure this and define where it is coming from, it gives us the opportunity to think of ways that we might reduce it. It is also needed if we apply to upgrade to a gold award with Eco Church.

The Wales URC Synod has recently measured the carbon footprint for the Synod office. Beulah's Eco group has been looking at this in more detail as presented to our church meeting in December 2021 by Eileen Newington.

Some contributors to our carbon footprint are obvious and easy to measure (eg gas and electricity) but we also generate greenhouse gases indirectly from other activities

such as travel, food, waste, water and other expenditure. We propose to collect information on these aspects for our church buildings and activities during the calendar year 2022. The data can then be put into a web calculator called "360° carbon" which is a web-based "tool" that enables churches to measure their carbon footprint.



We plan to have 2 carbon feet! One will be the buildings and activities on the church side of Beulah Road (church itself, Margaret Whittaker Lounge and office) and Canolfan will be a second footprint. The plan is to start with the church buildings and move on later to the Canolfan when we see how it works for the church itself.

Much of the data collection will go on behind the scenes but one aspect that will involve all of us is to estimate the carbon footprint generated by travel to and from the church buildings. To collect this information you will be asked during the course of the year to fill in a very short survey of how you have travelled to and from the church buildings. These will be handed out and returned on a day that you come – starting in January and repeated at intervals throughout the year. It should take less than a minute to fill in and can be done anonymously.

We hope this will raise awareness of the issue both for our church as an organisation but also for us as individuals.

For further information do have a look at these web sites or speak to a member of the Eco group.

<https://ecochurch.arocha.org.uk/>
<https://360carbon.org/en-gb/user-guide>

Written by *Ian McDowell* on behalf of the Beulah Eco Group (Marianne Barwise, Mary Edwards, James Hall, Ian McDowell, Eileen Newington (chair), Pat Ruddock, Andy Wales)



CHURCH CALENDAR

JANUARY 2022

Sunday 2nd	10.30am	Worship* with Communion: Revd. Martha McInnes	
Sunday 9th	10.30am	Worship*: Revd. Gethin Rhys	
	10.30am	Junior Church	
	7.15pm	Youth Fellowship	
Monday 10th	7.30pm	Elders Meeting	
Sunday 16th	10.30am	Worship*: Mr Iestyn Henson	
	10.30am	Junior Church	
	7.15pm	Youth Fellowship	
Sunday 23rd		<i>Crossroads Deadline</i>	
	10.30am	Worship*: Revd. David Dean	
Sunday 30th	10.30am	Worship*: Synod Recording, with Beulah members	
	10.30am	Junior Church	
	7.15pm	Youth Fellowship	
FEBRUARY			
Sunday 6th	10.30am	Worship* with Communion: Revd. Martha McInnes	
		or Revd. David Dean	
	10.30am	Junior Church	
	7.15pm	Youth Fellowship	

**Our services in Church are also available to be watched livestream via the internet.*

Due to changes in the Government regulations:

**We will NOT be serving communion,
if you are attending, please bring your own bread and wine.**

Seating: Will be at 2 metre distance and reduced capacity, - sitting in households.

Downstairs enter/exit via Whittaker Lounge entrance.
Upstairs enter/exit via main entrance Beulah Road.

ROTAS

	<i>AV System Rota</i>	<i>Bible Readings</i>	<i>Prayers</i>
2 Jan	James Hall	Helen Harries	Andrew Glanfield
9 Jan	Marianne Barwise	Jill Ferdinando	Helen Harries
16 Jan	Huw Morgan	Pat Ruddock	Richard Edwards
23 Jan	Andrew Glanfield	Liz Kidd	Neil Kidd
30 Jan	Nigel Barwise	James Hall	Fiona Liddell
6 Feb	Richard Sweetnam	Gaynor Rees	Liz Kidd
13 Feb	Harley Jones	Liz McCarthy	Jenny McDowell
20 Feb	Marianne Barwise	Peter Ferdinando	Louise Morgan
27 Feb	Andrew Glanfield	Huw Morgan	James Hall